



## **Independent Living Support Services**

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### **What Is Supported Independent Living?**

Independent Living may mean different things to different people. That in itself is a sign of independence. Supported living is defined as persons with disabilities living where and with whom they want, for as long as they want, with the ongoing support needed to sustain that choice. Supported living is a way of helping adults with intellectual disabilities to have the opportunity to live as independently as possible.

However in Malaysia, individual adults with intellectual disabilities are often regarded as children and are not given the opportunity to have this exposure or experience. Many, who are in their adult years, still lead sheltered lives largely dependent on their parents or family members. Until a time when either the parents have aged or there is a family crisis, only then will this issue be addressed and long term residential care is sought. As such, many end up inappropriately living in residential homes for the elderly.

### **Who Are We?**

The Independent Living Support Services (ILSS) is a non-profit project by Asia Community Service, as an extension to the Stepping Stone Support Centre for Community Living project, which is based in Balik Pulau.

The philosophy of the project is based upon the principles of normalisation and inclusion; which encourages persons with intellectual disabilities (PwID) to make personal decisions and choices throughout the day. These may include providing skills training, exposure and support through job placements, community resources and social environments.

### **What Do We Offer?**

The Supported Independent Living Project offers short term live-in (24 hours) services during the weekdays in a rented single storey house near Balik Pulau town. This will be under the supervision of a staff facilitator / coordinator, who will assist with the training of personal care, household chores, and all facets of daily living.

During the daytime, the individual trainee will be attached to the Stepping Stone Work Centre for job exposure and experience.

## **What Are Our Objectives?**

The main objectives of the proposed programme are –

1. To provide the individual trainee the experience of living apart from their families
2. To expose the individual trainee to the working life and environment
3. To train the individual trainee to make informed choices and decisions
4. To build up the self-confidence and self-determination of the individual trainee

The long term vision is that the individual trainee

1. Will be motivated to work and can be transitioned to hold a job (with job coach support)
2. Will be able to live on his / her own in a rented room or share a rented house

## **What Is Programme Content?**

Self-advocacy will be a strong emphasis of the programme. Hands on training will be conducted based on functional skills covering the following components -

- Taking household responsibilities (cleanliness / safety)
- Managing Activities of Daily Living (self-care / hygiene)
- Preparing for meals / cooking
- Handling basic money transactions and financial budgeting
- Managing personal shopping and comparative shopping
- Negotiating social-communication skills through healthy discussions
- Cultivating positive work attitudes – behavioural and emotional
- Discovering and developing work attributes, ethics and values
- Encouraging healthy lifestyle through recreational activities
- Accessing public transport (where applicable) and community resources
- Developing friendships and relationships
- Solving problems and critical thinking

## **What Is Intake Criteria?**

- The programme is open to individuals with intellectual disabilities above 20 years. (Limited to maximum 4 per intake only, pending on abilities, needs and gender)
- The one year programme is offered on a 3 months' (12 weeks) block starting with Term 1 in mid-Feb; Term 2 in June and Term 3 in September for 2019.
- Residential stay is from Monday to Friday only. Trainee must go home for the weekend. Trainee must check in on Sunday evening; and check out on Friday afternoon.
- Trainee must have reasonable self-help skills and ability to manage basic activities of daily living; and medication (if any).
- Objectives, policies and guidelines including scope and responsibilities etc. will have to be clearly defined to families and all concerned. Families must express keen desire to participate, cooperate and support the intended outcomes.

## **How Much Will It Cost?**

- There will be a nominal charge of RM1,000 per month.
- RM400 a month will be collected for individual's own daily meals and refreshments. This will be administered by the trainee with budgeting support.

## ILSS APPLICATION FORM

### 1 PERSONAL DETAILS

Name: \_\_\_\_\_  Male  Female  
I.C No: \_\_\_\_\_ OKU Card: \_\_\_\_\_ Age: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
Email: \_\_\_\_\_  
Tel: (HP) \_\_\_\_\_ (House) \_\_\_\_\_

### 2. PARENTS / GUARDIAN DETAILS

Father/Mother/Guardian: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
Address (if different from above): \_\_\_\_\_  
\_\_\_\_\_

### 3. OTHER DETAILS

- a. Has applicant been to any school / centre before?  Yes  No  
Name of school / centre: \_\_\_\_\_  
\_\_\_\_\_
- b. Has applicant worked before?  Yes  No  
Type/Place: \_\_\_\_\_  
\_\_\_\_\_
- c. State reason for applying: \_\_\_\_\_  
\_\_\_\_\_

Submitted by: \_\_\_\_\_ Date: \_\_\_\_\_

### FOR OFFICE USE ONLY

Interview date: \_\_\_\_\_ Interviewer: \_\_\_\_\_ Referred by : \_\_\_\_\_  
 Accepted  Rejected  Wait-List.  
Remarks: \_\_\_\_\_  
\_\_\_\_\_