

CHARTING the life course



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.

Personal Strengths and Assets	Relationship Based Supports	Technology	Community Resources	Eligibility Based Supports
<p>Asset Development: There is growing emphasis on helping people with disabilities and their families to grow personal assets. The assumption is that as individuals with disabilities develop assets, they will be able to move out of poverty and build better a better life.</p> <p>The websites below provides information on how to save and protect money; to increase assets through education and employment and ideas on how to help people with disabilities to use personal strengths to help build a better life.</p> <p>Assets Development</p> <ul style="list-style-type: none"> • ABLE Act: The ABLE Act is federal legislation that aims to ease financial strains faced by individuals with disabilities by making tax-free savings accounts available to cover qualified expenses such as education, housing, and transportation. http://www.ablenc.org/ • Assets for Independence Resource Center: AIRC is a one stop resource for information on the Assets for Independence Program and on Individual Development Accounts (IDA). http://idaresources.acf.hhs.gov/page?pageid=a047000000AsH85 • National Disability Institute's Real Economic Impact (REI) Network is an alliance of organizations and individuals dedicated to a common mission the economic advancement of people with disabilities. http://www.realeconomicimpact.org/ • PLAN of CT: CT Special Needs Trust http://www.planofct.org/ 	<p>Relationship Based Supports: Healthy relationships are a vital component of health and wellbeing. There is compelling evidence that strong relationships contribute to a long, healthy, and happy life. Helping people with disabilities to enhance personal relationships helps ensure a better life.</p> <p>The websites below provide information on how people with disabilities and their families can use expanded and enhanced personal relationships as a source of support for building a better life.</p> <p>Advocacy Groups/Organizations</p> <ul style="list-style-type: none"> • ARC CT: http://thearcct.org/ • CT Council on Developmental Disabilities: http://www.ct.gov/ctcdd/site/default.asp • CT Down Syndrome Congress: http://www.ctdownsyndrome.org/ • CT Family Support Council: https://portal.ct.gov/DDS/CommitteesCouncil/CT-Family-Support-Council/Connecticut-Family-Support-Council-Meeting-Schedule • CT Parent Advocacy Center (CPAC): http://www.cpacinc.org/ • CT State Independent Living Council: http://ctsilc.org/ • DDS Council on Developmental Disabilities: http://www.ct.gov/dds/cwp/view.asp?A=2&Q=379078 • DDS Regional Advisory Councils: http://www.ct.gov/dds/cwp/view.asp?a=2&q=389774 	<p>Technology: There is a growing movement toward requiring that people with cognitive disabilities have equal access to technology and information. Access to technology is deemed key to helping people with disabilities realize full and equal participation and a better life.</p> <p>The websites below provide information on how people with IDD can use technology to stay safe; to make learning easier; to increase independence, and to live an empowered life.</p> <ul style="list-style-type: none"> • CT Tech Act Project: Assessment, Demonstration Sites, Funding Ideas Loan Programs, Training http://cttechact.com/#sthash.pUtPqjHm.dpbs • Center on Technology and Disabilities: Assistive and Instructional Technology Supporting People with Learning Disabilities http://www.ctdinstitute.org/ • Standard Technology Tools Checklist For Middle and High School: http://assistivetech.sf.k12.sd.us/middle_and_high.htm • Connecticut Assistive Technology Guidelines: https://portal.ct.gov/SDE/Search-Results?SearchKeyword=Assistive%20Technology%20Guidelines <p>Increasing Personal Communication:</p> <ul style="list-style-type: none"> ○ Yes/No Cards ○ Pictures/Photos/Collages ○ Paper Communication Board ○ Electronic Communication Board ○ Sign Language ○ Picture Phone ○ Communication Apps 	<p>Community: The Americans with Disabilities Act (ADA) has helped people with disabilities become more independent and involved in their world. Living, working, learning, and being engaged within a community is an essential way to help people with disabilities live a better life.</p> <p>The websites below provide information on ways to help make communities more accessible for people with IDD and provides information on accessible community-based social activities.</p> <ul style="list-style-type: none"> • CT ADA: Knowledge of the ADA can be used to help communities become more accessible. http://www.jud.ct.gov/ADA/default.htm • Connect Kids: Special Needs Fun Stuff http://www.ct.gov/kids/cwp/view.asp?a=4072&q=478302 • Fun Things to Do in CT: http://www.wegoplaces.com/things-to-do-in-connecticut • 0-5 (Day Care/Pre-School): Office of Early Childhood (OEC) Childcare and Camp Information: http://www.ct.gov/oec/cwp/view.asp?a=4542&q=544636 • 5-8 (After School): CT State Department of Education (SDE) After School Programs: https://portal.ct.gov/SDE/Services/Families-and-Community/Afterschool-Programs <ul style="list-style-type: none"> ○ CT After School Network: http://ctafterschoolnetwork.org/ 	<p>Help for Those Who Are Eligible: There are many state agency and other federal and state funded organizations that provide support to people in need who are eligible for the services provided. These services are all designed to help people with disabilities live a better life.</p> <p>The websites below are just a few of the organizations providing eligibility-based services. It is important that families are provided information about these supports.</p> <p>General Information</p> <ul style="list-style-type: none"> • 211: A one-stop connection to local services, from utility assistance, food, housing, child care, after school programs, elder care, crisis intervention and much more https://www.211ct.org/ • Connecticut Association for Human Services: Federal, state and local programs that help people in CT: http://www.cahs.org/ • Connecting Connecticut Resource: A Directory for Schools and Community Organizations Serving Families With Children Who Have Disabilities http://www.cpacinc.org/wp-content/uploads/2014/03/Connecting-CT-2012_Mar14_Interactive.pdf • CT Department of Social Services: Programs for people with disabilities https://portal.ct.gov/DSS • Community First Choice- Medicaid State Plan service that allows individuals and family employer and budget authority https://ctmfp.com/ -to apply for Money Follows the Person. https://ctmfp.com/InformationCFC.aspx - Information.

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<p>Benefits Planning A person receiving disability cash or medical benefits (such as Social Security Disability Insurance, Supplemental Security Income, State Supplement, Medicare and/or Medicaid), may qualify under rules that would allow them to work and still receive benefits. It is important that accurate information is provided, so that good decisions can be made about vocational goals, potential earnings and health insurance needs.</p> <ul style="list-style-type: none"> Benefits Specialists (also known as a Community Work Incentive Coordinator or CWIC) at BRS understands how work and earnings will affect your benefits. http://www.ct.gov/brs/cwp/view.asp?a=3890&q=456890&brsNav= <p>Education/College: Ongoing education is the surest way to economic improvement.</p> <ul style="list-style-type: none"> Adult Education: Adult Education programs are free to Connecticut residents aged 17 and older who are no longer enrolled in a public school. https://portal.ct.gov/Services/Education/Adult-Education Colleges: Think College resources for people with IDD. http://www.thinkcollege.net/ <p>Employment Real economic security comes from having a good job with good pay and benefits.</p> <ul style="list-style-type: none"> CT APSE: CT Association for Supporting Employment First http://apse.org/chapter/connecticut/ Customized Employment: Customized employment (CE) is a process through which the relationship between employer and employee is negotiated and personalized in a way that meets the needs of both. http://www.dol.gov/odep/topics/CustomizedEmployment.htm 	<p>Faith communities</p> <ul style="list-style-type: none"> Friendship Circle of Fairfield County: http://www.friendshipct.com/ Friendship Circle of Hartford: http://www.friendshipcirclect.com/ <p>Family Support Groups</p> <ul style="list-style-type: none"> Family Groups Brochure: http://www.ct.gov/dds/cwp/view.asp?q=391160 CT Family Support Network: Visit their Facebook page DDS Family Connections: https://portal.ct.gov/DDS/Family/FamilyConnections/Family-Connections PATH: http://pathct.org/ <p>Friends</p> <ul style="list-style-type: none"> Best Buddies: https://www.bestbuddies.org/connecticut/ E-Buddies: http://ebuddies.org/ <p>Grandparents</p> <ul style="list-style-type: none"> Grandparents as Parents Support network (GAPS): http://www.ct.gov/agingservices/cwp/view.asp?a=2513&q=313054 <p>Hobbies</p> <ul style="list-style-type: none"> Meet Up: http://www.meetup.com/topics/hobbies/ <p>Intimate Relationships</p> <ul style="list-style-type: none"> Dating and healthy relationships: http://www.ct.gov/advocatescorner/cwp/view.asp?a=3912&Q=468740 	<p>Enhancing Team Communication & Supervision:</p> <ul style="list-style-type: none"> Checklists Communication Log Facetime/Skype Identification & Alert Cards Remote Monitoring Systems (list) Scanner Apps (Genius, list) Team Apps (Dropbox, Google Drive, One Note, etc.) <ul style="list-style-type: none"> Tyze: TYZE is a private online platform that connects people privately so they can organize supports and communicate easily with their circle/team. http://www.ct.gov/dds/cwp/view.asp?Q=573950 <p>Making Learning Easier and Faster:</p> <ul style="list-style-type: none"> Bulletin Board Calculator Calenders Highlighters Iphone/Smart phone Ipad Apps Notebooks Online Classes or Training Online Resume Builders Physical Accomodations for Computers Social Stories Spell Checkers Sticky Notes Visual Schedules Tape Recorders Video Trainings <p>Increasing Independence at Home, School, Work and when having fun!</p> <p>Home/building:</p> <ul style="list-style-type: none"> Adapted Living Space Devices (clappers, furniture risers, door handles, risers, etc.) Modified Homes for Better Physical Access (bathroom, ramps, stairlifts, etc.) Smart Home- Technology for increasing independence Universal Design 	<ul style="list-style-type: none"> 9-14 (Teams, Clubs): Adaptive Physical Education: https://portal.ct.gov/SDE/Publications/Guidelines-for-Adapted-Physical-Education/Defining-APE-Best-Practice-for-Connecticut-Schools School Sports: https://www.nfhs.org/articles/developing-school-sports-programs-for-students-with-disabilities/ Special Olympics: http://www.soct.org/ Sports for People with Disabilities: http://www.disabled-world.com/sports/ <ul style="list-style-type: none"> 15-18 (Civic Engagement): Livable Communities: The Commission on Aging Livable Communities Project is helping improve the quality of life for all citizens. https://portal.ct.gov/SOTS/Education/award-s-and-programs/Civic-Engagement-Initiatives Local Governments: Getting involved in making CT towns better. https://portal.ct.gov/OPM/IGPP/Responsible-Growth/Advisory-Commission-on-Intergovernmental-Relations/Cooperative-Ventures-by-Local-Governments-in-Connecticut-(1996) CT Youth Service Bureaus: http://www.ctyouthservices.org/ <ul style="list-style-type: none"> 18-21 Career Connections, Employment, College, Transition: (*See assets/employment column) 21-Adulthood: (*See Relationship-Based Supports column) Community Clubs: (*Search type-Elks, Eagles, Lions) CT Parks and Recreation: http://www.ct.gov/deep/cwp/view.asp?a=2716&q=325078&deepNav_GID=1650 	<ul style="list-style-type: none"> CT Health Channel.Org: Your single source for Connecticut public and private health insurance information. http://www.cthealthchannel.org/ Home Health Aides- Medicaid state plan services- link to services available. http://www.huskyhealthct.org/members/members_benefits.html <p>Behavior Supports</p> <ul style="list-style-type: none"> Positive Behavior Support Brochure: https://portal.ct.gov/DDS/Video/2009Video/Positive--Behavior-Support CT Behavioral Health Partnership Services: Use this site to find behavioral health support services. http://www.ctbhp.com/ CT Department of Mental Health and Addiction: http://www.ct.gov/dmhas/cwp/view.asp?a=2902&q=335208&dmhasNav= <p>Children's Supports</p> <ul style="list-style-type: none"> CT Department of Children and Families: http://www.ct.gov/dcf/site/default.asp CT Office of Early Childhood: Birth to 3: http://www.ct.gov/oec/cwp/view.asp?a=4546&q=535736 Office of the Child Advocate: http://www.ct.gov/oca/site/default.asp <p>DDS Supports</p> <ul style="list-style-type: none"> CT Department of Developmental Services: Services for people who are diagnosed with an Intellectual Disability. https://portal.ct.gov/dds <p>People Who Can Help Helpline Staff, Eligibility, Education Advisors, Transition Advisors, IFS Team Members</p> <p>Support Services Behavior Supports Program, Employment/Day Services, IFS Grants, IFS Supports</p>
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<ul style="list-style-type: none"> • DDS Employment Resources: Lots of helpful employment information for families, employers and others http://www.ct.gov/dds/cwp/view.asp?a=4189&q=492514 • CT Department of Labor: https://www.ctdol.state.ct.us/gendocs/pwd.htm • CT Department of Rehabilitation Services (formerly BRS): http://www.ct.gov/dors/site/default.asp • Office of Disability Employment Policy: ODEP manages a number of efforts designed to advance disability employment. www.dol.gov/odep • Self employment: Many individuals with disabilities are turning to the flexibility self-employment offers in assisting them to meet both professional and financial goals. http://www.dol.gov/odep/topics/SelfEmploymentEntrepreneurship.htm <p>Personal Strengths In general, positive attracts positive and produces better outcomes. Identifying and building upon strengths is essential to helping people build a better life.</p> <ul style="list-style-type: none"> • Beyond Barriers to Passion and Possibility: http://cannexus.ca/wp-content/uploads/2014/04/Beyond-Barriers-to-Passion-and-Possibility-CANNEXIS-BARRIERS.pdf • Personal Strengths Vocabulary: http://www.proprofs.com/quiz-school/story.php?title=Personal-Strengths-Vocabulary-1 	<p>Mentors</p> <ul style="list-style-type: none"> • The Governor’s Prevention Partnership: https://www.preventionworksct.org/ • The All Ability Alliance: https://www.preventionworksct.org/resources/school-based-prevention-resources/the-all-abilities-alliance-handbook-access-form.html <p>Personal Care</p> <ul style="list-style-type: none"> • MYSELF Campaign: Good relationships begin by caring for oneself. http://www.ctfsn.org/ <p>Self-Advocacy Groups</p> <ul style="list-style-type: none"> • For Kids: http://www.fvkasa.org/index.php • For Adults: https://portal.ct.gov/DDS/SelfAdvocacySelfDetermination/Self-Advocacy/CT-Self-Advocacy-Groups-Contacts <p>Siblings</p> <ul style="list-style-type: none"> • For Kids: Sibling Support Project: https://www.siblingsupport.org/ • For young adults: SIB20: http://www.ct.gov/dds/cwp/view.asp?Q=563720&A=2645 • For Adults: Sibling Leadership Network: http://siblingleadership.org/ <p>Students/Youth</p> <ul style="list-style-type: none"> • CT Youth Leadership Project: http://www.ctylyp.org/ • CT Secondary Transition Youth Advisory Board (YAB): brael@cpacinc.org • Parent/Teacher Association (PTA): http://www.ctpta.org/ 	<p>Independent Living</p> <ul style="list-style-type: none"> ○ Alarm clock ○ Automatic Bill Pay ○ Electronic Reminders ○ Health/Fitness Apps ○ Life Skills Apps ○ Lifeline ○ Limited/Joint Bank Account ○ Medication Monitoring Systems ○ Online Banking ○ *Service Animals ○ Smart Toothbrushes ○ Stove Guards ○ TeleMED ○ Weather/Dress Apps <p>Social/Recreational:</p> <ul style="list-style-type: none"> ○ Ebuddy ○ Email ○ Facebook ○ Fit Bit/Nike Fuel band ○ Meet Up Apps ○ Online Games ○ Online Support Groups or Social Groups ○ Modified Recreation Equipment (bikes, games, pool lifter, vehicles, water wheelchairs, etc.) ○ Social Media (Facebook, Twitter, Instagram, Pinterest, etc.) ○ Texting <p>Work: (*See above lists)</p>	<ul style="list-style-type: none"> ○ Special Olympics: http://www.soct.org/ ○ Vacation Club- GOSprout: http://gosprout.org/vacation-programs/ ○ YMCAs: http://www.ymca.net/ <ul style="list-style-type: none"> • Community Health Centers https://portal.ct.gov/DPH/Family-Health/Community-Health-Centers/Community-Health-Centers-in-Connecticut • CT SERC CT State Education Resource Center http://www.ctserc.org/ • Aging (Senior Engagement) Senior Center Directory http://www.seniorcenterdirectory.com/connecticut/ <p>Respite</p> <ul style="list-style-type: none"> • Respite Brochure: https://portal.ct.gov/DDS/Respite/General/Respite <p>Transportation</p> <ul style="list-style-type: none"> • CT Department of Transportation: Mobility Ombudsman: http://www.ct.gov/dot/cwp/view.asp?a=1386&q=553940 • Transportation Brochure: https://portal.ct.gov/DDS/Search-Results?SearchKeyword=transportation 	<p>Residential Support Services: (CCH-host family, CLAs-Licensed Group Homes, CRS-Unlicensed Group Homes, In Home Supports, Intermediate Care Facility (ICF), Live In Companion, Shared Living) Respite</p> <p>Health Supports</p> <ul style="list-style-type: none"> • CT Department of Public Health: Medical Home: https://portal.ct.gov/DPH/Family-Health/Children-and-Youth/Children--Youth-with-Special-Health-Care-Needs-and-Connecticuts-Medical-Home-Initiative • Office of the Healthcare Advocate: http://www.ct.gov/oha/site/default.asp <p>Housing Supports</p> <ul style="list-style-type: none"> • CT Department of Housing: General housing information. http://www.ct.gov/doh/site/default.asp • Home Ownership for People With Disabilities: http://www.chfa.org/Homeownership/for%20Homebuyers/Homebuyer%20Mortgage%20Programs/HomeOfYourOwnProgram.aspx • Rent Subsidy: https://portal.ct.gov/DDS/OperationsCenter/Community-Based-Housing-Subsidy/Community-Based-Housing-Subsidy-Program • Section 8 Housing Vouchers: http://www.ct.gov/doh/cwp/view.asp?a=4513&Q=530586 <p>Legal Supports</p> <ul style="list-style-type: none"> • Guardianship: https://portal.ct.gov/DDS/Family/Transition-to-Adulthood/Transition-to-Adulthood---Advocacy-and-Rights • Office of Protection and Advocacy: https://www.disrightsct.org/ <p>Medicaid</p> <ul style="list-style-type: none"> • https://www.medicaidplanningassistance.org/medicaid-eligibility-connecticut
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	<p>Senior Citizens</p> <ul style="list-style-type: none"> • Senior Citizen Guide to Connecticut: http://www.seniorcitizensguide.com/connecticut/ <p>Volunteers</p> <ul style="list-style-type: none"> • Connecticut Volunteers: https://www.volunteerct.org/ <p>Voters</p> <ul style="list-style-type: none"> • Voting Resources: https://ici.umn.edu/products/impact/172/res1.html 			<p>Medicare</p> <ul style="list-style-type: none"> • http://www.medicaresolutions.com/ <p>Senior Information</p> <ul style="list-style-type: none"> • CT Department of Aging: https://www.ct.gov/agingservices/site/default.asp • Money Follows the Person: https://ctmfp.com/ <p>Social Security</p> <ul style="list-style-type: none"> • https://www.disabilityapplicationhelp.org/Default.aspx?dn=0 <p>Special Education</p> <ul style="list-style-type: none"> • CT Department of Education: Bureau of Special Education https://portal.ct.gov/SDE/Special-Education/Bureau-of-Special-Education <p>Waivers</p> <ul style="list-style-type: none"> • https://www.cms.gov/
<p>Person-Centered Life Course Planning & Self Determination Person-Centered Life Course Planning and helping people to self-determine their lives and advocate for themselves are excellent ways to help individuals build a better life.</p> <p>The websites below provide useful planning, self-determination and advocacy information:</p> <p>Age 3-8 Planning: https://portal.ct.gov/DDS/Family/Early-Childhood/Early-Childhood---Planning-for-the-Future</p> <p>Charting the LifeCourse: https://portal.ct.gov/DDS/LifeCourse/Charting-the-LifeCourse</p> <p>Self Determination: http://www.imdetermined.org/</p>	<p>Person-Centered Life Course Planning & Self Determination</p> <p>Age 9-15 Planning: https://portal.ct.gov/DDS/Family/School-Years/School-Years-Safety-and-Security</p> <p>Charting the LifeCourse: https://portal.ct.gov/DDS/LifeCourse/Charting-the-LifeCourse</p> <p>Self Determination: https://portal.ct.gov/DDS/Search-Results?SearchKeyword=Self-Determination</p>	<p>Person-Centered Life Course Planning & Self Determination</p> <p>Age 16-21 Planning: https://portal.ct.gov/DDS/Family/Transition-to-Adulthood/Transition-to-Adulthood---Planning-for-the-Future</p> <p>Charting the LifeCourse: https://portal.ct.gov/DDS/LifeCourse/Charting-the-LifeCourse</p> <p>Self Determination: https://portal.ct.gov/DDS/Search-Results?SearchKeyword=Self-Determination</p> <p>Stepping Forward: http://www.cpacinc.org/wp-content/uploads/2017/06/SteppingForward_-_Interactive_062117.pdf</p>	<p>Person-Centered Life Course Planning & Self Determination</p> <p>Age 22-55 Planning: https://portal.ct.gov/DDS/Family/Adulthood/Adulthood---Planning-for-the-Future</p> <p>Charting the LifeCourse: https://portal.ct.gov/DDS/LifeCourse/Charting-the-LifeCourse</p> <p>Self Determination: https://portal.ct.gov/DDS/Search-Results?SearchKeyword=Self-Determination</p>	<p>Person-Centered Life Course Planning & Self Determination</p> <p>Age- Retirement Planning: https://portal.ct.gov/DDS/Family/Retirement/Retirement---Planning-for-the-Future</p> <p>Charting the LifeCourse: https://portal.ct.gov/DDS/LifeCourse/Charting-the-LifeCourse</p> <p>Self Determination: https://portal.ct.gov/DDS/Search-Results?SearchKeyword=Self-Determination</p>

Please let us know your favorite website resource!

Email this information to: Dianne.Gill@ct.gov.