



Supporting Transformation to Empower People

What is STEP?

STEP stands for Supporting Transformation to Empower People.

DDS has a variety of service options that can help meet a person's support needs by assisting them in reaching their goals. Our system has historically relied upon more traditional models of support, which will continue to exist and may still be the best fit for some individuals. However, STEP emphasizes progressive supports that focus on independence, integration, and empowerment.

STEP is at the heart of DDS's work to help individuals experience the DDS mission and live the most inclusive and independent life they can. Enabling people to take more control of their lives and ensuring that they feel valued and respected in the process is a critical first STEP toward this goal.

Many of the core STEP supports are newer and may be less familiar to some, so STEP is helping us to highlight and expand them. We are excited to share more with you about these core supports as we continue our STEP journey together!



STEP's core supports:

- Community Companion Home
- Supportive Housing
- Individualized Home Support
- Assistive Technology
- Remote Support
- Employment
- Self-direction





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DDS
portal.ct.gov/dds

How does STEP impact me?

STEP is all about empowering you. It will create more opportunity for you to create the independent life of your choosing. You and your team will be able to set and achieve these goals by working with providers who want to offer more creative and innovative choices.

STEP will benefit you by:

- Promoting greater independence and freedom of choice
- Promoting creative and innovative technologies and supports
- Helping you live in more inclusive, community-based environments
- Leaving safeguards in place to return to previous levels of support if needed

STEP will NOT:

- Close all group homes and congregate settings
- Force you to change supports
- Turn the entire DDS system upside down



▲ Scan the QR code
or visit portal.ct.gov/dds
to keep up-to-date on all STEP information

How do I take the next STEP?

- Connect with your Case Manager or Provider about supports you're interested in
- Ask your Provider if they have a transformation plan and encourage them to work with DDS
- Contact the DDS Helpline that is available to assist families who do not have a case manager.

North Region

Help Line 1-877-437-4577

Email: dds.nr.ifshelpline@ct.gov

South Region

Help Line 1-877-437-4567

Email: dds.sr.ifshelpline@ct.gov

West Region

Help Line 1-877-491-2720

Email: dds.wr.ifshelpline@ct.gov

Learn more about STEP:

- STEP Newsletters:
portal.ct.gov/DDS/Media/Publications/STEP ▶
- DDS Forums: portal.ct.gov/DDS/General/DDS-Stakeholder-Updates/2023-DDS-Stakeholder-Updates ▶
- DDS Website:
portal.ct.gov/DDS ▶
- Coming soon: Videos, fact sheets, and more!

