

Benefits of Community Living

Residing in a community-based setting provides people with disabilities with increased access, integration, choice, and meaningful engagement in their homes and communities. This document provides an overview of the many benefits that people with disabilities may experience by residing in a community setting of their choice.

- Increased opportunities to develop personal relationships, friendships and to expand their natural support network
- Increased opportunities to engage in community activities that are not as readily accessible within institutional living situations, such as employment, leisure, and volunteering
- Increased opportunities for the individual to work within their communities, furthering natural community-based relationships and being an active member of their community
- More cost effective than institutional settings. The individual is able to seek/obtain services based on current needs, opposed to supervision requirements alone
- Community settings allow for more individualized plans for treatment
- More choice over daily activities and availability of options
- Increased opportunities to develop skills that promote independent living
- Enhanced quality of life in the following areas¹:
 - Emotional well-being or happiness with one's life
 - Social well-being, regarding connection, engagement, and relationships with others
 - Physical well-being, associated with general health, level of physical activity, and overall wellness
 - Self-determination, as evidenced by the degree of control and choice one has over their life
 - Social inclusion, as indicated by community inclusion and engagement
 - Personal development within skill development and the attainment of independence
 - Personal rights and preservation of dignity, especially dignity of risk

Resources

General Information: [Accessing Intellectual and Developmental Disabilities services in NC](#)

Advocacy Organizations: [North Carolina Council on Developmental Disabilities](#), [Disability Rights North Carolina](#), [The Arc of North Carolina](#), [The Autism Society of North Carolina](#), [Family Support Network of North Carolina](#)

Housing: Contact your respective [Local Management Entity/Managed Care Organization](#) or your local [Housing Authority Agency](#)

Benefits: Access information regarding Social Security and Benefits Counseling at [Social Security Administration](#) and/or access [NC Medicaid](#) to determine Medicaid eligibility

Employment: Access employment resources at [NC Division of Vocational Rehabilitation Services](#)

General Concerns or Complaints: Contact your respective [Local Management Entity/Managed Care Organization](#); Contact [DHHS Customer Service and Community Rights Team](#); Contact [Division of Health Service Regulation](#)

¹ Community Living and Inclusion of Individuals with Intellectual and Developmental Disabilities
<https://autismspectrumnews.org/community-living-and-inclusion-for-individuals-with-intellectual-and-developmental-disabilities/>