

## Transforming Lives Since 1981

An estimated 1 in 6 people are born with intellectual and/or developmental disabilities. Just like all of us, they are born with hopes, dreams and the drive to contribute to society. Toward Maximum Independence (TMI) is a nonprofit organization that is dedicated to transforming the lives of children and adults with intellectual and developmental disabilities, the Deaf and Hard of Hearing and veterans with disabilities. The individuals we are privileged to serve deserve nothing less than love, acceptance and the opportunity to reach their full potential in life.

It is our mission to provide personalized services to those who require support, enabling them to make informed choices regarding how they live, work and function productively and independently in the community.

## What We Believe

The three cornerstones of a strong foundation are: living as independently as possible, having the opportunity for real work for real pay, and a safe, caring home. We are honored to be able to help lay that foundation for our clients throughout San Diego, Riverside and Imperial Counties.



*Toward Maximum Independence, Inc.  
is a 501(c)3 nonprofit public benefit corporation.*

### Office Locations

San Diego (Corporate)

Corona

El Centro

Escondido

Temecula

### Call Us

(800) 877-5452

### Email Us

[info@tmi-inc.org](mailto:info@tmi-inc.org)

### Office Hours

M-F 8:30 am-4:30 pm

### Website

[TMI-INC.ORG](http://TMI-INC.ORG)



### Connect With Us



TOWARD MAXIMUM  
INDEPENDENCE  
TRANSFORMING LIVES

# Community Living Services



## COMMUNITY LIVING SERVICES OVERVIEW

In order to live in a home or apartment in the community, one person with an intellectual and/or developmental disability (IDD) may need live-in support, while others may need only intermittent “come in” support once or twice a week to help with such things as meal planning, grocery shopping or banking.

TMI's mission and core values are the driving force behind our emphasis on helping our clients develop and build skills so they can do things for themselves; be independent. We also help our clients develop relationships with neighbors and other members of the community so they can identify and discover activities and places where they can meet people, make friends and become productive, contributing participants in the community.



## INDEPENDENT LIVING SERVICES

Independent Living Services provides up to 80 hours a month of one-on-one support to adults with disabilities living in their own home. Services are focused on skill development and can include, but are not limited to:

- Meal planning and preparation
- Health/medical management
- Shopping
- Safety
- Household management
- Parenting education
- Budgeting, bill paying, financial management
- Community orientation, access and participation
- Self-advocacy
- Social skills, relationship building



*“Without TMI, I would be in a nursing home. TMI is the reason that I am still living in my house with pride and dignity.” - Patty B.*

*“TMI helped me get my first apartment. Because of TMI events I have seen and met old and new friends.” - James G.*

*“The reason I love TMI is because you care about my future and life and that means a lot to me and I'd like to thank you guys.” - Kevin B.*

*“TMI is a great advocate for my rights and makes miracles happen.” - Ryan R.*

## SUPPORTING LIVING PROGRAM

Supported Living can provide personal and domestic assistance that is not covered by generic resources. TMI provides services that include, but are not limited to:

- Home/apartment hunting
- Budgeting, bill paying, financial management
- Health maintenance
- Medication management
- Household care and maintenance
- Safety practices
- Menu/meal planning, shopping, food preparation
- Recruitment, screening, hiring
- Supervision of personal attendants or other support providers
- Community orientation and participation
- Accessing community resources
- Self-advocacy
- Parenting skills
- Social skills and relationship building

*“Because of the help I receive from TMI, I am able to live a more independent and happy life.” - Laurence C.*

*“TMI helps me build better friendships and relationships with people and helps me with reaching my goals and dreams. They also helped me become better organized to stay on track.” - Robert W.*

*“I like TMI. They help me live on my own.” - Matt A.*

*“My Facilitator helps keep me on track by helping me to budget my money. She makes a difference in my cat's health, and just being there for me.” - Leslie A.*