



Mary T. Inc.'s Supported Apartments offer individuals an opportunity to live more independently.

April 1, 2014

Grant knew he wanted to move into Supported Apartments as soon as he heard about it. He had been living with Mary T. Inc. in a group home in Coon Rapids for the last 20 years, but he wanted something a little more independent. Grant is a fun and active guy who never turns down an activity, whether it's a Lynx game, going to the State Capitol, bowling with Special Olympics, attending dances or church services. He is pretty busy!

The transition to Supported Apartments was not necessarily easy for Grant. He would miss several long-term staff that supported him over the last 20 years. This made the transition to a new environment bittersweet but still worth it!

Mary T. Supported Apartments is a program that first started serving individuals in the summer of 2013 in Coon Rapids. It is similar to current group homes but offers individuals the opportunity to be more independent. Individuals live in their own apartment, or share one with a roommate and have staff stop in throughout the day to provide support. Staff help with menu planning, meal preparation, apartment cleaning and budgeting. Staff also have a "Hub" apartment where individuals can stop in to socialize with staff as well as peers. The Hub also serves as a place for individuals to share a community dinner where they often help prepare and serve the food!

At first, some of the people that helped support Grant were skeptical and wondered if he would be a good candidate for Supported Apartments. He relied on staff to administer medications, needed transportation arranged for him, and had limited alone time in the community and at home. Those people forgot to take into account Grant's desire to live more independently and all of the skills he did possess.



Grant and a friend prepare dinner in their apartment.

Some providers in our field tend to focus on individual deficits or weaknesses when they should be focusing on skills and strengths, which allow them to live independently. When evaluating Grant, we saw that he was able to wake up and get ready for work on his own, make his own breakfast, and remind staff to give him his medications. Another strength that allowed Grant to live more independently was his ability to communicate. Grant lets staff know when he's frustrated or upset and if he is having a difficult time with others.

Besides missing his former staff, the transition to Supported Apartments went pretty smoothly. Grant is very routine-oriented. As long as staff can learn his routine and apply it to Grant's new environment they can support him to be as independent as possible. Grant still has some of the same challenges that he had before, but now he has gained even more strengths!

Grant rents an apartment that he shares with a roommate. They are good friends — a friendship forged by making a step into independence. He uses an alarm to wake up and gets himself ready for work. He takes care of cleaning his bedroom and works together with his roommate to make sure shared spaces such as the kitchen, the living room, bathroom, bedroom as well as the front patio are clean. Along with his apartment, Grant also uses the hub space that he shares with the other participants. This allows him to have the social interaction that he wants, on a daily basis, and gives him the opportunity to return to his apartment when he desires. Overall, Grant is a great example of someone wanting more independence in taking the right steps to achieve this independence. He loves living at Mary T. Supported Apartments and we love supporting him there! a senior retirement center. That vision has expanded into the current configuration of Mary T. Inc. with services for people with disabilities, independent and assisted living for seniors, home health and hospice care, various types of rental housing, customized concierge services and assistive technology. MTI also serves people with brain injury in Maryland and seniors in a rental community in Casa Grande, Arizona.