Integrated Services and Supports

People need supports to lead good lives. 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.

<table>
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<tr>
<th>LIFE DOMAIN</th>
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<td><strong>Daily Life Employment</strong></td>
<td><strong>Work/volunteer experience</strong>&lt;br&gt;<strong>Summer jobs</strong>&lt;br&gt;<strong>Vision or dream for job or career</strong>&lt;br&gt;<strong>Responsibilities at home or school</strong>&lt;br&gt;<strong>Makes choices and decisions</strong>&lt;br&gt;<strong>Communicates ideas, needs, thoughts to others</strong>&lt;br&gt;<strong>Knowledge of a variety of different jobs/careers</strong>&lt;br&gt;<strong>Good social skills</strong>&lt;br&gt;<strong>Practices everyday living skills</strong></td>
<td><strong>Coworkers</strong>&lt;br&gt;<strong>Parents, siblings, spouse, children, grandparents, other family</strong>&lt;br&gt;<strong>Friends</strong>&lt;br&gt;<strong>Teacher</strong>&lt;br&gt;<strong>Mentors</strong>&lt;br&gt;<strong>Parents/family of friends</strong>&lt;br&gt;<strong>Business partner</strong></td>
<td><strong>Electronic reminders</strong>&lt;br&gt;<strong>Alarm clock</strong>&lt;br&gt;<strong>Cell phone</strong>&lt;br&gt;<strong>Ipad educational/life skills apps</strong>&lt;br&gt;<strong>Online resume builders</strong>&lt;br&gt;<strong>Online classes or training</strong>&lt;br&gt;<strong>Internet job search</strong>&lt;br&gt;<strong>Calculator</strong>&lt;br&gt;<strong>Computer</strong>&lt;br&gt;<strong>Iphone/smart phone</strong>&lt;br&gt;<strong>Ipad apps</strong></td>
<td><strong>Volunteering</strong>&lt;br&gt;<strong>Competitive employment/careers</strong>&lt;br&gt;<strong>Colleges, universities, tech school</strong>&lt;br&gt;<strong>Micro-enterprises</strong>&lt;br&gt;<strong>Self employment</strong>&lt;br&gt;<strong>Tutors</strong>&lt;br&gt;<strong>Parent/Teacher Association (PTA)</strong>&lt;br&gt;<strong>Summer Reading Program (library)</strong></td>
<td><strong>Work crews/enclaves</strong>&lt;br&gt;<strong>Job coaches</strong>&lt;br&gt;<strong>Supported employment</strong>&lt;br&gt;<strong>Special college programs</strong>&lt;br&gt;<strong>Special Education/IEP’s</strong>&lt;br&gt;<strong>HeadStart</strong>&lt;br&gt;<strong>Vocational Rehabilitation</strong>&lt;br&gt;<strong>Case manager/support coordinator</strong>&lt;br&gt;<strong>Sheltered workshops</strong>&lt;br&gt;<strong>Day habilitation</strong></td>
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<td><strong>Community Living</strong></td>
<td><strong>Knowledge of how to navigate community</strong>&lt;br&gt;<strong>Drives, rides bus, cab, or other public transportation</strong>&lt;br&gt;<strong>Housekeeping skills</strong>&lt;br&gt;<strong>Can prepare simple meals/snacks</strong>&lt;br&gt;<strong>Can spend time alone or away from family</strong>&lt;br&gt;<strong>Knowledge of different types of housing options</strong></td>
<td><strong>Parents, siblings, spouse, children, grandparents, extended family</strong>&lt;br&gt;<strong>Friends</strong>&lt;br&gt;<strong>Roommates</strong>&lt;br&gt;<strong>Neighbors</strong>&lt;br&gt;<strong>Same age peers (college age, aging)</strong></td>
<td><strong>Adapted living space</strong>&lt;br&gt;<strong>Environmental technology</strong>&lt;br&gt;<strong>Remote monitoring</strong>&lt;br&gt;<strong>Ipad apps</strong>&lt;br&gt;<strong>Facetime/Skype</strong>&lt;br&gt;<strong>Electronic reminders</strong></td>
<td><strong>Home Ownership</strong>&lt;br&gt;<strong>Rental home/apartment</strong>&lt;br&gt;<strong>Co-op for housing or transportation</strong>&lt;br&gt;<strong>Public transportation (bus, train, taxi)</strong>&lt;br&gt;<strong>Universal design</strong>&lt;br&gt;<strong>Neighborhood Watch</strong>&lt;br&gt;<strong>Home Owner’s Association</strong>&lt;br&gt;<strong>Food Pantries</strong></td>
<td><strong>Independent Supported Living (ISL)</strong>&lt;br&gt;<strong>Independent Living Center</strong>&lt;br&gt;<strong>Shared Living/host family</strong>&lt;br&gt;<strong>Institutions</strong>&lt;br&gt;<strong>Intermediate Care Facility (ICF)</strong>&lt;br&gt;<strong>Group Homes</strong>&lt;br&gt;<strong>Meals on Wheels</strong>&lt;br&gt;<strong>Section 8 Housing Vouchers</strong></td>
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<td><strong>Social &amp; Spirituality</strong></td>
<td><strong>Has hobbies and interests and needed supplies</strong>&lt;br&gt;<strong>Knowledge/experience playing games or other social activities</strong>&lt;br&gt;<strong>Outgoing, friendly personality</strong>&lt;br&gt;<strong>Understands social cues and norms</strong>&lt;br&gt;<strong>Has money/budget for social activities</strong>&lt;br&gt;<strong>Interest in/belief in faith/higher power</strong>&lt;br&gt;<strong>Belongs to/has roles in a faith community</strong>&lt;br&gt;<strong>Exposure/experience going to weddings/funerals</strong>&lt;br&gt;<strong>Good conversation skills</strong></td>
<td><strong>Friendships</strong>&lt;br&gt;<strong>Dating/relationships</strong>&lt;br&gt;<strong>Members of your faith community</strong>&lt;br&gt;<strong>Friends of parents/siblings and other family members</strong>&lt;br&gt;<strong>People with a shared interest or hobby</strong></td>
<td><strong>Online social clubs</strong>&lt;br&gt;<strong>Social media (Facebook, Twitter, Instagram, Pinterest, etc)</strong>&lt;br&gt;<strong>Online games</strong>&lt;br&gt;<strong>Email</strong>&lt;br&gt;<strong>Texting</strong></td>
<td><strong>Parks and Recreation</strong>&lt;br&gt;<strong>Service/social club/groups</strong>&lt;br&gt;<strong>Inclusive faith community</strong>&lt;br&gt;<strong>Sports teams and clubs</strong>&lt;br&gt;<strong>Preschool</strong>&lt;br&gt;<strong>Playground</strong>&lt;br&gt;<strong>Community Centers</strong>&lt;br&gt;<strong>Churches/Places of Worship</strong></td>
<td><strong>Separate or special church service</strong>&lt;br&gt;<strong>Special group outings &amp; activities</strong>&lt;br&gt;<strong>Special Olympics</strong>&lt;br&gt;<strong>Special passes</strong>&lt;br&gt;<strong>Social skills classes</strong></td>
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<td><strong>Healthy Living</strong></td>
<td><strong>Communicates with doctors and other medical professionals</strong>&lt;br&gt;<strong>Knowledgeable about own disability or special healthcare needs</strong>&lt;br&gt;<strong>Knows how/when to seek help for health issues</strong>&lt;br&gt;<strong>Understands changes as body becomes adult, and has well woman/man checkups</strong>&lt;br&gt;<strong>Manages (or helps manage) own medication and other healthcare needs</strong>&lt;br&gt;<strong>Understands health risks associated with smoking, drinking, drug use, unprotected sex</strong>&lt;br&gt;<strong>Knowledge and/or ability to plan/execete healthy meals; eats a healthy diet</strong>&lt;br&gt;<strong>Has health insurance</strong>&lt;br&gt;<strong>Gym membership/exercises regularly/rides bike</strong>&lt;br&gt;<strong>Medical home</strong></td>
<td><strong>Family member or school staff implement therapy</strong>&lt;br&gt;<strong>Parents, siblings, grandparents, other family members (help with meds, healthy eating, etc.)</strong></td>
<td><strong>Pill-minders</strong>&lt;br&gt;<strong>Chat with a nurse/nurseline</strong>&lt;br&gt;<strong>Tele-medicine</strong>&lt;br&gt;<strong>Web-MD</strong>&lt;br&gt;<strong>Fit-bit/Nike Fuel Band</strong>&lt;br&gt;<strong>Exercise equipment (ie treadmill)</strong>&lt;br&gt;<strong>Health/fitness apps for Ipad</strong>&lt;br&gt;<strong>Smart Toothbrush</strong></td>
<td><strong>Gym membership</strong>&lt;br&gt;<strong>Community Centers</strong>&lt;br&gt;<strong>Neighborhood/City Pool</strong>&lt;br&gt;<strong>Community Health Centers</strong>&lt;br&gt;<strong>Health fairs</strong>&lt;br&gt;<strong>Family/General practice providers</strong>&lt;br&gt;<strong>YMCA</strong>&lt;br&gt;<strong>Neighborhood pharmacy</strong></td>
<td><strong>Center-based therapies (PT, OT, Speech, etc)</strong>&lt;br&gt;<strong>Special/institutional medical care</strong>&lt;br&gt;<strong>Home/community based therapies</strong>&lt;br&gt;<strong>Special Olympics Healthy Communities Initiative</strong>&lt;br&gt;<strong>Medical home</strong>&lt;br&gt;<strong>IHP</strong></td>
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Developed by Missouri Family to Family at the UMKC Institute for Human Development, UCEDD | mofamilytofamily.org
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| Safety & Security | • 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 | • Parents, siblings, grandparents, other family members  
• Friends  
• Neighbors  
• Familiar staff/workers at local stores, restaurants, etc. | • Automatic bill pay/direct deposit  
• Limited/joint bank account  
• Personal safety devices  
• Remote monitoring  
• Ipad/smart phone apps | • Powers of Attorney  
• Neighborhood watch  
• Local Police Department  
• Online banking  
• Living Trust  
• LifeLock (identity theft protection)  
• Neighborhood Watch | • Full guardianship  
• 24 hour supervision  
• Limited guardianship  
• Special Needs Trust |
| Citizenship & Advocacy | • 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 | • Parents, siblings, grandparents, other family members  
• Self-advocate peers  
• Friends | • Ipad advocacy apps  
• Communication devices  
• Online service group sites | • Voting  
• Neighborhood group or organization  
• Visiting your legislator  
• Scouting/Camp Fire/Optimist Club | • Paid advocate  
• Self Advocacy Groups  
• Disability Rights Day at the Capitol  
• Self Advocacy Training |
| Supports for Family Unit | • 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 capital/community connections  
• Willing to share their story | • Grandparents, aunts, uncles, extended family  
• Neighbors  
• Other parents/families  
• Church/worship community | • Family calendar/schedule apps  
• Online support groups or facebook pages | • Mom’s Day Out programs  
• Preschool  
• Library  
• Counselors  
• Utility assistance programs  
• Child Care  
• After school programs | • Respite  
• Sibshops  
• Face to Face support groups  
• Special after school care programs  
• Specialized child care centers |
| Supports & Services | • 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)  
• Parents, siblings, grandparents, spouse, children, other family  
• Neighbors  
• Classmates/former classmates  
• Church/Worship community  
• Teachers | • Parents, siblings, grandparents, other family members  
• Friends  
• Neighbors  
• Familiar staff/workers at local stores, restaurants, etc. | • Smart Home  
• Remote Monitoring Devices  
• GPS Devices | • Financial planner  
• Piggy bank  
• Free/Reduced school lunch  
• Bank  
• Community Centers  
• Community clubs (Elks, Eagles, Lions)  
• Pets  
• Service animals | • 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 |