

## HOW DO I BECOME A

### PEER SUPPORT?

- ❖ Develop a resume.
- ❖ Complete the Qualified Vendor Form on DDS Website.
- ❖ Submit resume and Qualified Vendor Form to Tiffany Redding, DDS Central Office.
- ❖ Application will be reviewed, and you will be notified if accepted.



## TIPS TO BEING A PROFESSIONAL PEER SUPPORT

- ❖ Have your own email address.
- ❖ Be professional.
- ❖ Dress for success.
- ❖ Create a resume.
- ❖ Have reliable transportation.
- ❖ Know how to track your work time.
- ❖ Remember this is short term so make the most of the time.

## WHO IS A PEER SUPPORT?

- ❖ Person/peer who is paid to provide their expertise.
- ❖ Person/peer who has life experiences to share.
- ❖ Person/peer who presently receives support through a waivered service.
- ❖ Person/peer who has developed a resume explaining their experiences and can support others on their life journey.
- ❖ Person/peer who is qualified to provide Peer Support.
- ❖ Be at least 21 years old.
- ❖ Possess a high school diploma, GED or Certification of Completion.

### Resources/Contact Info:

#### DDS Advocates Corner:

<http://www.dds.ct.gov/advocate/scorner/site/default.asp>

#### Self Determination Director's

Email: [Amy.BlaZawski@ct.gov](mailto:Amy.BlaZawski@ct.gov)



# PEER

# SUPPORT

**Getting support  
from people I trust!**

**"If I Can Do it, SO  
CAN YOU!"**

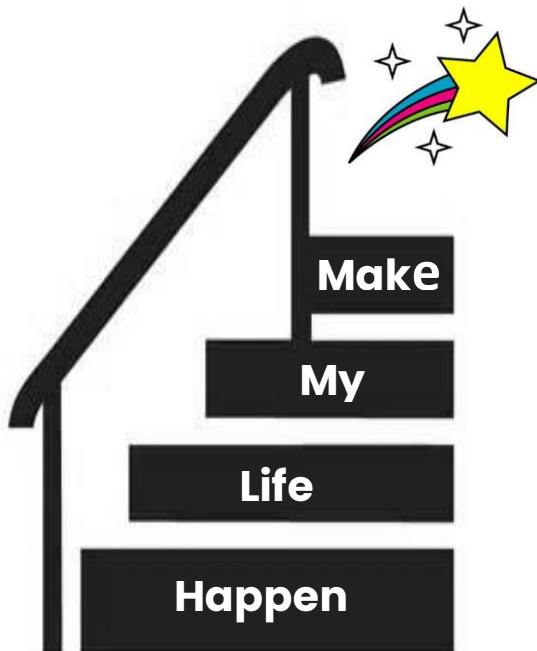


# Make Your Life Happen Through Peer Support

Do you want to be  
a LEADER?

Do you want to  
offer SUPPORT?

Do you want to  
create CHANGE?



## What is "Peer Support"?

- ❖ A peer/individual who has experiences and strategies to **SHARE** with you.
- ❖ **LEARN** from others
- ❖ **ASSISTS** you on your "life journey"
- ❖ **HIRE** a peer support with your DDS funding.
- ❖ Short term **SUPPORT** based on life goals.



## Make My Life Happen

- ❖ Peer Support should **ASSIST** you but not tell you what to do.
- ❖ Agree to **MEET** and get together to talk.
- ❖ Be **RESPECTFUL** of each other.
- ❖ Learn from Peer Support to make the changes **YOU WANT** in life.

## I NEED A PEER SUPPORT TO

### LEARN:

- ❖ How to manage and be independent at home.
- ❖ How to self-direct your own supports.
- ❖ How to find, get and maintain a job.
- ❖ How to advance in a chosen career.
- ❖ How to access and build community supports.

## LOCATING A PEER SUPPORT

- ❖ Look on DDS Advocate's Corner for contacts.
- ❖ Contact the Peer Support through email.
- ❖ Request the Peer Support's resume.
- ❖ Interview the Peer Support and see if they have experience and skills you like.
- ❖ Do you feel comfortable with the Peer Support?
- ❖ Contact your Case Manager to assist.