



Connecticut Integrated Services and Supports (Updated February 2023)

(Adapted from *Integrated Support Options (Updated May 2016)*, developed by UMKC Institute for Human Development, UCEDD.)

People need supports to lead good lives. Using a combination of lots of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This tool will help families and individuals think about how to work in partnership to support their vision for a good life.

Personal Strengths and Assets

Asset Development

There is growing emphasis on helping people with disabilities and their families to grow personal assets. The assumption is that as people with disabilities develop assets, they will be able to move out of poverty and build a better life. The websites below provide information on how to save and protect money, to increase assets through education and employment, and ideas on how to help individuals with disabilities to use personal strengths to help build a better life.

- Achieving a Better Life Experience Act ([ABLE](#)) is federal legislation that aims to ease financial strains faced by individuals with disabilities by making tax-free savings accounts available to cover qualified expenses such as education, housing, and transportation.
- National Disability Institute - [Real Economic Impact Network](#) is a national alliance of organizations and individuals dedicated to building inclusive communities that support the economic advancement of people with disabilities.
- [PLAN \(Planned Lifetime Assistance Network\) of CT](#): Special Needs Focused Trust Management

Benefits Planning

A person receiving disability cash or medical benefits (such as Social Security Disability Insurance (SSDI), Supplemental Security Income (SSI), State Supplement, Medicare and/or Medicaid), may qualify under rules that would allow them to work and still receive benefits. It is important that accurate information be provided, so that good decisions can be made about vocational goals, potential earnings, and health insurance needs.

- [Benefits Counseling](#): A Benefits Specialist, at the CT Department of Aging and Disability Services (ADS) Bureau of Rehabilitation Services (BRS), understands how work and earnings will affect your benefits.

Education/College

Ongoing education is the surest way to economic improvement.

Education

- [CT State Department of Education \(CSDE\)](#)
 - [Adult Education](#) programs are free to CT residents aged 17 and older who are no longer enrolled in a public school.
- [RESC Alliance](#)
- [State Education Resource Center \(SERC\)](#)

College

- [CT Association on Higher Education and Disability \(CT AHEAD\)](#)
- [CT Office of Higher Education \(OHE\)](#)
- [CT State Colleges and Universities \(CSCU\)](#)
- [College Autism Spectrum](#) has a list of college programs for autistic students.
- [Think College](#) promotes postsecondary options for students with intellectual disabilities.

Personal Strengths and Assets continued

Employment

Real economic security comes from having a good job with good pay and benefits.

- [ADS](#)
 - [BRS](#) is CT's vocational rehabilitation (VR) program.
 - The [Level Up](#) Program provides students with the tools, training and resources to work competitively and forge a path to independence.
 - [Connect-to-Work Project/Benefits Counseling](#)
 - [Bureau of Education and Services for the Blind \(BESB\)](#)
- [CT Association of People Supporting Employment First \(CT APSE\)](#)
- CT Department of Developmental Services (DDS) - [Employment & Day Services](#)
- [CT Department of Labor \(DOL\)](#)
 - [American Job Centers \(AJCs\)](#)
 - [CareerConneCT](#)
 - [CTHires](#)
 - [Job Corps](#)
 - [Local Workforce Investment Boards \(WIBs\)](#)
- U.S. Department of Labor - [Office of Disability Employment Policy \(ODEP\)](#) manages a number of efforts designed to advance disability employment.
 - [Customized employment](#) is a process through which the relationship between employee and employer is negotiated and personalized in a way that meets the needs of both.
 - Many individuals with disabilities are turning to the flexibility [self-employment](#) offers in assisting them to meet both professional and financial goals.

Personal Strengths

In general, positive attracts positive and produces better outcomes. Identifying and building upon strengths is essential to helping people build a better life. (See "Self-Determination and Self-Advocacy" in the table below for resources to assist in identifying personal strengths.)

Relationships

Relationship Based Supports

Healthy relationships are a vital component of health and wellbeing. There is compelling evidence that strong relationships contribute to a long, healthy, and happy life. Helping people with disabilities to enhance personal relationships helps ensure a better life. The websites below provide information on how individuals with disabilities and their families can use expanded and enhanced personal relationships as a source of support for building a better life.

Advocacy Groups/ Organizations

- [CT Association of Centers for Independent Living \(CACIL\)](#)
- [CT Council on Developmental Disabilities \(CTCDD\)](#)
- [Down Syndrome Association of CT \(DS ACT\)](#)
- [CT Parent Advocacy Center \(CPAC\)](#)
- DDS - [Council on Developmental Services](#)
- DDS - [Regional Advisory and Planning Councils](#)
- [Disability Rights CT \(DRCT\)](#)
- [The Arc CT](#)

Faith Communities

- [Friendship Circle of Fairfield County](#)
- [Friendship Circle of Hartford](#)

Family/Parent Support Groups

- [CT Family Support Network \(CTFSN\)](#)
- [CT Parent Teacher Association \(CT PTA\)](#)
- DDS - [Family Connections](#)
- [Parents Available To Help, Inc. \(PATH\)](#)

Friends

- [Best Buddies in CT](#)

Grandparents

- [Grandparents as Parents Support](#)

Hobbies

- [Meetup](#)

Intimate Relationships

- DDS – Advocates’ Corner: [Healthy Relationships](#)

Mentors

- [Big Brothers Big Sisters of CT](#)
- [The Governor’s Prevention Partnership](#)

Self-Advocacy Groups

- For Kids: [CT Kids As Self-Advocates \(CT KASA\)](#)
- For Adults: [DDS CT Self-Advocacy Groups Contacts](#)

Seniors

- [Older Adult Services](#)

Siblings

- For Kids: [Sibling Support Project](#)
- For Young Adults: [Sib20](#)
- For Adults: [Sibling Leadership Network \(SLN\)](#)

Students/Youth

- [CT Secondary Transition Youth Advisory Board \(YAB\)](#): Contact Laura Knapp, CPAC Parent Consultant/Transition Coordinator, at lknapp@cpacinc.org.
- [CT Special Education Youth Advisory Council \(YAC\)](#): Contact Nicole Vitale, Consultant at the SERC, at vitale@ctserc.org.
- [CT Youth Leadership Project, Inc. \(CT-YLP\)](#): Contact Stephanie Barksdale, Executive Director, at exedir@ctylp.org.

Volunteers

- [Volunteer CT](#)

Voters

- [My Vote CT](#)
- University of Minnesota, Institute on Community Integration - [Resources on Voting and People with Disabilities](#)

Technology

Technology

There is a growing movement toward requiring that people with cognitive disabilities have equal access to technology and information. Access to technology is deemed key to helping people with disabilities realize full and equal participation and a better life. The websites below provide information on how individuals with disabilities can use technology to stay safe, to make learning easier, to increase independence, and to live an empowered life.

General Information

- 211 of CT - [Assistive Technology](#)
- CSDE - [CT Assistive Technology Guidelines](#)
- CSDE/SERC - [CT Accessible Educational Materials \(CTAEM\)](#)
- [CT Tech Act Project \(CTTAP\)](#)
- DDS - [Assistive Technology Resources for Training in CT](#)
- [The New England Assistive Technology \(NEAT\) Center at Oak Hill](#)
- [The Assistive Technology Training Center of CT \(ATECH\)](#)
- United Cerebral Palsy (UCP) of Eastern CT – [Assistive Technology Center](#)
- U.S. Department of Education, Office of Special Education Programs - [Center on Technology and Disabilities \(CTD\)](#)

Increasing Personal

Communication:

- Communication Apps
- Electronic Communication Board
- Paper Communication Board
- Picture Phone
- Pictures/Photos/Collages
- Sign Language
- Yes/No Cards

Enhancing Team Communication and Supervision:

- Checklists
- Communication Log
- FaceTime/Skype
- Identification and Alert Cards
- Remote Monitoring Systems
- Scanner Apps (Genius)
- Team Apps (Dropbox, Google Drive, One Note)

Making Learning Easier and Faster:

- Bulletin Board
- Calculator
- Calendars
- Highlighters

- iPad Apps
- iPhone/Smart Phone
- Notebooks
- Online Classes/Trainings
- Online Resume Builders
- Physical Accommodations for Computers
- Social Stories
- Spell Checkers
- Sticky Notes
- Tape Recorders
- Video Trainings
- Visual Schedules

Increasing Independence in All Settings:

- Adapted Living Space Devices (clappers, furniture risers, door handles, risers)
- Modified Homes for Better Physical Access (bathroom, ramps, stair lifts)
- Smart Home Technology
- Universal Design

Independent Living:

- Alarm Clock
- Automatic Bill Pay/Online

Banking

- Electronic Reminders
- Health/Fitness Apps
- Lifeline
- Life Skills Apps
- Limited/Joint Bank Account
- Medication Monitoring Systems
- Service Animals
- Smart Toothbrushes
- Stove Guards
- TeleMed
- Weather/Dress Apps

Increasing Independence in Social/Recreational Activities:

- E-buddy/E-mail
- Fit Bit/Smart Watches
- Meet Up Apps
- Online Games
- Online Support Groups/Social Groups
- Modified Recreation Equipment (bikes, games, pool lifts, vehicles, water wheelchairs)
- Social media (Facebook, Twitter, Instagram, Pinterest)
- Texting

Community-Based

Community

The Americans with Disabilities Act (ADA) has helped people with disabilities become more independent and involved in their world. Living, working, learning, and being engaged within a community is an essential way to help people with disabilities live a better life. The websites below provide information on ways to help make communities more accessible for individuals with disabilities and provides information on accessible community-based social activities.

General Information

- Knowledge of the [ADA](#) can be used to help communities become more accessible.
- CT Department of Energy and Environmental Protection (DEEP) - [No Child Left Inside](#)
- CTFNS - [Recreation, Summer Camp, and Family Destination Database](#)
- CT Office of Tourism (CTVISIT) - [Family Fun](#)
- CSDE - [Family Resource Centers](#)
- CSDE - [Full, Equal, and Equitable Partnerships with Families: CT's Definition and Framework for Family Engagement](#)

After School Programs

- [CT After School Network](#)
- CSDE - [After School Programs](#)

Athletics, Sports, and Clubs

School-Age

- CSDE - [Guidelines for Adapted Physical Education](#)
- [Special Olympics CT \(SOCT\)](#)
- SOCT/CT Interscholastic Athletic Conference (CIAC) - [Unified Sports®](#)
- National Federation of State High School Associations (NFHS) - [Developing School Sports Programs for Students with Disabilities](#)

Adulthood

- **Community Clubs:** (e.g., Eagles, Elks, Lions)
- DEEP – CT State Parks and Forests: [Access for Persons with Disabilities](#)
- CT Department of Public Health (DPH) - [Community Health Centers \(CHCs\)](#)
- [SOCT](#)
- [The YMCA](#)

Seniors

- [Senior Center Directory](#)

Day Care and Summer Camps

- CT Office of Early Childhood (OEC) - [Find Child Care and Camps](#)

Civic Engagement

- CT Office of the Secretary of the State (SOTS) - [Civics Engagement Initiatives](#)
- [CT Youth Services Association \(CYSA\)](#)
- [Livable Communities](#) is an initiative of Connecticut's Commission on Women, Children, and Seniors (CWCS) (formerly run by the Commission on Aging).

Respite

- DDS - [Family Respite Services](#)

Transportation

- [CT ADA Paratransit Resource Center](#)
- DDS - [Transportation Resources](#)
- CT Department of Transportation (DOT) - [Mobility Ombudsmen \(Assistance Getting Around CT\)](#)
- [CT Transit](#)
- [The Kennedy Collective](#) (formerly known as The Kennedy Center) – [Travel Training Program](#)

Eligibility-Specific

Help for Those Who Are Eligible

There are many State agency and other federal and State funded organizations that provide support to people in need who are eligible for the services provided. These services are all designed to help people with disabilities live a better life. The websites below are just a few of the organizations providing eligibility-based services. It is important that families be provided information about these supports.

General Information

- [211 of CT](#): A one-stop connection to local services, from utility assistance, food, housing, childcare, after school programs, elder care, crisis intervention, and much more.
- [CT Association for Human Services \(CAHS\)](#) : Federal, state, and local programs that help people in CT.
- [CT Department of Social Services \(DSS\)](#): Programs and services for people with disabilities.
 - [Autism Spectrum Disorder](#)
- [My Place CT](#) is a free web-based resource designed to help older adults and people with disabilities live in optimal independence, health, and well-being.
- [Community First Choice \(CFC\)](#) is a federal initiative offered to active Medicaid members as part of the Affordable Care Act. This program allows individuals to receive supports and services in their home.
- [Money Follows the Person \(MFP\)](#) is a federal program that helps Medicaid-eligible individuals currently living in long-term care facilities successfully transition back into the community.

Behavior Supports

- [CT Behavioral Health Partnership \(CTBHP\)](#): Use this site to find behavioral health support services.
- DDS - [Positive Behavior Support](#)
- [CT Department of Mental Health and Addiction Services \(DMHAS\)](#)
 - [Programs and Services](#)

- **Support Services:** Behavior Supports Program, Employment and Day Services, IFS Grants, IFS Supports, Residential Support Services, and Respite Services

Children's Supports

- [CT Department of Children and Families \(DCF\)](#)
- CSDE - [Bureau of Special Education \(BSE\)](#)
 - [Early Childhood Special Education](#)
 - [Secondary Transition – Planning from School to Adult Life](#)
- [OEC](#)
 - [Birth to Three \(Birth23\)](#)
- [Office of the Child Advocate \(OCA\)](#)

Health Supports

- DPH - [Children & Youth with Special Health Care Needs and Connecticut's Medical Home Initiative](#): Care Coordinators connect families to resources.
- [CT Office of the Healthcare Advocate \(OHA\)](#)
- [Got Transition](#)[®] is the federally funded national resource center on health care transition (HCT).
- [HUSKY Health for CT Children & Adults](#)

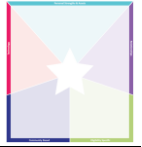
Housing Supports

- ADS/BRS – [Independent Living Program](#): Visit to learn about CT's Independent Living Centers (ILCs).
- [CT Department of Housing \(DOH\)](#)
 - [Section 8 Housing Choice Voucher Program](#)
- [CT Fair Housing Center](#)
- [CT Housing Engagement and Support Services \(CHESS\) Initiative](#)

DDS Supports

Services for people who are diagnosed with an intellectual disability.

- **People Who Can Help:** Helpline Staff, Eligibility, Education Advisors, Transition Advisors, and Individual and Family Support (IFS) Team Members



Person-Centered Planning, Self-Determination, and Self-Advocacy

Person-Centered Planning (PCP) is a set of approaches for discovering what is most important to a person and specifying the opportunities, accommodations, and assistance that will give the person the best chance of experiencing what is most important. **Charting the LifeCourse (CtLC)**, a universally-designed, PCP framework, is a tool to assist individuals and families of all abilities and ages to develop a vision of a good life.

Self-Determination means having the right to control your life. It means having the:

- **Freedom** to decide how to live your life;
- **Authority** over your resources and supports;
- **Support** you need to live a full life; and
- **Responsibility** for your decisions and actions.

Self-Advocacy means speaking or acting for yourself. It means deciding what is best for you and taking charge of getting what you want. It means standing up for your rights as a person.

The resources and websites in the chart below provide useful information about PCP, self-determination, and self-advocacy, organized by the CtLC life stages.

Early Childhood	School Age	Transition to Adulthood	Adulthood	Aging
Person-Centered Planning <ul style="list-style-type: none"> • DDS - Charting the LifeCourse • DDS - Early Childhood • CtLC - Focus on Early Childhood 	Person-Centered Planning <ul style="list-style-type: none"> • DDS - Charting the LifeCourse • DDS - School Years • CtLC - Focus on School Age 	Person-Centered Planning <ul style="list-style-type: none"> • DDS - Charting the LifeCourse • DDS - Transition to Adulthood • CtLC - Focus on Transition to Adulthood 	Person-Centered Planning <ul style="list-style-type: none"> • DDS - Charting the LifeCourse • DDS - Adulthood • CtLC - Focus on Adulthood 	Person-Centered Planning <ul style="list-style-type: none"> • DDS - Charting the LifeCourse • DDS - Retirement • CtLC - Focus on Aging
Self-Determination and Self-Advocacy <ul style="list-style-type: none"> • DDS - Self-Determination • DDS - Self-Advocacy • Virginia Department of Education (VDOE) - I'm Determined! 	Self-Determination and Self-Advocacy <ul style="list-style-type: none"> • DDS - Self-Determination • DDS - Self-Advocacy • VDOE - I'm Determined! • Stepping Forward: A Self-Advocacy Guide for Middle and High School Students 	Self-Determination and Self-Advocacy <ul style="list-style-type: none"> • DDS - Self-Determination • DDS - Self-Advocacy • VDOE - I'm Determined! • Stepping Forward: A Self-Advocacy Guide for Middle and High School Students 	Self-Determination and Self-Advocacy <ul style="list-style-type: none"> • DDS - Self-Determination • DDS - Self-Advocacy 	Self-Determination and Self-Advocacy <ul style="list-style-type: none"> • DDS - Self-Determination • DDS - Self-Advocacy

Please e-mail Brian K. Smith, DDS Assistant Regional Director – South Region, at Brian.K.Smith@ct.gov to let us know your favorite website resource!