

MAPs can help you gain independence at home.

You can learn skills that help you...

- Stay safe at home
- Prepare healthy meals
- Maintain personal hygiene and take care of yourself
- Manage your health by scheduling appointments with your doctor and asking for medical help when needed
- Manage your money including paying bills, budgeting money for groceries and other expenses, and saving money

A person called an **Independence Coach** will help you learn these skills and provide support until you no longer need it.

Enabling Technology will also help provide additional support and safety while you're at home.

There are many different ways you can use Enabling Technology at home.

A few examples of Enabling Technology you could use at home are

- Motion Sensors to help your supports know when you might need help
- Ring doorbell to help you know when you have visitors
- Live or on-demand audio and/or video calling so you can reach support
- Automated medication dispensers to help you take your medication correctly

You can learn more about MAPs by scanning the QR code below or visiting tn.gov/didd/maps

