

Living Well Program

Goals of the program are to help future health and human services workers become more comfortable and capable in supporting adults with developmental disabilities as primary decision makers in their life, and helping adults with developmental disabilities develop relationships with people that are connected to the community. Below is an example of how Living Well has accomplished these goals.



Bryan and Bill—A Success Story

Bryan is a Sanford resident that likes people, NASCAR, and Dukes of Hazard. He tried living in a group home but didn't like all the rules. When he decided to live with his grandfather, other relatives still knew it was important for Bryan to be actively involved in the community.

After retiring and moving to North Carolina, Bill wanted to be involved in helping others. He went through the training to be part of the Stevens Center's Living Well program, where he was matched with Bryan. The goal was to provide an opportunity for Bryan and Bill to develop a friendship.

At least twice a month, Bill and Bryan get together to eat out, go to the store, or to "just see what is happening around town." They talk about what is happening in the NASCAR circuit.

Bryan's connection to others has widened considerably, as he develops personal relationships with non-family members and others that do not have a disability, and has more exposure to the community. He has the opportunity to make decisions that affect him, and a person to talk to when he is upset. His connection with others contributes to a happier, safer life.

"I like my friend Bill," says Bryan.

"We both benefit, as we share our life experiences," says Bill.

If you would like to be introduced to a person in the community as part of Living Well, call the Stevens Center at 776-4048 for more information.