

To empower
adults with
disabilities through
self-determination,
dignity, *and* freedom
of choice within a
safe and stimulating
environment.

For more information about Assisted
Independent Living please contact:

Assisted Independent Living Manager
Phone: 604.936.9944 ext. 227
Email: shannon@howesound.net

Or

Operations Manager
Phone: 604.936.9944 ext.225
Email: loretta@howesound.net



Howe Sound Rehabilitation Services Society

203-218 Blue Mountain Street
Coquitlam, BC
V3K 4H2
Phone: 604.936.9944
Fax: 604.936.9003
Email: info@howesound.net
www.howesound.net

Funding primarily provided by:

COMMUNITY LIVING BRITISH COLUMBIA-CLBC
FRASER HEALTH AUTHORITY-FHA



Assisted
Independent
Living

Serving lower mainland
communities since 1988

unlimited possibilities
for people
with disabilities

Do you have an acquired brain injury, developmental or physical disability or have specific medical needs?

Are you looking for a new living arrangement?

Are you seeking more independence or do you require more support?

Would you like to live in a supportive and caring environment?

Are you ready to take the next step towards independent, semi-independent, or fully assisted living?

Are you ready for a lifestyle change?

If you answered 'yes' to any of these questions the HSRSS Assisted Independent Living Program could be the answer!!!

What is the Assisted Independent Living Program (AIL) and who does it serve?

The AIL Program provides accommodations to individuals with acquired brain injuries, physical, developmental and medical healthcare needs.

What is the goal of the Assisted Independent Living Program?

The goal of the AIL Program is to increase or maintain the quality of life of an individual through specialized support, community inclusion, increased independence, and to provide consistency and flexibility within a safe home environment.

What does Assisted Independent Living Offer?

The AIL Program offers the following three different types of services to individuals seeking accommodations:

Family Care Homes

A person receiving services lives with a caregiving family or single person in their home in the community. The individual participates in family activities as well as integration into the community. Individuals receiving services normally require regular support, guidance and supervision.

Semi-independent Living

A person receiving services lives semi-independently in a suite within a care providers home. Individuals are provided meals and may need assistance with medication management, assistance with bills payments, problem solving, making appointments, etc. Residents require a modest level of supervision and support.

Supported Independent Living

A person receiving services lives independently in a self contained living environment in their own apartment. Individuals have access to, & receive ongoing support from our contractors. Residents may need assistance with bill payments, problem solving, making appointments, etc.

The AIL program helps individuals identify and work towards meeting their identified goals. Some of the support services and programs that the AIL program offers include but are not limited to:

- Interpersonal skills training
- Meal planning/grocery shopping
- Personal finances/budgeting
- Participation in shared and individual chores
- Leisure planning/ Participation in community programs
- Use of community transportation
- Addressing medical/mental/health care issues
- Cooking and housekeeping duties
- Life and social skills development

Individuals are provided with varying degrees of assistance and supervision to support their growth and independence.

Respite Services

Respite services provides quality relief support. This service is offered to care providers from Howe Sound as well as to funders or families who pay directly for services. Please call for rates and information.

Are you ready to take the next step?
If so, give us a call!