

**An
Introduction
to
LIFE**

ABC's of Life

*Accept difference **B**e Kind **C**ount your blessings
Dream **E**xpress thanks **F**orgive **G**ive freely
Harm no one **I**magine more **J**ettison anger **K**ep
confidences **L**ove truly **M**aster something
Nurture hope **O**pen your mind **P**ack lightly
Quell rumours **R**eciprocate **S**eek wisdom
Touch hearts **U**nderstand **V**alue truth
Win graciously **X**eriscape **Y**earn for peace
Zealously support a worthy cause*

❖ -R. Stewart

What is Innovative LIFE Options Inc. (LIFE)?

- ❖ LIFE is a non - profit organization designed to offer resources, training, advice and guidance to each person who chooses In the Company of Friends (ICOF).
- ❖ It is the mission of Innovative LIFE Options Inc. to provide each participant of In the Company of Friends and his/her Support Network with high quality resources, information and guidance that will assist each participant in creating the life that he/she desires within the framework of valued and meaningful relationships.
- ❖ LIFE focuses on empowering individuals to create the quality of life they desire. Our support and resources focus on relationships, strengths, personal growth, dreams, needs, and spiritual, emotional and physical well being.
- ❖ This is achieved through the provision of high quality resources and a stable and functioning Support Network.
- ❖ When an individual becomes involved with ICOF, LIFE assigns a Resource Coordinator – they become the “go to” person. Their role is to offer information, guidance and resources to help with the self-management.

What does LIFE do?

LIFE has many responsibilities. These responsibilities are tailored to each individual and his/her Support Network. We base our role, and response on the unique strengths and talents of those involved, offering resources, guidance and advice as requested. Our goal is to help the group gain the knowledge and the tools to self - manage. There are several options that we offer those who choose ICOF. The following chart is a guide to our involvement.

Here's what we do!	Here's what we don't do!
Offer information, guidance and resources to help each individual to self – manage.	Make decisions for each individual.
Discuss the ICOF funding model - and the role of LIFE with interested individuals via Program Inquiries.	
Work closely with each individual to develop his/her lifestyle - a creative entrance process is initiated.	Leave people unprepared to complete the responsibilities associated with ICOF.
We facilitate all ICOF funding requests, budgets and proposals.	Approve funding requests.
Offer information, guidance and resources to help Support Networks engage in <i>supported decision making</i> .	Make decisions for ICOF Support Networks.
Support each individual to build, re - connect, strengthen and maintain a healthy Support Network.	Decide who should be on an individual's Support Network.
Teach those involved how to interview, hire, train and supervise staff.	Interview, hire, train or supervise staff.
Offer suggestions and guidance.	Implement and monitor.
Assume the roles previously held by your CSW - with the exception of funding approvals and issues of abuse-protection.	Approve funding or become involved with issues of abuse and neglect.
Review quarterly reports.	Make decisions about each individual's daily expenditures.
Attend Support Network meeting when invited.	Expect or need to be at all Support Network meetings and functions.
Assist with planning and funding requests.	Decide the plan and provide funding.
Help with staffing challenges.	Provide direct support when there are staffing challenges.
Work to uphold the guiding principles of the VPA.	
Ensuring the integrity of the ICOF program model is upheld at all times.	
Offer trainings and resources designed to meet the request of each individual and his/her Support Network.	

What does LIFE look like?

- ❖ LIFE is a provincial organization that was incorporated in August, 2000.
- ❖ LIFE is governed by a volunteer Board of Directors.
- ❖ An Executive Director provides guidance and supervision to the LIFE team and the organization as a whole.
- ❖ A Senior Coordinator and a team of Resource Coordinators, located throughout the province provide information, guidance and resources to those involved with ICOF.

What does a Resource Coordinator do?

Resource Coordinators have four main responsibilities:

- ❖ To ensure that a Support Network is in place for each individual.
- ❖ To ensure each individual's paid staff and the Support Network are accountable to his/her wishes.
- ❖ To provide information, guidance and resources to each individual and his/her Support Network. This is done by creating an atmosphere of empowerment, offering tools, resources, information and support to help each individual create a good life.
- ❖ To monitor the financial situation of each individual, and ensure funding is adequate to meet his/her needs.

LIFE Believes.....

- ❖ All people deserve to have opportunities to explore interests and design the life of their choosing.
- ❖ People with disabilities belong in community.
- ❖ People deserve to be treated with dignity and respect.
- ❖ People should have opportunities to explore personal growth.
- ❖ People change, and thus should not be restricted due to previous choices or life circumstances.
- ❖ All people need relationships.
- ❖ Relationships are directly related to quality of life.
- ❖ People keep people safe - not policies or procedures.
- ❖ All people have the capacity to self - manage or participate in the management of their daily lives.
- ❖ People flourish when gifts and capacities are recognized.

More Choices, Your Choices, LIFE Choices

Where to find us?

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Other Publications:

LIFE and the CSW! A Unique Partnership

ICOF Entrance Process and First Steps!

ICOF Guidebook - Tips For the Individual and Support Network

ICOF Protection Book: A Guide to Reporting Abuse and Neglect

ICOF Support Network Planning

Thinking about your Future? What will life look like after Graduation?

What Every Family, Friend and Community Member Should Know!

What You Should Know! - A Guide for the Individual

www.innovativelifeoptions.ca

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