







Exploring Life Possibilities

There are many options for living, working, and playing in the community. What might have been great 30 years ago, may not work for today's vision of a quality life in the community. This tool is to help individuals and families look at a variety of life options in each of the life domains, some of which are traditional or historic and no longer preferred by many, some that are known and tried, but not necessarily the norm, and others that are new or unfamiliar to individuals, families and professionals.

| |  Daily Life & Employment |  Community Living |  Social & Spirituality |  Healthy Living |  Safety & Security |  Citizenship & Advocacy |  Supports for Family Unit |  Supports & Services |
|-----------------------------|---|--|---|--|--|--|--|--|
| Innovative Life Options | New ideas; things that someone has tried, and you replicate or adapt for your own needs; things that haven't been thought of yet or tried. | | | | | | | |
| | <ul style="list-style-type: none"> • Micro-enterprises • Careers • Competitive employment • College or tech school • Supported employment • Work crews or enclaves • Job coaches • Volunteering • Special college programs | <ul style="list-style-type: none"> • Co-op • Adapted living space • Environmental technology • Shared living • Public transportation • Independent Supported Living (ISL) • Home of Your Own (program) • Independent Living Center | <ul style="list-style-type: none"> • Friendships • Dating/relationships • Parks and Recreation • Inclusive faith community • Service/social club/groups • Special Olympics • Special passes • Social skills classes | <ul style="list-style-type: none"> • Gym membership • Community Health Centers • Health fairs • Family practice providers • In-home or community based therapies • Family member or school staff implement therapy • Special Olympics | <ul style="list-style-type: none"> • Limited/ joint bank account, automatic bill pay, personal contract, agency agreement • Personal safety devices • Limited guardianship • Remote monitoring • Special Needs Trust • Power of Attorney | <ul style="list-style-type: none"> • Voting • Neighborhood group or organization • Self-Advocacy • Visiting your legislator • People First/SABE • Disability Rights Day at the Capitol • Project STIR | <ul style="list-style-type: none"> • Social Media • Technology • Blogs • Family & friends • Peer Support/P2P • Face-to-face local support groups • Online Support Groups • Sib-shops | <ul style="list-style-type: none"> • Exchange networks • Time banks • Human service co-ops • General education • Self-Directed Supports • \$\$ follows the person • Technology/ remote monitoring |
| Traditional Life Options | <ul style="list-style-type: none"> • Sheltered workshops • Day habilitation | <ul style="list-style-type: none"> • Institutions • Intermediate Care Facility (ICF) • Group Homes | <ul style="list-style-type: none"> • Separate or special church service • Special group outings & activities | <ul style="list-style-type: none"> • Center-based therapies (PT, OT, Speech, etc) • Special or institutional medical care | <ul style="list-style-type: none"> • Full guardianship • 24 hour supervision | <ul style="list-style-type: none"> • Paid advocate or having someone else advocate on your behalf | <ul style="list-style-type: none"> • Institution or center based support group • Intensive all-day parent training • Disability specific groups | <ul style="list-style-type: none"> • Systems supports • Provider and agency staff |