

## Step 1

# Housing: How Do We Start?



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## Three-part Housing Workshop Series



- **Housing: How do we start?**  
Monday, March 14, 6:30 p.m.- 9:00 p.m.
- **Housing: How is it paid for?**  
Monday, March 28, 6:30 p.m. - 9:00 p.m.
- **Housing: What are the options?**  
Monday, April 11, 6:30 p.m. - 9:00 p.m.

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## PACER's Housing Publications



PACER's Housing Guidebook, Website, Tip Sheets, Navigation Chart

<https://www.pacer.org/housing>

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## This workshop will address:

- Why should you start thinking about housing and services now?
- Why is housing and services evolving?
  - Minnesota's Olmstead Plan
  - Home and Community-Based Services Rule
- What is Person-Centered Thinking and Planning?
- How can the Person-Centered Thinking & Planning process provide information and direction for housing and services options?
- What are the housing options?



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## Why should you start thinking about housing and services now?

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### Why should you start thinking about housing and services now?

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- The IEP Team must consider independent living as part of the Transition IEP.
- You and your son or daughter are experts about their strengths, gifts and preferences.
- Housing options and supports involve eligibility criteria, timelines and waiting lists.
- Limited availability of affordable housing and support staff....

**AND.....**

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**We think you will want your young adult**

...get a **“Life”** AND a **“Home”** not just a **“Place”**

**What does that mean?**



**Why is Housing Evolving?**



## Why is Housing Evolving?

- Parents and individuals with disabilities are demanding housing and services that are integrated and based on person-centered thinking principals.
- The federal governments directive to implement the Olmstead Decision.
- Centers for Medicare & Medicaid Services directive to implement the Home & Community-Based Services (HCBS) rule.
- Separating housing from services.



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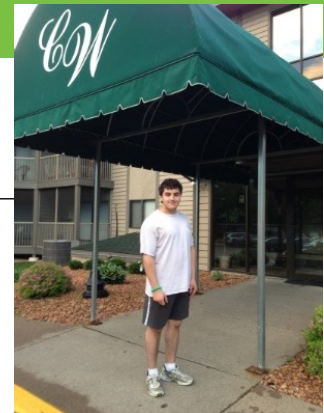
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## Home & Community-Based Services (HCBS)

### What is a waiver?

- In 1983 added to the "Social Security Act 1915 (c)
- Medical Assistance programs allow the state to "waive" the typical requirements of MA.
- Called **Home and Community-Based Service (HCBS) waivers**.
- Used to provide services in Home and Community Based settings instead of restrictive settings like hospitals, nursing homes or ICF/DD's that isolate people.
- Can be used to pay for additional services beyond MA.
- Target specific populations.



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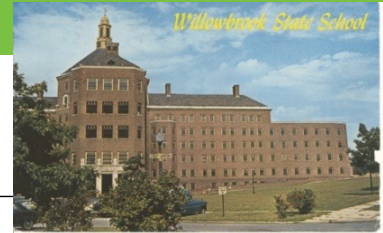
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## The Olmstead Decision

### Where have we come from?

- The Olmstead Decision, 1999
  - Court ruled that integration is fundamental to the purposes of ADA and that states may be required to provide **community-based services** rather than institutional placement for individuals with disabilities.
  - <https://www.pacer.org/housing/gettingstarted> > Minnesota's Olmstead Plan



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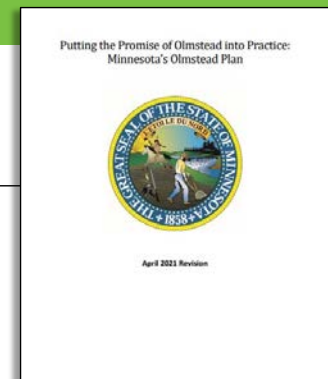
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## Minnesota's Olmstead Plan: **The Vision**

**Minnesota will be a place where people with disabilities are living, learning, working and enjoying life in the most integrated setting**

- Person Centered Planning
- Housing & Services, Employment, Lifelong learning & Education
- Transportation, Healthcare & Healthy Living, Positive Supports, Crisis Services, Assistive Technology, Preventing Abuse & Neglect
- Community Engagement

[About the Minnesota Olmstead Plan / Minnesota Olmstead Implementation Office \(mn.gov\)](#)



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## Home and Community-Based Services (HCBS) Rule



### What is the Home & Community Based Settings Rule?

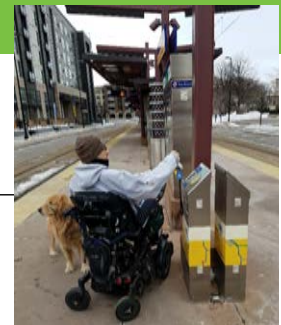
- In 2014, Centers for Medicare & Medicaid Service released new rules that create standards for HCBS services.
- Long-term services must be provided in the most integrated setting AND have full access to the benefits of community living.
- Defines what an HCBS setting is and is not.
- Enhances the quality of HCBS and provides protections to participants.

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## Home and Community-Based Services (HCBS) Rule



### Requirements of a Home & Community Based Setting

- Is integrated and supports access to the greater community.
- Provides opportunities to seek employment and work in competitive integrated settings and engage in community life, and control personal resources.
- Ensures the individual receives services in the community to the same degree of access as individuals not receiving Medicaid Home & Community Based Services.

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## Home and Community-Based Services (HCBS) Rule



### Requirements of a Home & Community Based Setting

- Ensures an individual's rights of privacy, dignity, respect and freedom from coercion and restraint.
- Optimizes individual initiative, autonomy, and independence in making life choices.
- Facilitates choice regarding services and supports and who provides them.

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## Home and Community-Based Services (HCBS) Rule



### Person-Centered Practices & Informed Choice

- Service planning must use a **person-centered planning process** that addresses health & long-term services and support needs in a manner that reflects the individual's preferences and goals and *puts the person at the center*.
- **"Informed Choice"** – A person (and/or their legal representative) makes a voluntary decision, after being informed about all available options for case management, services and providers. Information needs to be delivered using the person's primary method of communication at a level he or she can understand.

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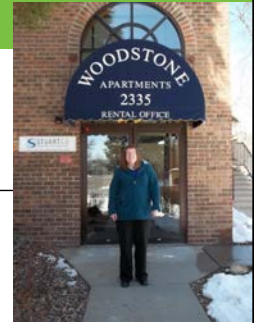
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## Home and Community-Based Services (HCBS) Rule

### Additional requirements for provider controlled & operated settings:

- A person has a lease\* in their own home that offer the same responsibilities/protections for evictions & appeals as the tenant landlord law in their state.
- A person has their own living, sleeping, bathing and eating areas.
- A person has privacy in their living or sleeping area and are free to decorate it as they choose.
- A person chooses if they want a roommate and who they are.
- The Individual controls his/her own schedule including access to food at any time.
- The Individual can have visitors at any time.
- The setting is physically accessible to the individual.



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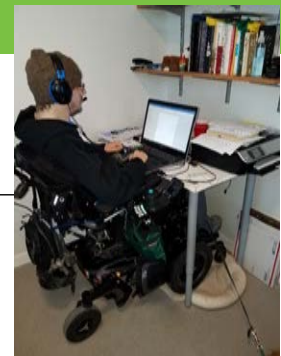
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## Home and Community-Based Services (HCBS) Rule

### States Transition Plan (STP): Three Phases: Attestation, Validation, Remediation

- Minnesota granted compliance on February 28, 2019.
- Final compliance date for sites with "heightened scrutiny" is March 2023.
- HCBS Final Rule does not address the states *independent and separate obligations* under the Americans with Disability Act, Section 504 of the Rehabilitation Act or the Supreme Courts Olmstead Decision to address the need for services and supports in the most integrated setting thatt allow access to affordable, accessible housing.



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## Reframing the Way We Think!

### “A Person’s Own Home” is:

- NOT a program
- NOT an “open bed” or placement
- NOT a model
- NOT a development
- NOT independent (“It is interdependent”)
- **IS CHOICE**
- **IS** a process
- **IS** one person at a time - *individualized*
- **IS** collaboration
- **IS** right supports at the right time



## What is Person-Centered Thinking & Planning?

# PACER's Housing & Services Process Guide

## NAVIGATING THE HOUSING AND SERVICES PROCESS



This guide offers an overview of the main considerations and important steps parents and their young adult with a disability may want to consider when navigating the housing and services process.

The acronyms and their definitions can be found on the back panel. For more information on this topic, refer to PACER's publication "Housing: Where Will Our Children Live When They Grow Up?" For a free copy, call PACER at (952) 838-9000 or order online at PACER.org.

### How will your young adult pay for housing and services?

**You will need to consider:**

- Supports/staff
- Personal needs
- Number of roommates
- Mortgage or rent
- Food
- Current income supplements



### What is your young adult's vision for community living?

**Create a person-centered plan, a process that:**

- Is "person-centered": focused on outcomes, dreams, and visions of the person, not a "system-centered" process driven by programs, stereotypes, and segregated programs like traditional models
- Uses a set of tools that address what is important to a person and for a person to have quality of life, essential to give people more choice and control over the way that they are supported
- Uses a set of tools to capture information, and improve understanding, communication, and relationships
- Gathers information from the people who are important to the person and know them the best: family, friends, neighbors, support workers, and other professionals

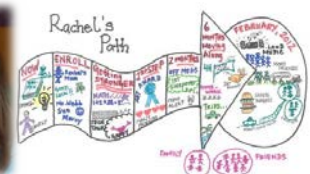


**Make a request for a Certified Assessor**

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## Person-Centered Thinking & Planning



- Focuses on **outcomes, dreams, and visions** of the person, not a "system-centered" process driven by programs, stereotypes, segregated programs like traditional models.
- A set of tools that address what is **important to and for** a person to have quality of life, is essential to give people more choice and control and the way they are supported.
- A set of tools used to capture information to improve understanding communication and relationships.
- Gathers information from the people who are important to the person and know them the best: family, friends, neighbors, support workers and other professionals.



**We think you will want your daughter or son...**

---

...get a **“Life”** AND a **“Home”** not just a **“Place”**



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**Person Centered Thinking =  
Everyday ways of thinking**

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- Tools for asking “What do we know?”  
**before** jumping to “What do we do?”
- The more time you spend on defining the issues, the more effective the solution!

*“If I had an hour to save the world, I would spend  
55 minutes defining the problem” – Albert Einstein*



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## Person Centered Thinking Tools



- Rituals and Routines
- What is Working (What makes sense?)  
AND  
What is NOT Working (What doesn't make sense)

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## Person Centered Planning Tools

### Rituals and Routines

**Rituals guide us through our days and bring consistency, comfort and control**



- Morning
- Going to bed
- Mealtimes
- Transition
- Birthday
- Cultural/Holiday
- Spiritual
- Vacation
- Comfort
- Celebration
- Grief/Loss

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## Person Centered Planning Tools

### What is Working? What is *not* Working?



Sorts “what is working” and “what is not working” from different perspectives to identify a way forward.

- Tool helps people problem solve, negotiate, helps with deeper understanding
- What is working and not working from the person's perspective?
- What is working and not working from the perspectives of family, staff and other important people?
- Whenever everyone is able to share, people feel listened to.

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## Person Centered Planning Tools

### Formal planning with facilitator



- Essential Lifestyle Planning
- Personal Futures Planning
- MAPS
- PATHS
- Circles of Support
- Liberty Plan

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## Using Person-Centered Thinking to start your housing plan

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### How can we use the One Page Profile to plan for services/supports?

The one page profile captures what is important to the person, important for for the person and how they want to be supported.

“A tool of introduction”:

- For housing providers, support staff
- Finding roommates
- For family members and friends
- For case managers
- For medical providers

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## How can we use the One Page Profile to plan for services/supports?

- **Photo(s):** that capture the person's "spirit"
- **Appreciations:** List the positive qualities, strengths, and talents of the person. Also called what we "like" and "admire" about the person.
  - ✓ Great sense of humor
  - ✓ Caring and affectionate
  - ✓ Amazing physical stamina
  - ✓ Knows all the artists and songs of the 1980's

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The form is titled "About [Insert Name]". It contains four main sections:
 

- What's important TO me:** A blue-bordered box for listing personal interests or values.
- What people like about me:** A green-bordered box for listing positive qualities or talents.
- What's important FOR me:** A red-bordered box for listing needs or preferences.
- How to best support me:** An orange-bordered box for listing specific support strategies.

 There is also a space for a photo and a name field. A small note at the bottom states: "To add a photo to the right blue box, right click on the box and select 'Change Picture'. Many pictures and information can be added on another page if desired. The page will remain in Helen Sanderson Associates' (www.helensandersonassociates.co.uk) \*\*\* The writing template is from Helen Sanderson Associates (www.helensandersonassociates.co.uk) \*\*\*"

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## How can we use the One Page Profile to plan for services/supports?

- **Important to the person:** What matters to the person from their perspective.
- Things in life that help us to be satisfied, content, comforted, fulfilled and happy.
  - ✓ People to be with/relationships
  - ✓ Things to do and places to go (hobbies/interests, when and how often)
  - ✓ "Rituals and Routines"
  - ✓ Rhythm or pace of life
  - ✓ Status and control
  - ✓ Things to have

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## How can we use the One Page Profile to plan for services/supports?

- **Important for the person:** Issues of health, safety and what others see necessary to help the person
- Health:
  - ✓ Prevention and treatment of illness, medical conditions
  - ✓ Promotion of wellness (self-care, diet, exercise)
- Issues of safety
  - ✓ Environment
  - ✓ Well being – physical emotional
  - ✓ Free from fear

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The form is titled "About [Insert Name]" and contains four colored boxes for information:

- What's important TO me:** (Blue box)
- What people like about me:** (Green box)
- What's important FOR me:** (Red box)
- How to best support me:** (Orange box)

At the bottom, there is a small note: "To add photos in the right blue box, right click on the box and select 'Change Picture'. Many pictures and information can be added on another page if desired." Below that, it says "The page with photos is called 'My Picture' and is <https://www.helensandersonassociates.co.uk>" and "The website is run by Helen Sanderson and Associates [www.helensandersonassociates.co.uk](http://www.helensandersonassociates.co.uk)".

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## How can we use the One Page Profile to plan for services/supports?

- **Important for the person:**
  - What others see as necessary to help the person:
    - ✓ Be valued
    - ✓ Be a contributing member of their community
- **How to support the person:** What people need to know, and what people need to do.
  - ✓ What is helpful? What is not?
  - ✓ "Matching Characteristics"

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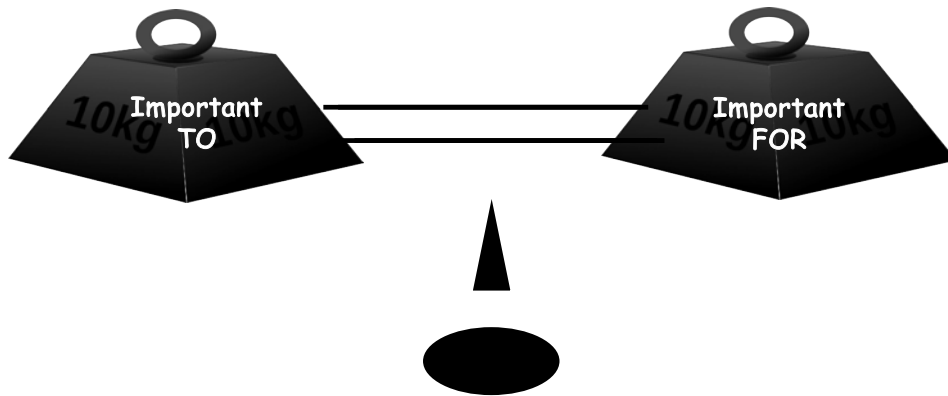
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## The balance of important to and important for



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## Rachel's Profile



### Rachel

#### What others like and admire about Rachel

Her 'model-looks': she is a stunner!  
wicked sense of humour  
Her ability to make friends and connect with people  
Her taste in men, music and DVD's!  
Her long eye lashes and expressive eyes  
She is a funky babe!

#### Important To Rachel

Contact with her family, especially her mum and sister Lindsay.  
Listening to pop music, especially boy bands and hunky gorgeous male artists (favourites at the minute –Mc Fly; Shayne Ward; Westlife)  
Having people around her who she can have a laugh and a giggle with.  
Having fun and getting messy – like water fights in the bath; being nibbled by Button her hamster.  
Looking stylish in trendy clothes and accessories in her favourite colour – pink.  
Loves having her hair and nails done –'girly pampering'  
Her mobile phone to keep in touch (calls and texts) with what is happening!  
Being supported by people who know her well and who she likes  
Not to be in her chair any longer than she has to be – must get out of it as soon as possible, prefers to lie on the floor or on her tummy on her bed  
That everyone who supports Rachel understands her communication (see communication charts)

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That only female staff support her around her personal care

**Important To Rachel for the future**  
 Getting to a football match – with a crowd and all the gear!  
 Going to a star-studded 'flash' event where she can dress-up and impress the men.  
 Going on holiday and livin' it up! (Preferably abroad)  
 Living in her stylish bachelorette pad

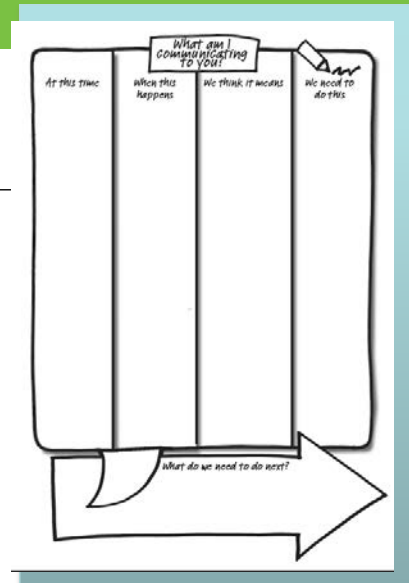
**Important For Rachel (support needs)**  
 Rachel has complex needs and these must be fully understood before you can properly support her.  
 You need to read the details of her file (including her health action plan) before supporting her as it contains vital, detailed information around staying healthy and safe  
 Having the right equipment on hand to meet her needs – e.g. Day-bed, hoist fully charged, suction machine  
 Rachel eats and drinks using a PEG (gastrostomy tube) she does not take any food, drink or medication orally.  
 Rachel takes medication daily – refer to her medication chart for up-to-date information.  
 Rachel has epilepsy – refer to her care plan around how best to support her when she needs emergency medication for prolonged seizures  
 Rachel needs to stay calm and cool. If she gets upset she becomes hot and finds it difficult to control her saliva and manage her swallow – you need always to have suction equipment with you. She also must wear cool, loose-fitting clothes

Rachel is allergic to SORBITOL which is found in many forms of liquid medication and anti-biotic's  
 Rachel takes Baclofen her GP and dentist must always be reminded of this due to the risks associated with her neck and swallowing difficulties. Rachel is prone to chest infections

## Rachel's Profile

## Rachel's Communication Chart

- A way to focus on people's communication whether they use words to speak or not.
- Clarify communication when a person's actions are different from what they say.
- How a person communicates with their behavior.



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 Video at: [www.helensandersonassociates.co.uk/person-centred-practice/person-centred-thinking-tools/communication-chart](http://www.helensandersonassociates.co.uk/person-centred-practice/person-centred-thinking-tools/communication-chart)  
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### WHAT'S IMPORTANT TO CHRIS

- My family & friends
- Hugs
- Talking
- Reading & Coloring
- Eating & special snacks/dessert (bananas & yogurt)
- Drinking coffee in the morning (socially)
- Playing Wii games
- Watching movies & TV (Netflix)
- Relaxing in the evening
- Knowing my schedule ahead of time & sticking to it
- Fun activities: Swimming at the Community Center, Zero Gravity events in the community, going to Como Zoo & Conservatory, Museums, walking to the park, playing SORRY! or UNO
- Special Olympics & sports (bowling, track, basketball, kickball, floor hockey, etc.)
- Going out to eat at restaurants
- Picking out dinners that I like to cook and eat
- Being treated equally

### WHAT'S IMPORTANT FOR CHRIS

- Encouragement to take care of his home (laundry, cooking, cleaning, etc.)
- Communication with family and friends daily
- To help be accountable so he can improve
- Daily activities out of the house & exercise
- Verbal cues & role modeling
- Community Involvement
- Help with daily activities (brushing teeth, shower, etc.)
- Transportation to activities



## COOL CHRIS

### WHAT PEOPLE LOVE ABOUT CHRIS

- Infectious laugh, great sense of humor
- Extremely caring & affectionate
- Always Positive
- Energetic
- Likes to relax
- Enjoys getting out of the house
- Trickster
- Great at piano



### CHRIS NEEDS PEOPLE WHO ARE...

- Energetic & active
- Funny & loves to laugh
- Patient
- Advocates for him & his wants
- Timely & organized
- Treating him like an adult
- Good at cooking
- PASSIONATE ABOUT THEIR JOB

## Chris's Profile

This one page profile was created to introduce Chris to the individuals that support him.

## Building your support networks

### Natural supports are:

- Friends
- Family
- Acquaintances
- Co-workers
- Volunteers
- Mentors & Peer mentors
- Faith Community members

### That promote the involvement in:

- Programs, activities, projects, volunteer experiences, employment





## Community Inclusion Strategies

- Develop a daily routine that involves contact with person's without disabilities in their community.
- Get to know the neighbors.
- Meet other people who share similar interests and hobbies.
- Become a member of civic and other local organizations, clubs, "meet-up" groups, individual and group sports.
- Encourage volunteering.
- Get on the mailing list of different community agencies to receive program schedules and information.
- Become familiar with local businesses - bank, post office, grocery store, coffee shops, bakery, faith community...



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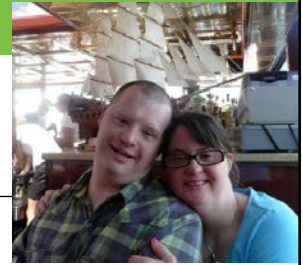
## What are the Housing Options?



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## Why is Housing Evolving?

- Parents and individuals with disabilities are demanding housing and services that are integrated and based on person-centered thinking principals.
- The federal governments directive to implement the Olmstead Decision.
- Centers for Medicare & Medicaid Services directive to implement the Home & Community-Based Services (HCBS) rule
- Separating housing from services.



## The Array of Housing Options

Licensed  
Housing

Other Provider  
Controlled  
Housing

Participant  
Controlled  
Housing

## What housing options does my son or daughter want?

- **Family home, Friend's or Relatives Home**
- **Apartment, Condominium, Townhome, Home**
  - Participant Controlled ("Person's Home")
  - Other Provider Controlled
- **Community Residential Settings**
- (Formerly Adult & Family Foster Care, "Group Homes")
  - Institutions Intermediate Care Facilities for Individuals with Developmental Disabilities (ICF/DD)
  - Nursing Homes
- **Coop Housing**
- **Co-Housing**



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## Housing Services & Supports What supports are needed?

### Medical Assistance Services:

- Personal Care Attendant (PCA)
- Community First Services and Supports (CFSS)- Will replace PCA
- ARMHS (Adult Rehabilitative Mental Health Services)
- Home Care Nursing
- Respite
- Housing Stabilization Services



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## Housing Services & Supports

### What supports are needed?



#### “Waiver Reimagine” Home and Community Based Waiver Services. Categorizing Services by Settings:

##### • **A Persons Home, or In the Family Home:**

- Individualized Home Supports with and without training
- Individualized Home Supports with Family Training
- Integrated Community Supports
- Live-in Caregiver
- Shared Living
- Natural Supports

##### • **Residential Services:**

- Community Residential Services - Adult and Child
- Family Residential Services - Adult and Child

Waiver Reimagine: <https://mn.gov/dhs/partners-and-providers/news-initiatives-reports-workgroups/long-term-services-and-supports/waiver-reimagine>

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## Apartment, Condominium, Townhome, Home Rental or Ownership



#### **Participant controlled housing – “A Person’s Own Home”**

- Person Chooses type of housing (holds lease or mortgage)
  - Rents Own Home
  - Home ownership
  - Person chooses roommate, location, service provider and amount of services

#### **Other Provider Controlled Housing** (holds lease or owns building)

- Apartment Programs
- Provider Owned or Leased Homes
- Person chooses location of providers choice of building and package of services from provider

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## Participant Controlled – “A Person’s Own Home”



### What are the characteristics of “A Person’s Own Home”?

- NOT a program
- NOT an “open bed” or placement
- NOT a model
- NOT a development
- NOT independent
- **IS CHOICE**
- **IS** a process
- **IS** one person at a time - *individualized*
- **IS** collaboration
- **IS** right supports at the right time

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## Kevin & Michael – Single Family Home



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## Kevin & Michael – Single Family Home

### Kevin's Financial Situation

- **Rent:** \$875 each = \$1,750
- **Food:** \$275 each
- **Utilities/Split:** Electric-\$68, Gas/Heat \$35-\$128 = \$81.50, Water/Sewer/Trash- \$140, Internet- \$58.00 = **\$695 split = \$347.50 each** + Kevin's Phone: \$45.00 = **\$392.50**
- **Income:** RSDI: \$937
- **Income/Job:** \$160 every wk working 4 hrs/4 days wk = 16 hrs wk = \$640

### MSA/MSA Housing: Not receiving Waiver Service

- DD Waiver – IHS w/training

### Natural Supports

- Family/ friends

**Total Income: \$1,577**

**Expenses: \$1,542.50\* = \$34.50 left**

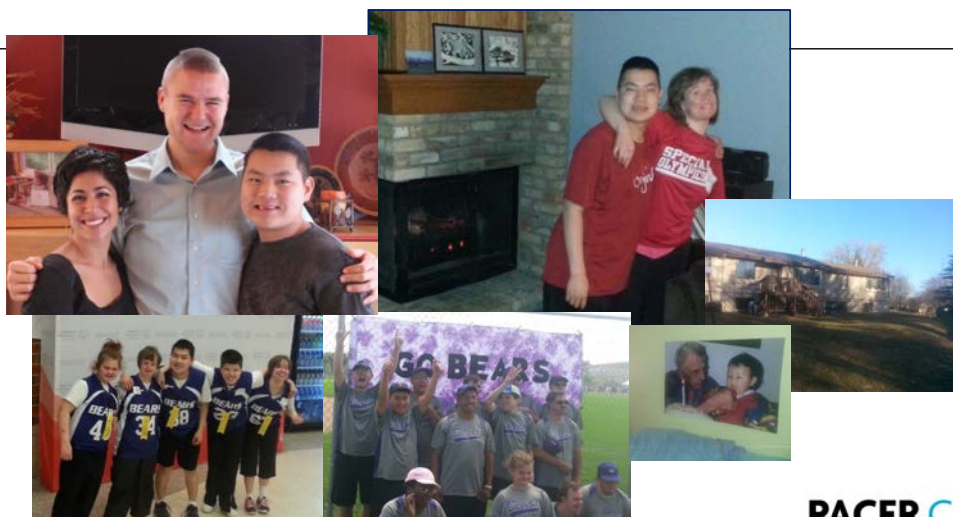
\*\$1,150 – \$427 left when utilities/phone included in rent

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## Chris, Anne, Scott – Townhome



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## Chris, Anne, Scott – Townhome

### Chris's Financial Situation

- **Rent:** \$600 each for 3 roommates=\$1,800
- **Food:** \$250 (\$750 total for 3)
- **Utilities:** Rent includes all utilities
- **Income:** RSDI \$1,135
- **Income/Job:** Day Support - \$150 gross, \$100 net per month
- **Personal Fun:** \$80

- **Athletic Program:** \$167
- **MSA + Food Support/SNAP:** Does not receive

### Waiver Service

- DD Waiver – IHS w/training, Day Support
- **Natural Supports:** family/friends

**Total: \$1,235 a month**

**Expenses: \$1,100 = \$235**

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## Daniel and Charlie – Fourplex



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## Daniel and Charlie – Fourplex

### Dan's Financial Situation

- **Rent:** \$600 each roommate = \$1,200
- **Utilities:** Electric-\$20 each, other utilities included in rent
- **Food:** \$273
- **Income - SSI:** \$320
- **Income/Job:** \$800 (\$850 gross) working about 4.5 hours for 4 days week

**MSA + Food Support/SNAP:**  
\$150

### Waiver Service

- CDCS, SES/Employment but now natural supports on job

### Natural Supports

- Family/ friends/co-workers

**Total income: \$1,270 -**

**Expenses: \$893 = \$377**

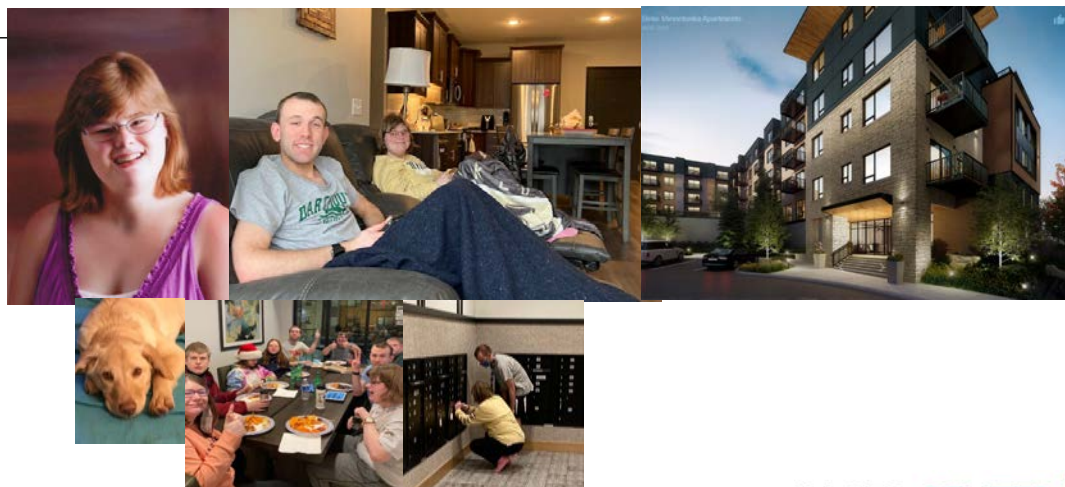
*\*Note: 2 units getting low-income tax credits*



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## Amada - Affordable Housing Development - Apartment



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## Amada & Jake - Affordable Housing Development - Apartment

### Amanda's Financial Situation

- **Rent:** \$1,221 (2 bedroom) \$610.50 ea.\*
- **Utilities:** heat, water, gas, sewer, trash = \$50.00 ea.= \$100.00 Electric: TBD, Phone/"Obama Phone"= \$0 Internet/Cable \$100 ea.= \$200.00 = **\$150.00**
- **Food:** \$250
- **Income - SSI:** \$841
- **Food Support/SNAP:** \$250
- **MSA:** \$81
- **MSA Housing Assistance:** \$397

### Waiver Service

- DD Waiver – IHS w/training, w/o training, Customized Employment
- **Natural Supports:** family/ friends

**Total Expenses: \$1,569**

**Total Income: \$558.50**

*\* Qualification Resident makes under 40% of AMI. This developer received 4.8 mill. "TIF funding" City of Minnetonka.*

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## Sam & Devin – Two Bedroom Duplex, Live-In Caretaker



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## Sam & Devin – Two Bedroom Duplex, Live-In Caretaker

### Sam's Financial Situation

- **Rent:** \$650 for each = \$1,300
- **Food:** \$250 for each = \$500
- **Utilities/Split:** Electric-\$58, Gas- \$42  
Water/Sewer/Trash- \$60= \$160=\$80 ea
- **Income - SSI:** \$841
- **Food Support/SNAP:** \$250 (\$20.00 min)
- **MSA:** \$81
- **MSA Housing Assistance:** \$397

### Waiver Service

#### Caregiver Living Expenses:

(1/2 of rent and food = \$900)

#### Natural Supports:

Family/ friends

**Total Income: \$1,569**

**Expenses: \$980 = \$589**

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## Leslie and Cara – Community Residential Setting



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## Leslie and Cara – Community Residential Setting

### Leslie and Cara financial situation:

- **Income: SSI** \$841
- **Provider keeps:** \$730
- **State adds:** \$224
- **Total Housing Support:** \$954
- **Person keeps:** \$111, **Personal Needs**

### Waiver Service

- DD Waiver – Community Residential Services
- Day Support Services

### Natural Supports

- Family/ friends

**Total Income to Housing:**

**Provider: \$954**

**Total Income: \$111**

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## Family Residential Settings & Life Sharing

### Family Residential Settings:

- The home **is the primary residence** of the family residential license holder **who is also the primary caregiver.**
- Same provisions as Community Residential Settings.

### Shared Living:

- Young adult can rent or own their own home and share with a support person or family.
- Enhanced matching process and training.
- Life Sharing licensed through an agency who is an independent contractor.



Photos courtesy of Ablelight Shared Living <https://ablelight.org/what-we-do/host-homes>  
CBSM - Resource: [Life sharing matching process and ongoing support options \(mn.gov\)](https://www.mn.gov)

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## Community Residential Settings – Board & Lodge, Assisted Living...



### Other “congregate” settings

- Includes services where seniors or people with disabilities live in the same building
- Includes: board and lodging establishments, non-certified boarding care homes, housing with services establishments or assisted living.
- May include five or more people
- May have individual or shared bedrooms
- May share living, dining spaces

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## Institutions

### Intermediate Care Facility for Persons with Developmental Disabilities (ICF/DD)



- Residential facility **licensed as a health care institution** and certified by the MN Department of Health to provide **health or rehabilitative services** for persons with developmental disability or a related condition who require active treatment.
- Have developmental disability or a related condition
- Need a 24-hour plan of care
- Need continuous active treatment
- Cannot apply skills learned in one environment to a new environment without aggressive and consistent training

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## Institutions

### Nursing Homes

Nursing homes are long-term care facilities that offer a full array of personal, dietary, therapeutic, social, spiritual, recreational, and nursing services to residents.



#### Nursing level of care is needed for one or more of the following:

- Cognitive or behavioral condition
- Existence of complicating conditions
- Frailty or vulnerability
- Functional limitation
- Need for complex care management
- Need for restorative and rehabilitative or other special treatment
- Unstable health

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## Cooperative “Coop” Housing

- People come together to form a special kind of corporation called a “Cooperative”
- Cooperative members own a share in a corporation that owns or controls the building(s)
- Each shareholder is entitled to occupy a specific unit
- Coop is eligible for financial assistance or low-cost loans from government
- National Association of Housing Cooperatives:  
<https://coophousing.org>



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# Co-Housing



- A growing movement in the U.S.
- Co-housing communities balance the traditional advantages of home ownership with the benefits of shared common facilities.
- Creates intentional and cross-generational communities
- Opportunities for participation in the planning, design and ongoing management and development
- Cohousing Association of the US: <https://cohousing.org>

# Co-Housing Association of US: <https://cohousing.org>

## Find It > Community Directory > Minnesota



FIND IT • CREATE IT • LIVE IT • RUN IT • EVENTS • DONATE

There are 7 records in the Cohousing Communities category. They are shown below. Click any linked record to learn more about that record.

Community	State	City	Status	Move In Year
<a href="#">Active Adult Cohousing for the Northland</a>	Minnesota	Duluth	Forming	2025
<a href="#">ASU</a>	Minnesota	Minneapolis	Forming	2022
<a href="#">Cedar Cohousing LLC</a>	Minnesota	Minneapolis	Forming	2023
<a href="#">Duluth (MN) Net Zero Co-housing Community</a>	Minnesota	Duluth	Forming	2023
<a href="#">Homewood Cohousing</a>	Minnesota	Minneapolis	Forming	
<a href="#">Monterey Cohousing Community</a>	Minnesota	Saint Louis Park	Established	1992

<a href="#">Alaska (2)</a>	<a href="#">Arizona (5)</a>
<a href="#">California (51)</a>	<a href="#">Colorado (22)</a>
<a href="#">Connecticut (3)</a>	<a href="#">District of Columbia (1)</a>
<a href="#">Florida (7)</a>	<a href="#">Georgia (2)</a>
<a href="#">Idaho (1)</a>	<a href="#">Illinois (1)</a>
<a href="#">Indiana (3)</a>	<a href="#">Iowa (1)</a>
<a href="#">Kansas (2)</a>	<a href="#">Kentucky (1)</a>
<a href="#">Louisiana (1)</a>	<a href="#">Maryland (4)</a>

**Find It**

Distances  
Classrooms  
Subsidies  
Kitchens

Learn More

**Create It**

Transparency  
Responsible  
Business

Learn More

**Live It**

Adaptive  
Green Living  
Life Cycle

Learn More

**Run It**

Adaptive  
Responsible  
Management  
Transparency

Learn More

# Co-Housing Solutions

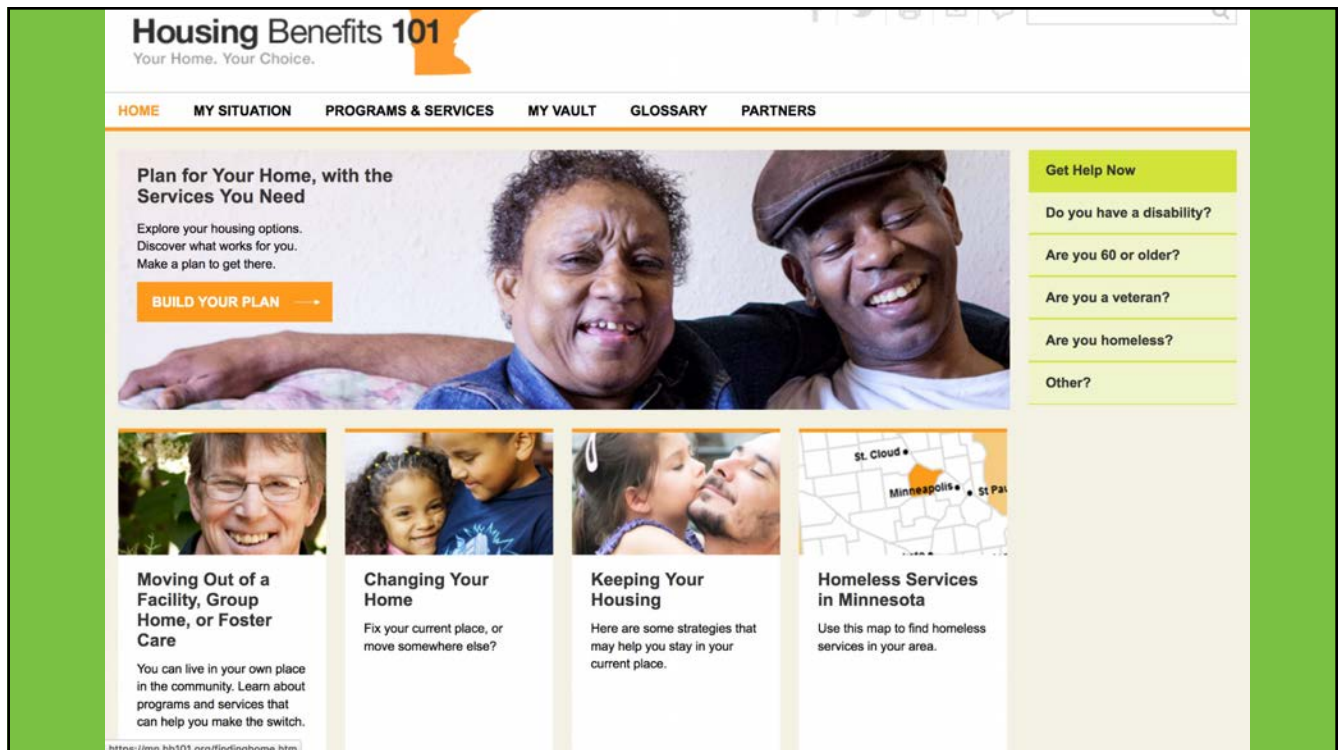
- Cohousing Solutions: Katie McCamant, Founder  
<https://www.cohousing-solutions.com/videos>



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**Housing Benefits 101**  
Your Home. Your Choice.

HOME MY SITUATION PROGRAMS & SERVICES MY VAULT GLOSSARY PARTNERS

**Plan for Your Home, with the Services You Need**  
Explore your housing options. Discover what works for you. Make a plan to get there.  
[BUILD YOUR PLAN](#)

**Get Help Now**  
Do you have a disability?  
Are you 60 or older?  
Are you a veteran?  
Are you homeless?  
Other?

**Moving Out of a Facility, Group Home, or Foster Care**  
You can live in your own place in the community. Learn about programs and services that can help you make the switch.

**Changing Your Home**  
Fix your current place, or move somewhere else?

**Keeping Your Housing**  
Here are some strategies that may help you stay in your current place.

**Homeless Services in Minnesota**  
Use this map to find homeless services in your area.

<https://mn.hb101.org/findinghome.htm>

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## Next Steps....

- Start the conversation with your young adult about where they want to live when they grow up.
- Plan time to begin the person-thinking and planning process with your young adult.
- Educate yourself! NETWORK, NETWORK, NETWORK!

### Next workshops:

- **Step 2- Housing: How is it paid for?**  
Monday, March 28, 6:30 - 9:00 p.m.
- **Step 3 – What are the options?**  
Monday, April 11, 6:30 - 9:00 p.m.



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## Resources

### PACER's Housing Project:

[www.PACER.org/housing](http://www.PACER.org/housing)

Contact Person: Susan Shimota

Phone: 952-838-9000

Email: [susan.shimota@PACER.org](mailto:susan.shimota@PACER.org)

### Hennepin County Social Services

**Jerry Mellum, Senior Planning Analyst**

Hennepin County Human Services and Public Health Department

Phone: 612-596-7094

[Jerry.Mellum@hennepin.us](mailto:Jerry.Mellum@hennepin.us)

Trainings: [hennepin.www.hennepin.us/cmtysupport](http://hennepin.www.hennepin.us/cmtysupport)

PACER's National Parent Center on Transition & Employment & Transition to Life After High School (MN Parents)

[www.PACER.org/transition](http://www.PACER.org/transition)

<https://www.pacer.org/students/transition-to-life>

Disability Hub MN

[disabilityhubmn.org](http://disabilityhubmn.org) 1.866.333.2466



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# Resources

## Person Centered Planning:

Helen Sanderson and Associates [www.helensandersonassociates.co.uk](http://www.helensandersonassociates.co.uk)

The Learning Community for Person Centered Practices  
<https://tlccpc.com>

MN Department of Human Services > Person Centered Practices  
<https://mn.gov/dhs/partners-and-providers/program-overviews/long-term-services-and-supports/person-centered-practices>

ARC Minnesota: Transition Vision Project  
<https://arcminnesota.org/planning-your-future/person-centered-planning>  
Phone: 952-920-0855  
Email: <https://arcminnesota.org/ways-we-can-help/ask-an-advocate>

MN Governor's Council on Developmental Disabilities  
"Its My Choice":  
<http://mn.gov/mnddc/extra/publications/Its-My-Choice.pdf>



# Resources

MN Department of Human Services Main Page  
<http://mn.gov/dhs>

- People with Disabilities>Services>Home and Community Services  
<https://mn.gov/dhs/people-we-serve/people-with-disabilities>
- Healthcare>Child & Adult Mental Health:  
<http://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care>
- Housing  
<http://mn.gov/dhs/people-we-serve/adults/economic-assistance/housing>
- Housing Benefits 101 <https://mn.hb101.org>
- Disability Benefits 101 <https://mn.db101.org>
- MN Department of Human Services – Home and Community-Based Services Rule Overview  
<https://www.youtube.com/watch?v=llqr8AUHa1k>
- MN Department of Human Services – Waiver Reimagine  
<https://mn.gov/dhs/partners-and-providers/news-initiatives-reports-workgroups/long-term-services-and-supports/waiver-reimagine>





## Resources



### Minnesota's Olmstead Plan

[www.pacer.org/housing/gettingstarted](http://www.pacer.org/housing/gettingstarted) >Minnesota's Olmstead Plan  
<https://mn.gov/olmstead> April 2021 Revision

### The ARC of MN - Housing Resources

<https://arcminnesota.org> <https://arcminnesota.org/learn-connect/learning-center/housing>

Phone: 952-915-3632

### MN Department of Human Services – Housing Stabilization Services

<https://mn.gov/dhs/partners-and-providers/policies-procedures/housing-and-homelessness/housing-stabilization-services/housing-stabilization-services.jspf>

### Metropolitan Center for Independent Living, Inc.

[www.mcil-mn.org](http://www.mcil-mn.org) 651.646.8342

### "Find Choose & Keep Great DSPs (Direct Support Professionals) Toolkit"

[https://ici.umn.edu/index.php?products/view\\_part/375](https://ici.umn.edu/index.php?products/view_part/375)

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## Resources



### Housing Link

Housing Rental Listings, Public Housing, Section 8, Waillists & Newsletter

[www.housinglink.org](http://www.housinglink.org)

### TAC- Technical Assistance Collaborative

[www.tacinc.org/knowledge-resources/publications/e-books/section-8-made-simple](http://www.tacinc.org/knowledge-resources/publications/e-books/section-8-made-simple)

### MN Housing Finance Agency

[www.mnhousing.gov](http://www.mnhousing.gov)

### US Department of Housing and Urban Development (HUD) - Information for Disabled Persons

[http://portal.hud.gov/hudportal/HUD?src=/topics/information\\_for\\_disabled\\_persons](http://portal.hud.gov/hudportal/HUD?src=/topics/information_for_disabled_persons)

### HUD Resource Locator

<https://resources.hud.gov>

### Social Security Administration

<https://www.ssa.gov/benefits/disability> <https://www.ssa.gov/ssi/links-to-spotlights.htm> > 2022 Edition

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