



Independent Living ToolKit



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Introduction

This guide is intended to provide resources for housing and independent living for people with IDD in North Carolina.

If you are just beginning to think about what kind of housing might be right for you or your loved one we suggest the [Values in Action Planning Guide](#) as a helpful first step!

HOPE NC hopes this toolkit is able to serve you and your family, please reach out with any questions

Finding Housing

SEARCHING FOR AFFORDABLE HOUSING

HOPE NC

HOPE NC strives to create communities where neighbors support one another and where integrated support systems allow for more effective connection.

NC Housing Search

NC Housing Search is a website that lists affordable market rate and public housing throughout North Carolina.

Orange County Connect Database

Helps connect people in Orange and Durham county to affordable housing and other housing resources.

Wake County Networks of Care

Help residents of Wake County find support resources, including housing.

The Arc of NC

The Arc of NC provides many types of housing assistance and owns and operates a few different housing options.

Finding affordable housing can be challenging, but several programs can help cover rent costs. This guide outlines options available in North Carolina, including government programs, nonprofit assistance, and disability-specific resources.

CASA

Provides affordable housing throughout the Triangle for many different groups of people.

Community Home Trust

Community Home Trust homes are located in neighborhoods throughout Chapel Hill and Carrboro and rent or sell for an average of 30-50% below market rate.

L'Arche NC

L'Arche is an intentional living community of people with and people without IDD living together and supporting each other.

Work TogetherNC



USING WORK TOGETHER NC

Work Together NC is a statewide initiative dedicated to supporting the transition to adulthood for individuals with intellectual and developmental disabilities (IDD). The Work Together NC website currently offers two searchable online libraries (Resources and Services), toolkits, customizable Action Plan tools, and an events calendar.

Tips for using the WorkTogetherNC website:

- **Resources** are searchable by audience, format (resource type), and topic. To see all topics, start on the Find Resources tab. Example: Plain language transportation guide that can be used as a tool to help people with IDD Navigate North Carolina.
- Services are searchable by type and location (statewide, LME-MCO region and county). To see all topics, start on the Find Services tab.
- **Toolkits** are a collection of resources, activities, and worksheets that can be used in many different ways, within schools, organizations, or at home. You can complete these toolkits with help from a job coach, teacher, counselor, or other trusted adult in your support circle. Currently, the WorkTogetherNC Toolkits page offers plain language toolkits focused on employment and postsecondary education.
- **Action Plan Tools:** these are customizable collections of action steps to support an individual's progress towards adult living goals. There are 10 Action Plan tools available on many topics, including Transportation and Housing & Community Living (see example below). View the video on this page to learn more: <https://worktogethernc.com/action-plans/>. You can work with a helper to prepare your personal action plan on the website and download a copy to use (available in MS word (editable) or .pdf format).

Affording Rent and Other Financial Information

FEDERAL AND STATE RENTAL ASSISTANCE PROGRAMS

Housing Choice Voucher Program (Formerly Section 8)

Provides help paying rent to low-income individuals that can be used to pay for private housing. People with this voucher pay 30% of their income toward rent, with the voucher covering the rest.

How to Apply: Contact your local Public Housing Authority (PHA) to check for open applications. Find your PHA at www.hud.gov/states/north_carolina.

Public Housing

Public Housing is affordable rental units owned by local housing authorities. People living there pay rent based on how much they make, typically paying 30% of their income.

How to Apply: Visit your local PHA or [apply online](#)

Emergency Rental Assistance Programs (ERAP)

Provides short-term financial help for rent and utilities during crises.

Availability varies by county, check with local social services or dial 2-1-1 for assistance.

Affording Rent and Other Financial Information

DISABILITY-SPECIFIC HOUSING ASSISTANCE

Key Rental Assistance

Helps people with disabilities afford independent housing by reducing rent costs.

Must apply through a participating NC Supportive Housing Provider or Managed Care Organization (MCO). Talk to your managed care organization to see if this is an option available to you

STATE AND LOCAL RENTAL ASSISTANCE PROGRAMS

North Carolina Housing Trust Fund

Helps low-income households, including people with disabilities, access affordable rental housing.

Talk to your case manager or MCO.

Community Action Agencies (CAA) Rental Assistance

Local agencies provide rent relief and eviction prevention.

How to Apply: [Find your nearest CAA](#)

TIPS FOR APPLYING FOR RENTAL ASSISTANCE

- **Gather Documents:** Most programs require proof of income (including bank statements, paystubs, Social Security award letters), lease agreements, and identification.
- **Apply Early:** Some programs have long waitlists, so apply as soon as possible.
- **Seek Multiple Options:** Check multiple programs, as eligibility requirements vary.
- **Work with a Case Manager:** Your managed care case manager should be in contact with other resources that can help

Affording Rent and Other Financial Information

ABLE ACCOUNTS VS. SPECIAL NEEDS TRUSTS

Both types of accounts can be used to pay for a person with IDD's rent with money put in by a family member. Each account has different limitations and uses listed below.

	<u>ABLE ACCOUNT</u>	<u>SPECIAL NEEDS TRUST (SNT)</u>
Who controls the money?	The person with the disability (the beneficiary) or an authorized representative can manage the account, like a regular bank account.	A trustee (a family member, lawyer, or professional) manages the trust and decides when and how to spend the money for the beneficiary. The beneficiary cannot take money out directly.
Who can put money in?	Anyone—family, friends, or the person with the disability.	It depends: If the person with the disability is putting in their own money (like a settlement or back pay from Social Security), it's called a First-Party SNT. If parents, grandparents, or others set it up with their own money, it's a Third-Party SNT.

Affording Rent and Other Financial Information

ABLE ACCOUNTS VS. SPECIAL NEEDS TRUSTS

	<u>ABLE ACCOUNT</u>	<u>SPECIAL NEEDS TRUST (SNT)</u>
How much money can be added?	Up to \$18,000 per year (2024 limit). Some employed individuals may be able to contribute a bit more.	No limit—any amount of money can go into the trust.
Will it affect SSI benefits?	If the account balance goes over \$100,000, SSI payments may be paused until it drops below that amount.	No, money in a Special Needs Trust does not affect SSI benefits, no matter how much is in it.
Does the government get the money if the person passes away?	Yes, after the beneficiary passes away, any remaining money may have to be used to pay back Medicaid for services received.	Only First-Party SNTs have to repay Medicaid. Third-Party SNTs do not, so the money can go to family members instead.

Affording Rent and Other Financial Information

ABLE ACCOUNTS VS. SPECIAL NEEDS TRUSTS

	<u>ABLE ACCOUNT</u>	<u>SPECIAL NEEDS TRUST (SNT)</u>
What can the money be used for?	Many everyday expenses, including housing, education, healthcare, assistive technology, and transportation.	Can pay for extra needs like medical care, personal items, travel, and recreation, but not housing or food if the person gets SSI.
Best for...	People with disabilities who want to save money for daily needs while keeping their benefits. It's simple and gives them direct access to funds.	Protecting larger amounts of money, like an inheritance or lawsuit settlement, while ensuring the person with a disability stays eligible for government benefits.
Any age limits?	Yes, only people whose disability started before age 26 (expanding to 46 in 2026) can open an ABLE account.	No age limit—anyone with a disability can have a Special Needs Trust.

Affording Rent and Other Financial Information

ABLE ACCOUNTS VS. SPECIAL NEEDS TRUSTS

	<u>ABLE ACCOUNT</u>	<u>SPECIAL NEEDS TRUST (SNT)</u>
Tax benefits?	Money in the account grows tax-free if used for qualified disability expenses. Some states also offer tax breaks for contributions.	No special tax benefits for the trust itself, but funds stay protected for the beneficiary's use.

WHICH ACCOUNT IS RIGHT FOR YOU?

If you want easy access to savings for everyday expenses, an ABLE account is a great choice.

If you need to protect a large sum of money (like an inheritance) and don't need immediate access, a Special Needs Trust is a better option.

Housing Accessibility

COMMON ACCESSIBILITY ADJUSTMENTS

Technology & Communication Supports

- Smart home assistants (e.g., Alexa, Google Home): Help with reminders for medication, appointments, and daily tasks.
- Emergency call buttons and monitoring systems: Allow for quick access to caregivers or emergency services.
- Visual or auditory timers: Assist with transitions and time management.
- Voice-controlled or adaptive devices: Enable independence in using lights, locks, and electronics.
- Medication dispensers: timed devices that can dispense correct medications at the correct time

Bathroom Modifications

- Temperature-controlled faucets and anti-scald devices: Prevent burns by setting a maximum water temperature.
- Shower chairs and handheld shower heads: Support safe bathing.
- Visual instructions for hygiene: Post step-by-step laminated guides for brushing teeth, washing hands, and showering.
- Grab bars and non-slip mats: Improve stability and reduce the risk of falls.

Many Smart Systems exist that can help support assistive technology services for people with IDD, including [Simply Home](#), [Grand Care](#), and [The Owl](#).

Housing Accessibility

Safety & Navigation

- Visual cues and labels: Use color-coded labels or picture-based instructions on cabinets, appliances, and doors.
- Smart locks and keypad entry: Prevent lost keys and enhance security with keyless entry systems.
- Motion sensor lights: Automatically turn on when someone enters a room, reducing fall risks and anxiety in dark spaces.
- Clear walkways and open layouts: Minimize clutter and arrange furniture to prevent tripping hazards.

Kitchen & Dining Adjustments

- Accessible cooking tools: Use easy-grip utensils, one-touch can openers, and appliances with simple interfaces.
- Auto shut-off appliances: Stovetops and ovens with automatic shut-off prevent accidents.
- Lowered counters and adapted sinks: Ensure accessibility for individuals with limited mobility.
- Picture-based or step-by-step cooking instructions: Use visuals to help with meal preparation.

Bedroom & Living Spaces

- Weighted blankets and sensory-friendly furniture: Provide comfort for individuals with sensory sensitivities.
- Low-stimulation lighting: Use dimmable or soft lighting to avoid sensory overload.
- Soundproofing or white noise machines: Reduce background noise for individuals with auditory sensitivities.
- Personalized storage and organization: Use labeled bins, visual schedules, and easy-to-reach shelves.

Housing accessibility accommodations are meant to make a house work well for anyone currently living there.

Many different kinds of accommodations and combinations of accommodations can help people with IDD thrive.

Housing Accessibility

FUNDING & RESOURCES FOR HOME MODIFICATIONS

Medicaid & IDD-Specific Programs

- Medicaid Home and Community-Based Services (HCBS) Waivers (**also called Innovations Waivers**)
 - Covers home modifications for individuals with IDD such as grab bars, ramps, and adaptive equipment.
 - How to apply: Contact your Medicaid Managed Care Organization (MCO) (Alliance Health, Vaya Health, Trillium, Partners Health).

State & Federal Home Modification Assistance

- NC Housing Finance Agency Accessibility Programs
 - Provides loans and grants for accessibility renovations.
- USDA Rural Housing Repair Loans & Grants
 - For low-income homeowners in rural areas needing accessibility modifications.
- Rebuilding Together of the Triangle
 - Offers free home modifications for eligible individuals.
- NC Assistive Technology Program
 - Provides device loans and information on accessibility solutions.
- State Assistive Technology Loan Program
 - Low-interest loans for accessibility equipment and modifications.

Local Nonprofit & Community Resources

- Habitat for Humanity's Critical Home Repair Program
 - Assists with accessibility improvements.
- The Arc of North Carolina
 - Offers guidance and funding options for home modifications.

Accessing Services

There are several ways to obtain these services, depending on eligibility and funding sources.

1915(i) State Plan Option:

A Medicaid-funded program for individuals who may not need the full level of care under Innovations but still require support. Services include:

- Daily living support: Help with household tasks and self-care
- Employment support: Assistance with job readiness and finding work
- Community integration: Encouragement to participate in social and recreational activities
- Eligibility: Based on functional needs rather than an IDD diagnosis
- How to Apply: Reach out to [NC Medicaid 1915\(i\) Program](#) for more information

Innovations Waiver 1915(C):

Designed for individuals with intellectual and/or developmental disabilities (IDD) who need long-term services to live independently or with family. Services include:

- Personal care: Assistance with daily activities such as bathing, dressing, and eating
- Respite care: Temporary relief for caregivers
- Community living and support: Help with learning independent living skills
- Employment assistance: Job coaching and supported employment
- Eligibility: Requires an assessment and placement on a waitlist (which can be lengthy)
- How to Apply: Contact your local Managed Care Organization (MCO) or [NC Medicaid Innovations Waiver](#) for details

Accessing Services

Community Alternatives Program for Disabled Adults (CAP-DA):

Supports adults with disabilities who qualify for nursing home care but prefer to live at home or in a community setting.

Services include:

- Personal care assistance: Help with hygiene, dressing, and mobility
- Home modifications: Accessibility improvements like ramps and grab bars
- Case management: Coordination of care and services
- Eligibility: Must qualify for Medicaid and require nursing-level care
- How to Apply: Visit the [NC CAP-DA Waiver Program](#) for details

Private Pay:

For individuals who do not qualify for Medicaid-funded services or prefer more flexible options, private pay is an alternative. Families can hire caregivers, therapists, or personal assistants through agencies or independently. While this option allows for greater control over services, costs can be significant. Some nonprofit organizations and local programs may offer sliding-scale fees or financial assistance to help offset expenses. Working with a case manager or care coordinator can provide guidance in navigating the application process and determining the best fit for each person's needs.

Keeping and Transferring Services When Moving

UPDATING MEDICAID AND MANAGED CARE

Notify Your Current Medicaid Office

Call your county's Department of Social Services (DSS) to tell them you are moving and ask about transferring or reapplying for Medicaid in your new location. If you are moving within North Carolina, Medicaid will transfer, but you may need to update your caseworker and provider information. If you have your caseworkers information, let them know as well!

- Wake County DSS: 919-212-7000
- Durham County DSS: 919-560-8000
- Orange County DSS: 919-245-2800
- NC Medicaid Helpline: 1-888-245-0179

Update Your Managed Care Plan (If You Have One)

If you are enrolled in a Medicaid Managed Care Plan, call your provider to update your address and see if you need to switch managed care plans. This is based on what county you live in and are moving to. If you are switching managed care plans, call your old and new provider and ask them to walk you through the next steps.

- Alliance: 919-651-8500
- Partners: 877-864-1454
- Trillium: 855-250-1539
- Vaya: 866-990-9712

UPDATING SOCIAL SECURITY ADDRESS

Call 1-800-772-1213 or visit <https://www.ssa.gov/personal-record/update-contact-information> to update your address. If you have a representative payee, they must update your address for you.

Keeping and Transferring Services When Moving

TRANSFERRING UTILITY SERVICES

Notify Your Current Utility Providers (if no one else will be living there)

Call at least two weeks before moving to schedule a shut-off date at your old home and a start date at your new home.

- Duke Energy (Electricity): 1-800-777-9898
- Piedmont Natural Gas: 1-800-752-7504
- Spectrum Internet/TV: 1-833-267-6094
- AT&T Internet/Phone: 1-800-288-2020

Step 2: Set Up Utilities at Your New Home

If you are moving to a new city, check local utility providers, as they may be different. Some energy companies offer lower rates or payment assistance for people with disabilities.

UPDATING TRANSPORTATION SERVICES

Transfer Your Paratransit Service

Call your current paratransit provider and ask about service in your new location. If moving to a new county, you must reapply for paratransit. Some areas allow a temporary transfer while you reapply, so ask about guest eligibility.

- GoDurham ACCESS: 919-560-1551
- GoRaleigh ACCESS: 919-996-3459
- GoCary Door-to-Door: 919-481-2020 (Option 3)
- Chapel Hill EZ Rider: 919-969-4919

Update Medicaid Transportation

If you use Medicaid transportation for doctor visits, call your new Medicaid office or managed care provider to update your address.

Transportation

RIDING GOTRIANGLE (REGIONAL BUS SERVICE) STEP BY STEP

GoTriangle connects Raleigh, Durham, Cary, and Chapel Hill. Buses run between cities and stop at major locations like malls, hospitals, and colleges. Many of these buses are free or can be free when registering for disability services with UMO.

Step 1: Plan Your Trip

1. Go to <https://www.gotriangle.org> or use Google Maps.
2. Enter where you are and where you want to go.
3. Write down the bus number, stop location, and times.

Step 2: Find Your Bus Stop

1. Look for a blue and white GoTriangle sign at the bus stop.
2. Arrive 5-10 minutes early so you don't miss the bus.
3. Have your money or bus pass ready.

Step 3: Get Money Ready and Get on the Bus

1. Wait in line and let others get off first.
2. If you use a wheelchair or walker, tell the driver so they can help.
3. Pay the fare using cash (\$2.25), a GoPass, or Umo app QR code.

NOTE: People with disabilities can ride the bus for free using the UMO app when they pre-register and qualify. Register here under the section Discount Fare for Disabled Adults.

Step 4: Ride the Bus

1. Find a seat. If you need extra space, sit in the priority seating area.
2. Listen for announcements about the next stop.
3. If you're not sure when to get off, ask the driver for help.

Step 5: Get Off the Bus

1. Pull the yellow stop cord before your stop.
2. Wait until the bus leaves before crossing the street.

Transportation

RIDING LOCAL BUSES

The steps to ride are the same as GoTriangle, but fares and schedules are different:

- GoDurham: \$1 per ride
- GoRaleigh: \$1.25 per ride
- GoCary: Free for people with disabilities
- Chapel Hill Transit: FREE for everyone

Tip: Call customer service if you need help planning your trip!

RIDE-SHARING AND TAXIS

Uber & Lyft: Use the app to request a ride. Ask for “Uber Assist” if you need help.

Wheelchair-Accessible Taxis: Call local taxi companies for options.

HOW TO USE PARATRANSIT (DOOR-TO-DOOR RIDES FOR PEOPLE WITH DISABILITIES)

If you can't ride the regular bus because of a disability, you may qualify for paratransit services. These are vans that pick you up at home and take you where you need to go.

Important: You must apply and be approved before you can use paratransit

Step 1: Get an Application

- Call the paratransit service in your city (numbers below).
- Ask for an application OR print it from their website.

Step 2: Fill Out the Forms

- Write your name, address, and why you need paratransit.
- Ask a doctor or caseworker to sign it if needed.

Transportation

Step 3: Submit the Forms

- Mail, email, or drop off the forms at the transit office.
- You may have to attend an interview or take a short test to see if you qualify.

Step 4: Wait for Approval

- It takes 2-3 weeks to get a response.
- Once approved, you can start booking rides!

PARATRANSIT CONTACT INFORMATION IN THE TRIANGLE

GoDurham ACCESS (Durham County)

- Phone: 919-560-1551
- Cost: \$2 per ride
- Hours: 5:30 AM - 12:30 AM (Mon-Sat), 6:30 AM - 9:30 PM (Sun)

GoRaleigh ACCESS (Wake County)

- Phone: 919-996-3459
- Cost: \$2 per ride
- Hours: 5:00 AM - 11:00 PM (Mon-Sat), 6:00 AM - 9:00 PM (Sun)

GoCary Door-to-Door (Cary)

- Phone: 919-481-2020
- Cost: Free for eligible riders
- Hours: 6:00 AM - 10:00 PM (Mon-Sat), 7:00 AM - 9:00 PM (Sun)

Chapel Hill EZ Rider (Orange County)

- Phone: 919-969-4919
- Cost: Free
- Hours: 5:00 AM - 11:30 PM (Mon-Sat), 8:00 AM - 7:00 PM (Sun)

Tips for Booking a Paratransit Ride:

- Call at least 24 hours in advance to schedule a ride.
- Have your pick-up and drop-off address ready.
- Be ready 15 minutes before your pick-up time.

Transportation

MEDICAID TRANSPORTATION

If you have Medicaid, you may qualify for free rides to medical appointments. When you call your provider let them know you need Non-Emergency Medical Transportation (NEMT) for a doctor's visit. This can mean seeing a specialist, primary care doctor, mental health worker, or picking up a prescription.

If You Have NC Medicaid Direct (Non-Managed Care)

Call your local Department of Social Services (DSS) for transportation help.

- Wake County DSS (Raleigh): 919-212-7005
- Durham County DSS: 919-560-8600
- Orange County DSS (Chapel Hill): 919-245-2800

If You Have Managed Care

Call your managed care organization or talk to your caseworker.

- Alliance Health: 855-759-9600
- Partners Health Management: 833-577-2309
- Trillium Health Resources: 877-685-2415
- Vaya Total Care: 888-621-2084

Information to Have Ready When Scheduling a Ride

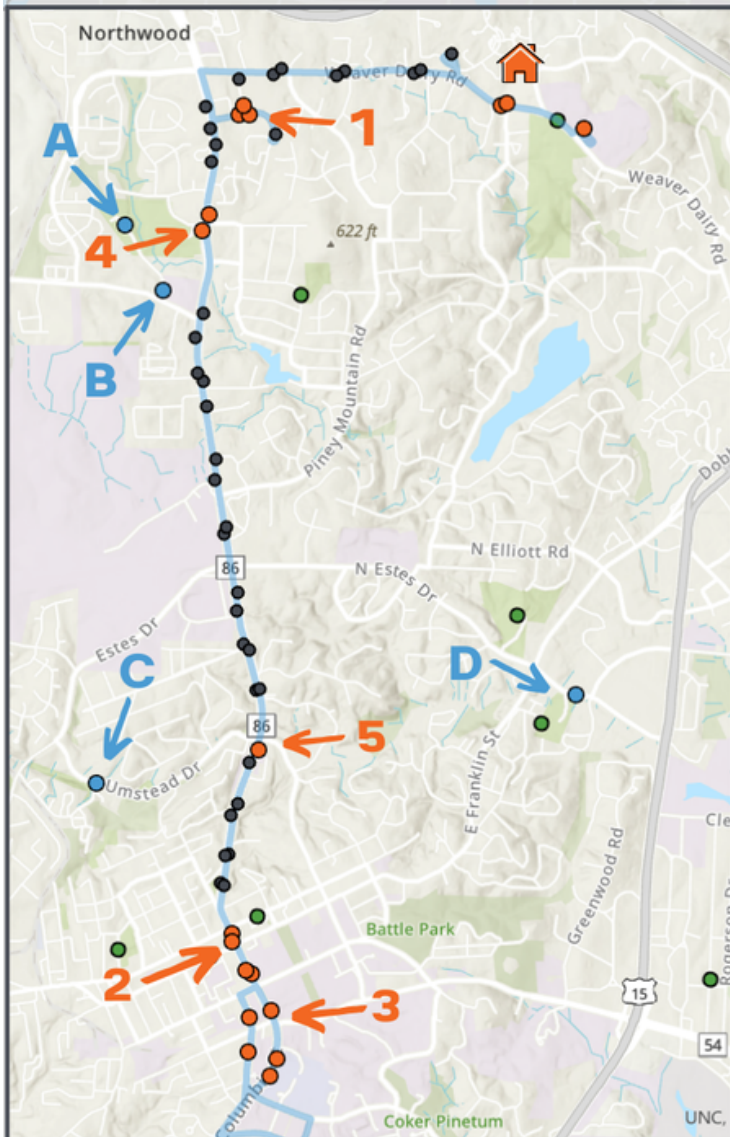
- Your Medicaid ID number (found on your Medicaid card)
- Your doctor's name, address, and phone number
- The date and time of your appointment
- Any special needs (like a wheelchair-accessible vehicle)

Tip: Always call at least 2-3 days before your appointment to make sure you get a ride.

Transportation

WEAVERS GROVE TRANSIT ROUTES

Chapel Hill Transit T Route



Direct Stops

-  Weavers Grove
- 1** Food Lion Shopping Center
- 2** Franklin Street
- 3** UNC Campus

Bike & Walking Connections

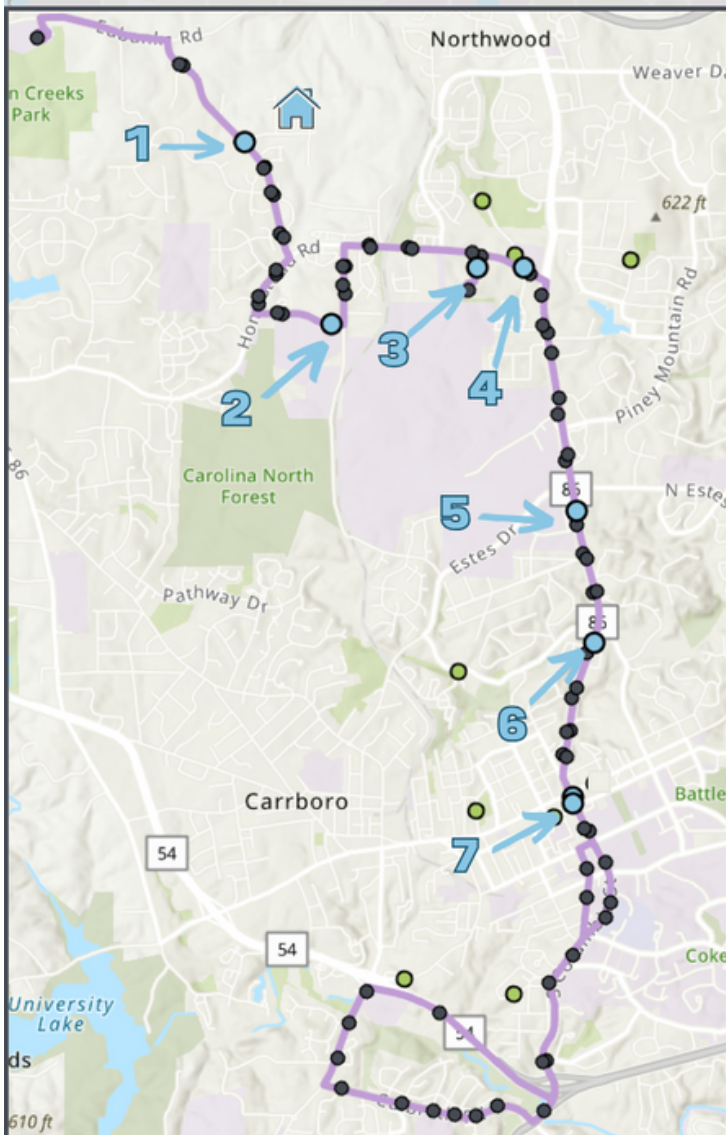
- 4** MLK Jr. Blvd. at Stateside
 - A** Homestead park
 - B** Homestead Aquatic center
- 5** MLK Jr. Blvd. at Hillsborough
 - C** Umstead park
 - D** Chapel Hill Community center

-  T Route Stops
-  Landmark Stops
-  Parks & Community Centers
-  Landmark Parks & Community Centers

Transportation

WEAVERS GROVE TRANSIT ROUTES

Chapel Hill Transit **HS** Route



Helpful Stops

- 1** Rogers Road 
(Rogers Rd. at Purefoy)
- 2** Chapel Hill High School
(High School Rd at Seawell Rd.)
- 3** Seymour Center
(Southern Human Services Southbound)
- 4** Homestead Park
(Homestead rd at MLK Jr. BLVD)
- 5** Chapel Hill YMCA
(MLK Jr. BLVD & Airport)
- 6** Root Cellar Shopping Center
(Hillsborough St. at Brookside Condos)
- 7** Franklin Street
(East Franklin St. at Varsity Theater)

-  HS Route Stops
-  Helpful Stops
-  Parks & Community Centers

**(Nearest Bus Stop Name as Labeled in Google Maps)

Independent Living Skills

Living independently means learning skills to take care of yourself, your home, and your daily needs. This guide covers key independent living skills and resources in the Triangle to help with housing, money management, transportation, health, and social life.

Tools like the [Independent Living Skills Assessment](#) can help examine what skills a person already has and what areas someone might need to grow in before living independently.

[Charting Your Life Course](#) can also help people with IDD create a vision and support for the lives they want to live.

The [LEAQ Survey](#) can support young adults with IDD through a personalized 12-page report with insights on strengths, growth areas, and local resources.

The [Values in Action Finally Home Toolkit](#) is a tool designed to walk families through information on how to support people with disabilities in securing the housing of their choice.

HOME & PERSONAL SAFETY

- Lock doors and windows when home alone or leaving the house. If you need help remembering, smart locks with keypads can make it easier.
- Install smoke and carbon monoxide detectors, and check the batteries regularly. If you are a renter, your landlord should provide working smoke detectors.
- Learn what to do in an emergency. Practice calling 911 and keep a list of important contacts, including doctors, family, and support staff.

Independent Living Skills

CLEANING & HOME CARE

- Create a simple cleaning schedule to keep track of tasks like sweeping, washing dishes, and doing laundry. Services such as [Extraordinary Laundry](#), or [Uplift Laundry Truck](#) can also support these needs.
- Label cleaning supplies to make it clear which ones to use in each room.
- Ask for help with tasks that are difficult, like lifting heavy objects or deep cleaning.

MONEY MANAGEMENT

- Learn how to check your bank balance and pay bills. Many banks have apps that make this easier.
- Use cash, a debit card, or a budgeting app to track spending.

TRANSPORTATION

- Learn how to use public transportation, ride shares, and other accessible transit options

COOKING & MEAL PREPARATION

- Use simple, step-by-step recipes. Visual guides can help with cooking.
- If using a stove or oven feels unsafe, try using a microwave, slow cooker, or air fryer instead. Some appliances have automatic shut-off.
- Learn about food safety, like checking expiration dates and refrigerating perishable food
- Many stores like Walmart, Target, and Instacart deliver groceries to your home. Some food assistance programs also include delivery.

HEALTH & MEDICATION MANAGEMENT

- Use a pill organizer or set phone reminders to take medication on time.
- Keep a list of all medications and allergies in case of emergency.
- Schedule regular doctor's appointments and ask a trusted support person for help if needed.

Independent Living Skills

INDEPENDENT LIVING SKILLS TRAININGS

- The Alliance of Disability Advocates offers personalized independent living skills training.
- The Disability Advocacy Center provides specialized training that goes over many different independent living skills.
- The Triangle Autism and Disability Services provides a building abilities day program builds community and life skills as a group.
- NCDHHS Independent Skills Training is a program that can be discussed with your managed care case manager.
- NC State's Elevate Program provides social, academic, career, and independent living skills through a 4-year program.
- B3's Living Your Best Life Program helps adults with IDD navigate independent living skills and offers workplace, and community navigation programs

SOCIAL & COMMUNITY LIFE

- Joining local clubs, recreation centers, or community groups is a great way to get connected to the local community
- The Triangle Disability & Autism Services (TAS) offers social events and independent living programs.
- Special Olympics North Carolina provides sports and social activities
- L'Arche hosts community events for people with and without IDD to come together as a community
- Sensory friendly activities in NC are listed through Be like a Buddy
- B3 offers community and arts programs for any adults with IDD

Additional Resource Guide

<u>RESOURCE</u>	<u>POPULATIONS SERVED</u>	<u>TYPES OF SERVICES PROVIDED</u>
HOUSING AND GENERAL SUPPORTS		
<u>Autism Society of NC</u>	People with autism and their families in NC	Support groups, social activities, clinical services, skills building
<u>CASA</u>	Low income people in NC	Builds or renovates apartments to increase the availability of affordable housing
<u>The ARC of NC</u>	People with intellectual or developmental disabilities and their families in NC	Care management, housing, advocacy, choices programs, LIFEguardianship
<u>DHHS: Division of Mental Health, Developmental Disabilities, and Substance Abuse Services (MHDDSAS)</u>	North Carolina with, or at risk of, mental illness, developmental disabilities and substance abuse problems and their families	Prevention, intervention, treatment, services and support needed to live successfully in communities of their choice.

Additional Resource Guide

<u>RESOURCE</u>	<u>POPULATIONS SERVED</u>	<u>TYPES OF SERVICES PROVIDED</u>
LEGAL SUPPORT AND ADVOCACY		
<u>Disability Rights NC</u>	People with disabilities in NC	No cost legal advocacy
<u>Jobs Accommodation Network</u>	People with disabilities	JAN helps people with disabilities request and advocate for accommodations at work
<u>Alliance of Disability Advocates</u>	Anyone with a disability living in NC	Advocacy, disaster response, skills training, peer support, transitional support
<u>Legal Aid North Carolina</u>	North Carolinians unable to afford an attorney	Legal services
<u>Disability Rights and Resources</u>	People with all forms of disabilities in North Carolina	Workshops focusing on fair housing, transportation and other services ensuring the independence of those with disabilities

Additional Resource Guide

<u>RESOURCE</u>	<u>POPULATIONS SERVED</u>	<u>TYPES OF SERVICES PROVIDED</u>
LEGAL SUPPORT AND ADVOCACY		
<u>NC TASH</u>	Children and adults with disabilities	Advocates for inclusive education, integrative education, housing, employment and social justice for adults with these disabilities.
FINANCIAL PLANNING AND SUPPORTS		
<u>National Disability Institute Financial Wellness Toolkit</u>	Adults with IDD	Free financial wellness tools that can be used to help individuals and families improve the financial future of people with disabilities.
<u>Life Plan Trust</u>	People with intellectual or developmental disabilities and their families in NC	Future planning services through financial management and advocacy
<u>Filling in the Gaps</u>	Wake County residents struggling to afford medication	Provide free medical supplies, prescription and over-the-counter medications

Additional Resource Guide

<u>RESOURCE</u>	<u>POPULATIONS SERVED</u>	<u>TYPES OF SERVICES PROVIDED</u>
VOCATIONAL SUPPORT		
<u>North Carolina Down Syndrome Alliance</u>	People with Down Syndrome and their families in NC	Advocacy, medical outreach, learning programs, child and teen social connections
<u>Disability:IN North Carolina</u>	North Carolinians with Disabilities	Networking, mentoring, and training programs to increase workforce development
<u>Pathways for People</u>	Individuals with disabilities, their families, and other human service agencies	Home and vocational services, day programs, vocational services
<u>Community Partnership Inc</u>	Children and adults with developmental disabilities, adults with brain injuries, and adults with mental illnesses and/or substance use disorders	Direct services such as therapy, job training and case management

Additional Resource Guide

<u>RESOURCE</u>	<u>POPULATIONS SERVED</u>	<u>TYPES OF SERVICES PROVIDED</u>
VOCATIONAL SUPPORT		
<u>Wake Enterprises</u>	Residents of North Carolina with disabilities	Vocational training, arts education, community based integration programs
<u>NC State's Elevate Program</u>	People with IDD in North Carolina	Independent living, academic, vocational, social, and personal growth through a four year non-degree program
<u>Division of Vocational Rehabilitation Services</u>	North Carolinians with disabilities	Vocational training and rehabilitation services
COMMUNITY AND SOCIAL SUPPORT		
<u>North Carolina Special Olympics</u>	Children and adults with IDD in NC	Sports and athletic training and competition to increase physical and social wellbeing

Additional Resource Guide

<u>RESOURCE</u>	<u>POPULATIONS SERVED</u>	<u>TYPES OF SERVICES PROVIDED</u>
COMMUNITY AND SOCIAL SUPPORT		
<u>B3</u>	People of all abilities	Spaces of belonging and vocational opportunities
<u>Reality Ministries</u>	People with IDD	Regular community activities, events, and groups
<u>Arts Access NC</u>	Children and adults with disabilities in NC	Increasing access to North Carolina's thriving arts community
<u>Learning Together Inc.</u>	Children with disabilities, diverse racial/ethnic identities, and those from under-resourced families	Inclusive developmental day center
<u>The Triangle Disability & Autism Services (TAS)</u>	People with Autism and IDD	Social and community groups

Additional Resource Guide

<u>RESOURCE</u>	<u>POPULATIONS SERVED</u>	<u>TYPES OF SERVICES PROVIDED</u>
INDEPENDENT LIVING SKILLS		
<u>Alliance of Disability Advocates</u>	Anyone with a disability living in NC	Advocacy, disaster response, skills training, peer support, transitional support
<u>NC State's Elevate Program</u>	People with IDD	Regular community activities, events, and groups
<u>Disability Advocacy Center</u>	People with Disabilities in NC	Independent living skills training specialized for the person receiving training
<u>Triangle Autism and Disability Services building abilities day program</u>	People with Autism and IDD	Builds community and life skills as a group
<u>Universal Design Institute</u>	People with Disabilities	Advocates for universal design in and outside of the home for people with disabilities in NC

Additional Resource Guide

<u>RESOURCE</u>	<u>POPULATIONS SERVED</u>	<u>TYPES OF SERVICES PROVIDED</u>
INDEPENDENT LIVING SKILLS		
<u>NCDHHS Independent Skills Training</u>	People with IDD and SPMI in North Carolina	North Carolina's Department of Health and Human Services provides independent skills training programs
<u>Charting Your Life Course</u>	People with IDD	Charting your life course helps create a vision and plan that advocates for the life people with IDD want to live

Thank you!

We are available to answer any questions you have at:
info@hopenorthcarolina.org or 919-883-9290

