

## Are Alternative Day Supports right for me and my family?

### They might be right for you if:

- You want more flexibility in your services
- You want more control over your budget
- You want to manage your support workers
- You want to hire people you know
- You do not require full daytime coverage (30 hours)
- You are willing to accept increased responsibilities.

### Responsibilities

- Develop plan with MCS and DMR representatives
- Obtain DMR budget approval
- Stay within budget amount
- Participate with external monitoring for program safety and spending accountability

## Can I change my mind if Alternative Day Support is not working for me or my family?

Yes! You can always meet with an MCS Case Manager and a DMR representative to discuss other day options.

Multicultural Community Services of the Pioneer Valley, Inc. (MCS) is committed to providing culturally and ethnically responsive supports that enhance the capacities of individuals with developmental disabilities and their families to expand community membership – MCS Mission Statement



MCS is funded by the Massachusetts Department of Mental Retardation.

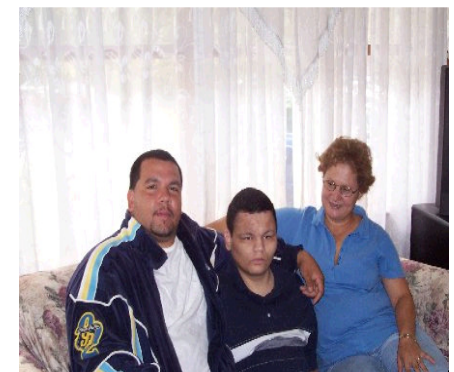
# MCS

Multicultural Community Services  
of the Pioneer Valley, Inc.

1000 Wilbraham Road  
Springfield, MA 01109  
413-782-2500

## *Alternative Day Supports*

*An MCS service that lets you choose or design your own supports within a fixed budget.*



Family chooses MCS home based supports.



Delivering 'Meals on Wheels' is one choice that doubles the benefits.

### What is the purpose of Alternative Day Supports?

- To provide individuals and families the flexibility to design a weekly program of supports that is important to them.

### Who is eligible?

- Someone who is DMR eligible and has Chapter 688 funding allocation
- DMR eligible individual with family support allocation
- Individual must be referred through DMR Area Office Transition Coordinator or Family Support Case Manager

Alternative Day Supports

❖ You receive Case Management assistance to help create a weekly schedule that includes activities of your own choosing such as:

- Volunteering, starting your own business, job exploration
- Personal Expression - writing, visual arts, music
- Physical Fitness - exercise classes, personal instruction (swimming, horseback riding etc.)
- Educational - sign language, communication technology, certificate program (first aid), take a class, pet care
- Other possibilities include: cultural, social/recreational activities, hobbies, and personal safety, community skills (banking, understanding money, and shopping, using public transportation.

### What are the benefits of Alternative Day Supports?

Families can choose the supports they want, when they need them and have access to an MCS Case Manager. Examples of specialized supports include emergency behavioral intervention, in home training and consultation.

### THINGS TO CONSIDER IN DECIDING IF 'PERSONALIZED SUPPORTS' ARE RIGHT FOR YOU

- Individual services may be more expensive which could result in fewer hours

### WHAT IS THE FIRST STEP?

- Meet with a 688 Transition Worker to discuss Alternative Day Support and other day options
- Speak with Family Support provider
- **Call MCS Program Coordinator Lisa Podworski @413-782-2500 ext. 314**
- **email: Lisapodworski@mcsnet.org**

*MCS will review every aspect of the program with you in great detail!*

Alternative day and family supports can be a good choice when you are in transition or need a short term option.