

EXPLORING LIFE POSSIBILITIES | DEVELOPMENTAL DISABILITY SPECIFIC

There are many possibilities for people to create the life that reflects their own interests, strengths and preferences. This tool gives examples of different options and supports for a person with a disability. The top row is organized by Life Domains, the middle row highlights Current and New Possibilities happening around the country and the bottom row lists Traditional Possibilities that have existed for many years or might not be offered anymore.

This resource is designed to help you learn about existing possibilities or create new ones as you navigate and plan your good life.



Daily Life & **Employment**



Community Living



Healthy

Living

Safety & Security



Social & Spirituality



Advocacy & Engagement



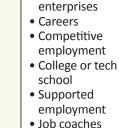
Supports to Families



Integrated Supports

Innovative
Life Options

New ideas; things that someone has tried, and you replicate or adapt for your own needs; things that haven't been thought of yet or tried.



Volunteering

programs

or training

Sheltered

Online classes

Inclusive college

• Micro-

 Adapted living space Environmental technology

• Co-ops

- Shared living/ host family Companion living
- Public transportation
- Home ownership Independent
 - **Living Center** • Tele-Medicine

- Gym membership
- Community **Health Centers**
- Health fairs Family practice providers
- In-home or community based therapies
- Family member or school staff implements therapy
- Personal fitness devices or apps

- Supported decision making
- Limited/joint bank account. automatic bill pay, personal contract, agency
- agreement Personal contract/agency agreement
- Personal safety devices Remote
- monitoring Special Needs Trust
- Abuse/neglect hotlines

- Friendships
- Dating/ relationships
- Parks and Recreation
- Inclusive faith community • Service/social
- club/groups Special
- **Olympics** • Line passes
- Social groups
- Video chat or calls

- Neighborhood group or
- organization Self-

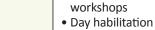
Voting

- Determination Visiting your
- legislator Self-Advocacy groups
- Advocacy training
- Legislative advocacy events

- Social Media
- Technology
- Blogs
- Family & friends
- Parent-toparent/Peer Support
- Face-to-face support groups
- Online Support Groups
- Sib-shops
- Sibling networks

- Exchange networks
- Time banks
- Human service co-ops
- General
- education
- Self-Directed Supports
- \$\$ follows the person
- Technology/ Doorbell or home security
- camera Able Accounts





- Work Crews or **Enclaves**
- Institutions Intermediate
- Care Facility (ICF)
- Group Homes Independent Supported

Living (ISL)

- Center-based therapies (PT,OT,
- Speech.etc Specialized or institutional medical care
- Full or limitedguardianship
- 24 hour paid staff and supervision
- Separate or special church service
- Special group outings & activities
- Paid advocate or having someone else
- advocate on your behalf
- Institution or center based support group
- Intensive all-day parent training
- Disability specific groups
- Systems supports only
- Provider and agency staff











