

DIFFERENT WAYS STAFF SUPPORT ME



There is always a staff member available to help me with whatever I need, whether it be daytime or nighttime.



Staff help me manage my day. Some examples are by helping me cook my meals, organize activities, support me when I'm struggling, and help me build skills that make my day more successful.



Staff also help me with medication, if I need to take any. They make sure I do not forget to take it, and that I take it on time.



Staff also help me learn how to maintain good hygiene. That means that if I need support, I can trust them to come into private areas with me, like the bathroom. They are trained and only help me where I need it, and with my consent.



Staff can even come out to the community with me. This is important because I can ask for help with managing my finances. They can give me advice on what is best to spend money on, and where it is better to save it.



I can always rely on staff to help me in any way I may need!