

FIVE FAST FACTS FOR FRIDAY

Community Life Engagement



- What is Community Life Engagement? This refers to people with intellectual and developmental disabilities being involved in their community. Sometimes the way people get help to participate in their communities is called “community integration services.”
- Ways people participate in their communities can include: volunteer work, taking college classes, going to the gym, library or community recreation center.
- Community participation can be good for exploring and volunteering within your community. It can help you know what your options are for work. It can help you learn what you can do and what type of work you would like to do.
- For more information reach out to: Jennifer Sullivan Sulewski, Principal Investigator/ Senior Research Associate Institute for Community Inclusion at the University of Massachusetts, Boston
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