



PRESS RELEASE

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New Supported Living Organization Works to Meet the Needs of the Individual

Sacramento, CA (November 6, 2001) – “Nobody actually lives independently, we all live *interdependently*. We all have support systems. It’s just a question of the degree to which we require support,” says Joan Schmidt, CEO of Creative Living Options (CLO).

The purpose of CLO is to provide adults with developmental disabilities the chance to find their own happiness by supporting them in the challenges and triumphs of independent living. Individuals receiving supported living services choose their own living arrangements and support staff. They decide how and with whom they spend their time, and they gain skills and experience that can contribute to their independence. CLO constructs living arrangements that continue into the future, and which allow consumers to exert control over their lives. It can also be more cost-effective than other residential options.

CLO believes that everyone has the right to explore themselves and their communities and to develop the capacity for independent thought, action, and expression. There is no “readiness” criterion when it comes to supported living. CLO is dedicated to meeting people where *they* are, acting as a partner with each person, and providing services that

ensure one's disabilities do not pose a barrier to a full life. The goal of supported living is to build confidence and strength in all areas of life. CLO works to increase supported individuals' capacity to communicate, make choices, understand their feelings and the feelings of others, and assess their lives and their level of happiness so that they can take paths in life that lead them towards their dreams.

“CLO is unique in that it is run by parents of adults with developmental disabilities. This is more than a profession for us; we live it daily. Being a parent changes your perspective, and we understand that firsthand,” observes Kathi Campbell, CLO's other CEO. According to Kathi Campbell, “we have watched our own sons blossom in their supported living environments, gaining experiences that neither they nor we had imagined possible.” Supported living empowers individuals with developmental disabilities and their families. “Supported living isn't about having a 'program,' it's about having a life.”