

# Remote Supports

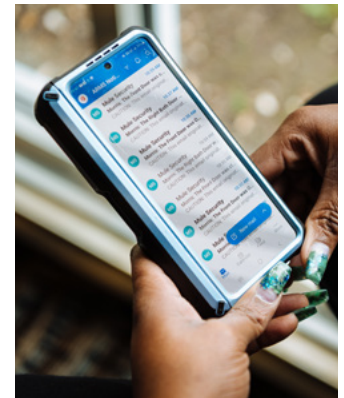
Remote Supports can provide you with greater independence by using technology to connect you with staff or a caregiver who is not physically with you. Remote Supports include a mix of technology and human support. The technology uses two-way communication so that the staff or caregiver can check in with you, and you can request assistance without the need for the staff or caregiver to be with you all the time.



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

## How are Remote Supports typically staffed?

- An agency Virtual Support Partner provides scheduled or “on-call” supports meaning they can make sure you are okay without having to be right there with you. In person help may also be available when you need it
- The person who provides your supports will understand all of your equipment and what they need to do if you need assistance
- Your support may be provided by an agency, a family member, friend or neighbor, or someone you hire to support you



## What are some of the benefits?

- Helps you to be more independent while making sure you are healthy and safe
- Can be combined with other in-person supports
- Helps you meet your goal of increased independence in your home, community, or work
- Supports are set up just for you, based on your needs and vision for your own future.
- Combines the benefits of the latest technologies with access to people who support you
- Allows in-person staffing schedules to be adjusted to provide supports in other areas of interest or experiences in community life.



## What are the potential challenges?

- Learning how to use the equipment
- Some equipment might not be available in other languages
- Worry whether the technology will meet your support needs

## How can I learn more?

- Talk to your Case Manager
- Visit the STEP website: [ct.gov/STEP](http://ct.gov/STEP) ▶
- DDS website to learn more about Remote Supports: [tinyurl.com/422t33u6](http://tinyurl.com/422t33u6) ▶
- DDS Fourth Tuesday Forum on Remote Supports: [tinyurl.com/5be6ux96](http://tinyurl.com/5be6ux96) ▶
- Learn more about Self-Advocate Coordinators: [tinyurl.com/39zf2pae](http://tinyurl.com/39zf2pae) ▶

