

For Adults with Intellectual & Developmental Disabilities

*People Serving People*



**COTTONWOOD**  
COMMUNITY ALTERNATIVES, INC.

Residential Services & Supports  
Community Participation  
Supported Living Services

*Choice Independence Dignity*

## OUR MISSION

Our mission at Cottonwood is to provide a variety of community-based supports and services to the individuals we serve, empowering them to live as independently and productively as possible while promoting individual choice, dignity, and quality of life. We encourage participation of family and friends in maintaining regular involvement in individuals' lives.

## OUR PHILOSOPHY

Our philosophy is well-stated in our motto "People Serving People". We believe that each individual receiving services from our agency is a valuable person, deserving of respect and consideration by our employees and people in the community. We believe that people with disabilities should have the opportunity to live, work, and socialize in the same type of places that other people of similar age and interest do. We encourage implementing unique, person-driven options in all of our settings.

## WHO WE SERVE

A person with an Intellectual and/or Developmental Disability has one or more lifelong conditions which began before age 22. These may include cerebral palsy, seizure disorders, vision or hearing impairments, mobility impairments, speech or communication disorders, mental illnesses, or behavioral needs.

## PLACEMENT

The people we currently serve have a wide range of skills and needs, and we consider these needs when reviewing any new referrals. Since most residents share a home with another person receiving services, we make all efforts to provide a compatible match. Prospective and current residents, guardians, and family members participate in the placement process in order to best serve the needs of the individual.

## MONITORING

Program Coordination, Quality Assurance, and Administrative Monitoring are provided for each individual in services. Program Coordination includes an annual assessment of skills and needs, individual service and support plans, regular monitoring of these plans, and an assigned Program Manager. Each service plan is created with the individual, family members or guardians, and the assigned Program Manager. Cottonwood completes routine monitoring of all services and supports. This monitoring is both programmatic and environmental, as well as ensuring all applicable rules, regulations, standards, and agency policies are being upheld.

## RESIDENTIAL SERVICES

Cottonwood provides residential services and supports in a variety of settings including staffed homes, the individual's family home, apartments, and with host home providers. The type of setting the individual lives in is determined by their preference, the amount of support needed, and the supervision required to provide that support. Our residential services are designed with an emphasis on growth, increased independence, and success, while maintaining the person's health and safety.

*Residential services include:*

- Provision for each individual to have their own private bedroom.
- Medical services coordination and benefits management.
- Training and assistance based on individual need and skill level.
- 24-hour staff availability and emergency response.

- Household expenses and equipment provided include furnishings, appliances, linens, kitchen utensils, utilities, and repairs, etc.
- Assistance obtaining medical equipment and services, such as eye glasses, dentures, dental care, walking aids, over-the counter medication, and first aid supplies.
- Access to recreational and community activities such as concerts, sporting events, or other similar outings.
- Monthly spending money for personal expenses and groceries, based on individual benefits.

### STAFFED HOMES

Cottonwood has a number of single-family homes in which up to three individuals receiving services live along with 24-hour rotating staff. Staff may provide support in any area of need, such as meal preparation, money management, household skills, etc.

### FAMILY CARE GIVER

Cottonwood's Family Caregiver (FCG) settings vary widely based on the needs of the individual and the family. In some of the settings we employ a family member living in the home, in others we send non-related staff into the home as support, and sometimes, we use a combination of both.

### APARTMENTS

Cottonwood coordinates services for individuals in apartments in the Denver metro area. Apartment services are for individuals who do not need in home supervision, have the skills to complete all aspects of their personal care, and have basic household management skills. Individuals looking at this type of placement should also have the safety skills to reside in such a setting. Cottonwood provides 24-hour staff, residing on-site and available as needed.

### HOST HOMES

A Host Home (HHIC) is an individual or family that contracts with Cottonwood, and provides services for up to two people within the HHIC's home. The individuals that are placed in Host Home settings are integrated into the family, their activities, and receive personal support and care. Host Home Providers are required to meet the same extensive training and background checks as our employees.

### SUPPORTED LIVING SERVICES (SLS)

Some of the individuals we work with live with their families or on their own. SLS is designed to provide support for them to make their living arrangements successful. These services vary for each person. Some services may include visits from a staff member to assist with medications, grocery shopping, or budgeting. Additionally, they may choose to spend time with staff doing recreational activities out in the community.

### SUPPORTED EMPLOYMENT SERVICES (SE)

Supported Employment services include completion of applications and referrals to the Division of Vocational Rehabilitation (DVR). Cottonwood is an approved vendor with DVR, and helps with pre-employment screening and job search activities. Cottonwood works through both the DVR and Waiver program to provide job follow-along services, individual job coaching services, and transportation coordination.

## DAY PROGRAM

We provide a creative program, giving choices of activities to individuals. In the morning, we offer skills groups such as nutrition, money management, reading, computer, current events, and social skills. In the afternoon, attendees have the option to participate in community or facility based activities. There are a variety of community based activities such as outings to museums, Botanical Gardens, swimming, golfing, hiking, thrift stores and malls.

*Cottonwood Community Alternatives, Inc. is a 501(c)(3), not-for-profit agency providing support and services to persons with Intellectual and/or Developmental Disabilities. Cottonwood has been an approved service agency by the State of Colorado Division for Developmental Disabilities since July of 1991.*

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