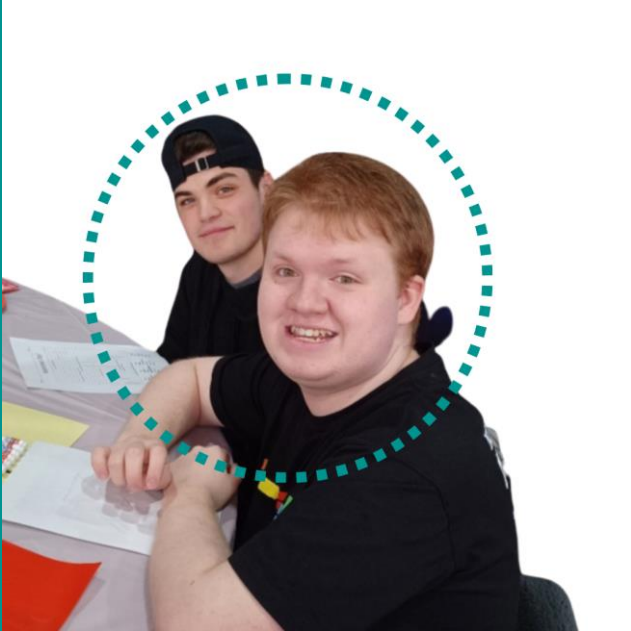


RIPIN



Natural Supports: Who's in my circle?

Presented by:
The RIPIN Self-Directed Support Team

9.24.24



PERSONAL SUPPORT BUILT ON PERSONAL EXPERIENCE

ABOUT RIPIN

- Independent 501(c)(3) nonprofit organization
- *Peer Professionals*
- Help Rhode Islanders of all ages, abilities, and backgrounds **access and navigate:**
 - Health Care
 - Education
 - Healthy Aging
 - Other services/supports/complex systems



What is Self-Direction?

- A service model for adults with intellectual and developmental disabilities (I/DD)
- Must be found eligible for funding from Behavioral Healthcare, Developmental Disabilities, and Hospitals (BHDDH)
- Allows the person and their family or trusted allies to manage their own budgets, hire their staff, and set their priorities
- Based on the individual's unique support needs and goals



ABOUT RIPIN'S SELF-DIRECTED SUPPORT PROGRAM (SDSP)

The goal of the Self-Directed Support Program at RIPIN is to guide and support families and individuals in navigating the systems and supports available to them when they choose self-direction.

We do this through:

- **Training and Education**
- **Sharing resources**
- **Peer Support**
- **Referrals**
- **Collaborations with other agencies and organizations**



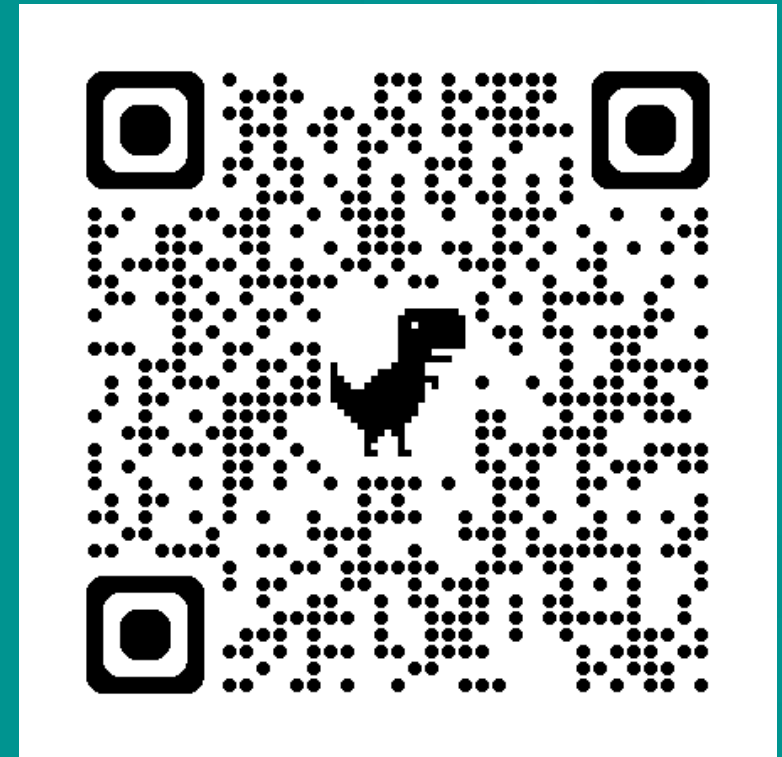
Natural Supports



Me



See a recording of this workshop presented with peer advocates at Advocates in Action's Conference last May:



What is a natural support?

Definition

A person who supports the choices of an individual and can provide a safety net when needed. As an individual relies more on natural supports, their need for services reduce.

Natural supports are:

- Relationships with people in their communities
- Part of our everyday lives
- Important for everyone
- Can be found and developed at any point in life
- Are unpaid.

However:

- Paid support people can become natural supports as working relationships change over time
- Natural supports can be a source of finding paid supports



Activity: Think about the people in your life...



Examples

Who did you think of?

Who did you think of?

These people can be examples of natural supports:

- Friends
- Family members
- Neighbors
- Co-workers
- Classmates
- Community members
- People in your faith community
- & more...



Discussion

Why are they important?

Why are they important?

- Build Confidence
- Emotional Support
- Provide Practical Assistance:
Such as help with errands, transportation, chores, cooking, etc.
- Increase Social Connection
- Share Information and Advice
- Contribute to Skill Development
- Enhance Independence



Discussion:

Where do natural supports come from?

Where do natural supports come from?

- Family
- Friends
- Community resources: clubs, organizations, support groups, recreational teams
- The workplace
- Your neighborhood
- School
- Faith communities
- Community spots: like cafes, libraries, stores, etc. that you frequent and develop relationships at



When do I need my natural supports?

When do I need my natural supports?



Natural supports may be able to help you during:

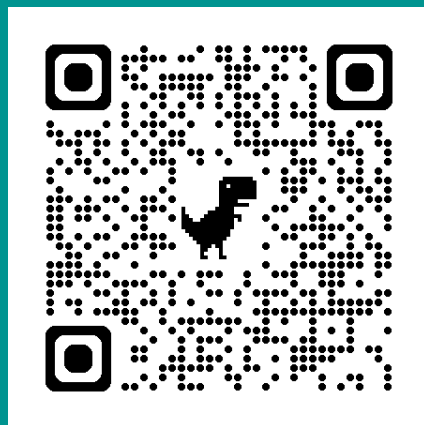
- Times of transition (from school to adulthood, from living with parents to another living/care plan)
- Medical emergencies and illness
- Celebrations!
- A new job, or increased responsibility at work
- A need for relief/Respite
- Making vacations possible
- Times of grief and sorrow

Tips on how to find natural supports—what has worked for you?

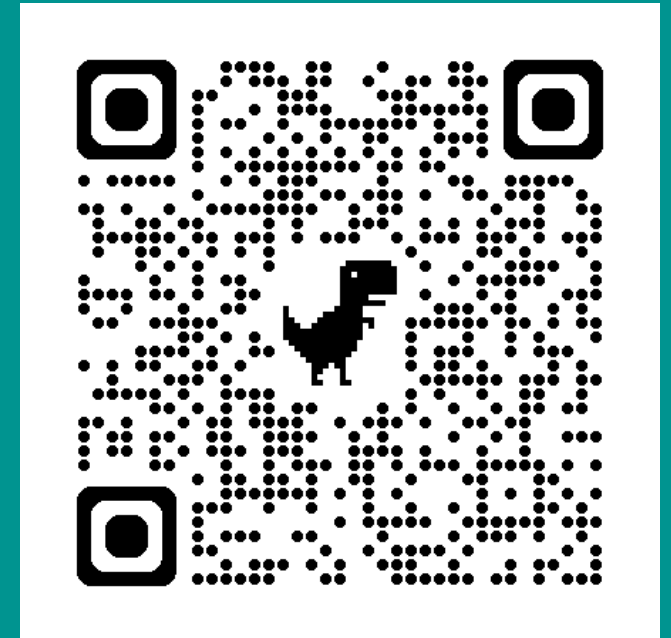
*Need ideas for finding
natural supports?*

Check out RIPIN's
**Link With Your Community
Guide**

<https://ripin.org/resources/linkwithcommunityguide/>



Register for our October Webinar Partner Showcase on 10/22



Register to attend our conference!

2024

RIPIN SELF-DIRECTED SUPPORT CONFERENCE

Friday, 8 November 2024 | 09:00 AM - 3:00 PM

Empower yourself and your loved ones.
Join us for a day of information and connection.

DISCOVER. CONNECT. THRIVE.



Hear from our
Guest
Speakers

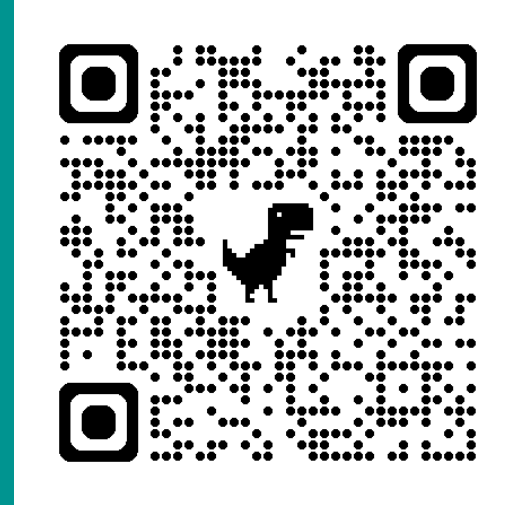


Participate in
Learning
Opportunities

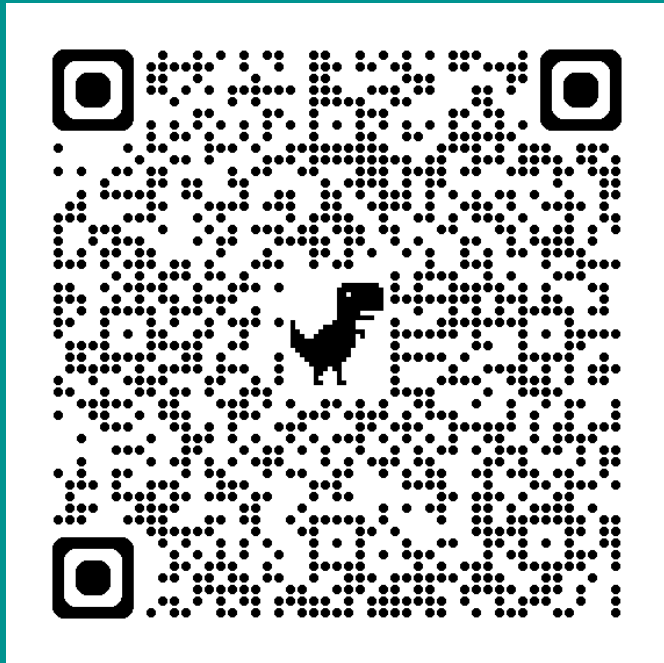


Network with
Peers &
Professionals

JOIN
US!



Your feedback is important to us!
Please participate in our survey.



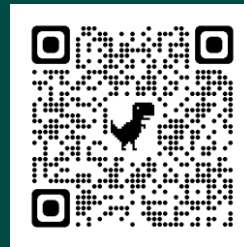
https://www.tfaforms.com/forms/view/4813003?tfa_9=701Qk00000I3Kw6&tfa_23=2024-09-24%20Natural%20Supports-Who%27s%20in%20your%20circle?&tfa_144=English

Missed something?

View our content on the web!

They can be reviewed here:

Our Self-Directed Support Program's page:
ripin.org/selfdirectedsupport



Click on "Recorded Webinars"
ripin.org/webinars/sdsp



Contact Us



401-270-0101

Monday through Friday

8:00 AM – 5:00 PM



SelfDirectedSupport@RIPIN.org



Website: ripin.org/selfdirectedsupport

Facebook: @RIPIN.ORG

Twitter/Instagram: @RIPIN_RI

