



# Putting a Plan Together for Independent Living

case study

## The Story

Angie had begun experiencing health issues that would ultimately require her to need more intensive care, including possible round-the-clock assistance. Through discussions with her sister and team, she was very clear that she wanted to continue her independence and not become reliant on a staff person constantly in her home.

## The Solution

Following conversations about her needs and wishes, a support and response plan was created with her team that not only made her feel supported but maintained her desired level of independence as well. Angie joined the CCRI Independent by Design program which utilizes a combination of technology monitoring and direct staffing—something that fit her goals perfectly.

## The Method

Angie moved into her own apartment with the support of CCRI's Independent by Design program. She and her team helped to identify, implement, and monitor technology solutions to meet her medical and quality of life needs. Along with hourly staff services to assist with household tasks, technology supports, including bed and drawer sensors, provide monitoring and assistance for needs such as waking up on time and medication management.

## The Result

Putting a plan together that considered Angie's needs and desired living situation resulted in an overall improvement in her independence and reduced her reliance on assistance. Through time, Angie needed less and less overall support, including scaling back on overall sensors, and phone call reminders have dropped considerably. She is healthier and continues to remain very active in the community—just the way she likes it.

### CCRI Independent by Design

CCRI's Independent by Design program is an alternative to traditional adult foster care that allows flexibility to provide services tailored to the individual. These services are designed to adapt to the increasing or decreasing needs of individuals who live in their own homes.



### ARRM Technology Resource Center

The ARRM Technology Resource Center serves as Minnesota's primary source of information for providers, case managers, and families on how to assess, plan, fund, and implement various forms of technology supports. Updated regularly, the Resource Center features new information, case studies, educational articles, and training events.