

# SUPPORTED LIVING PROGRAM

Balance, Inc. has been supporting individuals with developmental disabilities in Ozaukee County since 1991. One of the many programs Balance runs is its Supported Living Program. Community Supported Living is a flexible partnership that enables a person needing support to live in their own home with assistance from an entity that provides individualized assistance. Many individuals with developmental disabilities wish to live in their own homes or apartments in the community and do not require assistance around the clock.

Community Supported Living enables people to live in their own home, not a place that belongs to an agency. The importance of that point cannot be overstated. Home is at the center of our lives. It is home base for our relationships with friends and family. We choose who we live with, who we invite into our home, and how we spend our time. We choose what we do within our home, how we create our place with our own particular mix of decorations, colors, pictures, and cherished items.

This program provides customized support to people at any level of need for assistance within the individual's home a few hours each week as needed with numerous supports and activities such as:

- Recognize interdependence and community participation as a part of everyone's life
- Everyday living skills and home management
- Personal hygiene assistance, money management
- Meal planning, grocery shopping
- Medication management and medical appointments
- Self advocacy, personal responsibility and support for informed decision making and risk taking while always endeavoring to ensure safety and security

This is an alternative to more intensive living arrangements such as group homes. Most individuals in this program work in the community and pay their own rent and living expenses. Balance provides staff assistance as needed and empowers individuals to make important decisions about where and how they live within their own community.

## Features & Benefits

- Independence
- Social Connectedness
- Money Management
- Home Management
- Meal Planning
- Health Maintenance

