Moving Forward Conference

Life Transitions: How to Live on your Own and/or with Supports

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Advocate Panel- Amelia-Ann Dickey, Laurel Deans, Laura Matthews, Lindsay Sloan, Vanessa Saucedo
Welcome and Introductions
AGENDA

- Welcome and introductions
- Living on your own and/or with supports
- Pros and cons of living independently
- Identifying supports needed to live independently
- Steps to begin working on your goal to live more independently
- Identify short-term and long-term goals for independent or supported living
What does it mean to live on your own and/or with supports?

Examples from the panel
Think about your home

What do you enjoy about where you live?

What do you not enjoy about where you live?

Where and whom do you want to live with in the future?
Where do you want to live in the future?

Stay where you are  Move to another place  What are your reasons?
What type of places are available?

- Apartment with a friend
- Apartment by myself
- Live with a family member
- Live with someone else getting waiver services
- House sit
- A rental house
- Buy a condominium
- Buy my own place
- Move out of state
Identifying supports needed to live on your own and/or with supports
Examples of services you may need

- Assistance with cleaning, shopping
- Finding a job
- Medical care
- Banking, budgeting
- Transportation, the public bus system, travel
- Help finding an apartment
What supports and services do you use/need?
Steps to begin working on your goal to live on your own and/or with supports

- Tell your family, case manager and your team you are interested in a different living arrangement.
- Make sure that what you want is put in the ISP.
- Identify the type of housing you want to work towards.
- Research what the expenses would be.
- What kind of funding/resources are available. How to budget
- Where would you like to live.
- Talk to friends about their experiences and tips they have for you.
- Identify supports needed to live on your own and/or with supports
- Make short-term and long-term goals.
Tell your team/family how you want to live: Example-Have a team meeting or house meeting

- Talk about your dreams for the future
- Where you want to live
- Who you want to live with, if anyone
- What your thoughts are for changing where you live: your initial planning/ideas
- Ask what their ideas are, what do they think
Tell your team/family how you want to live

Talk about your concerns
What concerns do they have if any
Brainstorm solutions together for the concerns
How would you like your team and family to support you?

Create a plan with short-term and long-term goals
Identify supports you need
Identify resources to help you
Step-by-step:

- Is there anything that others are doing for you that you would like to do yourself or learn how to do?

- Examples: cooking, shopping for food/clothing, budgeting, taking care of the house, etc.
Examples of short-term and long-term goals for living on your own and/or with supports
You’re not alone!
Your team, family and friends can help you
Start to plan what you want
Living independently does not mean doing everything by yourself, all of us need support
Step-by-step: take small steps to get where you want to go
You can do it!
Questions?
Contact Information

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