

WHO ARE WE?

Supported Lifestyles Ltd. is an accredited non-profit organization that serves adults with developmental disabilities. The Agency began providing services in 1993.

We provide a range of person centered services including: respite, career planning, home/residential living, support approach consultation and psychological supports.



For More Information:

Residential Services
403-207-5115 ext. 243

Career Services
403-207-5115 ext. 235 or 236

Relief Services
403-207-5115 ext. 298
Support Approach Team
403-207-5115 ext.226

Agency Philosophy

We value each person as they are, with strengths, needs, and potential. We believe that people will grow in ways they wish, when assistance is given along with the chance to learn from life experiences.

We feel that all people have the right to follow their chosen lifestyles. We believe in supporting people to make informed choices about their life and in assisting them to reach their goals. We believe that supporting participation in community life contributes to a fulfilling lifestyle.

A program funded by:

Calgary Region Community Board
Persons with Developmental Disabilities

Strengthening the Community



Supported Lifestyles Ltd. is a registered charitable organization.

#1369-1529-RP0001

 *Supported Lifestyles
Ltd.*

Mission Statement:

To provide personalized support to assist people with disabilities to establish a fulfilling lifestyle within the community.

Residential Services

Career Services

Support Approach Team

Relief Services

#210, 495 36th Street NE
Calgary, Alberta
T2A 6K3

Phone: (403) 207-5115
Fax: (403) 207-5125



www.supportedlifestyles.com

Residential Services

Assists in choosing, setting up, and supporting a living situation that meets the specific needs and personal preferences of the individual.

A variety of support models are available:

- two to four peers sharing a home,
- supportive roommate,
- in-home family supports
- outreach support.

Supports include community involvement, home living skills development, grocery shopping, personal care, education/medical needs, budgeting/money management, and many other supports that would be important.

- We communicate regularly with guardians, trustees, network members, day providers, doctors, schools, etc.
- We routinely involve the Support Approach Team in developing positive approaches to meet any behavioural and emotional support needs.
- We facilitate and participate in goal planning for the individuals.
- We develop profiles that identify the support needs, history, and authorizations for individuals involved in services



Career Services

Supports adults with developing and pursuing their career related goals.

Career services offers weekday community-based activities that meet the individual's specific needs and personal preferences. These activities might include:

- Career planning (individual or group)
- Work experience
- Volunteer work
- Education and training pursuits
- Paid employment
- Self employment
- Leisure and social activities
- Facilitated small group classes

Services to Employers include:

- Consultation with our support team
- Assistance with identifying training and employment support solutions
- Facilitation of an understanding of disability related issues
- Provision of job coaching for the individual
- Support during transition and follow-up stages

Relief Services

We provide short-term residential and community support for adults, on an emergency or planned basis.

This service is available to individuals who cannot access other relief services due to behavioural challenges.

We view the provision of relief services to families and other referring sources as a vital support that fosters stability and comfort at home, and one that assists in supporting the individual within the community.

Support Approach Team

If you are already getting help with home living, work, or leisure activities with our agency you have access to the Support Approach Team. Individuals in other Supported Lifestyles services will have access to a consultant (under the direction of a Registered Psychologist and a Registered Social Worker) who will assist as needed with the development, implementation, monitoring and evaluation of support approaches with the Client Profile on an ongoing basis. Service begins with a referral and annual consent is required.

On a limited basis, a Registered Psychologist will provide short-term counseling to clients of Supported Lifestyles (and subject to availability to other PDD service recipients). Counseling involves the use of psychological knowledge, skills and judgment in helping people solve problems, make decisions and cope with life stress. If you are feeling emotional distress or want to deal with problems you are facing you may talk with an agency psychologist.

