

# Community Inclusion



*Kentucky*  
UNBRIDLED SPIRIT™

# Community Inclusion is a Process That Promotes...

- ❖ Community Presence
- ❖ Community Participation
- ❖ Encouraging Valued Social Roles
- ❖ Promoting Choice
- ❖
- ❖ Supporting Contribution



## **Community Inclusion Is...**

- ❖ The individual uses facilities that are available to community members
- ❖ The individual interacts with people who are not paid and who do not have a disability.

## **Community Inclusion Is Not...**

- ❖ Taking people around to community places in large groups
- ❖ Bringing community members into segregated programs in large groups



# When thinking about community inclusion

- ❖ What are the person's favorite places?
- ❖ Who are the most important people in their lives?
- ❖ What is unique about the person?
- ❖ What are the things that make the person most happy?
- ❖ What sensory opportunities does the person enjoy?
- ❖ Are there special considerations when dining out, i.e. fast food vs. dining, table vs. booth, special diet, highlights from the menu?

# Where is your agency?

1. Accessing Health Care
2. Grooming and Fashion choices
3. Reading Materials
4. Bringing Community In



1. House call
2. In home services
3. Bring in books/magazines
4. Event at home or day program



1. Clinic/Community Practitioner
2. Local Hair Salon/Barber
3. Group trip to library or bookstore
4. Host party or event



1. Couple appointments with inclusion
2. Individualized looks/trendy styles
3. Individual or small groups/volunteer/join club
4. Encourage relationships outside the home/program

# Look for Community Membership or Volunteering Opportunities

- ❖ Clubs
- ❖ Civic events
- ❖ Non-profit organizations in the community and personal support groups

**Based on individual interests**



# Build community purchasing power

- ❖ Frequent local merchants.
- ❖ Buy food and flowers from street vendors.
- ❖ Involve people in special clothing purchases.
- ❖ The decoration of people's rooms can be both a focus for community experiences and a way to help a person reflect their unique interests and styles.
- ❖ Arrange a “personal day” for the person from their day/work program for a shopping spree; perhaps a leisurely lunch or snack before returning home.
- ❖ When a person has a bank account, he or she should go regularly to deposit money and cash checks if appropriate.
- ❖ Ensure that people have pocket money for spending during the program/work day.



## **Support & Enrich family relationships**

- ❖ Support expenses for letter writing and card exchange and activities with local families.
- ❖ Bring a birthday cake or flowers over to the family for the person's day.
- ❖ Find ways to support visits to families who live a distance away.
- ❖ Support a special dinner out for the person and invite family or a special friend to join.
- ❖ Support expenses for family occasions, such as reunions, funerals, weddings, family celebrations. This may include a gift purchase or a special outfit for the event.
- ❖ Support studio portraits of people and send to family.

## Support a person's heritage

- ❖ If a person responds when family speaks in Spanish, support purchases at stores with Spanish speaking vendors.
- ❖ If a person observes Kosher requirements, support lunch out at Kosher restaurants and become acquainted with the restaurant employees.
- ❖ Support people in seeking stores and hair salons related to fashion and hair styles consistent with their heritage.

# Keep up with current fashions

- ❖ Encourage individual looks that are in fashion and consistent with community peers.
- ❖ Consider spa services, perhaps a “personal day” for the individual from their day/work program for a day of beauty at a local spa and a special lunch out.
- ❖ Buy special clothing items at specialty stores.
- ❖ Help develop a style or look, and to be contemporary.
- ❖ While glasses are considered a Medicaid expense, sunglasses might be an appropriate personal expense unless the sunglasses meet a health need.

# Develop hobbies

- ❖ Take a person to purchase his or her own craft or hobby supplies. Be a regular in the store.
- ❖ Look for clubs that match people's interests and preferences, and support related expenses.
- ❖ Fund classes at a local high school, college or adult education programs. Join a special interest group.
- ❖ Use “walk in” craft locations, i.e., community darkroom for photography, Color Me Mine for pottery.
- ❖ Contribute to local causes and associations where people meet others who share their interest or hobby, such as a drama club or volunteer fire department.

# Access reading materials

- ❖ Frequent local libraries & book stores.
- ❖ Whenever possible, support expenses related to library use, book club activities, literacy program participation.
- ❖ Purchase magazines or audio books that address special interests or hobbies.
- ❖ Subscribe to a local newspaper or magazine.
- ❖ Audio books in other languages offer important opportunities to support cultural/ethnic heritage.

## Participate in or watch sports

- ❖ Sports fans can become regulars at local sports groups – public schools, sports leagues, professional sports. Purchase season tickets for local teams.
- ❖ Support individual memberships at local gyms or “YMCA” facilities and consider use of personal trainer or swim lessons/classes.
- ❖ Join a bowling league.
- ❖ Consider therapeutic riding experiences.
- ❖ Purchase sports items/clothing that promote a favorite team.

## Dine out

- ❖ Support dining out for one or two people to a restaurant with preferred fare or ethnic foods/specialties.
- ❖ Support going to dinner with friends and family.
- ❖ Support expenses for local, cafés, coffeehouses, etc.



**Think outside the box!**

