

# DAY IN MY LIFE AT SUPPORTED LIVING



I live in a house with my roommates. Staff are there to support me. That means there is always someone to talk to and ask for help if I need it.



Staff help me with my routines, meal preparation, appointments, and even with going on fun community outings!



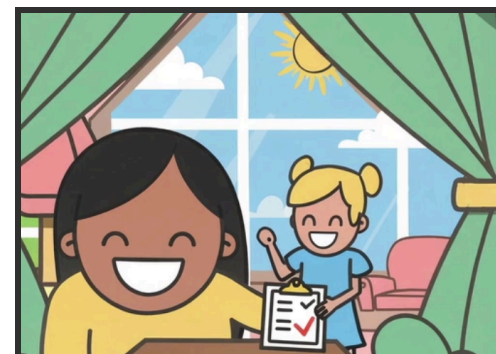
To find others in the house, I can go into common areas, like the kitchen, dining room, and living room. When I want to be by myself, I can go into my own bedroom.



My bedroom is my private space and it is where I keep all my personal belongings. I can choose to invite people I want to visit me, or I can be alone doing my own activities.



If I start to miss people in my life, staff can help me connect with them. Some ways I can connect are: visits, phone calls, video calls, text messages, or e-mails.



Anything can be possible in my home when I work with staff, because they are always there to support me!