

GAIN INDEPENDENCE FOUNDATION

**GAINING INDEPENDENCE, FOR PEOPLE
WITH DISABILITIES, MEANS HAVING
THE RIGHT TO LIVE AS SELF-SUSTAINING
AND ON ONE'S OWN AS POSSIBLE.**

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SET SMART GOALS:

Set **S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**ime-bound (**SMART**) goals.

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Be assertive with empathy and sincerity when speaking about these goals and needs.

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DEVELOP LIFE SKILLS:

Learn to manage your time, practice self-care, and embrace mistakes and failures.

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NAVIGATION:

Help others with disabilities navigate the systems that are available to get the resources that are needed.

HERE ARE SEVERAL POSSIBLE WAYS
& GOALS THAT GAIN INDEPENDENCE
FOUNDATION CAN HELP MAKE AN
IMPACT ON THE LIFE OF SOMEONE
LIVING WITH A DISABILITY.

GROOMING NEEDS.

Work with local and state officials to allocate resources to assist with basic grooming (hair cuts, shaving, manicures/pedicures to clip nails) to help with personal hygiene for those who can not do these tasks on their own and/or can not afford these services.

This resource could be attained by partnering with local salons and/or cosmetology schools to help provide these services at a discounted rate or pro bono for educational purposes.

ATTENDANT RETENTION – VIA HEALTHCARE ACCESS.

Work with local and state officials to advocate for access to state healthcare as a benefit for care attendants to help retain attendants, who are critical for day to day activities that are needed.

ATTENDANT RETENTION – VIA BETTER PAY.

Work with local and state officials to fund additional resources to make the pay rate for attendants more competitive with other service industry jobs that currently have better pay and flexibility of hours.

ATTENDANT RETENTION – CONTINUITY OF CARE.

Work with attendant care companies to advocate for keeping case workers and attendants with clients who are a good fit with each other. Too many times, a great case worker or attendant gets pulled from an assignment where they are highly valued, forcing a learning period with a new individual to manage a successful working relationship. The goal here is to stop the undesirably heavy turn over of help.

ACCESS TO EQUIPMENT AND TOOLS FOR MOBILITY

Work to identify mobility needs and funding resources to provide help individualized solutions for mobility for persons who are living with a disability.

This may require working with local, state, and federal institutions as well as private donors to help support these needs. Some resources may be needed for upgrades and modifications to wheelchairs, ramps, vehicles, and homes, for example. Other resources could include advocacy with local jurisdictions to help provide access and accommodation to public spaces and venues.

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