

The Long Way Home

ANGELA FINDS HER LIFE PATH WITH SUPPORT FROM FAMILY AND INDIVIDUALIZED SUPPORTS

Angela is a very self-motivated young woman who has traveled many different paths. Her journey started as a typical 15 year old teenager who was going to school and hanging out with her friends. One night her life took her in a different direction when she and her friends were in a terrible car accident. Angela sustained a Traumatic Brain Injury that resulted in a 7 week hospital stay. Angela required physical therapy, speech therapy, and occupational therapy in order to relearn things like walking, talking, sitting, writing and swallowing.

Angela resided with her parents, Bill and Mary while she graduated from school. She continued to be the typical, self-determined and independent person that wanted to “be treated like everyone else.” Her parents provided her with her own living space in the basement of their home but she continued to want more and to be on her own. Angela and her parents were at a point of “What do we do?” So in August 2011, Angela would begin yet one more life path toward her freedom and independence by making a change in her living arrangements. Angela moved to another town where she lived with another person close to her age. Her family followed so they could be close to her and continue to provide Angela their support and guidance.

Through community connections made in Angela’s new living situation, Angela and her family became aware of some different service options and choices that were available.

They found out about the option of remote monitoring and self-directed supports. A major decision was made by Angela and her family when the lease on the apartment that Angela shared with another person was coming due and was not going to be renewed. They felt that this was the opportune time to provide natural and individualized supports to help Angela follow her path to independence and freedom.

The search began for a new living arrangement and the supports that would enable Angela to live the life she so desired. Angela and her parents, Bill and Mary met with the Support Coordinator, Krista Magers, Community Living Coordinator, Karen Moore and Self-Directed Support Coordinator, Tonda Lain, to discuss remote monitoring services, self-directed supports and housing. A small home was located in a neighborhood close to the home of her parents. Affordability, location and safety in a quiet neighborhood were key factors in selection of this home. Angela now had a place to call home. She needed supports that would allow her to live on her own.

Angela and her family chose the option of self-directed supports where they hired personal assistants to help Angela to be more independent in completing day to day living activities, with natural supports built in for times when the personal assistant service was not there. At night, Angela uses remote monitoring from Night Owl Support Systems (NOSS), which involves the use of monitoring through sensing technology within her home to ensure her



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health and safety needs are being met. Living in her own home with these supports provides Angela with the “privacy and independence” that she wants in her life. Her dad says “in the beginning there were sleepless nights but now we can sleep with less worry” knowing that she has the support from remote monitoring.

Angela uses the Ticket to Work to help her with her spend down while she is becoming more independent in the world of work. Her family established a trust fund that will help Angela as needs arise throughout her life. Angela says “living on my own pushes me to succeed more so I can be the best I can.” Her dad sums it up by saying “working and being independent is life.”



Angela is very proud of everything that she has achieved over the last few years. She has individualized supports along with ongoing natural support from her family as she continues to follow her life path.

In her free time, Angela enjoys reading, watching movies and working out. She works two jobs and still has time to help others who might be going through some of the same experiences she has overcome following her TBI. Angela sums up everything that has happened over the last few years by saying “I had to live somewhere with someone that was chosen for me to get to where I really wanted to be today.”



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