

Main Street Connect- Inclusivity Redefined

INTRODUCTION

Main Street Connect, an affordable 70-unit apartment building, features an innovative and inclusive living environment for residents with and without disabilities.

Researchers at the University of Maryland explored the impact of living at Main Street on residents and their family members. This research study used surveys and structured interviews to elicit participant perceptions of how Main Street affected their overall quality of life, subjective well-being, and community participation.

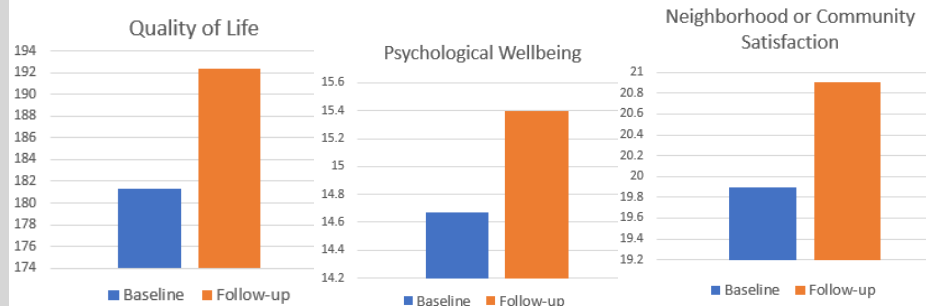
METHOD

Researchers assessed residents and their family members at baseline and follow-up, which occurred about 6-7 months after move-in, using both quantitative and qualitative approaches. The quantitative survey included three well-known scales that measured perceptions of quality of life, subjective well-being, and community participation. A structured interview with research team members was conducted to further ascertain participants' experiences with Main Street, including how it impacted their life goals, happiness, and overall satisfaction. In total, 44 residents and family members completed both the surveys and interviews at baseline and follow-up.

SURVEY RESULTS

Findings showed statistically significant* improvement in:

- Overall Quality of Life
- Psychological Wellbeing
- Neighborhood or Community Satisfaction



INTERVIEW FINDINGS

Survey findings were supported by what residents and families shared during the interviews. Here are a few examples:

"Yes I love being at Main Street because I can be by myself and do things as I choose."

"They've done an exemplary job with this building and I am truly honored to be a resident at Main Street."

"I think what's really exciting about Main Street is that the whole facility is the community. That it has a strong presence for the residents . . . a strong identity through its programming."



*Graphs vary in measurement level,

but each represents a significant improvement.