





INTEGRATED SUPPORT OPTIONS





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.

LIFE DOMAIN	PERSONAL STRENGTHS & ASSETS	RELATIONSHIPS	TECHNOLOGY	COMMUNITY BASED	ELIGIBILITY SPECIFIC
 Daily Life & Employment	<ul style="list-style-type: none">• Work/volunteer experience• Summer jobs• Vision or dream for job or career• Responsibilities at home or school• Makes choices and decisions• Communicates ideas, needs, thoughts to others• Knowledge of a variety of different jobs/careers• Good social skills• Practices everyday living skills	<ul style="list-style-type: none">• Coworkers• Parents, siblings, spouse, children, grandparents, other family• Friends• Teacher• Mentors• Parents/family of friends• Business partner	<ul style="list-style-type: none">• Electronic reminders• Alarm clock• Cell phone• iPad educational/life skills apps• Online resume builders• Online classes or training• Internet job search• Calculator• Computer• iPhone/smart phone• iPad apps	<ul style="list-style-type: none">• Volunteering• Competitive employment/careers• Colleges, universities, tech school• Micro-enterprises• Self employment• Tutors• Parent/Teacher Association (PTA)• Summer Reading Program (library)	<ul style="list-style-type: none">• Work crews/enclaves• Job coaches• Supported employment• Special college programs• Special Education/IEP's• HeadStart• Vocational Rehabilitation• Case manager/support coordinator• Sheltered workshops• Day habilitation
 Community Living	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• Parents, siblings, spouse, children, grandparents, extended family• Friends• Roommates• Neighbors• Same age peers (college age, aging)	<ul style="list-style-type: none">• Adapted living space• Environmental technology• Remote monitoring• iPad apps• Facetime/Skype• Electronic reminders	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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
 Social & Spirituality	<ul style="list-style-type: none">• Has hobbies and interests and needed supplies• Knowledge/experience playing games or other social activities• Outgoing, friendly personality• Understands social cues and norms• Has money/budget for social activities• Interest in/belief in faith/higher power• Belongs to/has roles in a faith community• Exposure/experience going to weddings/funerals• Good conversation skills	<ul style="list-style-type: none">• Friendships• Dating/relationships• Members of your faith community• Friends of parents/siblings and other family members• People with a shared interest or hobby	<ul style="list-style-type: none">• Online social clubs• Social media (Facebook, Twitter, Instagram,Pinterest, etc)• Online games• Email• Texting	<ul style="list-style-type: none">• Parks and Recreation• Service/social club/groups• Inclusive faith community• Sports teams and clubs• Preschool• Playground• Community Centers• Churches/Places of Worship	<ul style="list-style-type: none">• Separate or special church service• Special group outings & activities• Special Olympics• Special passes• Social skills classes
 Healthy Living	<ul style="list-style-type: none">• Communicates with doctors and other medical professionals• Knowledgeable about own disability or special healthcare needs• Knows how/when to seek help for health issues• Understands changes as body becomes adult,and has well woman/man checkups• Manages (or helps manage) own medication and other healthcare needs• Understands health risks associated with smoking, drinking, drug use, unprotected sex)• Knowledge and/or ability to plan/execute healthy meals; eats a healthy diet• Has health insurance• Gym membership/exercises regularly/rides bike• Medical home	<ul style="list-style-type: none">• Family member or school staff implement therapy• Parents, siblings, grandparents, other family members (help with meds, healthy eating, etc.)	<ul style="list-style-type: none">• Pill-minders• Chat with a nurse/nurseline• Tele-medicine• Web-MD• Fit-Bit/Nike Fuel Band• Exercise equipment (ie treadmill)• Health/fitness apps for iPad• Smart Toothbrush	<ul style="list-style-type: none">• Gym membership• Community Centers• Neighborhood/City Pool• Community Health Centers• Health fairs• Family/General practice providers• YMCA• Neighborhood pharmacy	<ul style="list-style-type: none">• Center-based therapies (PT, OT, Speech, etc)• Special/institutional medical care• Home/community based therapies• Special Olympics Healthy Communities Initiative• Medical home• IHP





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<div><p>Safety & Security</p></div>	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• Parents, siblings, grandparents, other family members• Friends• Neighbors• Familiar staff/workers at local stores, restaurants, etc.	<ul style="list-style-type: none">• Automatic bill pay/direct deposit• Limited/joint bank account• Personal safety devices• Remote monitoring• Ipad/smart phone apps	<ul style="list-style-type: none">• Powers of Attorney• Neighborhood watch• Local Police Department• Online banking• Living Trust• LifeLock (identity theft protection)• Neighborhood Watch	<ul style="list-style-type: none">• Full guardianship• 24 hour supervision• Limited guardianship• Special Needs Trust
<div><p>Advocacy & Engagement</p></div>	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• Parents, siblings, grandparents, other family members• Self-advocate peers• Friends	<ul style="list-style-type: none">• Ipad advocacy apps• Communication devices• Online service group sites	<ul style="list-style-type: none">• Ipad advocacy apps• Communication devices• Online service group sites	<ul style="list-style-type: none">• Paid advocate• Self Advocacy Groups• Disability Rights Day at the Capitol• Self Advocacy Training
<div><p>Supports for Family Unit</p></div>	<ul style="list-style-type: none">• 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 capitol/community connections• Willing to share their story	<ul style="list-style-type: none">• Grandparents, aunts, uncles, extended family• Neighbors• Other parents/families• Church/worship community	<ul style="list-style-type: none">• Family calendar/schedule apps• Online support groups or facebook pages	<ul style="list-style-type: none">• Mom’s Day Out programs• Preschool• Library• Counselors• Utility assistance programs• Child Care• After school programs	<ul style="list-style-type: none">• Respite• Sibshops• Face to Face support groups• Special after school care programs• Specialized child care centers
<div><p>Supports & Services</p></div>	<ul style="list-style-type: none">• 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)	<ul style="list-style-type: none">• Parents, siblings, grandparents, spouse, children, other family• Neighbors• Classmates/former classmates• Church/Worship community• Teachers	<ul style="list-style-type: none">• Smart Home• Remote Monitoring Devices• GPS Devices	<ul style="list-style-type: none">• Financial planner• Piggy bank• Free/Reduced school lunch• Bank• Community Centers• Community clubs (Elks, Eagles, Lions)• Pets• Service animals	<ul style="list-style-type: none">• 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

