



Integrated Supports

People need supports to lead good lives. Using a combination of lots of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This tool will help families and individuals think about how to work in partnership to support their vision for a good life.

Technology

- Watch the weather on TV
- Use a weather app
- [Winter Preparedness for People with Disabilities - DRNC \(disabilityrightsn.org\)](#)
- Adaptive equipment for outdoor snow-day activities
- [TechOWL – Technology for Our Whole Lives](#)
- Use a cell phone to get help in an emergency, keep it charged, and have a backup power bank charger

Personal Strengths & Assets

- Look for ice
- Have and wear winter clothes (boots, coat, hat, scarf, gloves)
- Check on loved ones who may need assistance
- Have emergency numbers on hand to report power outages for your area
- Make sure you have food, water, and medications filled you need before a snowstorm or possible power outages

Relationships

- Family and Friends
- List the people who live near you where you might go to or be able to stay with in case of a long emergency or power outage or might go check on them if roads are all closed
- List the people who can support you in winter activities
- Organize a neighborhood snow shoveling party
- Supports coordinators and any provider staff

Supporting PA Families in Winter from the PA Supporting Families Leadership Team

- Introduce yourself and family to first responders so that they can help you in an emergency
- Learn where there are accessible facilities and services
- Join your electric provider's list of life-sustaining equipment customers
- [PA 211 - Get Connected. Get Help.](#)
- List the places near you where you can get a great cup of hot cocoa with a friend

- LIHEAP [COMPASS HHS LIHEAP FAQ \(state.pa.us\)](#)
- [FAQ - Project Bundle Up \(salvationarmy.org\)](#)
- [Dollar Energy Fund](#)
- [Find a Local Agency - Catholic Charities USA](#)
- [Achieva | Charitable Residual Program - Providing goods and services to PA residents who have a disability and a demonstrated need.](#)
- Have your medical equipment supplier contact information

Technology

continued

- Have backup charged battery for cell phone & other life-saving items
- Remember to check your smoke alarms and CO2 detectors.
- Virtual activities or groups in case the weather is too bad to go out.

Personal Strengths & Assets

continued

- Emergency preparedness training
- Be ready to interact with first responders
- Have a list of medications, allergies, special needs doctors & contacts posted where a first responder will find them
- Remember to take care of yourself (Create a Home Spa Day)
- Know the importance of shoveling and salting the driveway and be able to help if you want to
- Limit your time outside and dress warm when it is very cold to protect from frostbite
- Apply lotion and check for any dry or cracked skin
- Wash your hands frequently, get plenty of rest and stay away from people who are sick. If you don't feel well, cover your nose and mouth when cough or sneeze.

Relationships

continued

- List the people you can have fun with both inside and outside
 - Game nights
 - Movie nights
 - A baking party
 - Snowball fights
 - Building a snowman or fort
 - Sledding
 - Skiing
 - Ice Skating

Community Based

continued

- Find Information on your county [County Commissioners Association of Pennsylvania](#)
[CCAP - Pennsylvania County Websites \(pacounties.org\)](#)

Eligibility Specific

continued

- Support services needed in case your day activities are closed but your caregiver has to leave such as in-home and community support, respite, companion.