

# Individual Day Supports

Individual Day Supports has two different types of support; Individual Day-Vocational (IDV) and Individual Day Non-Vocational (IDN). Using IDV and IDN, you work directly with one staff person to support you. IDV helps you learn job skills and get a job. IDN helps you learn skills to become active in your community.



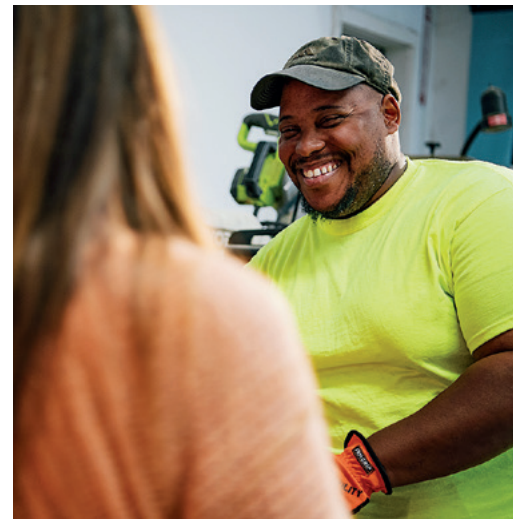
▲ Scan the QR code to visit [ct.gov/STEP](http://ct.gov/STEP) for more information

## Individualized Day-Vocational (IDV)

IDV helps you to learn job skills and overcome barriers to having a job. It can also support you to return to work if you have lost a job. The goal of this support is to help you find and keep a job.

**Some of the core supports of IDV include:**

- Learning new job skills and abilities
- Improving existing job skills and abilities
- Assistance with operating your own business



## Individualized Day Non-Vocation (IDN)

IDN helps you to participate in your community. It can help you improve skills to participate in activities or make connections. The goal of this support is to help you to be an active part of your community.

**Some of the core supports of IDN include:**

- Finding opportunities for you to participate in your community
- Improving skills and abilities for community participation
- Developing meaningful activities if you are retired and no longer work



Supporting  
Transformation  
to Empower  
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**DDS**  
[portal.ct.gov/dds](https://portal.ct.gov/dds)

## How are Individual Day Supports typically staffed?

Your staff would typically pick you up at home to start the day and would go with you into the community. They may help you find a job or participate in community activities and events. Your staff may provide transportation for you.



## What are some of the benefits?

- The type and hours of support are customized based on what you need.
- Support is just for you – you have one staff working directly with you.
- It can help you participate more in your community.
- When appropriate, Individual Day Supports may be combined with other employment and day supports to help you meet your goals.



## What are the potential challenges?

- The service cannot be provided in a provider's day program site.
- Your supports may begin and end in the home, but most of your time should typically be spent within the community or with a community partner.

## How can I learn more?

- Talk to your Case Manager or call the DDS Help Line
- Visit the STEP website: [ct.gov/STEP](https://ct.gov/STEP) ►
- Visit DDS website to learn more about Individual Day Supports: [portal.ct.gov/DDS-EDS](https://portal.ct.gov/DDS-EDS) ►

