

Supports for well-being

Individual and Family Wellness Supports

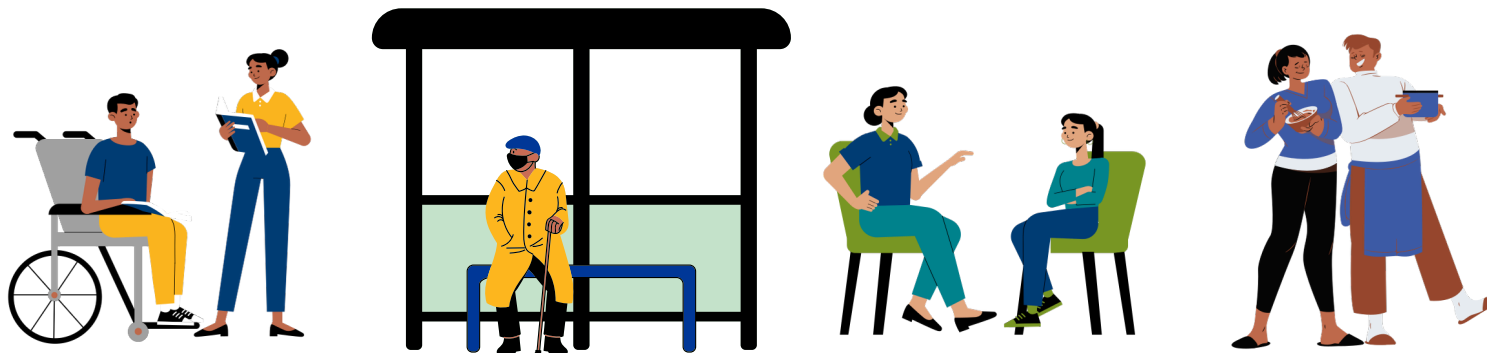
Wellness support gives you funding to organize or pay for services or supports to help make daily life more comfortable, healthy, and happy. The support may be provided in the individuals home or at another location.

People who are eligible for CLBC services have used this support in many ways:

- to pay someone to stay with you to support your family's well-being (for example: staying overnight with a support worker)
- to take courses or workshops (for example: a cooking class)
- to get peer-to-peer support (for example: having someone teach you how to take the bus)
- to pay for mental health supports (for example: going to a registered counsellor)

There are two ways someone can get support for Individual and Family Wellness:

1. Self-directed: funding and services are coordinated by individuals, their families, or their support networks
2. Agency-coordinated: funding and services are coordinated by a contracted service provider.



Supports for well-being



Homemaker Support

Provides you with support for basic housekeeping and personal care.



Communication & Behavioural Support

CLBC contracts with a qualified professional for those who are communicating using unsafe or concerning behaviour. Support may include consultation, assessment, and/or intervention and may help to build the capacity to replace unsafe or concerning behaviours with other forms of communication.

Psychological Support

CLBC contracts with a licensed psychologist or other qualified professional on your behalf. Services in this area include consultation, assessment, and intervention.



Support Coordination

Helps you coordinate multiple supports and services that are funded or not funded by CLBC.

Supports to participate in your community



L.I.F.E (Learning, Inclusion, Friendship, Employment)

Provides you with personalized supports related to lifelong Learning, Inclusion (i.e., community connections, other valued roles in community), Friendship, and Employment.

- Offered in places in your community that support their Learning, Inclusion, Friendship and Employment outcomes to happen.
- Amount of support hours, location, and type of support changes over time based on your changing goals and needs
- Regularly evaluated by you, your family, or your support network and those providing the supports to continually improve the your experience and how the support works overall for everyone.

Employment

Provides you with specific support to find and maintain employment in an inclusive workplace. This might include supported employment, customized employment, or self-employment options.

Learning

Supports you in learning, developing your skills, independence and confidence to live the life you want. For example, budgeting, cooking, making friends, or taking transit.

These supports could be informal or formal learning activities that can be done in a group or on your own. Learning supports can be done in-person, online, or both.

Community Inclusion

Supports you to participate in your community in a meaningful way. This may be focused on work, social activities, or other ways to participate in your community. This support is based on your goals and it adapts based on your changing interests and needs.

Supports to live in your home



Independent Living

If you live independently in the community, independent living support provides you with assistance for activities you do every day. This is a service for people who own, lease, or rent their own homes and who live alone or with others who are not caregivers.



Support can be offered one on one or shared by people who live independently and have homes that are close to one another.

Shared Living

In shared living, you share a home with someone who is contracted to provide you with support. This can be done in two ways:

- Home sharing: where the person who is contracted to support you owns, leases, or rents the home
- Live-in support: where you own, lease, or rent the home and the person providing you with ongoing support lives with you. You could also have a joint tenancy with the person providing you support under this support category.



Staffed Living

Provides you or a group of individuals with support for daily living by a team of staff who rotate through the home according to an established schedule that may include overnight hours. This service is designed for people who have significant support needs.

