



Community Living Having a Place of One's Own

Resources to Support Your Independence



At Community Care we understand how much you value your independence. We are here to help you live a “Self-Determined Life” - the life you choose.

With your independence and self-determination as a goal we are here to help:

- Identify the supportive services that will meet your needs
- Explore a wide range of safe and affordable housing options.
- Secure household furnishings needed for your home
- Consider the use of “in-home” technology to keep you safe and well.

Let's explore what
leading a
Self Determined Life
might mean



Principles of Self Determination

Freedom - To decide how to live your life

Authority - Over available resources including people and a specific budget

Support - To organize those resources in ways that are meaningful and support your lifestyle

Responsibility - For the wise use of public dollars and giving back to the community

Confirmation - Of the important role you play in the system and of the ability to control your own life

Living a Self-Determined Life means to be included in your community. That means you have a right to....

- ✓ **Contribute** – help others
- ✓ **Be someone** – be noticed, be valued
- ✓ **Belong** – have friends, be loved, have people around who are not paid to be there
- ✓ **Share ordinary places** – belong and contribute in a non-segregated setting
- ✓ **Choice and control** – make own decisions

Finding the home that is right for you



What does “HOME” mean to you?

- A sense of belonging
- Being close to family
- Participating in your community
- Safety

What makes it difficult for you to live in the community?

- Can't find accessible, affordable housing
- Don't have household items to start up a home
- Don't want staff in my home or would need so many staff it's not cost effective

**Let's look at how
Community Care can
help you**



Can't find accessible, affordable housing?



**Community Care works with
agencies
to help you to find inclusive,
affordable, community-based
housing options**



My Home

Our home identifies us as a part of a particular household, neighborhood, and community.





The Community Care team can help you explore a wide range of housing options and strategies.

**Let's explore
some of those
options....**



Rent with a Lease



Renting a home is one way for any of us to have our own home. Community Care can help set up supportive services so you can achieve your role of tenant and neighbor.

Supports such as personal care, homemaking or transportation can be provided through friends & family or a service possibly paid for through Community Care

Home Ownership

Community Care works with agencies to assist people with disabilities to purchase and maintain homes of their own. They can assist with:

- Housing information and planning
- Down payment assistance
- Information on home owner concerns and resources



Helping You Furnish Your First Home



Through our community partners we will help you find the household items for your new home.

“Too many staff would have to come into my home”.

“I need too much help and supervision so it would cost too much”

“I have staff with me all the time at the group home. What if something happens when I am alone in my own home?”



Using technology in the home might be the answer



Using “in-home” assistive technology to keep you safe and well

Your Community Care team will help you to explore how those options might help you to be more independent and stay in your home.

Why Technology?



- Allows you to have greater control over your own life.
- Supports you to participate in, and contribute more fully, in activities in your home, and work environment, and community
- Assists you to benefit from opportunities that are taken for granted by people who do not have disabilities



There is an assistive technology device for just about any physical barrier.

Examples of concerns that A.T. can address

- Falls
- Activity /Inactivity
- Cooking Safety
- Home Management
- Monitoring of chronic conditions
- Medication Compliance
- Sleep patterns
- Bathroom activity
- Elopement
- Wandering

The following slides show some examples of in home assistive technology that can provide support and increase independence.

This is not all-inclusive so talk with your Community Care team to discuss further.



The Headset

It allows someone with limited physical abilities to independently make and receive calls.

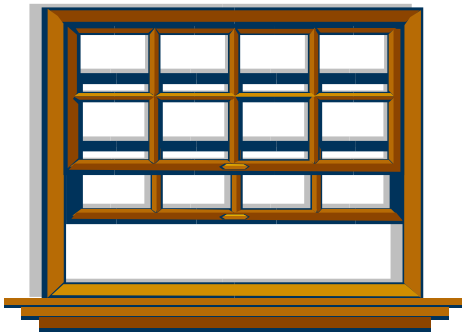


- Magnet powers on and off
- Voice activated
- There are apps available that allow the person to hear and send their texts and emails.

Sensors monitors and/or alarms

Can be set up on anything than can open and close.

- A variety of sensors can notify caregivers if something is opened or closed.
- There is a device to assist if a person needs assistance to open or close any mechanism.



Bed, Chair or Wheelchair Sensors

Alerts caregivers if an individual is out of a bed or chair.



Stove Guard



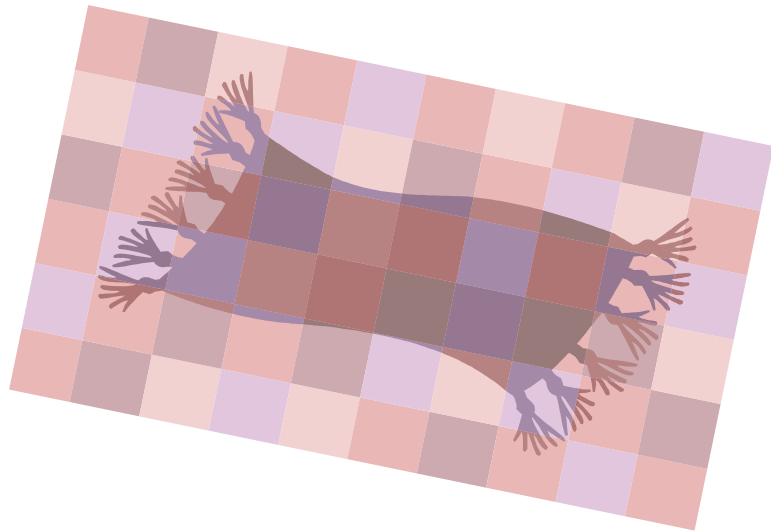
- Stove guards are programmed to automatically shut off a stove or oven and sound an alarm.

Water Flood Sensors



Sensors
prevent toilets
from
overflowing

Floor pressure sensor



- These sensors alert caregivers to movement. Effective for: elopement risks or monitoring at night.
- They can be programmed to alert if there has been no movement for an amount of time. This may indicate a fall or other medical emergency.

Biometrics

Can monitor the following remotely

- Blood pressure
- Weight
- Oxygen level
- Blood Sugar



- Results can be sent ongoing or only if readings outside of thresholds
- Reminders can be provided if vitals not taken

Incontinence sensors



- For occasional accident or
- Training tool
- No need to wake up an individual until care is truly needed.

GPS watch/pendant



- GPS
- 2 way voice contact directly from watch
- Can set up an alert if past a certain range
- Mobile Personal Response System

Environmental controls

Electronic or voice activated environmental controls allow you to manage household functions: Turn lights on and off, adjust temperature, close doors



Your “Natural Supports”

Those who love and care about you

- Family
- Friends
- Neighbors
- Community organizations

Are key to your independence. Work with your team to identify these special people and the assistance they can provide.

Pulling it all together

Community Care is dedicated to help you maintain and increase your independence. Talk to your care team about your independence, community living and your self-determined life.



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