



Independent Living

You don't have to do everything alone. Help is available! You can get support at home with things like bathing or taking medicine. Meals on Wheels can bring you hot meals if cooking is hard. Smart home tools can help with safety and daily tasks. Some agencies offer staff to help with independent living. You can also create a health care plan so others know your wishes if you can't speak for yourself.

Independent Living Supports:

- Home Health Care:
 - You can pay someone to help you with things like bathing, getting dressed, and taking your medicine. A family member or caregiver can also help. Call your county social services to learn more.
- Meals on Wheels:
 - This group brings hot, healthy meals to people who have trouble cooking. It's a good choice if you're not eating well.
- Smart Home Tools:
 - Some programs can add cameras, sensors, or buttons to your home that help keep you safe. You can also use apps to control lights, locks, and heat.
- Adult Services:
 - Some agencies help adults with disabilities by offering group homes or staff who come to your home to help with daily tasks.
- Health Care Directive:
 - This is a paper that says who can make medical choices for you if you can't. It helps others know what you want.
- ND Informed Consent Law:
 - Talk to a lawyer to learn more about your rights when making health care decisions.



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