It is a general perception that persons with intellectual disabilities (PIDs) should be protected and are without independent living capability. General public may underestimate the abilities of PIDs and such a stereotype is being reinforced while PIDs and their families are hesitant to explore the possibility of independent living.

The “COCO-Living Platform” (the Platform) was launched by “By your side” Family Support Service with the funding support from InnoPower@JC in August 2020 under the COVID-19 Pandemic. Concerning the infection control measures, the Platform has adopted “online and offline” hybrid approach. Facebook page has also been created, which emphasizes the enhancement of life skills, life taste and life connection, for the persons with mild and moderate intellectual disabilities and their families. Through the social interaction, and diversified life exposures online and offline, such as gathering activities, information sharing, troubleshooting tips, Key Opinion Leader (KOL) with intellectual disability and parenting guide etc., PIDs and families are encouraged to establish an independent and self-determined life model. Families of PIDs increase their confidence in the capability of PIDs living in the community, their “extremely worry” have become “worry free”.

Everyone is welcomed to be part of the “COCO-Living Platform”, and together we can create an inclusive and sharing platform for our community. Please like and share our Facebook Page. Thank you!