

# Supported Living

**A Good Life**

**Friends & Family**



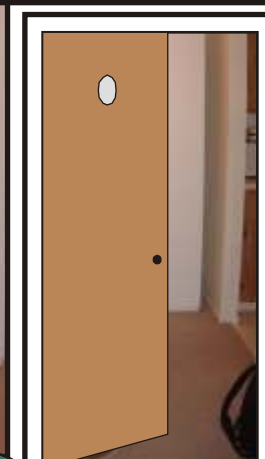
**Doing What You Want  
Going Where You Want**



**Support  
Just  
for You**



**It's Your  
Own Place**



**Deciding  
for Yourself**

All States Version

2002

Partners in Advocacy Consulting  
under contract with  
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## Partners in Advocacy Consulting

Thomas Hopkins, Marinda Reed  
Daniel Meadows, Charlene Jones

## Associates

Connie Martinez, Nikki Mowrer  
Toby Provolt, Mary Rockhill  
Jay Watson

## Focus Group Members

Janet Coleman, Jimmy Layton  
Larry Marquez, Lara Marquez  
Howard Rodgers, Tomas Salazar  
  
Ray Campagna, Christopher Hogan  
Joe Miller, Debbie Moreno  
  
Robbie Ricketts, Cindy Harrison

Stewart Masinas, Larry Boyce  
Rose Coleman

Claudia Bolton & Vickie Vining  
Roy Rocha, Kern Regional Center  
Rosalee Schubert, Partners for Community Access

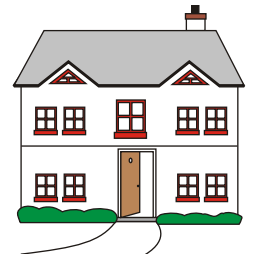
Nancy Lange, The Flying Mouse Graphics

## Also in Photographs

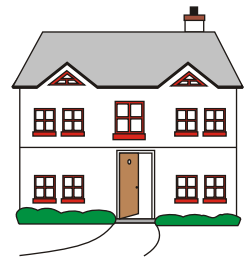
Victor Martinez  
Randy Cobb  
Jay Watson  
Debbie Sherfy  
Pam Littlefield  
Dana Watkins  
Paul Kriss  
William Marks  
Lori Nishimura  
Michelle L. Tongren  
Nancy A. Leippe  
Constance Cook  
Jacob Phillips  
Kristin Compton  
Sheila Edland  
Michael Rosenberg  
Ron Mainini  
Dana Faletti

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# ***Supported Living can be for you!***



If you want to live in your own apartment or house,  
Supported Living can be for you.

- You don't have to “get ready”
- No matter what your disability

***It's living life  
instead of being  
in a program.***



***Sometimes it's  
more work, but  
it's worth it.***



# *It's Your Own Place*



***Supported Living is different — I'm the boss.***

***Yeah, I have my own apartment.***







- Having your own apartment or house
- Choosing where you live, and who lives with you
- Controlling what happens in your home
- Being safe where you live
- Nobody telling you what to do all the time

# It's Your Own Place



- Having your own apartment or house

- Choosing where you live, and who lives with you



- Controlling what happens in your home



- Being safe where you live

- Nobody telling you what to do all the time



## ***Deciding for Yourself***

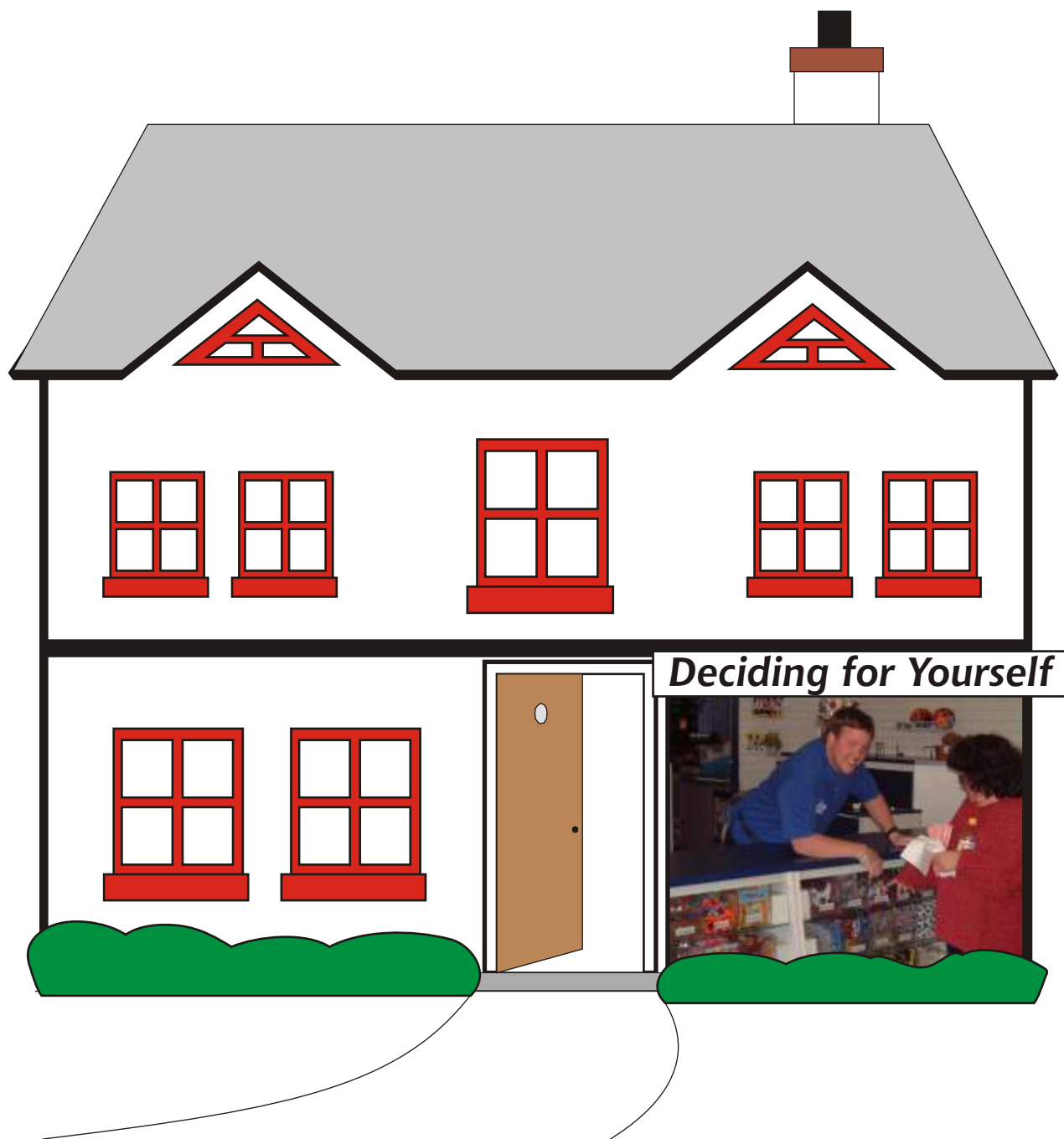


***I've got choices  
I can make.***

***You're right. It's not just  
the Regional Center or  
staff making all the  
decisions.***







- Choosing which agency and staff you want
- Deciding what you want your support people to do
- Deciding what you do everyday
- Making your own plans for the future
- Changing things if you want

# Deciding for Yourself

- Choosing which agency & staff you want



- Deciding what you want your support people to do

- Making your own plans for the future



- Deciding what you do everyday

- Changing your mind about things in your life



## ***Friends & Family***





- Having family & friends who care
- Getting to know other people
- Having a love life if you want to
- Being safe with people
- Being by yourself when you want to be

## *Friends & Family*



- Having family & friends who care

- Getting to know other people



- Having a love life if you want to



- Being safe with people

- Being by yourself when you want to be





# Support Just for You

*I have a paid roommate who helps me.*



*I have someone who comes in to help me in my house.*





- Having help to say what you like & want in your home
- Putting together the right support for you by listening to what you have to say about it
- Choosing & managing your support people
- Making sure you are safe and your support people are dependable
- Making sure your support people help you live like you want to
- Changing your support people if you need to

# Support Just for You

- Having help to tell people what you like & want in your home



- Putting together the right support for you by listening to what you have to say about it

- Choosing & managing your support people



- Making sure you are safe and your support people are dependable



- Making sure your support people help you live like you want to

- Changing your support people if you need to

## **Doing What You Want — Going Where You Want**



***It's about trying  
things and  
exploring places.***

***Yeah, I like  
this club!***





- Being out & about
- No restrictions
- Having support to do what you want like having a job or going to school
- Joining clubs or groups, being religious, dating, taking vacations, voting in an election, just hanging out
- Having support to use things in the community like buses, stores, libraries, parks, banks, doctors, Social Security office



# Doing What You Want — Going Where You Want



- Being out & about

- No restrictions



- Having support to do what you want like having a job or going to school



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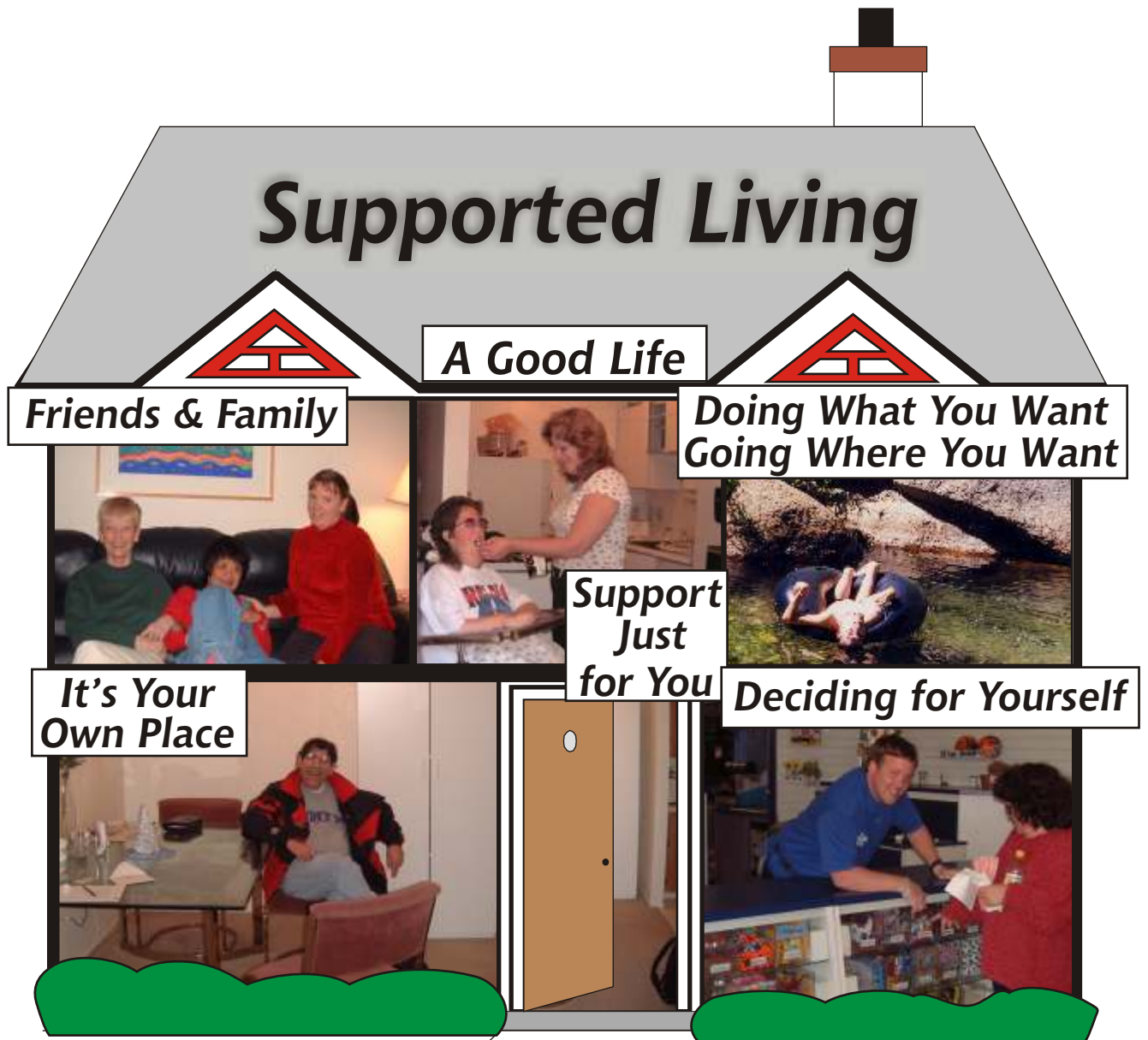


## ***A Good Life!***

***It can be rocky  
sometimes, but it's  
worth it.***



***Yeah, being able to do  
our own thing makes  
us real people***



- Finding your own life, doing your own thing
- Help to be more independent
- Support that lets you take risks and learn from mistakes
- Knowing more about your rights and taking on your responsibilities
- Being respected and asked for your opinion



# A Good Life



- Finding your own life, doing your own thing



- Help to be more independent



- Support that lets you take risks and learn from mistakes

- Knowing more about your rights and taking on your responsibilities

- Being respected and asked for your opinion



# How to Get Supported Living Services



**Saying What You Want ...**



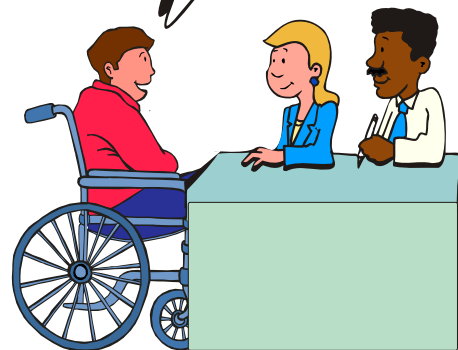
**Your IPP Meeting ...**



**If you get stuck,  
there are things you  
can do ...**

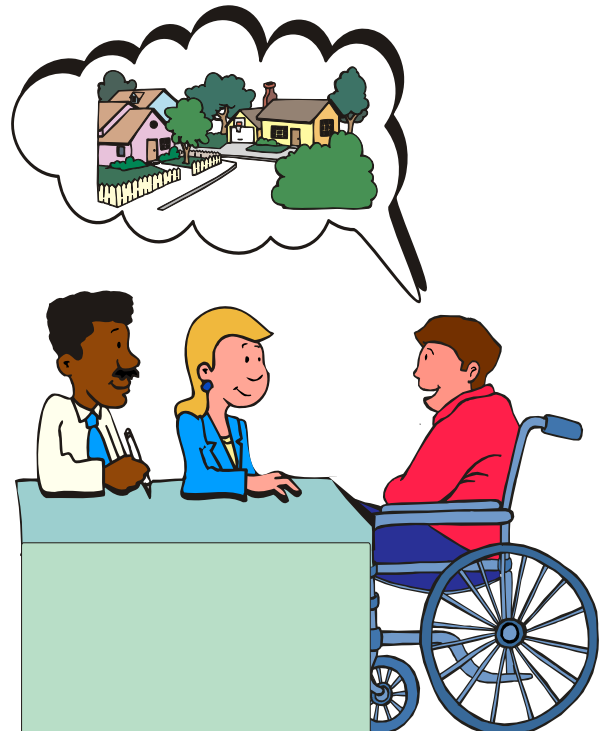


**Saying What You Want ...**



## *Saying What You Want ...*

- Think about your dreams — how you want to live
- Talk to people about what you want to do
- If it's hard to decide, ask people close to you to help you figure it out
- Check out other people who already have Supported Living
- If you want Supported Living Services, tell your Social Worker or Case Manager
- Ask for an IPP meeting



*Your IPP Meeting ...*



# Your IPP Meeting ...



- If you want Supported Living Services, it must be written in your Individual Program Plan (IPP)



- Your IPP is put together by listening to what YOU want and need
- So, think about how you want to live and what you want to say at your meeting

- Your family & friends can help you get ready for your meeting and go with you if you want them to



- At your IPP meeting, tell your Social Worker or Case Manager that you want Supported Living Services

- Make sure that Supported Living Services is in your IPP before you sign it



*Example* —

## Individual Program Plan (IPP)

### **Goals:**

---

My goal is to get Supported Living Services so I can live how I want to in my community.

I will make choices and decisions about

- Where I live
- Who I live with
- What I do and where I go
- Support that works for me

### **Objectives:**

---

I will choose a  
Supported Living Service Agency

### **Target Date:**

---

I will start Supported Living Services on this date \_\_\_\_\_



*If you get stuck, there are things you can do ...*



# *If you get stuck, there are things you can do ...*

On the way to Supported Living, some people are stopped because:



They're put on a waiting list

They're told it's not for right them

Plans are put off and never seem to happen

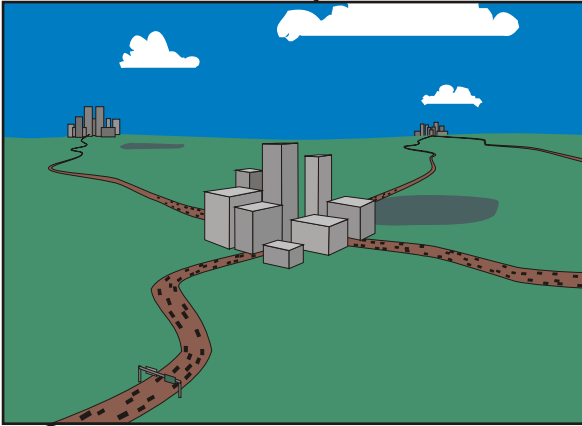
If this happens, you can do these things:

- Keep trying, there's always a way around
- Ask your family & friends to help you speak up for what you want
- Talk to Case Management supervisor
- Have another IPP meeting –  
(It's your right to have one when you need it)
- Talk to a Client Rights Advocate
- Ask Protection and Advocacy for help
- File an appeal



(An appeal isn't easy;  
you should get help from  
other people to do it)

# Finding the Supported Living Agency that's Right for You



## *What to Look For ...*



### The Supported Living Agency ...

- takes time to get to know you
- accepts who you are
- works with you as a partner
- gets together with you to find out how things are going
- helps you live like you want

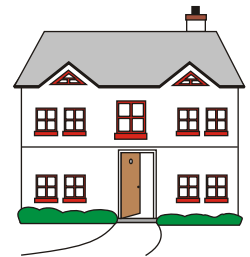
### The Supported Living Agency can help you with ...

- choosing where to live
- making your home be the way you want it
- choosing dependable support people
- training your support people
- being safe & healthy

# Questions to Ask A Supported Living Agency

## — A Checklist —

1. The Supported Living agency takes time getting to know you
  - Will they listen to what YOU need and want?
  - Will they listen to your circle of support? Friends or family?
  
2. They accept who you are and work with you as a team member
  - Will they make sure you're involved in all the decisions?
  - Will they help you understand what you have to do to make this work?
  - Will they treat you with respect and support you as a partner, not a "client"?
  - Will they help you make important decisions like choosing a roommate if you want one?
  
3. They help you choose your support people
  - Can you meet your support people before you start working with them and will you choose them?
  - Can you change your support people if you want?
  
4. They train support people who are dependable
  - Will they help train your support people to do what you want?
  - Will support people be there for you when you need them?
  - What will they do to make sure you have the support you need?





# Questions to Ask A Supported Living Agency

## — A Checklist —

5. They help you choose where you live and what you want your home to be like

How are they going to help you find your own place?

Can you look at different places before you decide?

Can you fix up your home like you want to?



6. They help you be safe and healthy

What will they do if there is an emergency?

Is there a backup plan?

Will they help you with your medical appointments?

Will they help you learn more about being safe and healthy?

7. They get together with you to find out how things are going

Will they ask you if you're happy with their services?

If you don't like something, can you change it?

8. They support you to live like you want to

Will they help you do what you want and go where you want?

Will they help you be more independent?

Will they help you with your responsibilities?

***If You Have Questions About  
Supported Living, Call:***

**Your Social Worker**

**Your Case Manager**

**Your Governor's Council  
on Disabilities**



***If You Have Questions  
About Your Rights, Call:***

**Your Social Worker**

**Your Case Manager**

**A Clients' Rights Advocate**



**Protection and Advocacy, Inc.**

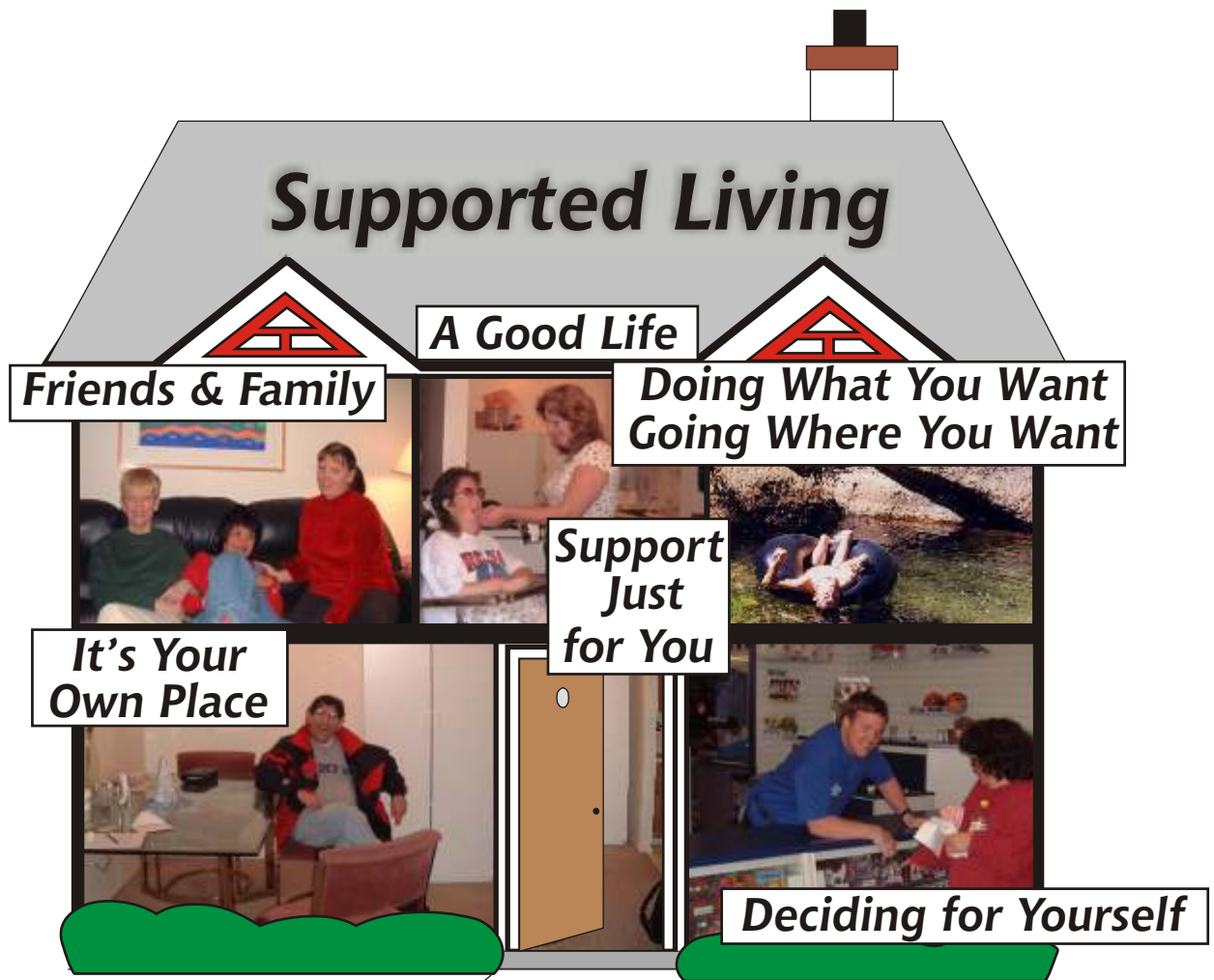
## ***The Law Protects You***

**You have the right  
to services and supports  
that help you live in the community.**



CIRCL is a group of people in many roles who are available to provide training, consultation and mentoring to individuals or organizations that are interested in supported living. If you are interested in finding out more about using our services, please contact Claudia Bolton at (530) 644-6653; [drmwwrabs@aol.com](mailto:drmwwrabs@aol.com) or Vickie Vining at (818) 752-7484; [vvining@earthlink.net](mailto:vvining@earthlink.net).

Please check out our website for more information and free materials  
<http://www.allenshea.com/CIRCL/CIRCL.html>.



*For additional copies of this book  
about Supported Living Services  
contact:*

*CIRCL  
4171 Starkes Grade Road  
Placerville, CA 95667  
(530) 644-6653  
or  
[www.allenshea.com](http://www.allenshea.com)*