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**"People deserve the dignity of making choices."**

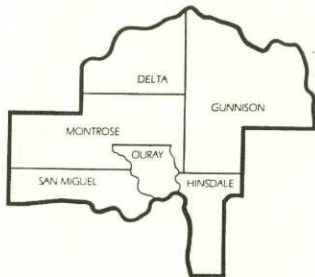
It is by experiencing the consequences of our choices that we achieve our greatest growth. Each person deserves opportunities to take risks and make choices, to succeed and to fail. It is often through a perceived failure that we learn life's most important messages.

We need to encourage each other to take responsible risks, to appreciate and expand our capacity to make choices, and to accept and learn from the consequences of our actions. Enhancing the abilities and opportunities of others to choose for themselves is one of the most respectful gifts we can give.

**"Life is meant to be enjoyed."**

There is humor in almost everything if we care to seek it. Humor alone cannot diminish life's difficulties, but it can do much to help us get through them. By sharing our joys, as well as our sorrows, we create a positive, happy atmosphere which will in turn nourish and energize those with whom we come in contact.

We must provide each other opportunities to laugh and have fun, both in planned activities and as we go about our daily lives. Life is too short and too precious not to fully enjoy it.



Community Options is a non-profit, tax-exempt organization. The success of this service is brought about by the support and contributions from the communities we serve. We accept all donations and encourage you to make them freely.

The staff at Community Options welcomes your ideas and comments. We will also continue to make information available about our services and activities. Stop by or call our Montrose office for further information or visit our website at [www.communityoptionsinc.org](http://www.communityoptionsinc.org).

#### NOTICE OF NONDISCRIMINATION

Services at Community Options, Inc. are provided without discrimination on the basis of handicapping condition, race, color, national origin, sex, religion, age or veteran status.



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## GENERAL SERVICES

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### *Community Options, Inc.*

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Working to enrich  
the lives of people  
and the  
communities in  
which they live . . .

Providing services and supports  
to persons with developmental  
disabilities.

## COMMUNITY OPTIONS

is one of 20 Community Centered Boards in Colorado which provide and coordinate services and supports to people with developmental disabilities. We serve the Western Slope counties of Montrose, Delta, Gunnison, Hinsdale, Ouray and San Miguel. Major sources of funding for Community Options include Developmental Disabilities Services, the Colorado Department of Human Services, local cities and counties, grants, and private donations and fund-raising events.

COMMUNITY OPTIONS provides an array of comprehensive services to nearly 350 people with developmental disabilities primarily in Montrose, Delta and Gunnison. People are eligible for these programs if they meet State Eligibility Guidelines. Generally the eligibility requirements include children with significant delays in development and adults whose disability constitutes a substantial handicap attributable to mental retardation or related condition. This condition must have originated before the age of 21.

COMMUNITY OPTIONS delivers services either directly or through purchase-of-service contracts with other agencies or individuals. These services include:

**Early Intervention** (for children birth to three years of age): Child Development Specialists and Therapists work with parents and their child to develop activities and learning techniques which can be used in the home environment to enhance the child's development. This service is provided in the home, in group settings and in the community as needed for each child.

**Great Start/Gran Principios Family Visitor Program** (for children birth to 3, and their families): Parents connect with parents who are experienced and perhaps have a child with a similar challenge. The idea is to form connections with others to assist parents on their parenting journeys.

**Adult Services:** Our Comprehensive Services program offers a wide variety of residential, vocational, and day program supports and services. Residential settings include 24-hour staffed group homes, individualized Personal Care Alternatives, and family-setting Host Homes. The Adult Day Program allows individuals to engage in supported community employment or paid vocational training in our workshops. We also provide retirement-oriented services for seniors and Community Support Services that provide an array of community-based experiences for residents of nursing homes with developmental disabilities. Training in living skills is offered through community activities and support.

Supported Living Services offers an array of community-based services and supports for adults who live either independently or with their family.

**Transportation:** Transportation is provided to and from most adult day programs and in residential programs.

**Family Support Services Program:** (for eligible children and adults living with their parents): Families receive financial assistance, information and referrals, and/or services to assist in relieving the stress and extra expenditures often associated with having a family member with a developmental disability living at home.

**Case Management:** This service is provided to individuals with developmental disabilities or developmental delays who are enrolled in services. Limited Case Management services are offered to individuals waiting to enter Adult Services. Case Managers coordinate services across all program and agency lines. Following the Individual Plan (IP) for adults and Individual Family Service Plan (IFSP) for children and families, the Case Manager coordinates and monitors the services to ensure that the person's needs are met. Case Management also assists in transitions to and from school programs and manages the waiting list.

**Administrative Services:** Business Operations, Property Management, Maintenance and Fleet Management across all program lines provide a financially healthy and flexible foundation upon which program services and supports may flourish

COMMUNITY OPTIONS BELIEVES:

**"Everyone has something to contribute."**

Each person, regardless of physical or intellectual abilities, has something he or she can teach or give to others. For this reason each person is unique and deserves to be valued and respected. [This basic value and respect is inherent and does not depend on one's economic status, intellect, potential for productivity, or other traits or attributes.]

Seeking to uncover and encourage each other's special gifts is a job for all of us. Holding the perspective that all human beings are unique and valuable frees us to focus on the positive and will not only encourage growth in others, but will simultaneously enrich and expand ourselves.

**"Everyone needs meaningful relationships."**

One of the most elemental needs we all have is to love and be loved, and to form meaningful relationships. We are most healthy and happy when we are interdependent. Building relationships takes attention, effort and commitment. Our relationship need not always be built on affection, but can and should be built on respect.

Positive, caring relationships cannot be forced but can and should be encouraged. By helping each other develop the skills and attributes which enhance our ability to form such relationships, we enable others to become more whole and fulfilled. We must keep a respectful awareness of the role relationships play in giving our lives meaning, and that involvement and inclusion in our communities is the key to developing those relationships.