

PTL Parents' Foundation for Transitional Living

YOU DON'T HAVE TO NAVIGATE
this alone.

A FAMILY GUIDE & CHECKLIST

Finding the right support for yourself or someone you love can feel overwhelming. You don't need to have all the answers before taking the first step.



START
where you are



UNDERSTAND
your options



ASK
the right questions



TAKE
the next step



START HERE

Where Are Things Right Now?

Use this section to take an honest look at where things are today. There's no right or wrong; this is simply a place to start.

- ☐ What is working well right now?
- ☐ What has become difficult or unsustainable?
- ☐ What areas of daily life require additional support?
- ☐ Is the current living situation meeting their needs?
- ☐ Are there concerns about safety, stability, isolation, or independence?
- ☐ What does the individual want to be different?
- ☐ What does the family hope will improve?

YOU DON'T NEED TO HAVE ALL THE ANSWERS. REACHING OUT IS A STRONG FIRST STEP.

WHAT KIND OF SUPPORT COULD HELP?

Check any areas where additional structure or guidance may be helpful.

DAILY LIVING

- ☐ Routines & structure
- ☐ Cooking & meal planning
- ☐ Personal care & hygiene
- ☐ Household responsibilities
- ☐ Grocery shopping & errands
- ☐ Transportation
- ☐ Managing appointments
- ☐ Medication management

INDEPENDENCE

- ☐ Money management
- ☐ Budgeting
- ☐ Building life skills
- ☐ Problem solving
- ☐ Maintaining a safe home
- ☐ Developing confidence
- ☐ Greater independence

CONNECTION & COMMUNITY

- ☐ Social connection
- ☐ Community involvement
- ☐ Meaningful activities
- ☐ Employment or volunteering
- ☐ Education & personal growth
- ☐ Recreation & wellness

Everyone's path is different. This checklist is here to help you think through what matters most.

QUESTIONS TO ASK

When Exploring Programs

- ☐ What level of support is provided?
- ☐ What does a typical day look like?
- ☐ How are medications managed?
- ☐ How are emergencies handled?
- ☐ How is independence encouraged?
- ☐ What activities and community opportunities are available?
- ☐ How does the program communicate with families?
- ☐ What is the admissions process?
- ☐ What are the costs and payment options?
- ☐ What happens if the individual's needs change?
- ☐ Can we visit the program before making a decision?

*Asking for help is a step forward.
You don't have to navigate this alone.*

YOUR NEXT STEP

You don't have to decide today.

- ☐ Make an inquiry
- ☐ Schedule a conversation
- ☐ Schedule a tour
- ☐ Talk with their current support team
- ☐ Discuss options with family
- ☐ Gather additional information
- ☐ Take some time to think

WE'RE HERE TO HELP.

203-776-3236 x1 • www.parentsfoundation.org

We understand that exploring residential support can feel overwhelming. Our team is here to answer questions, talk through options, and help you understand whether our programs may be a good fit.