



Information Sheet

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

Community Living British Columbia (CLBC) provides supports and services to eligible adults and their families. CLBC has a service called L.I.F.E. This information sheet provides some basic information about this service.

L.I.F.E. stands for Learning, Inclusion, Friendship and Employment. It was designed together with CLBC staff, individuals, families, and service providers. It is service for individuals interested in employment, but who also want help learning new things, connecting to their community, and making friends. It is open to anyone who is eligible for support from CLBC.

What are the key parts of the L.I.F.E. service?

The L.I.F.E. service is an ongoing community inclusion service that:

- explores and creates personalized supports related to employment, community connection, relationships, and lifelong learning.
- is offered throughout an individual's community. The amount of support hours, location and type of support will adjust over time based on a person's changing goals and needs.
- is regularly evaluated by the individual to continually improve their service experience as well as improve how the service works overall for everyone.
- makes a difference in an individual's life by increasing their confidence and growing a network of natural support around them.



How does the L.I.F.E. service work?

- You plan with your L.I.F.E. staff to figure out what is important to you in areas of your life like learning, community inclusion, friendships, and employment.
- You work with your L.I.F.E. staff to set your own schedule of support that is flexible week to week.
- The hours of support you get will change from week to week depending on your goals and how things are going — sometimes they will be higher and sometimes lower amounts of hours.
- You will have one to one support when you need it as well as support to join group activities in your community. We call this Direct A support.
- Your support will include time with staff as well as staff doing things for you like planning and researching community activities. We call this Direct B support.
- You are in charge and can change what you are doing and how you are supported week to week.
- You can change the support you get quickly.
- There will be regular check-ins for you to talk about what you want to work on and what is working and not working with your support.
- Your service will happen throughout your community.
- Over time, you will build your confidence to spend more time in your community and build your unpaid support network.
- Even if you do not have a lot of hours of staff support over time, you are always able to change your support hours if you have new things you want to do or something in your life changes..



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What are people saying about how the L.I.F.E. service makes a difference?

People using the service are saying:

I have accomplished things I did not think were possible. L.I.F.E. showed me I am capable of doing things. I see so many doors opening.

My L.I.F.E. staff understand me and that makes me happy. They listen to me and what I say. They do not rush me into stuff. I feel I can do anything.

L.I.F.E. has changed my mind about friendships. I have been hanging out more with friends and it feels good.

I have learned that I am capable of getting a job because I already got two job interviews!

It's a service where you are in control and can be yourself.

Families are saying:

This service has really been remarkable and different. L.I.F.E. is very organic – it grows and moves. If things are not working, you can fix it.

*My expectations for my daughter are higher now. I can say to her, “**you** are doing this on your own, **you** are directing this.”*

For many of our loved ones it is about getting the ball rolling. This service does that. Then after a while, things will start rolling on their own.

This service approach is incredibly important. It is what we need so our adult children are not doing the same thing for years.

L.I.F.E. fits everyone because it is created for that person.

How do I find out more about L.I.F.E. services?

You can speak to your CLBC facilitator to find out about availability of the L.I.F.E. service in your area. Even if the L.I.F.E. service is not yet available in your area, CLBC encourages you to make a formal request for it through your local CLBC office. This will help CLBC keep track of the interest for the service to support finding new service providers to deliver it in your area.

FIND OUT MORE

To learn more about the L.I.F.E. service, visit the CLBC website at www.CommunityLivingBC.ca, including a personal story video and a webinar, **Welcome to the L.I.F.E. Service.**

If you would like to speak to a CLBC facilitator at your local office about L.I.F.E., visit the CLBC website and go to [Contact > Find Your Local CLBC Office.](#)