



Integrated Supports: Community Living

People need supports to lead good lives. Using a combination of lots of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This star will help families and individuals think about how to work in partnership to support their vision for a good life.

Technology

- Adapted living space
- Environmental technology
- Remote monitoring
- Ipad apps
- Facetime/Skype
- Electronic reminders

Personal Strengths & Assets

- Knowledge of how to navigate community
- Drives, rides bus, cab, or other public transportation
 - Housekeeping skills
 - Can prepare simple meals/snacks
- Can spend time alone or away from family
- Knowledge of different types of living options

Relationships

- Parents, siblings, spouse, children, grandparents, extended family
 - Friends
- Roommates
 - Neighbors
- Same age peers (college age, aging)



- Home Ownership
- Rental home/apartment
- Co-op for housing or transportation
- Public transportation (bus, train, taxi)
- Universal design
- Neighborhood Watch
- Home Owner's Association
- Food Pantries

Community Based

- Independent Supported Living (ISL)
 - Independent Living Center
 - Shared Living/host family
 - Institutions
- Intermediate Care Facility (ICF)
 - Group Homes
 - Meals on Wheels
- Section 8 Housing Vouchers

Eligibility Specific

Access the LifeCourse framework and tools at lifecoursetools.com