Integrated Support Options

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 tool will help families and individuals think about how to work in partnership to support their vision for a good life.

<table>
<thead>
<tr>
<th>LIFE DOMAIN</th>
<th>Personal Strengths &amp; Assets</th>
<th>Relationship Based Supports</th>
<th>Technology</th>
<th>Community Resources</th>
<th>Eligibility Based Supports</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily Life Employment</td>
<td>• Work/volunteer experience</td>
<td>• Coworkers</td>
<td>• Electronic reminders</td>
<td>• Volunteering</td>
<td>• Work crews/enclaves</td>
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<tr>
<td></td>
<td>• Summer jobs</td>
<td>• Parents, siblings, spouse, children, grandparents, other family</td>
<td>• Alarm clock</td>
<td>• Competitive employment/careers</td>
<td>• Job coaches</td>
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<td></td>
<td>• Vision or dream for job or career</td>
<td>• Friends</td>
<td>• Cell phone</td>
<td>• Colleges, universities, tech school</td>
<td>• Supported employment</td>
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<td></td>
<td>• Responsibilities at home or school</td>
<td>• Teacher</td>
<td>• Ipad educational/life skills apps</td>
<td>• Micro-enterprises</td>
<td>• Special college programs</td>
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<td></td>
<td>• Makes choices and decisions</td>
<td>• Mentors</td>
<td>• Online resume builders</td>
<td>• Self employment</td>
<td>• Special Education/IEP's</td>
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<tr>
<td></td>
<td>• Communicates ideas, needs, thoughts to others</td>
<td>• Parents/family of friends</td>
<td>• Online classes or training</td>
<td>• Tutors</td>
<td>• HeadStart</td>
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<tr>
<td></td>
<td>• Knowledge of a variety of different jobs/careers</td>
<td>• Business partner</td>
<td>• Internet job search</td>
<td>• Parent/Teacher Association (PTA)</td>
<td>• Vocational Rehabilitation</td>
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<td></td>
<td>• Good social skills</td>
<td></td>
<td>• Calculator</td>
<td></td>
<td>• Case manager/support coordinator</td>
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<td></td>
<td>• Practices everyday living skills</td>
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<td>• Computer</td>
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<td>• Sheltered workshops</td>
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<td></td>
<td>• Iphone/smart phone</td>
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<td>• Day habilitation</td>
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<td></td>
<td>Community Living</td>
<td>Social &amp; Spirituality</td>
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<td></td>
<td>• Knowledge of how to navigate community</td>
<td>• Parents, siblings, spouse, children, grandparents, extended family</td>
<td>• Adapted living space</td>
<td>• Home Ownership</td>
<td>• Independent Supported Living (ISL)</td>
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<td></td>
<td>• Drives, rides bus, cab, or other public transportation</td>
<td>• Friends</td>
<td>• Environmental technology</td>
<td>• Co-op for housing or transportation</td>
<td>• Independent Living Center</td>
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<td></td>
<td>• Housekeeping skills</td>
<td>• Roommates</td>
<td>• Remote monitoring</td>
<td>• Public transportation (bus, train, taxi)</td>
<td>• Shared Living/host family</td>
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<td></td>
<td>• Can prepare simple meals/snacks</td>
<td>• Neighbors</td>
<td>• Ipad apps</td>
<td>• Universal design</td>
<td>• Institutions</td>
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<td></td>
<td>• Can spend time alone or away from family</td>
<td>• Same age peers (college age, aging)</td>
<td>• Facetime/Skype</td>
<td>• Neighborhood Watch</td>
<td>• Intermediate Care Facility (ICF)</td>
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<td></td>
<td>• Knowledge of different types of living options</td>
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<td>• Electronic reminders</td>
<td>• Home Owner's Association</td>
<td>• Group Homes</td>
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<td>• Food Pantries</td>
<td>• Meals on Wheels</td>
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<td></td>
<td>Social &amp; Spirituality</td>
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<td></td>
<td>• Section 8 Housing Vouchers</td>
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<td></td>
<td>• Has hobbies and interests and needed supplies</td>
<td>• Friendships</td>
<td>• Online social clubs</td>
<td>• Parks and Recreation</td>
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<td></td>
<td>• Knowledge/experience playing games or other social activities</td>
<td>• Dating/relationships</td>
<td>• Social media (Facebook, Twitter, Instagram, Pinterest, etc)</td>
<td>• Service/social club/groups</td>
<td>• Separate or special church service</td>
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<td>• Outgoing, friendly personality</td>
<td>• Members of your faith community</td>
<td>• Online games</td>
<td>• Inclusive faith community</td>
<td>• Special group outings &amp; activities</td>
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<td></td>
<td>• Understands social cues and norms</td>
<td>• Friends of parents/siblings and other family members</td>
<td>• Email</td>
<td>• Sports teams and clubs</td>
<td>• Special Olympics</td>
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<td></td>
<td>• Has money/budget for social activities</td>
<td>• People with a shared interest or hobby</td>
<td>• Texting</td>
<td>• Preschool</td>
<td>• Special passes</td>
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<td></td>
<td>• Interest in/belief in faith/higher power</td>
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<td>• Playground</td>
<td>• Social skills classes</td>
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<td>• Belongs to/has roles in a faith community</td>
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<td>• Community Centers</td>
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<td>• Exposure/experience going to</td>
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<td>• Churches/Places of Worship</td>
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<td>Healthy Living</td>
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<td></td>
<td>• Communicates with doctors and other medical professionals</td>
<td>• Family member or school staff implement therapy</td>
<td>• Pill-minders</td>
<td>• Gym membership</td>
<td>• Center-based therapies (PT, OT, Speech, etc)</td>
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<td>• Knowledgeable about own disability or special healthcare needs</td>
<td>• Parents, siblings, grandparents, other family members (help with meds, healthy eating, etc.)</td>
<td>• Chat with a nurse/nurseline</td>
<td>• Community Centers</td>
<td>• Special institutional medical care</td>
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<td>• Knows how/when to seek help for health issues</td>
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<td>• Tele-medicine</td>
<td>• Neighborhood/City Pool</td>
<td>• Home/community based therapies</td>
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<td>• Understands changes as body becomes adult, and has well woman/man checkups</td>
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<td>• Web-MD</td>
<td>• Community Health Centers</td>
<td>• Special Olympics Healthy Communities Initiative</td>
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<td>• Manages (or helps manage) own medication and other healthcare needs</td>
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<td>• Fit-bit/Nike Fuel Band</td>
<td>• Health fairs</td>
<td>• Medical home</td>
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<td>• Understands health risks associated with smoking, drinking, drug use, unprotected sex)</td>
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<td>• Exercise equipment (ie treadmill)</td>
<td>• Family/Generic practice providers</td>
<td>• IHP</td>
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<td>• Knowledge and/or ability to plan/execute healthy meals; eats a healthy diet</td>
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<td>• Health/fitness apps for ippad</td>
<td>• YMCA</td>
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| Safety & Security | - Home security/alarm system  
  - Knows address, phone numbers, other contacts  
  - Knows how to appropriately use 911  
  - Family/person has an emergency/disaster plan  
  - Able to lock/unlock door (with key or code)  
  - Carries identification or specific information in wallet or on person  
  - Home is modified for safety  
  - GPS tracking device  
  - Reciprocal knowledge with First Responders  
  - Has and knows how to use a debit card  
  - Family/person has engaged in financial planning | - Parents, siblings, grandparents, other family members  
  - Friends  
  - Neighbors  
  - Familiar staff/workers at local stores, restaurants, etc. | - Automatic bill pay/direct deposit  
  - Limited/joint bank account  
  - Personal safety devices  
  - Remote monitoring  
  - Ipad/smart phone apps | - Powers of Attorney  
  - Neighborhood watch  
  - Local Police Department  
  - Online banking  
  - Living Trust  
  - LifeLock (identity theft protection)  
  - Neighborhood Watch | - Full guardianship  
  - 24 hour supervision  
  - Limited guardianship  
  - Special Needs Trust |
| Citizenship & Advocacy | - Registered to vote, has voter ID, and understands how to vote  
  - Knowledge of and membership in advocacy groups or organizations  
  - Volunteers  
  - Political awareness and advocacy  
  - Has had leadership training and/or experience  
  - Understands right/wrong, importance of doing the right thing and being a law-abiding citizen  
  - Is able to speak up for self-parents modeling, social experiences, group participation | - Parents, siblings, grandparents, other family members  
  - Self-advocate peers  
  - Friends | - Ipad advocacy apps  
  - Communication devices  
  - Online service group sites | - Voting  
  - Neighborhood group or organization  
  - Visiting your legislator  
  - Scouting/Camp Fire/Optimist Club | - Paid advocate  
  - Self Advocacy Groups  
  - Disability Rights Days at the Capitol  
  - Self Advocacy Training |
| Supports for Family Unit | - Family is active and engaged in community, networks, support groups, or mentoring  
  - Understands rights and responsibilities  
  - Well organized, keeps track of things  
  - Has end of life plan/plan for when parents can no longer fulfill their many caring for and caring about roles  
  - Has and utilizes social capital/community connections  
  - Willing to share their story | - Grandparents, aunts, uncles, extended family  
  - Neighbors  
  - Other parents/families  
  - Church/worship community | - Family calendar/schedule apps  
  - Online support groups or facebook pages | - Mom’s Day Out programs  
  - Preschool  
  - Library  
  - Counselors  
  - Utility assistance programs  
  - Child Care  
  - After school programs | - Respite  
  - Sibshops  
  - Face to Face support groups  
  - Special after school care programs  
  - Specialized child care centers |
| Supports & Services | - Knowledge of different sources of support and how to navigate systems and organizations  
  - Ability to integrate different kinds of support into family and individual’s life  
  - Knows who to contact for help or guidance  
  - Has someone who can/will provide paid services (potential staff and networks to recruit) | - Parents, siblings, grandparents, spouse, children, other family  
  - Neighbors  
  - Classmates/former classmates  
  - Church/Worship community  
  - Teachers | - Smart Home  
  - Remote Monitoring Devices  
  - GPS Devices | - Financial planner  
  - Piggy bank  
  - Free/Reduced school lunch  
  - Bank  
  - Community Centers  
  - Community clubs (Elks, Eagles, Lions)  
  - Pets  
  - Service animals | - Vocational Rehabilitation  
  - Division Developmental Disabilities  
  - Health and Senior Services  
  - Medicaid/Medicare  
  - Social Security  
  - Food Stamps  
  - Medicaid Waivers  
  - Mental/Behavioral Health Centers  
  - Independent Living Centers  
  - Meals On Wheels |