

Individualized Supports & Services

The services to meet your life goals now and in the future.

CREATING A PLAN FOR YOUR LIFE

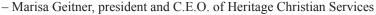
Everyone wants a good life – the kind that goes beyond existing and moves toward really living – but each person defines that life differently. We believe that's at the heart of what self-direction and personal responsibility means.



That's why Heritage Christian listens and partners with you to accomplish your goals. We want to support people who want to control their destiny by choosing what supports are most important and how to obtain them.

People are already customizing their own paths with support from HCS. The goal is that more people will partner with their natural supports, like family and friends, to choose their own direction and achieve what matters most to them

"At Heritage Christian Services, we believe this puts individuals and their loved ones at the heart of the decision making – we must partner with people to deliver supports when, where and how people need them most."





In addition to Heritage Christian's foundational services – like certified residential services, certified day programs, service coordination and respite – we also have the expertise for all phases of individualized and self-directed planning:

- For those beginning, HCS offers startup brokers who support the creation of a customized plan to meet your needs.
- To help navigate that plan throughout the year, Heritage Christian offers support brokers. They are a team member who works alongside you ensuring the supports are in place to meet your goals.
- Then, to help you manage the financial ins and outs associated with your plan for services, HCS can serve as a fiscal intermediary.



Sometimes it is easier to stay with the status quo, to keep doing what you've been doing even when you are interested in more. But occasionally that dream for more is worth the risk, worth learning to take the city bus, worth mastering new job skills. The joy of Marion "JR" Carter's resturaunt career has been worth the work for him. Thanks to his own courage to try something new and the support from the Employment Alliance, he's reaping the benefits of a paycheck and meaningful work.

Alyson Przybyl is where she is at in life because she has been honest with herself and others about the things that are most important to her. Things like living in an apartment that offers less staffing support and more independence. Things like earning her GED and working toward having a driver's license. She even serves on a design team that helped Heritage Christian gain national accreditation from the Council on Quality and Leadership.



GETTING STARTED WITH INDIVIDUALIZED & SELF DIRECTED PLANNING

The graphic below outlines the route a person can take to create an individualized plan.

Because You Matter

That's why we are listening to people with developmental disabilities and partnering with them to meet the goals they set for themselves.



Once you are eligible to receive services, you will partner with a service coordinator who will help you navigate the complex Medicaid system.

WHAT'S NEXT

Things can change. At HCS you do have the flexibility to adjust and allocate resources differently as your goals shift.





YOUR CHOICE

Working with your service coordinator, you'll determine if your needs are best met through traditional services, where an agency handles most of the details, or if you would like an individualized plan that offers you more of a say in how and where you receive services.



With your individualized plan in place, you choose a support broker who -along with your service coordinator and personal champions you've identified — makes sure your approved plan is working for you.



ACHIEVING YOUR GOALS

If you want an individualized plan, you'll choose a start-up broker who guides you to get your plan approved. Then, you will select a Fiscal Intermediary Service, which will manage the money allocated to your plan and keep you updated on your budget.



CIRCLE OF SUPPORT

Regardless of your route, relationships and engagement are important. That's why you'll want a circle of support made up of your personal champions. Together, you advocate for what you



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For more information please complete this form. Then mail to:

Heritage Christian Services, 349 West Commercial Street Suite 2795, East Rochester, NY 14445-2402

Address City ______

Phone

Email

Please contact me for the following:

☐ I would like help finding a job.

 \square I would like to learn more about self-advocacy.

☐ Please add me to your mailing list.

 \square Please add me to your email list.

FIRST STEPS

How is this different than what I'm used to? People, along with loved ones who naturally offer their support, will be in the driver's seat, actively making decisions for their lives and directing their services. Heritage Christian believes in treating people with dignity and respect. We encourage building relationships that are meaningful to you and your personal development, gaining your greatest level of independence.

How do I get started? Contact your Medicaid service coordinator. The service coordinator will complete a referral for you. Once the referral is approved, you will be given a list of startup brokers and fiscal intermediary providers to partner with to begin your customized plan.

HOW DO I LEARN MORE?

Looking for places where you can learn about person centered planning? Try these websites:

- www.opwdd.ny.gov/opwdd_services_supports/supports_for_independent_and_family_living/consolidated_supports_ and_services
- www.waisman.wisc.edu/naturalsupports

The Natural Supports Website includes resources, video clips, success stories and ways to make it all happen.

www.abcdinstitute.org

The Assets Based Community Development Institute Website offers several resources and tools, including training videos, publications and discussion groups.

www.capacityworks.com

The Capacity Works Website features videos, artwork by Beth Mount and an e-club.

www.cclds.org

The Citizen-Centered Leadership Website offers videos, study courses and experts.

www.inclusion.com

The Inclusion Website includes planning and resource materials, publications and workshops and training events.

OPTIONS THAT YOU CAN INCLUDE IN YOUR INDIVIDUALIZED PLAN, PROVIDED BY HERITAGE CHRISTIAN SERVICES:

In the Finger Lakes and WNY Regions

Community Habilitation

Respite

Supported Employment

At the Pieters Family Life Center in Henrietta

(Finger Lakes Region)

Transition University

ABC's of Cooking

Physical Therapy

Occupational Therapy

Consultation for swallowing difficulty

Speech Language Pathology

Magic Paintbrush Project Workshops

Dance Movement Therapy

Music Therapy

Art Therapy

Massage Therapy

Fitness Consultation, Coaching and Memberships

Aqua Fitness

Water Walking Exercise Class

iPad Consultations

At Heritage Christian Stables in Webster

(Finger Lakes Region)

Therapeutic Horseback Riding

CONTACT US.

For more information about Heritage Christian Services in Rochester, call (585) 340-2000. In Buffalo, call (716) 743-2020. Or visit **www.heritagechristianservices.org**

Looking for family caregiving support or services for you or your loved one? Ask to speak with our resource advisor by emailing info@heritagechristianservices.org or call the office at (585) 340-2000.