South Central Region, Onslow County

Meet **Tommy**

Member **Story**

Tommy values his independence and the opportunity to create a healthy, connected life in his community.

Through Trillium Health Resources and the NC Innovations Waiver, he can experience both. Personalized services like Supported Living provide tools and encouragement while maintaining as much independence as possible.

Supported Living services give structured assistance so Tommy and his roommate can stay organized and manage daily responsibilities. He takes pride in preparing meals he enjoys and following his own routine. A remote support and monitoring system in his apartment adds an extra layer of safety and reassurance, giving Tommy the chance to strengthen his independent living skills. Tommy's Trillium Ultimate Living Assistant (TULA) helps Tommy with medication management, weight management, and monitoring health indicators such as blood sugar and blood pressure. As Tommy lives with Type 2 diabetes, these reminders help him take control of his well-being. Tailored Care Management also helps him attend medical appointments, understand provider instructions, and build coping strategies to regulate emotions.

Like many of us, employment gives Tommy a meaningful purpose. After his previous job ended due to a restaurant closure, he continues his job search through Vocational Rehabilitation and Supported Employment services. These teams offer help with job searches, completing applications, and making a great impression in job interviews. He works closely with them to find a position that matches his strengths and interests.

Tommy also stays active through Community Networking and Day Program services, which keep him busy through walking, bowling, swimming, and hitting the gym. Physical activity plays a key role in managing stress and supporting overall health, especially as he manages his diabetes.

With comprehensive supports in place, Tommy is building a stable, healthy, and independent life, demonstrating how integrated services can put all the pieces in place to achieve all of his goals.

Trillium HEALTH RESOURCES



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.

Member and Recipient Services 1-877-685-2415

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