

Independent Living for Individuals with Significant Disabilities

There are several types of independent living options available for individuals with disabilities. These options vary based on the level of support and assistance needed, as well as the location and specific resources within a community. Individuals with disabilities may have unique needs and preferences, so it's essential to consider their specific requirements when exploring independent living options. Here are some of the common types of independent living arrangements:

- **Supported Living:** In supported living, individuals with disabilities live in their own apartments or homes and receive assistance based on their needs. This can include help with daily tasks such as cooking, cleaning, managing money, and accessing the community.
- **Group Homes:** Group homes provide a shared living arrangement for individuals with disabilities. They typically accommodate a small group of residents who live together under the supervision of trained staff. Group homes offer a supportive environment while encouraging independence and community involvement.
- **Transitional Housing:** Transitional housing programs aim to support individuals with disabilities during their transition from institutional settings to independent living. These programs offer temporary accommodation and support services, such as life skills training, counseling, and assistance with finding permanent housing.
- **Supported Housing:** Supported housing and apartments are like regular housing or apartments but come with additional services and supports. Individuals with disabilities live in their own apartments and receive assistance from on-site staff or visiting caregivers. Support can include personal care, medication management, home maintenance, life skills training, social and recreational activities, transportation help, case management for help with coordinating services, and 24/7 on-call support.
- **Cooperative Living:** Cooperative living involves individuals with disabilities sharing a living space and responsibilities with others, such as cooking, cleaning, and maintaining the household. Cooperative living promotes independence and social interaction among residents.
- **Assisted Living Facilities:** Assisted living facilities cater to individuals who require more comprehensive support with daily activities, such as bathing, dressing, medication management, and mobility assistance. These facilities offer private living spaces and access to communal areas and services.
- **Accessible Housing:** Accessible housing refers to homes or apartments designed or modified to accommodate individuals with disabilities. They often feature accessible entrances, wider doorways, modified kitchens and bathrooms, and other adaptations to enhance mobility and independence.

Each state has **independent living centers (ILCs)** that provide resources and support services to individuals with disabilities. ILCs offer training programs, peer support, advocacy, and information on accessible housing options and community resources.



Independent Futures that Work!
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