

Support Levels and Types of Support

Many autistic individuals need or benefit from some level of support to live independently.

Levels of Support




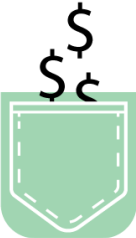
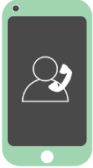

No Support	You are independent and receive no services or supports.
Drop-In Support	You are independent the majority of time but benefit from occasional check-ins as needed which could be virtual
Daily Medication Support	You need support to take medications but are otherwise independent.
Temporary Urgent Support	You need no support unless a life challenge arises (e.g. a worsening mental health situation, loss of work, eviction, or medical health challenge).
Low Support	You benefit from a regular check-in and perhaps support with a few tasks every day but otherwise are independent.
Moderate Support	You need some level of support throughout the day but can be on your own for several hours each day.
Moderate Support with Night Support	You need support throughout the day and you can be on own for several hours each day BUT for a range of reasons you require some level of overnight oversight (e.g. you need support for medical reasons like epilepsy or mental health support for anxiety at night).
24/7 Support	You need assistance with most or all activities of daily living. This assistance can be shared with another individual for part of the time or could be 100% of the time as a one to one support.
High Support	High support is sometimes referred to as complex care. You need consistent, continuous support to remain safe in your surroundings. This may include one or more support persons at a time depending on the nature of your needs.



Types of Support

INFORMAL SUPPORT

If you do not have access to formal support through a service provider, there are other ways to obtain support. These sources may require 'thinking outside of the box' to get what you need. Here are a few ideas for you to consider.

	<p>Natural Supports: are unpaid help that may be available to you. You can ask friends, family, neighbours, community members, or church members for support.</p>
	<p>Free Exchange Supports: is where you provide help to someone and receive a different kind of help in return. Examples of skills you might have to exchange are assistance with house repairs or helping seniors with technology.</p>
	<p>Roommates: can be a source of informal support and may be able to help with some tasks (e.g. sharing the cleaning or grocery shopping) and offer companionship and a sense of security. Supportive roommates is a term used in the disability community for paid, live-in support.</p>
	<p>Out of Pocket Paid Support: is an option if you do not qualify for government funding for support and have some flexibility in your budget. You may be able to pay a friend or neighbour to help you. Some agencies offer fee-for-service supports where you pay with your own money for agreed upon services. Several agencies in Calgary offer fee-for-service 'drop-in support' that could include a regular phone check in, plus a monthly social event.</p>
	<p>Technology Support: is support that utilizes technology. For example, you may be able to organize video support with a paid or unpaid support person. Technology can also be used to set reminders for medications or to help you keep a schedule of important tasks.</p>
	<p>Skills Training and Support: You can work on building your own skills to reduce the amount of support that you may need by participating in skills development courses. Examples of skills that you may wish to build include budgeting, grocery shopping and meal preparation. Several Alberta based organizations offer skill development programs that often have low or modest fees. Sinneave</p>



	offers a skill building program called Launch + Skills for autistic individuals who are actively working towards getting a job, going back to school or living independently.
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FORMAL SUPPORTS

Funding for formal supports (paid for through government programs) is available to people who qualify.

In Alberta this support is called [Persons with Developmental Disabilities \(PDD\)](#). PDD helps adults with developmental disabilities access services to help them live as independently as possible in their communities. If you are [eligible](#) for PDD funding in Alberta, you will have access to specific PDD approved agencies that provide support services. Alternately, PDD allows you to hire your own support staff through a [Family Managed Services](#) contract.

The PDD program provides support for people in their own home, in a community home, or shared living. Home living support ranges from a couple of hours a week, to 24-hour support. PDD does not provide funding for personal living expenses, such as rent, food, clothing, and recreation.

Income assistance for personal living expenses, for those who qualify, comes from the [Assured Income for the Severely Handicapped \(AISH\)](#) program. Some Albertans also qualify to receive [Alberta Aids to Daily Living \(AADL\)](#) for basic medical equipment and supplies.

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