

## What is Remote Supports and Monitoring?

**Remote Supports and Monitoring (RSM)** is a new service. You use a tablet, laptop, or smart phone to communicate with a staff person when you want. Staff can also respond to your safety needs when needed.

This service will allow you to be more independent and have greater control over your life.

### Remote Supports can be used with:

- ✓ With other services such as In-Home Support, Family Support
- ✓ In individuals' own homes or family homes.

## How to Start Using Remote Supports and Monitoring



Do you want to live more independently? Remote Supports and Monitoring Services may work for you.



Talk with your Service Coordinator. Ask about how Assistive Technology (AT) and Remote Supports and Monitoring (RSM) can help you.



If you want Remote Supports an assessment will be completed with you. This is important to find what technology will help you to be more independent and meet your needs.



The [RSM provider](#) you choose will also provide in-person backup staff. They will be the one to choose the vendor for the technology and equipment needed.



A plan is created that states how you will receive support and when you will get in person support.



Your Individual Support Plan, or ISP, will be changed to add the Remote Supports Plan.

The plan will list the backup support contact information. It will also tell you what to do if you want to turn off remote supports' equipment.



### Remote Supports can assist with:

- ✓ Learning independent time management skills
- ✓ Seizure management and safety
- ✓ Medication management and reminders
- ✓ Recognizing and responding to emergencies
- ✓ Discussing ideas or situations to help with decision making
- ✓ Reminders and support to complete tasks.
- ✓ Overnight Support

