

Plain Language Brief: What is Community Life Engagement?

What is “community life engagement?”

“Community life engagement” refers to being involved in your community.

How can you be involved in your community?

There are many ways to be involved in your community. Some ways are:

- volunteering
- joining a special interest group
- taking college classes
- working out at the gym
- hanging out or reading at the library
- playing sports or doing activities at the recreation center

Sometimes, you might want help getting involved in your community. One way to get help is through something called community integration supports or services.

What are community integration supports and services?

Community integration supports and services include things like:

- a person who helps you use the computer at the library
- a person who can help you learn about activities that interest you
- a phone app that can help you learn how to use public transportation

Getting involved in your community can be good for exploring your community, learning new skills, and meeting new people. It can also help you learn about your options for work. It can help you learn what you can do and what type of work you would like to do if you are interested in working.



Explore Community Life Engagement is ICI’s hub for activities that enhance systems and services that support meaningful engagement of people with intellectual and/or developmental disabilities in their communities.

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