



# Thompson Community Services

Care with Dignity – Choices for Life

At Thompson Community Services we offer highly individualized, solution-focused services for individuals, families and funders.

We know that over time, each individual's needs change and evolve and so offer the planning and choices required to adapt to those changes.

We believe that choices and flexibility are important for all of us - and providing those options are part of providing care with dignity and respect.

## **INDEPENDENT LIVING**

Thompson Community Services (TCS) offers independent living options for individuals whose needs are not met through a group home or home sharing situation.

Independent living situations are designed and implemented based on the individual's goals and preferences. Options range from some supervision to no supervision and often involve support for living alone in an apartment or suite. Sometimes several individuals choose to live together in one apartment or home to minimize cost.

TCS supports residents in semi-independent living and supported apartment living. As with all TCS programs, we adapt our programs and options to accommodate each individual's changing needs.

## **SEMI-INDEPENDENT LIVING**

Semi-independent living is provided to individuals who require some support in building independence and developing relationship skills.

At TCS, we pride ourselves on creating living situations that are tailored to an individual's needs. Our caregivers check-in with residents as frequently as required, providing cooking and cleaning support, assistance with personal hygiene and transportation to appointments, errands and social activities.

Some semi-independent living arrangements include renting a suite within a private home. An agreement is made with the suite-owner to check-in with the resident as required and may include meal provision.

## **SUPPORTED APARTMENT LIVING**

Individuals who have mastered basic life skills and require only minimal support are best suited to supported apartment living.

With supported apartment living, individuals own or rent their own residence and TCS provides any support required. This may include one of TCS' experienced caregivers occasionally offering assistance with effectively managing their home, health, social relationships and working life.

