



neighborhoodnetwork

Reimagine Independence

MYGOODLIFE.ORG





CONTENTS

PROMOTING INDEPENDENCE AND PEACE OF MIND. 3

WHO IS A GOOD FIT FOR THE NEIGHBORHOOD NETWORK? 5

WHERE ARE NEIGHBORHOOD NETWORKS LOCATED? 6

PROFESSIONAL NEIGHBORS 7

ILINK TECHNOLOGIES: REMOTE SUPPORT 8

PROGRAM ENHANCEMENTS 9

NEIGHBORHOOD NETWORK'S MOTIVATION SYSTEM 10

OUR PARTNERSHIP WITH THE UNIVERSITY OF KANSAS 11

OUR MISSION AS A SERVICE PROVIDER 13



Promoting Independence and Peace of Mind.

The Neighborhood Network is a service model that promotes independence and peace-of-mind for those with intellectual or developmental disabilities who want to live in their own home. In 2016, Autism Speaks recognized the Neighborhood Network with iLink Technologies as the most innovative service approach in its international HeroX House to Home competition.

Ultimately, those with intellectual or developmental disabilities often feel compelled to trade their independence for the safety and security of a more expensive care setting due to intermittent, or just-in-case, needs.

The Neighborhood Network re-imagines independence by offering an affordable and innovative solution for semi-independent adults with disabilities.

This unique service model combines the foundation of a well-selected neighborhood and professional next-door neighbors with the remote support infrastructure of iLink Technologies, to create a home environment that is inclusive, affordable, and self-directed.

The result is a **new paradigm of care**. We focus on caring holistically for those we serve and we strive to encourage independence and inclusion through skill building, community engagement, and responsibility.

The greatest thing about this program is the staff; they're all here for us and help us and will teach us to get where we want to be.

• JOE, RESIDENT

Who is a Good Fit for the Neighborhood Network?

The Neighborhood Network's ideal residents are people who can live semi-independently with assistance. It is designed to teach and promote progressing independence to adults who have this goal.

The ideal resident for the Neighborhood Network:

01. Wants to live as independently as possible and is willing to learn the skills needed to be successful in the community.
02. Is willing to complete tasks related to personal hygiene and keeping a tidy home, including responding cooperatively to prompts and support in these areas.
03. Is willing to receive teaching and support to develop independent living skills from known and trusted Neighborhood Network coaches and staff, who will conduct cleanliness and maintenance inspections and provide needed coaching and assistance.
04. Minimally, will be able to remain safely unsupervised for at least two hours at a time during the day as well as throughout the night.
05. Is able to safely complete basic activities of daily living (i.e. showering, dressing, simple cooking, etc.) without continuous supervision.
06. Does not engage in severe disruptive or unsafe behaviors that could lead to neighbor complaints, apartment eviction, or police involvement.
07. Is open to receiving remote support and teaching via iLink Technologies and is willing and able to refrain from damaging or interfering with the iLink equipment.
08. Has health or physical support needs that can be effectively monitored, supported, and provided for.
09. Is either independent enough to not require on-site supervision during the hours of 9:00 am to 3:00 pm, Monday through Friday OR engages in daytime activities (part-time work, school, or a day services program).



Where are Neighborhood Networks Located?

02

GoodLife's Neighborhood Networks are located in the following areas:

- LAWRENCE, KS
- OVERLAND PARK, KS
- WICHITA, KS

What are the criteria for a neighborhood?

GoodLife specifically chooses existing communities and apartment complexes that are:

01. Safe and accessible
02. Close to existing community resources and public transportation
03. Filled with amenities
04. Large enough to be inclusive

Professional Neighbors

Professional Neighbors are caregivers who permanently live in the neighborhood they support. They are highly trained and available 24/7 to assist as needs arise.

Professional Neighbors function as iCoaches, available remotely and in person, as needed to maximize independence while ensuring the least intrusive and safest care is provided.

Primary Duties Include:

01. Providing remote and in-person support, care, and companionship for adults with a range of support needs
02. Assisting with daily living tasks including cooking, laundry, shopping, cleaning, and repairs
03. Providing opportunities for exciting and enriching community activities
04. Mentoring residents with helpfulness and positivity

iLink Technologies: Remote Support

Every person deserves opportunities for self-reliance and choice in their lives. iLink provides peace of mind for parents and guardians as well as independence for their loved ones with disabilities.

iLink Technologies delivers the evolution of disability care through a technology framework that provides 24/7 support, reduces care costs, and empowers residents' independence.

iLink is the nation's first remote support solution, in development at GoodLife since 1999.

The iLink technology framework maximizes resident abilities and encourages independence, allowing those with disabilities the opportunity to thrive at home and in the community.

How does it work?

iLink equipment is fused into a home so that support can be offered around the clock by the Professional Neighbors and iLink Coaches our residents know and trust. iCoaches are available with the touch of a button to remotely assist or deploy in-person help at the moment of need.

Your loved one can control how much or how little support they receive, when appropriate. Our iCoaches are friendly, responsive, and understand your loved one's needs. iLink Technologies acts as an extension of the care giving team.

iLink Technologies include features and services such as:

01. Remote Coaching & Support
02. Remote Nursing
03. Remote Behavioral Support
04. Remote Case Management
05. Privacy & Self Direction Protocols
06. Intercoms
07. Remote Stove Controls
08. Contact & Motion Sensors
09. 360° Cameras (with privacy protections)

Program Enhancements

While the Neighborhood Network offers an excellent and innovative support system, we recognize that life is more than just a series of needs. Learning environments are vital—where each person contributes talents and energy to give back, build independence, and gain valuable skills.

Our day services programming is enhanced with several learning opportunities that maximize personal growth and skill-building.

RISE

Practice becoming a more independent, active member, and leader within the community. RISE activities meet 4 primary goals:

- 01. Explore the community** - Focus on identifying and exploring interests, hobbies, and local opportunities for learning.
- 02. Building Independent Learning Skills** - Hone the skills needed to live successfully like money management, cooking, resume-building, and more.
- 03. Community Service** - Intentional, caring communities are built on principles of giving back through volunteering.
- 04. Peer Mentoring** - Lessons on and opportunities for leadership, problem solving, and team building are integral to developing our next community leaders.

TEAM Work

TEAM stands for Two Employees Accomplish More Work and our TEAM work program provides residents of the Neighborhood Network with a job of up to 10-15 hours per week at minimum wage. Each position is paired with a skilled worker who can provide training, mentorship, and skills on the job, resulting in more work getting done. Not only does this help ensure that the job is done to the standard an employer expects, but also provides a long-term solution for employment for those who historically need ongoing support in the workplace. Jobs are offered throughout GoodLife, including Midnight Farm.

Neighborhood Network's Motivation System

To support the Neighborhood Network, GoodLife developed a software-based program that allows residents the opportunity to earn points for exhibiting positive behaviors throughout the week from Professional Neighbors and Direct Support Staff.

Residents earn points for their good behavior throughout the week and get the opportunity to exchange these points for desired items and activities. Points are only awarded, never subtracted, in order to provide an effective positive reinforcement system for behaviors that build independence.

Below are 7 examples for how residents can earn their points:

01. **Hygiene and Appearance** - shower, appropriate clothing, combing hair, brushing teeth, wearing deodorant, clean clothing, etc.
02. **House Jobs and Cleaning** - completing daily chores, going above and beyond to keep things clean, cleaning up after yourself, putting things away, keeping rooms clean, etc.
03. **Planning** - giving staff 24 hours notice for transportation requests, not scheduling two things at once, being on time for your meds, planning for medical appointments, checking in/out with iLink when coming and going from your apartment, etc.
04. **Budget and Money Management** - not spending money unnecessarily, saving money, budgeting for events, etc.
05. **Healthy Living** - eating healthy food, meal planning, grocery list making, exercising regularly, etc.
06. **Social Skills** - being polite, being a good friend, using manners, planning activities with friends, appropriate use of the phone and texting, not interrupting, etc.
07. **Essentials** - absence of severe un-safe behaviors as well as achieving important routine expectations. When a resident succeeds in this category every day of the week, they earn \$10 each week!

Our Partnership with the University of Kansas



goodlife
INNOVATIONS



KU THE UNIVERSITY OF
KANSAS

We have benefited tremendously from a 40-year long relationship with the University of Kansas, Department of Applied Behavioral Sciences.

Researchers, graduate students, and behavioral analysts provide applied research, consultation, training, quality assurance, and external evaluation to enhance and advance the mission of independence at the Neighborhood Network.

Our partnership with KU allows us to continually monitor our progress and the quality of our services, implement changes based on the most current research, and continue to create meaningful programs for our residents.



Social Investment Opportunities

The Neighborhood Network is a paradigm-shifting approach to care that increases the independence of each resident by affordably delivering high-quality support on-demand.

The Neighborhood Network:

- Eliminates staffing excess
- Creates comfortable, safe and supportive neighborhoods for all residents
- Lowers overall transportation costs
- Cultivates relationships with neighbors of all demographics
- Offers professional help consistently and right when needed
- Empowers interdependence

The Neighborhood Network offers a unique opportunity to make a meaningful difference in the community and in the lives of people who have a range of needs, including aging adults, those with brain injuries, chronic or degenerative illness, and individuals with disabilities.

Your Impact:

The Neighborhood Network offers community partners the opportunity to make a groundbreaking social investment and create a lasting impact on their community.

You can help support research and development, start-up costs, and dissemination efforts.

Partner with GoodLife and the Neighborhood Network and make a meaningful difference and substantial impact in the community that means so much to you.

To partner with us, contact GoodLife's Leadership team at:

info@mygoodlife.org

Our Mission as a Service Provider



mygoodlife.org

Our Vision...

Redefine what's possible for supporting people to live independent, satisfying and purposeful lives.

Our Mission...

Make a meaningful difference in the everyday lives of seniors, persons with disabilities, and those who support them.

Our Values...

Transform lives through deep relationships, learning, respect, innovation, exceeding expectations, and achieving results.

Since 1977, GoodLife Innovations, Inc. (founded as Community Living Opportunities, Inc.) has been providing highly cost-effective services and supports to individuals in Kansas with barriers to independence. GoodLife has provided many years of leadership and consultation in the disability services industry, leading to the creation of best practice community-based services and closure of state institutions.

GoodLife's vision is to redefine what's possible for supporting people to live independent, satisfying and purposeful lives. Our mission is to make a meaningful difference in the everyday lives of seniors, individuals with disabilities, and those who support them by transforming lives through deep relationships, learning, respect, innovation, exceeding expectations and achieving results.



If you're going to help people live independently, develop support structures that fundamentally become an amenity of the neighborhood.

• DR. MIKE STROUSE, CEO

Notes

NEIGHBORHOOD LOCATION:

DATE:

Large empty rectangular area for taking notes.



GoodLife Innovations, Inc.

11627 W. 79th St.

Lenexa, KS 66214

MYGOODLIFE.ORG