



## LIFE (Living and Learning in Family Environments) Program

### What is LIFE?

Clearbrook understands how challenging it can be to care for a loved one with a disability. Our LIFE (Living and Learning in Family Environments) Program provides in-home services for families who prefer their family members, ages three and older, to remain living at home.

Clearbrook's LIFE Program provides:

- Support in the comfort and familiarity of your home and community.
- Services to promote skill development and community integration.
- Coordination with other programs in which family members may participate.
- Fifteen hours per week (on average) of individualized direct services.



The LIFE Program supports and assists families to effectively meet the needs of their family member.

### Meet Our Direct Care Family

Clearbrook recognizes that open and continuous communication between families and direct care staff is the heart of a successful relationship. The most critical staff members of our team are:

#### **Supported Living Assistants (SLA's)**

- Matched to families based on job qualifications, experience, scheduling and compatibility.

- Provide participants with supervision, training, assistance and guidance at home or in the community.
- Extensively trained by Clearbrook.

### **Qualified Mental Retardation Professionals (QMRP's)**

- Provide case management services to the individual in conjunction with the family.
- Serve as primary contact for the family.
- Supervise the Supported Living Assistants.

### **Frequently Asked Questions**

- **What is the goal of the LIFE Program?** LIFE is designed to promote a family environment through skill development and community integration.
- **How does LIFE differ from Respite?** LIFE focuses on active treatment for the individual(s) while Respite provides the opportunity for family members to take a break from the daily care needs of the individual(s).
- **What are some examples of active treatment?** Active treatment includes goal setting, developing daily living skills, behavior management and other tools needed to help the participant move towards independence.
- **What is the role of the family?** Your family's support and involvement is essential to your family member's success in the LIFE Program. Partnering together, we can make a difference in expectations and desires that you and your loved ones have identified.
- **How do I get started?** Contact Clearbrook's LIFE Program Director at (847)-870-7711 ext.5041 to begin the process.