

# Intellectual and Developmental Disabilities: Community First Choice



## Program Overview:

Community First Choice (CFC) offers individuals with Intellectual and Developmental Disabilities an opportunity to increase or improve their level of independence.

There are limited resources in the area and families often struggle to provide care to their loved ones. Through CFC, families are able to receive the help they need from a support system established through their provider or by hiring staff themselves.

CFC allows families to get hands on assistance as needed and/or receive habilitation, in which the individual is being assisted by verbal prompting, reminders, encouragement, and example so that they can learn to complete the tasks on their own.

## Services Include:

- Activities of Daily Living (ADL) – examples include basic personal activities such as eating, bathing, and getting dressed
- Instrumental Activities of Daily Living (IADL) – meal planning, grocery shopping, household chores, and managing money
- Emergency Response Services
- Support Management

## Program Goals:

- Promote independence
- Encourage socialization
- Provide Community Integration
- Offer Support and Guidance

## Eligible Candidates:

Community First Choice Services are open to those living in Gulf Bend's seven county service area (Refugio, Calhoun, Dewitt, Jackson, Lavaca, Goliad, and Victoria).

*\*Individuals will not be denied access to services based on current address or ability to pay.*

Gulf Bend Center  
**Community First Choice Program**  
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**Crisis Hotline 877.723.3422**

[WWW.GULFBEND.ORG](http://WWW.GULFBEND.ORG)



Gulf Bend Center's vision is to be recognized  
as the best resource of quality services  
in our community.