



LIFE (Living and Learning in Family Environments) Program

What is LIFE?

Clearbrook understands how challenging it can be to care for a loved one with a disability. Our LIFE (Living and Learning in Family Environments) Program provides in-home services for families who prefer their family members, ages three and older, to remain living at home.

Clearbrook's LIFE Program provides:

- Support in the comfort and familiarity of your home and community.
- Services to promote skill development and community integration.
- Coordination with other programs in which family members may participate.
- Fifteen hours per week (on average) of individualized direct services.

The LIFE Program supports and assists families to effectively meet the needs of their family member.

Meet Our Direct Care Family

Clearbrook recognizes that open and continuous communication between families and direct care staff is the heart of a successful relationship. The most critical staff members of our team are:

Supported Living Assistants (SLA's)

- Matched to families based on job qualifications, experience, scheduling and compatibility.
- Provide participants with supervision, training, assistance and guidance at home or in the community.
- Extensively trained by Clearbrook.

Qualified Mental Retardation Professionals (QMRP's)

- Provide case management services to the individual in conjunction with the family.

- Serve as primary contact for the family.
- Supervise the Supported Living Assistants.

Frequently Asked Questions

- **What is the goal of the LIFE Program?** LIFE is designed to promote a family environment through skill development and community integration.
- **How does LIFE differ from Respite?** LIFE focuses on active treatment for the individual(s) while Respite provides the opportunity for family members to take a break from the daily care needs of the individual(s).
- **What are some examples of active treatment?** Active treatment includes goal setting, developing daily living skills, behavior management and other tools needed to help the participant move towards independence.
- **What is the role of the family?** Your family's support and involvement is essential to your family member's success in the LIFE Program. Partnering together, we can make a difference in expectations and desires that you and your loved ones have identified.
- **How do I get started?** Contact Clearbrook's LIFE Program Director at (847)-870-7711 ext.5041 to begin the process.