

Services and Supports

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Program Services and Supports that are provided:

- **Customized Essential Lifestyle Plan (ELP) and personalized coaching that will address the following:**
 - *independent living skills
 - *personal growth
 - *vocational training and employment
 - *social development
 - *household management (food preparation, cleaning, organizational skills)
 - *individual and group recreational, social and educational events in the community
 - *civic responsibilities
- **Training on Assistive Technology**
 - *explore types of technology
 - *acquire technology
 - *practice and learn how to use various types of technology
- **Community Integration and Participation**
 - *opportunities to be engaged in University of Delaware and community activities
 - *support to discover new skills and interests for community connecting

The Total Life Residence includes:

Furnished 2 room suite
Furnished common area and kitchen
Meals prepared by participants
Wireless Computer Connection
Small Utilities (toaster, microwave, coffee maker, iron)
Household Computer
Cleaning Supplies
Local phone service
Trash Removal

Services and Supports Description continued....

The Total Life Project staff **will provide** individualized coaching to enhance participants' independent living skills.

Participants who require personal attendant services are responsible for securing and arranging for these services; they **will not** be provided by Total Life staff.

Examples of personal attendant services that are not included:

- assistance with transferring to and from a bed, wheelchair, vehicle or other environmental setting
- using medical and non-medical equipment, devices or assistive technology
- health maintenance activities
- bathing, personal hygiene
- bowel or urinary function
- dressing and grooming
- preparing and cooking meals, feeding, or cleanup
- cleaning, laundry, shopping, seasonal chores
- transportation, writing, speaking or electronic communication for participants