

# Options for Community Living

UNITED CEREBRAL PALSY OF METROBOSTON

- We are more than our name -

## What is Options for Community Living?

Options for Community Living is a supported living program that helps people with disabilities live as independently as possible in their own homes or apartments. UCP provides a Case Coordinator to assist the individual in coordinating his/her affairs.

Assistance provided by a Case Coordinator depends on your needs and requirements:

- Hiring and managing Personal Care Attendants
- Financial Management
- Scheduling and coordinating medical appointments
- Obtaining and maintaining adaptive equipment
- Finding affordable, accessible housing
- Continued assessment of safety within the home
- Exploring social or recreational opportunities
- Learning to be a self-advocate

The amount of time spent with a Case Coordinator is based on individual needs ranging from a few times a month to several times a week.



Funding for this program is typically provided by the Massachusetts Rehabilitation Commission or the Department of Developmental Services. Other sources of funding may be an option or supports can be private pay. Eligibility for services varies depending upon the source of funding.

## Philosophy

At UCP of MetroBoston, we believe in individual choice and consumer control. Individuals are encouraged to explore their likes, their abilities and, to strive to reach their full potential.

- Your Case Coordinator will help you design supports and services enabling you to achieve and maintain your maximum level of independence.
- Your Case Coordinator will be there for you to help in the areas you are unable to manage on your own. They will guide you but you will remain in charge of your life's decisions.

## Applying for Services

Referrals are primarily self-referred; however, they may also come from state funding sources, local schools, social services agencies, hospitals, family members, or other sources. Following an approval from a state agency or commitment to private pay, a supported living assessment will be conducted by program staff to help you determine the areas assistance is needed and desired. Start time for services are dependent upon requirements of the funding source and available resources.

## Why Choose UCP?

For over 65 years, UCP has provided supports and services to individuals with cerebral palsy and various physical, developmental and intellectual disabilities promoting the full inclusion in all aspects of society. UCP has formed community partnerships utilizing resources and opportunities throughout the MetroBoston region to enable individuals to live life to the fullest!

**We believe in supporting happy, healthy, lives!**

**For more information, contact the Director of Individual Supports at:**

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Website: [www.ucpboston.org](http://www.ucpboston.org)

Find us on Facebook:

[www.facebook.com/UCPBoston](http://www.facebook.com/UCPBoston)



*Life without limits for people with disabilities™*