

# Meet Cody

## Member Story

### Without structure, even simple tasks can feel overwhelming.

This is especially true for someone with autism. For Cody, the right supports turn those same moments into a steady, predictable routine. From that routine, everything else begins to grow.

Cody lives at home with his family. Each day includes a steady rhythm of reminders and familiar activities that support his health, safety, and independence. He uses the Innovations Waiver and Trillium's Tailored Care Management. Together, they connect Cody and his family to the services and supports he needs for a healthy, fulfilled life. As part of his care, Cody receives Community Living and Supports, respite, and meal delivery services.

Structure plays an important role in Cody's day. With help from the Trillium Ultimate Living Assistant (TULA), Cody has visual schedules and prompts to guide him. In the morning, TULA helps him with tasks like taking vitamins, eating breakfast, and getting active. It may then remind him to complete chores and personal hygiene, or when it's time to get ready for volunteering. That predictability helps him stay on track and move through daily tasks with confidence.

A meaningful part of Cody's routine is volunteering at a behavioral health center. There, he helps with small tasks and welcomes children and families into the clinic. The experience gives him a place to contribute, connect, and be part of an environment where he feels included and valued.

One of Cody's biggest sources of joy and creativity is The Wiggles. This longtime favorite goes beyond casual viewing. He enjoys making mash-up videos inspired by the show. Cody taught himself how to turn ideas into creative projects. He is always looking for new editing tools and even posts his creations on YouTube.

Cody is building skills that help him navigate both routine and change. With services and tools like TULA, he can create structure in his day. And when things feel overwhelming or out of sync, he has the support to steady himself and move forward.



### Help us share the stories of our members

We love to see members reaching their fullest potential. If you have someone who has a positive story to share (and their permission to do so!), please let us know! You can send any pictures and stories to [Info@TrilliumNC.org](mailto:Info@TrilliumNC.org).

**Member and Recipient Services**  
**1-877-685-2415**

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