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
- Number of roommates
- Food
- Personal needs
- Mortgage or rent
- 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 and the way 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 see inside
What level of support does my young adult need?

Screening for Services
- Home & Community-Based Services (HCBS), MA Services, Adult Mental Health Services
  - MnCHOICES Assessment

MA Services
- MA Targeted Case Management (TCM)
- Home Care Services
  - Personal Care Assistance (PCA)
  - Home Care Nursing (HCN)
  - Skilled Nurse Visit (SNV)
- Community First Supports and Services (CFSS) (transitioning)

State Grant Services
- Semi-Independent Living Services (SILS)
- Consumer Support Grant (CSG)
- Family Support Grant (FSG)
- Pilot and demonstration projects

What housing services does my young adult qualify for?

Level of Care (LOC) = Your Budget $

“Informed choice” means the person with a disability (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.

Home and Community-Based Services (Waivers)
- Developmental Disabilities (DD)
- Community Access for Disability Inclusion (CADI)
- Community Alternative Care (CAC)
- Brain Injury (BI)

Service Options Under the Waivers
- Consumer Directed Community Supports (CDCS)
- Case Management
- Individualized Housing Supports: Without Training, With Training, With Family Training (transitioning)
- Integrated Community Supports (ICS) (transitioning)

Adult Mental Health Services
- Adult MH Target Case Management (AMH-TCM)
- Adult Rehabilitative Mental Health Services (ARM-HS)
- Assertive Community Treatment (ACT)
- Crisis response and stabilization services
- Emergency services
- Intensive Residential Treatment Services (IRTS)
- Certified peer specialist

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Develop Coordinated Service & Support Plan (CSSP) & CSSP Addendum
- Traditional supports?
  - Choose from list of service provider options, interview, hire, may assist with training
- Consumer-directed?
  - Identify a Financial Management Services (FMS) provider, advertise for staff, interview, hire, train staff

Develop Personal Care Assistance (PCA) Service Plan
- Traditional PCA?
  - Choose from list of service provider options, interview, hire, may assist with training
- PCA Choice?
  - Find, hire, train, schedule your staff
- Other MA services available?

Develop Mental Health Individual Community Support Plan (ICSP) and Individual Treatment Plan (ITP)
- Choose from list of service provider options
  - Interview, hire, may assist with training
What housing options does my young adult want?

- **Residential Settings**
  - Apartment, condo, townhome, house
  - Assisted living
  - Community Residential Settings (transitioning)
  - Family Residential Settings (transitioning)

- **“My Own Home”: Rent, Owned by Individual(s)**
  - Apartment, condo, townhome, house
  - Cooperative, co-housing
  - Affordable housing development
  - Public Housing
  - Subsidized Private Housing
    - HUD Section 8, 811, 42, 202
  - Low Income Housing Tax Credit
  - Bridges Certificates

Family, young adult, provider, and county collaborate to implement the plan

- **Funding for Housing Supplement**
  - Housing Support

- **Funding for Housing Supplement/Rent/Mortgage**
  - MSA + MSA Housing Assistance
  - Other housing assistance
    - MHFA Home Improvement Loans, Land Trust
  - Supplemental Nutrition Assistance Program (SNAP), phone, and utility assistance

Does the budget allow my young adult to live in this housing option?

- Review budget and level of care
- Budget is determined
- Identify, interview roommates and service providers

Disagree with decision? Use appeal process

Finalize your support plan

- Coordinated Service & Support Plan (CSSP) & Addendum
- Individual Abuse Prevention Plan (IAPP)
- Personal Care Assistance (PCA) Service Plan
- Individual Community Support Plan (ICSP)
- Individual Treatment Plan (ITP)
- Sign release, forms, rental agreement

Celebrate and Move in!

- Review budget and level of care
- Budget is determined
- Identify, interview roommates, service providers, landlords, realty/leasing companies, if setting license is needed

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Finalize your support plan

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- Individual Abuse Prevention Plan (IAPP)
- Personal Care Assistance (PCA) Service Plan
- Individual Community Support Plan (ICSP)
- Individual Treatment Plan (ITP)
- Sign releases, forms, rental agreement, or mortgage
The goal of PACER's Housing Project is to develop information and resources to help parents of children and young adults with disabilities and students understand their options for independent living and housing. Visit PACER.org/housing for more information.

Acronyms by Category

Screening/Planning Tools for Programs & Services

MnCHOICES
Coordinated Service & Support Plan/Addendum
Individual Community Support Plan
Individual Treatment Plan
Individual Abuse Prevention Plan

Income Supplements

General Assistance
Medical Assistance
MA for Employed People with Disabilities
MN Supplemental Aid
MSA Housing Assistance
Supplemental Nutrition Assistance Program
Supplemental Security Income
Social Security Disability Insurance
Special and Supplemental Needs Trusts

Additional Programs/Services for MA Recipients

Adult MH Target Case Management
Assertive Community Treatment
Certified Peer Specialist
Children's Therapeutic Services & Supports
Community First Services and Supports
Consumer Support Grant
Crisis Response and Stabilization Services
Day Training and Habilitation
Diagnostic Assessment

HOME AND COMMUNITY-BASED SERVICES (HCBS)

Brain Injury Waiver
Community Alternative Care Waiver
Community Access for Disability Inclusion
Consumer Directed Community Supports Waiver
Developmental Disabilities Waiver

Funding for Room & Board

Housing Support
MSA Housing Assistance

Emergency Food and Shelter Program

Crisis Housing Fund
Emergency Services Program
Family Homeless Prevention & Assistance Program
Minnesota Family Investment Program
Transitional Housing Program

State and Community Resources

Bridges certificates
Community Development Agency
County Housing Community Works and Transit
Housing Redevelopment Authority
Public Housing Agencies
HUD Section 8, 811, 42, 202
HUD Section 8 vouchers
Subsidized Housing

MN Housing Finance Agency (MHFA)

Current low interest rate loans for first time buyers
MHFA Home Improvement Loans
MHFA Rental Rehabilitation Program

Grants from Federal Government to Counties and Community Development

Affordable Housing Developments
Community Action Program
Community Development Block Grant
Community Land Trust
Family Housing Fund
Greater MN Housing Fund
Habitat for Humanity
HUD HOME Program