

Community Support Services

Work can be difficult when you face obstacles in your personal life. Our goal is to help you achieve independence in all areas of your life, and then support you in reaching your work goals. You may feel confident in many activities which are important to you, but have difficulty in others. Community Support Services are designed to help you maximize your independence in any the following activities.

- Food Preparation (measuring ingredients, reading instructions for food prep, following recipes)
- Meal Planning and Grocery Shopping (looking at nutrition labels, creating a shopping list)
- Housekeeping (creating a chore list, developing routines)
- Laundry (separating, washing, and drying clothing)
- Life Management (resource utilization, decision making and planning)
- Medication (developing medication schedules and alerts to take medicine)
- Personal Safety (home safety, protecting yourself and your personal information)
- Leisure and Recreation (participating in activities to increase quality of life outside of vocational goals)
- Money Management (financial awareness, budgeting and saving for goals)
- Residential (securing and maintaining an apartment or home of your choice)
- Shopping (planning for and shopping in the community or online)
- Socializing (developing social supports and opportunities for social engagement)
- Travel (navigating public and private transportation in the community)

Community Support Services can assist in any of these areas. By evaluating what activities are important to helping you become successful in living more independently, your trainer will work with you to identify goals and develop a plan to meet them. These services are:

- Individualized and time-limited – you receive one-on-one instruction tailored to your individual goals. You, your family or representatives, your DARS Counselor, and your trainer will discuss needs and agree on a customized, time-limited plan.
- Provided in Your Community – training takes place in your home or your community to help you put skills into place in a comfortable and familiar environment where you can learn to be successful.
- Reviewed with You Often – regular progress meetings occur to review your accomplishments, add additional goals if needed, and prepare you for maintaining your successes after services end.
- Teachable – the goal of training is to teach you the skills necessary to perform activities on your own, so that you will be able to live as independently as possible once you have met your goals, without ongoing supports from your trainer.

Community Support Services are facilitated to support specific goals by helping to develop and maintain independence, and can be useful to:

- Individuals adjusting to an illness, injury, or disability which has decreased their independent living skills.
- Transition age youth and young adults who need assistance with increasing independence and becoming successful in vocational or personal endeavors.
- Veterans who are adjusting to returning back to their communities, overcoming service related injuries and disability, or in need of developing social and peer outlets to assist in reintegration into home and community life.

About The Choice Group

The Choice Group has been providing community based services for people with disabilities since 1998. Community Support Services are provided by Counselors in your area, who are knowledgeable of strategies and tools to help you increase independence and meet your goals.



THE CHOICE GROUP

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Mission Statement

The mission of The Choice Group is a commitment to excellence in meeting our clients' needs, while foremost respecting their individuality and right to make life choices.