Step 3

Housing: What are the Options?

Three-part Housing Workshop Series 2022

- **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.
PACER’s Housing Publications

PACER’s Housing Guidebook, Website, Tip Sheets, Navigation Chart
https://www.pacer.org/housing

This workshop will address:

- 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 independent living options?

- What are the housing options?
PACER’s Housing & Services Process Guide

Navigating the Housing and Services Process

The guide offers an overview of the main considerations and important steps parents and their young adult with a disability may need to consider when engaging the housing and services process. For more information on this topic, refer to PACER’s publication “Pacing: Where Will My Child Live When They Grow Up?” For a copy, call PACER at 800/888-5000 or visit online at Pacer.org.

How will your young adult pay for housing and services?

You will need to consider:
- Support staff
- Number of roommates
- Roommates or not
- Need
- General income supplements

What is your young adult’s vision for community living?

Create a person-centered plan, a process that:
- It “person-centered” focuses on the needs, abilities, and choice of the person, not a “system-centered” process driven by programs, stereotypes, and segregated programs like traditional models
- Care of how the family and others need to serve and fit a person into their quality of life, ensuring that people are given control over the way that they are supported
- Takes an end-to-end approach, understanding, communicating, and explaining the options
- Involves input from the people who are important to the person and focus them the best: family, friends, neighbors, support workers, and other professionals

Make a request for a Certified Assessor

PACER – CHAMPIONS FOR CHILDREN WITH DISABILITIES

PACER’s Housing & Services Process Guide

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

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

Disagree with decision? Use appeal process

Finalize Your Support Plan
- Coordinated Service & Support Plan (CSSP)
- 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

Celebrate and Move In!

PACER – CHAMPIONS FOR CHILDREN WITH DISABILITIES

PACER’s Housing & Services Process Guide

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

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

Disagree with decision? Use appeal process

Finalize Your Support Plan
- Coordinated Service & Support Plan (CSSP)
- 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

Celebrate and Move In!

PACER – CHAMPIONS FOR CHILDREN WITH DISABILITIES
In a person’s “own home” the person’s housing is separate from their supports and services.

people with disabilities will live in the most integrated setting in the community of their choice, with whom, and in what type of housing.
### CMS Characteristics of a Community Living Setting

- Person has a lease or owns their home
- Person has their own living, sleeping, bathing, eating areas
- Person has privacy in their living or sleeping area
- Person chooses if they want a roommate and who
- Unit has lockable access and egress
- Person can decorate and furnish unit to their choosing
- Person controls their own schedule and activities
- Person has access to their own food and kitchen
- Person can have visitors at any time
- Person is free to choose their service provider without being at risk of losing housing, and to choose not to receive services
- Unit is not in a building that also provides inpatient treatment, or is adjacent to or on the grounds of a building that does.

### Person-centered change

**SYSTEM-CENTERED**
- Plan a lifetime of programs
- Offer a limited number of usually segregated program options
- Base options on stereotypes about persons with disabilities
- Find same or similar possibilities for all
- Focus on filling slots, beds, placements, closures
- Organize to respond to funders, regulators, policies, and rules

**PERSON-CENTERED**
- Craft a desirable lifestyle
- Design an unlimited number of desirable life experiences
- Design an unlimited number of desirable options
- Find new possibilities for each person
- Focus on quality of life
- Emphasize dreams, desires, and meaningful experience
- Organize to respond to people
The Array of Housing Options

- Licensed Housing
- Other Provider Controlled Housing
- Participant Controlled Housing

Where do you want to live?

- Potential unlimited possibilities within resources
- Mother in Law Apartment
- Duplex
- Four plex with scattered apartments
- Modify a garage as a one bedroom apartment seven feet from your brother
- Rent an apartment
- Own a home or condo (first time home buyer $, land trusts)
- Community residential setting
How will you afford rent and food?

- Social Security
- Retirement Survivors Disability Insurance
- Employment
- MN Supplemental Aide/MSA Housing Assistance
- Housing Support Funds
- Fare for All [www.fareforall.org](http://www.fareforall.org)
- Free phone [www.qlinkwireless.org](http://www.qlinkwireless.org)
- Energy assistance [https://accel.minnesotarenergyresources.com/home/lieap.aspx](https://accel.minnesotarenergyresources.com/home/lieap.aspx)
- Waiver funded “home delivered meals”
- Waiver funded “caregiver live in expenses”
- Roommate
- Section 8, Section 811

How will you afford the staff support necessary?

- Natural supports
- Personal Care attendant services
- Consumer Support Grant
- ARMHS—Rehabilitative Mental Health Services (MA funded)
- Waiver Services
  - Individual Housing Supports with & without Training
  - Night supervision
  - 24 Hour Emergency Assistance
  - Electronic Monitoring
  - Homemaker and more!!
Multi County Individualized Housing Collaboration

- Meet every odd month on 3rd Thursday
- Discuss housing best practices
- Offer technical assistance and ideas to each other
- Developed a housing booklet on “My Own Home”
- Information from booklet was used for www hb101 org website
Tools: Your Self-Directed Plan

1. What does it mean to have a self-directed plan?
   - Personal
   - Choice
   - Control

2. How do I make my housing plan?
   - Needs
   - Resources
   - Decision

3. What’s my monthly income?
   - Social Security
   - Work
   - Family
   - Other

4. How much money do I need for housing?
   - My rent or mortgage will be ________ each month.

5. Other programs that might help you
   - HUD Homelessness Programs
   - Veterans Housing Programs
   - Housing Opportunities for Persons with AIDS (HOPWA)
   - Other

Get Help

Chat with a Hub expert
M-F 8:30 a.m. to 8:00 p.m.
Chat online

Call the Hub
M-F 8:00 a.m. to 5:00 p.m.
1-800-330-2488

Email the Hub
Email the Hub

Moving Out of a Facility, Group Home, or Foster Care

Changing Your Home

Keeping Your Housing

Programs and Services

Types of Housing
- Self-Directed Plan
- Housing Options
- Public Housing
- Other

Paying for Housing
- Affordable Housing
- Section 8
- Other

Services
- Transportation
- Other Services

Other Programs
- HUD Homelessness Programs
- Veterans Housing Programs
- HOPWA
- Other

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Email the Hub
Email the Hub
A unique roommate matching service.

We match individuals who have a disability waiver with a compatible caregiver-roommate who can provide a designated level of caregiving. The end goal: a living situation that helps both parties thrive.

https://meetmyrumi.com
651-760-8730

My Own Home – Facebook Page

Tools:
Social Media
Examples that counties can use to find roommates

- MN Roommate Connect - Facebook page
- Bowling for Roommates
- Guys/Girls Night Out
- Munch and Move
- Meet and greets – multiple times
- Have person check with family and friends

Don’t forget to ask the person if they know of someone that they want to live with.

Contact Info:

Jerry Mellum, Senior Planning Analyst
Jerry.Mellum@Hennepin.us

612-596-7094

Free training on county services:  
https://www.hennepin.us/residents/human-services/seniors-disabilities-supports#information-sessions

Thank you!
Let’s Get Started!

Dustin & Karen Anderson
Dustin’s One-Page Profile

Like & Admire About Me

• Friendly
• Good self-advocate and for others
• Outgoing
• Loyal
• Helpful to others
• Traveling

Important TO Me:

• Family: mom, dad, brothers and nephew
• Church: “being an active member of choir, teaching Sunday school, and being a part of bible study makes me feel closer to God and my community”.
• Job: “makes me feel good to be a paid member of community that is how I contribute”.
• Apartment: “having my own apartment makes me feel more independent in community”.
• Going to different places and meeting people; traveling

Important FOR Me

• My circle of support: job coach, case manager, family, Mains'l staff, friends, etc.
• Having “me time”...I enjoy being around people (family, friends and even getting to know strangers) but also really enjoy being alone and having time to myself.
• Transportation to go places being that I do not drive.
• Being around people and have a circle of support that know how my diagnosis affects my life and can support me and help me be accountable in staying on task and being a good self advocate and for others.

How to Best Support Me

• Help with Volunteering: to process the logistics of events, meetings, fundraisers and prioritize if transportation is a problem. Tri-cap is not always available during these events (weekends/evenings)
• Connect with others attending the events or research alternatives to public transport and bring information to the manager.
• Research new volunteer events (purpose, when, where, time, transportation)
• Work with Dustin to find affordable trips to save up for that he would enjoy and how to save money for them. NEXT>
Dustin’s One-Page Profile

**How to Best Support Me (cont’d)**

- Encourage Dustin to call ahead of time to other people that are attending an event for transportation. Staff work with Dustin to research alternative public transportation and bring forth information to manager.
- Work with Dustin to research a new volunteer opportunity he is interested in (purpose, when, where, time and how to get there).
- Assist Dustin when he is struggling with expressing concerns, needs, or sharing a story to his family.
- Dustin gets very nervous before speaking in front of others, words of praise and comfort as well as processing ideas for his talk, support Dustin and help calm his nerves before speaking.
- Dustin works well with visual tools. Use the “PC Donut Tool” when Dustin is struggling with aligning with work rules.

Dustin Home, Work, Play!
Dustin – Affordable Housing, USDA Rural Development

Dustin’s Financial Situation

- **Rent:** $504.00*
- **Utilities:** heat, water, gas, sewer, trash (included in the rent?) **Electric:** $35-40.00 mo. **Phone:** $45.00
- **Internet/Cable:** $216.61 = **$805.61**
- **Food:** $200
- **Income - SSDI:** $954
- **Job:** 3.5 hrs 4xwk = 13 hrs ($12.50 hr) = $651 mo.
- **Food Support/SNAP, MSA, MSA Housing Assistance:** Does not receive
- **Personal Needs:** $80.00

Waiver Service

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

Total Income: $1,685.00
Total Expenses: $1,005.61
Left: $599.39

* This is a subsidized elderly and disabled development. (need to know funding sources).

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Team Dustin!

Dustin’s “Hope-Dream Realities” August 2019
Dustin’s Person-Centered Plan > PATH

Dustin’s “Hope-Dream Realities” August 2019

Dustin & Karen “Words of Wisdom:

• **Dustin:** “Don’t be afraid to speak up and be assertive.”
• “People with disabilities need to be included, not excluded.”
• **Karen:** ‘Do not settle for ‘no’. You need to fight for what you believe is right.”
• “Dustin deserves to have a chance in life. He would not have had all the experiences he has had, had he stayed in the family home.”
• “It is better to have tired and failed than not tried at all.”
Building Community with Friends - Supportive Living Apartment

Lisa & Amanda Vala
Pat & Jay Hannon

Lisa Vala – parent, grass-roots organizer

- Home – Plymouth, MN
- Kids – 2 amazing, resilient daughters – Katherine (31), Amanda (28)
- Married - 34 years – yes, all to the same guy
- Retired – General Mills food product development
- Hobbies: Pickleball pro (aspirational), cooking, traveling, learning, disability advocacy, politics, friends
- 1996 graduate of Partners in Policymaking – where it all started!
Pat Hannon—parent advocate

- Home – Plymouth, MN
- Son Jay (29)
- Married - 40 years – also all to the same guy (Marvin)
- Still working Best Buy Controllership Sr. Acct. Analyst
- Full-time advocate for all things to make Jays life fulfilled
- Hobbies: Traveling, spectator at sporting events, weekends at the cabin

Amanda Vala – My Life

What people Like About Amanda:
- Friendly
- Great smile
- Amazing memory
- Not an evil bone in her body
- Pretty independent in daily routine

Supports Amanda Needs to Stay Healthy, Happy & Safe:
- Plan for having regular social contact with friends vs watching TV alone
- Help managing food intake
- Plan for regular physical activity
- Oversight for medical needs
- Help understanding safety/stranger danger
- Cleaning my living space
- Solving novel problems
- Reminders to communicate:
  - Let others know your whereabouts
  - Help with low vision needs
  - Help take photos for my scrapbook hobby

What’s Important TO Amanda:
- Looking for a new job
- Special Olympics
- Sing in church choir
- Her dog, Maddie
- Scrapbooking
- Playing cards (Uno, SkipBo...)
- Survivor, Big Brother, Amazing Race TV
- Watching sports on TV

What’s Important FOR Amanda:
- Planned, meaningful activities every day
- Healthy, portioned meals & snacks
- Regular exercise
- Social opportunities with friends

My family:
- Mom, Dad, sister Katherine

What’s Important TO Amanda:

Dislikes:
- Unexpected change of plans/routine
- When people move my things
- When I have technology issues
- When the power goes out
- When things break
Jay Hannon – Life on My Own

What people like and admire about me
• Kind to everyone
• Thoughtful
• A good friend
• Passionate about many things. Making him an interesting person to talk to relating everything back to something he is passionate about
• Hard working, never gives up and sets a good example for others
• Happy attitude and always gives his best effort
• Welcomes and acknowledges everyone

How best to support me
• Written daily schedule required
• Warn me of changes I need to process
• I have anxiety watch for this and help me get to level 1
• I need physical activity to relieve stress
• Make sure I have plans for regular social contact with friends and not just sitting in my place alone
• I need to get to the gym several times a week. It helps with my anxiety
• Help me with my meals planning and preparing
• Help me problem solve issues
• Teach and remind me about safety/stranger danger issues
• Remind me to do my laundry and clean my space. (Daily Schedule)
• Ensure I get to my athletic events/activities and sporting events
• Remind me to communicate — leave phone on and respond and always check in/out when I am going somewhere

What's important to me
• Work
• Special Olympics
• Athletics
• Running Club/5Ks
• Lifetime Fitness Activities/ Swimming/ Yoga/ Zumba
• General Health and Fitness
• U of M and other local College Sports
• MIAC Sports events
• U of M Sports events (All Sports- TV and Going to the events; especially women's volleyball and men's basketball
• Timberwolves
• Twins
• Travel/ Trips/ Vacations — Frequent flier miles card
• TV shows (Survivor, Ninja Warriors, Amazing Race)
• Watching all kinds of sports on TV
• Like getting out of the house but need to be nudged to actually get going

How best to support me (Cont.)
• Reminders to converse about normal topics not just the things I am passionate about
• When talking remind me to explain how I relate things back to my passions (Airplanes flight no., types and arrival times; NCAA runners names and running time)
• No babies in my immediate area

Our Tribe Housing Journey

Parents agree to organize
Visited providers
Developed & pitched RFP to 4 providers
Selected Fraser as Residential Service Provider Partner
Identified property & worked to get property management buy-in
Move In!
Realize our Vision

COVID-19 PANDEMIC

2016
2017-18
2018
2019-20
2021
2022
Moving Out Framework – Our Tribe

**Vision**
A safe community with a culture of acceptance that functions as family to support each other in being healthy, happy and independent

**Timing**
Winter 2021

**Geography/Physical Layout**
Minnetonka, MN
Studio, 1 & 2BR apartments (rent) - integrated building

**Foundational Elements**
- Special Olympics
- Safety
- Appropriate level of support (as independent as possible)

**Key Tenants**
- Passionate Committed Staff – Believe in our young adults
- Family Environment/Belong to a community
- Health & Wellness - Engaged in healthy activities – food, exercise, relationships

Fraser Community Living - Housing Considerations

Consider the individual’s current support needs, skills, and preferences for housing:

- What is important to and for the individual?
- Where do they want to live?
- Do they prefer to live alone or with others?
- What independent living skills do they currently use in their living environment?
- What is important to them to have in their living environment?
- How long can the individual be home alone?
- Is there a need for overnight supervision or assistance?
- How much assistance is needed for daily living tasks?
- Can services be intermittent or do staff need to be on-site at all times?
Fraser Housing Options

**Supervised Living**
- Similar to a traditional group home environment.
- 24-hour staffing tailored to the support needs of those who live in the home.
- 4 individuals living together.
- More hands-on supports with ADLs and IADLs.

**Supportive Living**
- Individuals rent their own apartment.
- 1-BR or 2-BR apartment options.
- On-site staffing to assist with independent living skills development.
- Shared staffing model.

**Independent Living**
- Individuals rent a Fraser apartment.
- 1-BR apartment option for adults with a developmental disability or related condition.
- HUD-subsidized rent.
- 1 on-site staff member for emergencies only.

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**Supportive Living**

- We offer services in 5 metro locations!
  - Apple Valley
  - Hopkins
  - Minnetonka
  - Plymouth
  - St. Paul (Highland Park area)
- Services include 24-hour Emergency Assistance and Individualized Home Support with training.
- ~12 individuals are served at each location.
- Supportive Living services are funded through the DD waiver, CADI waiver, or private pay.
- Individuals rent their own apartment unit through the property management, not through Fraser.
Supportive Living “Staffing Pattern”

- Staff apartment/office.
- 3-4 staff are on-site during staffed hours to assist individuals with their goals and tasks.
- There is 1 asleep staff overnight for emergencies or irregular matters.
- Staff host a weekly dinner for those interested in participating in the staff apartment/office.
- Non-staffed hours are Monday-Friday from 9AM to 2PM.
  - During this time staff are available via staff cell phone for urgent matters.
  - Most individuals receive Day Support, work or volunteer, or are able to be safely alone in their apartment during these times.

Key Differences between Our Individualized Housing Option & Fraser Supported Living

1. Staff support for evening and weekend transportation to a multitude of activities for residents.
   (Mantra: Metro Mobility max of once a day)

2. Build sense of community with facilitated group dinners – 3-4x/week. Rotate cost/location between apartments. Residents opt-in.
Services Offered through Fraser Supportive Living:

- Budgeting and bill paying
- Medication assistance
- Meal planning
- Grocery shopping
- Cooking instruction / skill development
- Assistance with creating and maintaining a cleaning plan
- Monitoring technology
- Assistance with community integration
- Medical appointment support
- Communication with property management
- Assistance with transportation scheduling
- Roommate matching (if desired)

Property ID

Doran Cos. plans project in Minnetonka

Doran Cos. plans to break ground this month on a luxury apartment community in Minnetonka at Wayzata Boulevard and Fairfield Road near Hopkins Crossroads and Interstate 394.

The multifamily complex, designed and built by Doran, will be the first led by Doran RE Partners, an independent venture that pursues joint development deals relying on capital independent of founder Kelly Doran.

The 175-unit apartment community will be constructed on the site of what are now three office buildings.

“We are excited to bring this project to life, marrying the tranquility of the natural environment within this Minnetonka neighborhood with the modern conveniences and amenity-rich lifestyles residents of Doran properties … expect,” said Anne Behrendt, Doran chief operating officer.

The multifamily apartment community will boast 20,000 square feet of amenity space, including a fitness center.

The complex will include 35 income-restricted apartments for those who make up to 50% of the Twin Cities area median income.

The city of Minnetonka will contribute $4.8 million in tax increment financing for the project.

Doran Partners paid $2.65 million for the two parcels of land, but declined to quote a development-and-construction cost for the project.

Over the past decade, Doran Cos. has developed, designed or built more than 50 luxury multifamily projects.
The Birke Apartments – Move In!

- Getting their mail
- Lease signing day
- Eating lunch together
- Swim girlfriends
- Watching sports on TV
- Friends in Party Room

Fraser Staffing Calendar
A Day In the Life – Amanda’s Supports

Sunday
- Sing in church choir & lunch with family
- Parents drive her back to apartment
- 1 – 3 pm – In-home supports without training (exercise in community & Caribou tea)
- 3 – 5 pm – Fraser staff (In-home supports with training) – grocery shopping and food prep
- Dinner – Mom’s Meals or reheat leftovers
- TV

A Day In the Life – Jay’s Supports

Monday
- Work 8 pm - 1 pm and back to apartment
- Work out at the apartment complex workout facility
- 3 – 4 pm – Fraser staff (In-home supports with training) – grocery shopping
- 4 pm – groceries unpacked independently
- Light meal prep, laundry and light cleaning independently
- TV
## April Activity Calendar

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
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<td></td>
<td><strong>BYO dinner in the lobby 6p/Grocery shopping!</strong></td>
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<td>2</td>
<td><strong>BYO dinner in the lobby 6p/Grocery shopping!</strong></td>
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<tr>
<td><strong>Movie Night</strong></td>
<td><strong>Basketball Practice. 4p Bingo Zoom</strong></td>
<td><strong>Community dinner: Spaghetti and Meat balls with a salad</strong></td>
<td></td>
<td><strong>BYO dinner in the lobby 6p/Grocery shopping!</strong></td>
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<td>5</td>
<td>6</td>
<td><strong>5:30 Community Room</strong></td>
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<td><strong>16</strong></td>
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<tr>
<td><strong>UMD Attack</strong></td>
<td><strong>Basketball Practice. 4p Bingo Zoom</strong></td>
<td><strong>Hot Tub 7:30pm</strong></td>
<td><strong>Community dinner: Breakfast for dinner</strong></td>
<td><strong>Game Night 7p Community Room</strong></td>
<td><strong>BYO dinner in the lobby 6p/Grocery shopping!</strong></td>
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<tr>
<td>17</td>
<td>18</td>
<td>19</td>
<td><strong>5:30 Community Room</strong></td>
<td>20</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td><strong>Happy Easter</strong></td>
<td><strong>Basketball Practice. 4p Bingo Zoom</strong></td>
<td><strong>Hot Tub 7:30pm</strong></td>
<td><strong>Community dinner: Easter dinner!</strong></td>
<td></td>
<td><strong>BYO dinner in the lobby 6p/Grocery shopping!</strong></td>
<td><strong>Bowling 12:00pm</strong> <strong>Movie Night 7:00 Stephanie’s apt</strong></td>
</tr>
<tr>
<td>24</td>
<td>25</td>
<td>26</td>
<td><strong>5:30 Community Room</strong></td>
<td>27</td>
<td>28</td>
<td>29</td>
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<tr>
<td><strong>Caribou Walk 10:00am Smoothie Time</strong></td>
<td><strong>Basketball Practice. 4p Bingo Zoom</strong></td>
<td><strong>Hot Tub 7:30pm</strong></td>
<td><strong>Community dinner: Orange Chicken and fried rice.</strong></td>
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<td><strong>BYO dinner in the lobby 6p/Grocery shopping!</strong></td>
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## Financials – 2BR Affordable Apartment - Amanda’s half

<table>
<thead>
<tr>
<th>Income</th>
<th>Expenses</th>
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<tbody>
<tr>
<td>SSI/SSDI $841</td>
<td><strong>Rent $650</strong></td>
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<tr>
<td>MSA + MSA Housing $81 + $397 = $478</td>
<td><strong>Utilities (incl cable/internet) $95.00 + $105 = $200</strong></td>
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<tr>
<td>SNAP $230</td>
<td><strong>Lifeline Cell Phone Service: Free</strong></td>
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<tr>
<td>Employment (intermittent) - $15</td>
<td><strong>Food $250</strong></td>
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<tr>
<td>Energy Assistance – will apply soon</td>
<td><strong>Scrapbooking supplies $75</strong></td>
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<tr>
<td></td>
<td><strong>Entertainment $100</strong></td>
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<tr>
<td></td>
<td><strong>Transportation $50</strong></td>
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<tr>
<td><strong>TOTAL = $1,564</strong></td>
<td><strong>TOTAL = $1325.00</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Total LEFT $239</strong></td>
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</tbody>
</table>

**Waived Services:** Traditional Developmental Disabilities Waiver (In-Home Supports with training, 24 HR Emergency Assistance, Home-delivered meals, Employment, In-Home Supports without training) - $66,000/yr allocation.

*Qualification Resident makes under 40% of AMI. This developer received 4.8 mill. "TIF funding" City of Minnetonka.*
Financials – 2BR Affordable Apartment – Jay’s Half

<table>
<thead>
<tr>
<th>Income</th>
<th>Expenses</th>
</tr>
</thead>
<tbody>
<tr>
<td>SSDI $883</td>
<td>Rent $650</td>
</tr>
<tr>
<td>Wages $900</td>
<td>Utilities (incl cable/internet) $95.00 + $105 = $200</td>
</tr>
<tr>
<td>SNAP $30</td>
<td>Cell phone $50</td>
</tr>
<tr>
<td></td>
<td>Food $250</td>
</tr>
<tr>
<td></td>
<td>Entertainment/other $150</td>
</tr>
<tr>
<td></td>
<td>Transportation $50</td>
</tr>
<tr>
<td>TOTAL = $1,813</td>
<td>TOTAL = $1350</td>
</tr>
</tbody>
</table>

Waivered Services: Traditional Developmental Disabilities Waiver (In-Home Supports with training, 24 HR Emergency Assistance, Employment, In-Home Supports without training) - $60,000/yr. allocation.

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

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Path to Create Supportive Housing with Friends

✓ Start Early
✓ Have a Learning Mindset
✓ Network
✓ Organize - Form a Family Coalition & select a leader(s)
✓ Visit providers – they are not scary 😊
✓ Develop your “Request for Proposal” (RFP) “Your ASK”.
✓ Shop your RFP around to providers that are a match. Ask for their proposals
✓ Pick your residential service provider partner
✓ Realize your Vision!
Remember – Drive the Bus, don’t be a passenger!

Thanks to Family Partners!

- The Hannons
- The Hirschs
- The Steinhagen/Petersons
- The Kraffts
- The Dahlins
- The Andersons
- The Elmores
- The Blegens
- The Dischinger/Beautants

- And Jerry Mellum – Rock Star Consultant!
PACER Housing Workshop
April 11, 2022

Chris Dettling, Senior Director Real Estate Development
Julie Hughes, Community Life Coordinator

AbleLight
Bethesda is now AbleLight

About AbleLight
- Christian-based, non-profit
- Founded 1904
- Mission to serve people with intellectual and developmental disabilities (I/DD)
- Group Homes, Host Homes
- Provide education, financial, and supportive services
- 13 states
Whole Person Approach

We carefully design our services to ensure we can provide support for the whole person, regardless of their needs or disability and through every age and stage.
Community – A Fundamental Human Need

- Loneliness is an epidemic in our community
  - Feeling lonely on a regular basis
  - >50% of adults 18-49
  - >40% of adults 55+
  - Social isolation doesn’t have to be the trade-off for independence

- Nationally, 75% of adults with I/DD still live at home
  - Concern of aging parents
  - “What happens when I am no longer able to care for my adult child?”

What is Cornerstone Village?

- Inclusive Housing for People with All Abilities
- We do this in collaboration with I/DD parent groups across the US
- Multifamily residential communities where everyone can thrive
- Set-aside 20% of units for households with I/DD; 80% neuro-typical
Support Independence for individuals with I/DD through:

- **Long-Term Affordability**
  - 30% AMI (1 person) = $22,050 (max rent = $590)
  - 50% AMI (1 person) = $36,750 (max rent = $984)

- **Consumer Choice for Services**

- **Smart Site Selection**
  - Close to shopping, work, transportation
  - Close to family and existing social networks

- **Activities** *(curated by an on-site Resident Life Director)*
  - Game nights
  - Community meals
  - Classes (cooking, fitness, etc)
  - Special interest clubs (faith, gardening, walking, etc)

- **Physical Design**
  - Smart home technology
  - Universal + accessible design
Assistive (Environmental) & Smart Home Tech

- **Safety & Security**: video doorbell, smart garage door opener, smart lock, CO/smoke detector
  - **Sensors**: motion, door/window, presence, leak detection, temperature/humidity
  - **Alerts**: smart bulbs (multi-color), siren/strobe
- **Lighting** (accessibility): smart plugs, bulbs, switches
- **Energy Efficiency** (accessibility): smart thermostat
- **Accessibility | Independence**: smart vacuum, microwave, washer/dryer
## Sample Sources & Uses (100 Unit Development)

<table>
<thead>
<tr>
<th>Capital Uses</th>
<th>100</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acquisition Cost</td>
<td>$1,500,000</td>
</tr>
<tr>
<td>Construction Cost</td>
<td>$18,000,000</td>
</tr>
<tr>
<td>Soft Costs</td>
<td>$10,500,000</td>
</tr>
<tr>
<td>Reserves</td>
<td>$500,000</td>
</tr>
<tr>
<td><strong>Total Development Cost</strong></td>
<td>$30,000,000</td>
</tr>
</tbody>
</table>

### Capital Sources

- **1st Mortgage**: $3,000,000 ($30,000 10%)
- **Owner Equity**: $- $- $- 0%
- **LIHTC Equity**: $21,000,000 ($210,000 70%)
- **MN Housing**: $2,000,000 ($20,000 7%)
- **County**: $1,500,000 ($15,000 5%)
- **City (TIF, etc)**: $1,500,000 ($15,000 5%)
- **Philanthropic**: $550,000 ($5,000 2%)
- **Rebates**: $450,000 ($4,500 2%)

**Total Development Source**: $30,000,000 ($300,000 100%)

## AFFORDABLE PRICING RUNDOWN

### Villas

<table>
<thead>
<tr>
<th>Minnetonka</th>
<th>Nokomis</th>
<th>Hiawatha</th>
<th>Isles**</th>
<th>Harriet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sq. Ft.</td>
<td>1216</td>
<td>1017</td>
<td>1100</td>
<td>1024</td>
</tr>
<tr>
<td>Type</td>
<td>2BR 2BA + Den</td>
<td>2BR 2BA</td>
<td>2BR 2BA</td>
<td>2BR 2BA</td>
</tr>
<tr>
<td>Rent</td>
<td>$2,500</td>
<td>$2,300</td>
<td>$2,200</td>
<td>$2,175</td>
</tr>
<tr>
<td>Subsidy</td>
<td>(5682)</td>
<td>(5682)</td>
<td>(5682)</td>
<td>(5682)</td>
</tr>
<tr>
<td>Community Fee</td>
<td>$140</td>
<td>$140</td>
<td>$140</td>
<td>$140</td>
</tr>
<tr>
<td>Est. Utilities</td>
<td>$205</td>
<td>$168</td>
<td>$155</td>
<td>$155</td>
</tr>
<tr>
<td><strong>TOTAL COST</strong></td>
<td>$2,163</td>
<td>$1,926</td>
<td>$1,813</td>
<td>$1,788</td>
</tr>
</tbody>
</table>

**Cost for Roommate 1**: $963.00
**Cost for Roommate 2**: $963.00

### Apartments

- **Nokomis (Shared)**
- **Hiawatha (Shared)**
- **Isles (Shared)**
- **Harriet (Individual)**
- **Harriet (Shared)**

<table>
<thead>
<tr>
<th>Minnetonka</th>
<th>Nokomis</th>
<th>Hiawatha</th>
<th>Isles**</th>
<th>Harriet</th>
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<td>2BR 2BA</td>
<td>2BR 2BA</td>
<td>2BR 2BA</td>
<td>2BR 2BA</td>
</tr>
<tr>
<td>Rent</td>
<td>$2,300</td>
<td>$2,200</td>
<td>$2,165</td>
<td>$1,535</td>
</tr>
<tr>
<td>Subsidy</td>
<td>(5682)</td>
<td>(5682)</td>
<td>(5682)</td>
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</tr>
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</tr>
<tr>
<td><strong>TOTAL COST</strong></td>
<td>$1,926</td>
<td>$1,813</td>
<td>$1,778</td>
<td>$1,110</td>
</tr>
</tbody>
</table>

**Cost for Roommate 1**: $906.50
**Cost for Roommate 2**: $906.50

**Annual Income**:
- < $41,400
- < $41,400
- < $41,400
- < $36,200
- < $36,200

**Type**:
- 2BR 2BA - 1 Car Garage
- 2BR 2BA
- 2BR 2BA
- 1BR 1BA
- 1BR 1BA

**Rent**:
- $2,300
- $2,200
- $2,165
- $1,535
- $1,535

**Subsidy**:
- (5682)
- (5682)
- (5682)
- (5682)
- (5682)

**Community Fee**:
- $140
- $140
- $140
- $140
- $140

**Est. Utilities**:
- $205
- $168
- $155
- $155
- $147

**TOTAL COST**:
- $1,926
- $1,813
- $1,778
- $1,110
- $1,110

**Cost for Roommate 1**: $906.50
**Cost for Roommate 2**: $906.50

---

**Villa**

- **Annual Income**: < $41,400
- **Type**: 2BR 2BA - 1 Car Garage
- **Rent**: $2,300
- **Subsidy**: (5682)
- **Community Fee**: $140
- **Est. Utilities**: $205
- **TOTAL COST**: $1,926

---

**Apartments**

- **Annual Income**: < $41,400
- **Type**: 2BR 2BA
- **Rent**: $2,200
- **Subsidy**: (5682)
- **Community Fee**: $140
- **Est. Utilities**: $168
- **TOTAL COST**: $1,813

---

**Isles**

- **Annual Income**: < $41,400
- **Type**: 2BR 2BA
- **Rent**: $2,165
- **Subsidy**: (5682)
- **Community Fee**: $140
- **Est. Utilities**: $155
- **TOTAL COST**: $1,778

---

**Harriet (Shared)**

- **Annual Income**: < $36,200
- **Type**: 1BR 1BA
- **Rent**: $1,535
- **Subsidy**: (5682)
- **Community Fee**: $140
- **Est. Utilities**: $155
- **TOTAL COST**: $1,110

---

**Harriet (Individual)**

- **Annual Income**: < $36,200
- **Type**: 1BR 1BA
- **Rent**: $1,535
- **Subsidy**: (5682)
- **Community Fee**: $140
- **Est. Utilities**: $155
- **TOTAL COST**: $1,110

---

**Notes**:

- **The Isles have a price range of $2,160-2,175 depending on location**
Support Independence through self-advocacy:

- MN State Legislature Housing Committee
- Residents Ryan and Jeremy testified about how living at Cornerstone Village Victoria supports their independence and why additional funding is needed.

Questions?

Chris Dettling  
chris.dettling@ablelight.org  
612.432.5820

Julie Hughes  
julie.hughes@ablelight.org  
920.261.3050
In Closing….

- Educate yourself! Start networking!
- Time is an advantage due to limited funding, availability of supports & services, and affordable housing.
- It is beneficial to start the application process for social services in your high school years.
- Plan time to start your person-centered plan with your son daughter and about housing services and options.
- Call PACER Center’s Housing Project with additional questions.

PACER’s Housing & Services Process Guide
...coming in the next workshop
Resources

**PACER’s Housing Project:**
www.PACER.org/housing
Contact Person: Susan Shimota
Phone: 952-838-9000
Email: 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

**PACER’s National Parent Center on Transition & Employment:**
www.PACER.org/transition

Disability Hub MN
disabilityhubmn.org 1.866.333.2466

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Resources

**Person Centered Planning:**

Helen Sanderson and Associates  www.helensandersonassociates.co.uk

The Learning Community for Person Centered Practices
https://tlcpcp.com

MN Department of Human Services > Person Centered Practices

ARC Minnesota: Planning & Coaching
https://arcminnesota.org/ways-we-can-help/planning-your-future
Phone: 952-920-0855, ARC Statewide: 833-450-1494
Email: https://arcminnesota.org/ways-we-can-help/ask-an-advocate

MN Governor’s Council on Developmental Disabilities
“Its My Choice”:
Resources

Minnesota’s Olmstead Plan
www.pacer.org/housing/gettingstarted >Minnesota’s Olmstead Plan

The ARC of MN - Housing Resources
Phone: 952-920-0855, ARC Statewide: 833-450-1494

Metropolitan Center for Independent Living, Inc.
www.mcil-mn.org 651.646.8342

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 Benefits101 https://mn.hb101.org
- HB101 Places https://mn.hb101.org/places.htm
- Disability Benefits 101 https://mn.db101.org
Resources

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

MN Department of Human Services (DHS) Community-Based Services Manual
https://tinyurl.com/sn9pmt6

“Find Choose & Keep Great DSPs (Direct Support Professionals) Toolkit”


Metro Crisis Coordination Program (MCCP) Residential Openings List  https://mnopenings.org

Resources

Housing Link
Housing Rental Listings, Public Housing, Section 8, Waitlists & Newsletter
www.housinglink.org
Housing Link “Streams” Database: https://www.housinglink.org/Streams/

TAC- Technical Assistance Collaborative
www.tacinc.org/knowledge-resources/publications/e-books/section-8-made-simple
Voucher Database for MN: http://www.tacinc.org/knowledge-resources/vouchers-database/?state=MN

HUD - Information for Disabled Persons
HUD Resource Locator  https://resources.hud.gov

“20 Revealing Questions that Every Renter Should Ask”
https://www.apartments.com/rental-manager/resources/article/20-revealing-questions-that-every-renter-should-ask
Resources

- MN Housing Finance Agency
  - www.mnhousing.gov

- MN Home Ownership Center
  - https://www.hocmn.org

- Homes for All
  - http://homesforallmn.org/
  - https://www.hocmn.org/homeownershipopportunityalliance

Social Security Administration
  - https://www.ssa.gov/benefits/disability
  - https://www.ssa.gov/ssi/links-to-spotlights