

# DAY SUPPORT SERVICES (DSS)

## Frequently Asked Questions



Below are common responses to questions Lifeworks receives about Day Support Services (DSS). Should you have any additional inquiries, please do not hesitate to contact us:

651-454-2732 | [lifeworksreferrals@lifeworks.org](mailto:lifeworksreferrals@lifeworks.org)

### **What are Day Support Services (DSS)?**

According to the Minnesota Department of Human Services, DSS is defined as “individualized, community-based training and support services that help a person develop and maintain essential and personally enriching life skills so they can access and participate in activities they prefer in their community.”

### **How does Lifeworks deliver DSS?**

Lifeworks offers community-based Day Support Services in the Brooklyn Park, Hastings, Mankato, and St. Peter areas, as well as facility-based services in our location in Apple Valley.

### **What does DSS look like at Lifeworks locations?**

At Lifeworks, we honor choice and pursue opportunities with community at the heart of our work. Activities will focus on an individual’s interests as well as access to communities where individuals live and/or work. Activities in the community vary based on region and may include volunteer opportunities, tours of area businesses, recreational outings, and more.

### **Can I tour a Lifeworks Apple Valley?**

In-person tours of Lifeworks Apple Valley are offered on a limited basis. Please contact us at [lifeworksreferrals@lifeworks.org](mailto:lifeworksreferrals@lifeworks.org) to learn more.

### **Does Lifeworks provide transportation to locations?**

Transportation is currently not provided by Lifeworks. Our transportation staff have been redeployed to assist individuals with using Metro Mobility, public transportation, and ridesharing services.

### **What other services does Lifeworks offer?**

Lifeworks is here to support you. We have many services including navigation resources to help you investigate and decide if something you’ve not explored before works better for you right now. From career exploration to music therapy and self-directing services, we assist with building a plan that works for you. To learn more about service options, contact:

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