

Amy Bean - Self-Sufficiency and Independence



Our youngest daughter, Amy, has been living in a Unity House assisted-living apartment for several years now. It has been a big adjustment for her as well as for her dad and me, especially when she first moved from Moravia to Auburn. Over a period of time, she has adapted to independent living quite well. She enjoys going to work and being able to participate in social activities such as Bingo, bowling and attending classes at Cayuga Community College.

Being the youngest in the family, Amy witnessed her older brother and sister going to college, getting jobs and eventually living on their own. I have always felt that Amy should experience that process too, and she has. She received her individualized education program (IEP) diploma from CCC, and continues to take night classes there through the Cayuga Institute for Living and Learning. She also had a role in CILL's recent holiday stage production, "The Gift of the Magi Redeau." Amy works three days a week at the sheltered workshop sponsored by Seneca-Cayuga ARC, and attends Unity House's day habilitation program the other two days. The final step in securing her independence was enabling her to live as self-sufficiently as possible. We are so pleased that that dream has become a reality through Unity House.

Amy used to be quite timid, but since she has had her own apartment with a roommate, she has become more assertive, speaks up for herself and is more likely to voice her opinion. She does her own laundry, writes her grocery list and keeps her apartment neat (with some friendly encouragement from the staff at her house!). Amy has a nice home, is very content, and has many people who care about her well being. I am very glad about that!

Judy A. Bean