



CoveCare  
Center

COUNSELING THAT  
EMPOWERS CHANGE

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**PROSper  
Group Protocol**

**Date:** January 21, 2014

**Title:** Living Independently

**Component:** Community Rehab. & Support (CRS)

**Service:** Wellness Self-Management (WSM)

**Population:** Any member of PROSper

**Frequency:** 1 time per week

**Duration:** 50 minutes

**Description:** A group for PROS members who are currently living independently or are in the process of transitioning to more independent housing. This group will consist of group members learning and enhancing skills needed to live independently in the community. Examples of topics include but are not limited to budgeting, meal planning, medication management, time management, and organizational skills. Members will also identify barriers to successfully managing their independence and discuss ways in which they can address these barriers.

**Mode of Work:**

- A. Purpose: To help members learn and enhance skills of independent living and also to address barriers related to independent living.
- B. Group Framework: Group will consist of didactic instruction, handouts, and open-ended discussion.

**Expected Outcome:** Members will experience increased success in obtaining and maintaining independence in the community with the least amount of professional intervention.