

For people with intellectual and developmental disabilities

HOUSING SUPPORTS

Designed to help people live as independently as possible, in a community setting through person-centered supports and services, we offer residences that range in size and with varying levels of support for people with intellectual and developmental disabilities of all ages. Our agency embraces the concept of supported routines; participating in meaningful activities and developing the necessary skills to achieve a higher level of independence and self-sufficiency. This is captured in the following manner:

- Assisting the person supported with the development of a daily routine that is based on his/her preferences and schedule.
- Provide 24-hour staff support in a home-like setting, focusing on a healthy lifestyle through meals/snacks and exercise programs. Individuals can personalize their bedrooms and be a part in selecting the décor for the entire house.
- Creating opportunities to be involved in our community through work, volunteering, and accessing social/recreational activities.
- Developing skill building goals that will assist the person to become more independent and self-sufficient (budgeting, cooking, activities of daily living, communication, etc.).
- Embraces various forms of technology (iPads, Notebooks, etc.) and offer access to Internet services.
- Provide health/medical oversight and to assist with achieving overall, desired health. A registered nurse is available on-call 24 hours/day, 365 days.
- Provide transportation and/or travel training to assist individuals with independently utilizing public forms of transportation.
- Embrace family/friend relationships.
- Hiring qualified, caring staff and provide on-going, required trainings to ensure continued development of skills.



Traditional Housing Opportunities—Each home is constructed to meet the needs of individuals with developmental disabilities for both adults and children while maintaining a neighborhood home setting within the community. These homes, with both single and shared bedrooms, provide 24/7 staff assistance. Residential supports provided at these homes are highly individualized and designed to help people reach their maximum independence through clinical oversight and consultation.

Supportive Apartments—This residential support program supplements the needs of people who are living on their own, but who may need periodic financial and staff supports to retain their independent living.

Respite—This service is offered to families who are responsible for the daily care of a loved one with a developmental disability and need relief. Caregiving is a demanding job and even the healthiest families need a break.

Housing Navigator—This service helps a person with intellectual and developmental disabilities, who desires to move to community-based housing, to obtain and maintain stable, long-term housing of their choice.

Independent Housing Options—The step towards living independently is an exciting accomplishment and our staff will guide each person through the process.

For additional information about our residential facilities, or to request a tour of one of our homes, contact: Stephanie Matkosky, Residential Services Director at 607.734.6151 x193 • email: MatkoskySJ@arcofchemung.org.