

## **Life Sharing: *What is it?***

Life Sharing is a relationship-based service that carefully matches a person with a disability to a person who will share their life, experiences, and support a person using person-centered practices.

### **Connection**

Life Sharing is about how people open their homes and their lives to a person with a disability and are compensated for doing so.

### **All are welcome**

There are no prerequisites for people to choose Life Sharing. What happens is individually designed using person-centered practices and a careful, robust matching process.

People who choose to share a life with someone with a disability are adults of all ages, genders, races, nationalities, and religions. They are single people, college students, single parents, empty nesters, and two-parent families with children.

Most people with disabilities in Life Sharing arrangements work, volunteer, or are involved in the daily life of their community. There are many different arrangements that can be developed based on person and provider interests and preferences. Life Sharing arrangements require a matching process that matches one and no more than two people to a person or family that provides support.

### **Wanted: Loving home environments**

Life Sharing agencies recruit families or individuals who provide support. They also not only match them with a person receiving services, they also provide on-going support and technical assistance to the provider of support that is driven by using person-centered best practices.

The person who lives with and provides support to the person with a disability is typically referred to as the Life Sharing provider.

**More information:** <https://mn.gov/dhs/> or **email:** [positivesupports@state.mn.us](mailto:positivesupports@state.mn.us)