



# ***Natural Supports-*** ***A Framework for Success***

*Presented by Jessica Chappell*

**Definition:**

the personal association/relationships typically developed in the community that enhance the quality and security of life for people, including but not limited to, family relationships; friendships reflecting the diversity of the neighborhood and the community; association with fellow students or employees in classrooms and places of work; and associations developed through participation in clubs, organizations, and other civic activities.

No single method or easy answer for developing a system for natural supports

Must be individualized and does not fit into any one category

Persistence, education, & perseverance

Early and ongoing education is key

Natural supports evolve, so think in terms of years

Are we integrating into existing community structures or forming new ones?

Natural supports are reciprocal in nature- give & take



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Focus on the neighborhood



Ask questions and educate

Find an Ally



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## **GENERAL CATEGORIES**

Community Groups

M.A.D

Philadelphia Horticultural  
Society

Civic/Social Organizations

Gardening

Clean-up-the-streets

Support groups (BI, single  
parents, advocacy)

Interest/Hobby Groups

Model Airplanes

Coin collectors

Reading

Online Communities

Chat rooms

Blogs

Religious and faith communities

Church

Mission work

Recreation/Sports

Adapted Rowing/bowling

Special Olympics

Karate

Ethnic groups

Italian American Club

Local Political parties

Volunteer organization

## **INDIVIDUALIZED CATEGORIES**

Employer

Teacher

Neighbor

Pastor

Barber

Nail Technician

Grocery Store

Pharmacy Cashier

Co-worker