



Individual Support Services

Living Independently Starts with
Personalized Interdependence

November 21, 2021

Independent Living

- Merriam Webster defines independent as:
 - **1:** *not dependent: such as*
 - **a(1):** *not subject to control by others: SELF-GOVERNING*
 - **b(1):** *not requiring or relying on something else: not contingent an independent conclusion*
 - **(2):** *not looking to others for one's opinions or for guidance in conduct*
 - **c(1):** *not requiring or relying on others (as for care or livelihood)independent of her parents*
 - **(2):** *being enough to free one from the necessity of working for a living a person of independent means*
 - **d:** *showing a desire for freedom an independent manner*
 - **e(1):** *not determined by or capable of being deduced or derived from or expressed in terms of members (such as axioms or equations) of the set under consideration especially: having linear independence and independent set of vectors*
 - **(2):** *having the property that the joint probability (as of events or samples) or the joint probability density function (as of random variables) equals the product of the probabilities or probability density functions of separate occurrence*

Think about this definition...

- Do you live a life in which you never rely on anyone else?
- Do you never look to someone for their opinion or guidance?

What's your answer? Mine is pretty simple...NO.

Independent Living

- Relying on other people and things
 - Calling someone to help fix the things you don't know how to fix/don't have the tools for
 - Following recipes
 - Utilizing technology (alarms, iPhones, setting reminders)
- Utilizing guidance
 - Asking for advice
 - Asking for recommendations (restaurants, medical specialists, plumbers, electricians, etc.)

Independent Living

- Multiple Person Household
 - Focus on each person's strengths in terms of their household responsibilities
 - Budgeting
 - Cooking
 - Decorating the home
 - Organizing
 - Maintenance
 - Be a team
 - Brainstorming and problem solving together

Are we really living independently?

No, we are in fact living lives that are interdependent.

We are dependent on the support systems that we have developed, the technology that we have, and the skills set and knowledge we have that tells us when to ask for help or guidance.

Individual Support Services

Incompass has designed our individual support services and implemented them in a manner that is driven by the fact that we all live lives that are in fact interdependent. We act as a support system and provide guidance and assistance where needed. We also teach new skills that are identified in addition to case management to help with organization, MA entitlement services, and medical services.

Individual Support Services

- Living in their own apartment
- Living with a roommate (not someone who is identified as a caregiver)

Individualized Home Supports

- Living at home with a parent or caregiver
- Has a goal to live in an apartment separate from their parents or caregivers

Utilizing Charting the Life Course Tools To Develop Goals and a Support Plan

- Trajectory For Exploring and Planning
- Integrated Supports Star
- Life Domain Vision Tool
- Mapping Relationships
- *Others as needed..*

Ultimately use these tools to identify the areas where support and teaching is needed.

Roger

- Assist with banking and budgeting
- Manage doctors appointments
- Teach him and support him as his own advocate
- Support around being an active member of his community.

Carrie

- Strong Advocate for herself
- Manages own PCA
- We work with her around accessing different recreation activities and other socialization opportunities to ensure that she is part of her community and not living a life that is isolated

Tom

- Works at Market Basket and has for 25 years. We provide guidance and help problem-solve when needed
- Planning vacations
- Assistance with apartment organization

Oh yeah...about Incompass Human Services

- Incompass is an affiliated chapter of The Arc of Massachusetts
- With over 100 years of combined experience, our dedicated team has been redefining what is possible for people with intellectual and developmental disabilities and their families in Greater Lowell and the Merrimack Valley.
- We have programs in Chelmsford and Lawrence, along with 18 group homes throughout Greater Lowell
- We offer a robust suite of services including day habilitation, job training and placement, clinical and case management, family support, and residential programs.

Thank you

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