



### Independence at Home

**LISTEN** We listened to our 40 year-old client with traumatic brain injury and his family when they said he had progressed in his rehab to the point they were hoping to move him independently to his own home, with his own care staff to free family up to move out of state. We met with his in-home rehab providers to create a comprehensive picture of his current skills and challenges while wheelchair bound. We heard him when dreamed of recovering his vocation as an artist, in spite of cognitive and physical challenges.

**DREAM** Using our client's drive for independence, and his family's vision for a perfectly accessible space, we consulted with the team to assist architects in designing a home for our client that could fully support his art and personal skills, complete with a wheelchair accessible studio space, caregiver quarters, and living area for family to come for extended visits. We dreamed up international travel opportunities and a support staff that covered needs from nutritional support through personal training and art mentoring. Our clients total quality of life, from physical development through cognitive and emotional rehabilitation, were considered and addressed.

**PLAN** By embracing an all-encompassing view of case management as the center for coordination of all life needs, we are able to become the hub for decision-making such that choices are made with the maximum data in hand. This allows us to create annual budgets with an eye towards future needs like wheelchair upgrades and specialized therapy, but with a knowledge that recreational activities are an important component of client quality of life. We were able to use county services to train our client to navigate bus travel independently, and manage insurance benefits to cover alternative medical treatments like massage therapy. Attending to our client's nutritional needs in the short term frees him up to use that energy for his art business in the long term. In setting up a well-oiled system, our client was able to use his energy for his relationships, community activities and his vocational goals.

**CREATE** Throughout the process of making this client's ambitious dreams a reality, Whitmire & Associates, LLC focused on being the 'quarterback' to ensure all needs psychosocial as well as physical were communicated to the team, while allowing the family to step back and regain their roles as supporters instead of social workers. Our firm managed the hiring and creation of a comprehensive support staff including psychologists, vocational assistants, speech language and physical therapists, and nursing assistants. We manage the entire household, from the budgets to the contracts with the landscaper, in tandem with the Special Needs Trust. In the face of intense needs, we are able to provide a comprehensive care plan and matching oversight to keep that plan on track.

**DELIVER** We are proud to say our client lives independently with the support of a daily staff in a home designed specifically for his physical needs. He sells his art online, while regularly producing work for local art shows. He has participated in kayaking, skiing and biking through a program that unites able bodied and disabled participants in outdoor adventures, and has traveled across the U.S. and to several foreign countries under our management. He tends to his own garden and works out daily, goes for walks in his neighborhood and attends movies and concerts. His family lives out of state but has a place to come home for the holidays where our client can thrive and participate without fear of seeing himself as totally dependent.