



Just Enough Support

Our team members plan together using the Just Enough Support model. This recognizes the importance of seeking the right balance of natural supports, like friends and family, and accessing different types of technology and community-based services to enhance independence. The purpose of this approach is to build bridges and help the individual expand their network as well as to develop their personal autonomy.

Inclusion NB's Independent Facilitation program provides opportunities for individuals with a disability to explore community resources, identify goals and create a vision for their future. This person-centered approach to planning has the individual leading discussions about their choices and the life they want to lead.



Contact us to learn more:



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New Brunswick



www.inclusionnb.ca

Independent Facilitation



InclusionNB

Creating Opportunities • Créer des possibilités



Who is this program designed for?

- New Brunswick residents aged 19-64, with a disability
- Those that are looking for ways to strengthen their community involvement and participation
- Those that require disability-related supports to enhance their independence



Our team assists with:

- Building their personalized plan
- Identifying what supports they require
- Matching those needs with the disability-related supports and programs available in their community and through the province
- Providing support on how to access them
- Making informed choices about housing options available in their community
- Planning for a home of their choice
- Growing their community connections and anything else they need to lead a full and valued life



What are Disability Supports?

Disability supports are programs and services that are offered across the province to meet the needs of New Brunswickers with disabilities. Our team helps individuals identify what supports they need, what is available in their community, what is available through the provincial government, if they are free or have a cost, and how to access them.

While community programs can vary, depending on where you live, the Disability Support Program (DSP), administered by the Province of New Brunswick, is available province wide. The DSP provides personalized, flexible supports for adults with disabilities to increase their independence and connection to their community.

Our team assists individuals with the DSP application process for this program which can help with the costs of items such as:

- Family Support Workers
- Respite
- Personal living skills training
- Personal supports and assistance in and outside the home
- Supports for community involvement and participation
- Transportation support
- Technical supports and devices
- Meals on Wheels
- Accessing Employment Resources

The application process for the DSP includes a financial assessment to determine your contribution toward the cost of approved disability supports.

HOW DO I APPLY FOR THE DSP?

1. Inclusion NB offers one-on-one guidance to navigate the province's DSP application process. This can be especially helpful to those who:
 - Are experiencing a major life transition
 - Require more in-depth planning to identify their needs
 - Require support in communicating their needs
2. If you know what supports you are looking for, or have an urgent need, you can apply directly through the Department of Social Development by calling **1-833-733-7835**.