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Quality of Life
June 2026





Your Living Environment



Supported Living



Supported living is a service model designed to help individuals with disabilities live independently.

- Help can include everyday tasks like cooking or personal care.
- It helps people be part of their community and stay socially involved.
- Supported living lets people make choices and have control over where and how they live.
- The main goal is to improve quality of life and help people become more independent.



Group Home



A group home is a shared living environment for individuals with similar needs or challenges.

- Residents typically receive support and supervision from trained staff.
- Group homes often cater to specific populations, such as those with disabilities or mental health issues.
- The goal is to promote independence while providing a safe and structured setting.
- Residents participate in daily activities and may receive life skills training.
- Group homes foster community and social interaction among residents.



Independent Living



To understand independent living, consider the following key points:

- Independent living means being able to make your own choices.
- It focuses on doing daily tasks on your own as much as possible.
- It encourages staying involved in the community.
- It helps people with disabilities or older adults live on their own.
- It makes sure people have the services and support they need each day.
- It provides a safe, supportive place that fits each person's needs.



Accessibility Accommodations

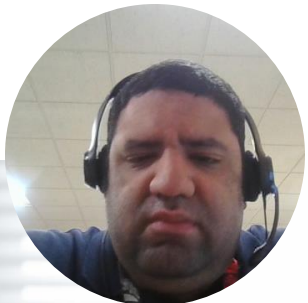


- Add ramps and elevators so people using wheelchairs can get into buildings.
- Make sure websites and digital materials work with screen readers and other helpful tools.
- Provide information in different formats, like Braille or large print.
- Use clear signs with high contrast and easy-to-read letters.
- Train staff to understand disabilities and how to support people with different needs.
- Set up quiet spaces for people who are sensitive to noise or crowds.





Tips for Taking Care of Yourself, Your Things, & Your Home



Cleaning Your Home



Keeping your home clean is an important skill to be independent.

It keeps your place organized; it prevents pests from entering and helps you feel accomplished.

Some ways are disinfecting the sink, and anything you touch, making your bed after waking up, and doing your laundry.

Why it is Important to Have a Clean House

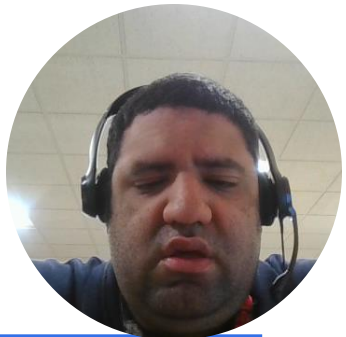
- **Welcoming Environment:** A clean home allows for comfortable hosting of guests without needing last-minute, panicked cleaning sessions.
- **Sense of Control:** A tidy, organized space provides a sense of order in daily life, boosting confidence and satisfaction
- **Pest Prevention:** Proper cleaning prevents pests like ants, cockroaches, and mice, which are attracted to food waste and crumbs





Tips for When You Are Not Motivated to Clean

- Unlock Your Cleaning Motivation with these Simple Tips



Cleaning Checklist

Basic Cleaning:

BATHROOMS:

- ☐ • Dust light fixtures
- ☐ • Clean mirrors
- ☐ • Clean sinks
- ☐ • Clean shower
- ☐ • Clean toilet
- ☐ • Vacuum/mop floors

BEDROOMS:

- ☐ • Dust all furniture
- ☐ • Wet wipe surfaces
- ☐ • Dust light fixtures
- ☐ • Dust windowsills
- ☐ • Clean mirrors
- ☐ • Vacuum/mop floors



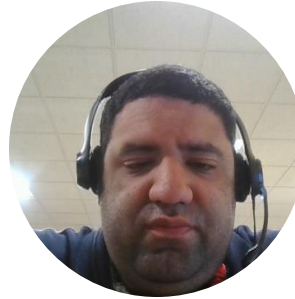
KITCHEN:

- ☐ • Dust light fixtures
- ☐ • Clean counters
- ☐ • Clean appliances
- ☐ • Clean microwave
- ☐ • Clean sink
- ☐ • Clean dining table
- ☐ • Vacuum/mop floors

LIVING AREA:

- ☐ • Dust light fixtures
- ☐ • Dust all furniture
- ☐ • Dust wall decor
- ☐ • Wet wipe all furniture
- ☐ • Dust windowsills
- ☐ • Vacuum/mop floors

Cleaning Checklists



A cleaning checklist can help you make sure you are cleaning all the areas of your home.

You can find basic and deep cleaning checklists for your home at the following link:

[Home Cleaning Checklist: Customizable Template & Printable Guide – Everyday Cleaning Tips](#)

Personal Hygiene Practices

- **Handwashing:** Wash hands with soap and water after using the restroom, before eating, and after coughing/sneezing.
- **Clean Clothing:** Change into clean clothes regularly to prevent skin infections.
- **Showering:** Regular bathing removes bacteria and sweat.
- **Oral Care:** Brush teeth twice daily and floss to prevent gum disease.



The Importance Of Personal Hygiene



Wash Hands Frequently With Soap & Water



Take Regular Showers Or Baths



Use A Clean Towel & Washcloth Daily



Brush Teeth Twice A Day & Floss Regularly



Wear Clean Clothes



Stay Healthy at Work Good Hygiene Practices



Wash Your Hands
Regularly clean your hands with soap and water or alcohol-based rub.

Respiratory Hygiene

Cover your mouth when coughing or sneezing to protect others.



A Clean Workspace
Keep your work area clean. Dispose of waste responsibly.

Maintaining Personal Hygiene
Wear clean clothes and maintain personal grooming.



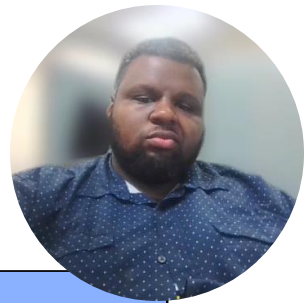
CORESTAFF

Meal Preparation

- **Prevent Waste:** Buy ingredients that can be used in multiple, different meals, to prevent waste or throwing away food.
- **Utilize the Freezer:** Cook large batches (stews, soups, pastas) and freeze individual portions to avoid eating the same thing all the time
- **Individually Portioned Meals:** Prepacking full, ready-to-go meals in containers for quick grabs.



Step-by-Step Laundry Guide

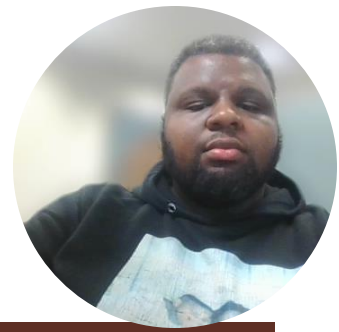


- **Sort Clothes:** Separate lights, darks, and heavily soiled items (like towels), to prevent color bleeding and damage.
- **Check Labels:** Always follow garment tag instructions for water temperature and cycle settings.
- **Pre-treat Stains:** Apply stain remover or detergent directly, to make the stain go away before washing.

How to Do Laundry



Caring for Your Clothes – Benefits and Impact



- **Save Money:** Taking good care of clothes makes them last longer, so you don't have to replace them often.
- **Hygiene and Health:** Clean clothes prevent bacteria, odors, and skin problems.
- **Protects Fabric Quality:** Good care keeps colors bright and fabrics strong.

Clothing Care Tips	
Symbols	
 Machine Wash	 Hand Wash
 Tumble Dry	 Line Dry
 Dry Flat	 Iron
 Do Not Iron	 Dry Clean
Cotton / Cotone / Coton	Silk / Seta / Soie
 Machine washable at any temperature, but cool to warm recommended (30C).	 Machine washable at cold temps, hand wash recommended. Mild detergent.
 Can be tumble dried but may shrink at high temperatures.	 Hang to air dry, do not use dryer.
 Able to be ironed at a high heat.	 Iron with low heat, inside out.
Wool / Lana / Laine	Viscose/ Rayon / Acetate
 Hand wash knit garments	 Machine washable at a cool temperature, gentle cycle recommended.
 Dry clean woven fabric	 Line dry. Do not use a dryer as it will likely shrink the garment.
 Wrap in towel to soak up excess water, then reshape and dry on a flat surface.	 Iron or steam on a low heat setting, best done inside out when slightly damp.
 Steam or iron at low to medium temperatures. Use a press cloth for extra safety.	

Don't Forget to Budget for Additional Costs for Yourself and Your Home



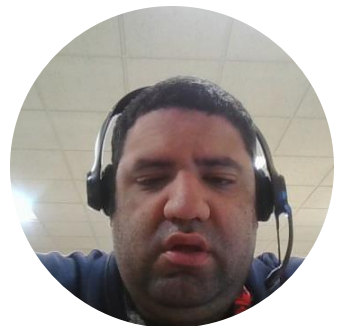
Making a budget, and keeping track of your finances, is also an important independent skill.

If you make a big purchase, you will need to keep track of how much money you have left, and make sure you don't run out.



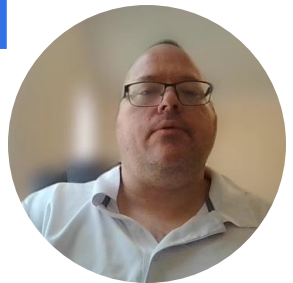
Save by Paying Yourself First

- Pay Yourself First: The Secret to Building Savings | It's a Money Thing





Information & Resources if You Want to Live on Your Own

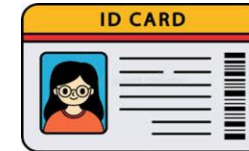


What You Need When Applying to Get An Apartment!

You will need your Social Security Number!



Your Drivers license or ID!



You need 2 or 3 paystubs!



You need Rental History!



You need a Letter of reference!



What you Need to go Along with an Apartment Application Form!

You need Vehicle Info. & Vehicle Registration
if you have one!



You need Bank statements!



You need Tax returns/W-2 forms!



You need the Application fee: A non-refundable fee!



What You Need to go Along with an Apartment Application Form!

- You need Pet documents If you have one!
- You need Move-



- You need Co-signer or Guarantor info: If you have poor credit!



What you need when Applying to Get A Bank Mortgage!

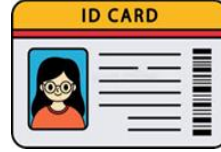
How to Apply for a Mortgage: Step-By-Step Guide!



What Paperwork you Need to Apply for Home Loans!

Required Personal & Income Documentation!

Government-issued photo ID



Self-employment documentation: If applicable.

W-2 forms



Special Documentation (If Applicable)!

Federal tax returns



Child Support/Alimony.



Recent pay stubs



Social Security/Pension.



Bank statements.



Rental Income.



* For HDF Intake Form (IEP) needs to be filled out.

* -for HDF loans only

Requirements when Applying for USDA Home Loan!

Key Requirements to apply:

Income Limits: Total household income cannot exceed 115% of the median household income for the area (115% for guaranteed loans, 80% for direct loans).



115

80

Property Location: Must be located in a USDA-designated rural area.



Citizenship: Must be a U.S. citizen, U.S. non-citizen national, or Qualified Alien.



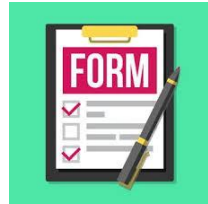
For direct loans, you may also need to fill out a Pre-Qualification Worksheet (e.g., Form PA_SF502) to assess your financial eligibility.



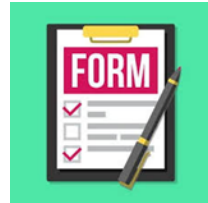
Additional Documents You Need to Apply for a United States Department of Agriculture (USDA) Home Loan!

Application & Property Documents:

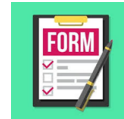
Form RD 410-4.



Form RD 3550-1.



Signed Purchase Agreement.



Repair Bid(s).



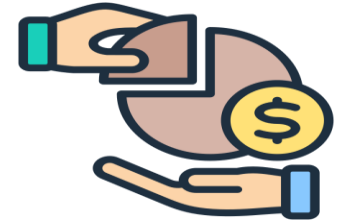
HDF Loans!

Downpayment Assistance Programs for CT and NY Homebuyers!



What is a Housing Development Fund (HDF) Loan?

- HDF offers downpayment and closing cost loan programs to first time homebuyers looking to buy in Connecticut or New York. Keep in mind these are loans and not grants.



- Applicants must meet HDF's eligibility criteria and must use an [**HDF participating lender**](#). Different programs may have different criteria. [Click here](#) to see the different loan programs.



What does USDA & HDF Stand For?

USDA stands for the United States Department of Agriculture. It is an executive department of the U.S. federal government responsible for developing and executing policy on farming, agriculture, forestry, food, and rural development.



HDF Connect typically refers to the Housing Development Fund (HDF). HDF is a non-profit Community Development Financial Institution (CDFI) headquartered in Stamford, Connecticut, that provides affordable housing financing, downpayment assistance, and homebuyer education.



Self Advocacy & Employment Information



Self – Advocacy

- Self-advocacy is the ability to communicate your own needs, rights, and goals successfully to strengthen your situation. It involves communicating, standing up for what you deserve, and making informed decisions.
- This skill is extremely important in daily life as it helps individuals to take control of their personal and professional situations, making sure their voices are heard, and their needs are met.
- By speaking up for themselves, people can handle tough situations and make choices that help them reach their goal and take charge of their lives.





Employment

- Employment is important for everyone. It helps people earn a decent living, learn independence, and builds self-confidence.

- [Job Search | Indeed](#)

