Step 3

Housing: What are the Options?

Three-part Housing Workshop Series 2023

- **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.
This workshop will address:

- Where does your young adult want to live?
- How will your young adult afford rent, food?
- How will your young adult afford the staff support necessary to live in the most integrated setting?
- How the person-centered thinking & planning process provides information and direction for housing & services options.
- How our presenters obtained person-centered housing & services.
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.

How will your young adult pay for housing and services?

You will need to consider:
- Support 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 each individual’s dreams and vision of the person, not a "system-centered" process driven by planners, stereotypes, and aggregated programs like traditional models.
- Uses a set of tools that address what is important to the person and the 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 knows them the best: family, friends, neighbors, support workers, and other professionals.

Make a request for a Certified Assessor

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, interview 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 release, forms, rental agreement

PACER Center
CHAMPIONS FOR CHILDREN WITH DISABILITIES...
Housing for People with Disabilities

HENNEPIN COUNTY
MINNESOTA

Three Basic Questions

• Where do you want to live?
• How will you afford rent and food?
• How will you afford the staff support necessary?
Where do you want to live?

Examples

- Potential unlimited possibilities within resources
- Community residential setting (group home)
- 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
- Neighborhood housing group
- Co-housing – Plymouth (Indu)
- Own a home or condo (first time home buyer $, land trusts)
- Apartments controlled by the provider (Integrated Community Support)

The Array of Housing Options

- Licensed Housing
- Other Provider Controlled Housing
- Participant Controlled Housing
The Array of Housing Options

Licensed Housing  Other Provider Controlled Housing  Participant Controlled Housing

The Array of Housing Options

Licensed Housing  Other Provider Controlled Housing  Participant Controlled Housing
Integrated Community Support Basics

A new service through DHS Waiver Reimagine. Services that provide support and training to adults age 18+ who live in an ICS provider-controlled setting.

The ICS provider is **teaching**, not doing hands-on care for the individual.

- ICS covers training and support to meet the person’s assessed needs and goals in at least once of the following:
  - Community participation
  - Health, safety and wellness
  - Household management
  - Adaptive skills

A person who lives in ICS setting is not required to receive ICS. However, when a person lives in an ICS setting, they may only receive services from that provider. The provider certifies the building. Only one provider of this service is allowed per building.
What is “Own Home?”

- **Person controls the home** by renting or owning.
- Person has a lease and pays rent, utilities directly.
- Person chooses their own service provider.
- Person determines who does specific tasks (shopping, errands, other tasks).
- Person gets services based on their own plan (not group)
- Services are delivered individually
- Shared services are decided independently
- Not a wrap around service or a situation where several families use one provider.
- Can be 24/7 services based on assessed need.
- Family members are the back up for staffing vs. the agency.

Expectations for Own Home

- **Person has a lease/owns their home**
- **Person has their own living, sleeping, bathing, eating areas**
- **Person has privacy in their living/sleeping area**
- Person chooses if they want a roommate or not
- **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 and buys their own food.**
- 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.
- Family is often the backup for staffing when there are openings in the schedule
Where Do You Want to Live?

www.mnopenings.org

Search for residential openings

Enter zip code...

Radius

15 miles

SEARCH BY LOCATION
Sort by Type of Housing and Funding

Www.housinglink.org

Are you denied housing because of a criminal background, low credit score or recent eviction?

Simplifying affordable housing
Enter the specific service and area
How Will I Afford the Staff Support Necessary?

• Natural supports
• Personal Care attendant services
• Home and community-based waiver services
  In home—Individualized Home Supports with training, without training and with family training, Night supervision, 24 Hour Emergency Assistance, Electronic Monitoring, Home delivered meals, Live-in expenses, Homemaker and more!!
  Community Residential Setting—group home. Staff are provided based on a ratio of need.
  Integrated Community Support—provider-controlled apartment setting that teaches skills.
• ARMHS—Rehabilitative Mental Health Services (MA funded)
• Customized Living—apartment with meals and supports in the building.
• Employment options.
Disability Services Program Manual
(google MN DHS DD Waiver)

Developmental Disabilities (DD) Waiver

In response to the COVID-19 pandemic emergency, DHS has updated policy/procedures and issued related instructional
bulletins to ensure continuity of care for people in Minnesota who access services. These changes:
- Allow LTSS assessments and reassessments to be conducted remotely (March 23, 2020, dt3)
- Allow case management visits to be conducted remotely (April 6, 2020, dt3)
- Prevent eligibility in LTSS programs from being terminated (June 22, 2020, dt3)


Legal authority
Minn. R. 3525.0004 to 3525.0086, 42 CFR 483.440

Definition
Developmental Disabilities (DD) Waiver: Program that provides home and

Disability Services Program Manual

Covered services
As part of the Waiver Reimagine project, DHS is streamlining some services in the
waiver service menu. For more information, see CBM - Waiver Reimagine
streamlined service crosswalk.
The following services are covered under the DD Waiver. For a service-specific
policy page, select a service from the list:
- 24-hour emergency assistance (includes personal emergency response
  systems / PERs)
- Adult day services (includes family adult day services)
- Adult day services bath
- Assistance technology
- Consumer living supports
- Case management
- Case management aide
- Chore services
- Community residential services
- Consumer directed community supports (CDDS)
- Crisis reports
- Day support services
- Employment development services

3/8/2023
How will I Afford Rent and Food?

How will you afford rent and food?

- MN Supplemental Aide/ MSA Housing Assistance
- Housing Support Funds
- Social Security
- Retirement Survivors Disability Insurance (RSDI)
- Employment
- Fare for All
- Free phone [www.qlinkwireless.org](http://www.qlinkwireless.org)
- Waiver funded “home delivered meals”
- Waiver funded “caregiver live-in expenses”
- Roommate
- Section 8, Section 811, Section 42
Tools: Your Self-Directed Plan

5/7/2023

Housing Budget Estimator

1. Monthly Income (Anticipated or Current)
   - Net Take Home Pay from Employment
   - Non-Taxable Income (such as Social Security, etc.)
   - Other

2. Monthly Expenses
   - Housing
   - Rent/Mortgage
   - Utilities
   - Vehicle
   - Insurance
   - Health Insurance
   - Cell Phone
   - Licenses/Permits
   - Food
   - Groceries
   - Gifts
   - Laundry
   - Personal/Health
   - Water/Sewer
   - Other

3. Balance
   - Ending Amount Available for Spending

Tools: Housing Budget Estimator
Tools: Roommate Profile

Please contact me for more information or questions

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Let’s Get Started!

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 young adult and about housing services and options.
- Call PACER Center’s Housing Project with additional questions.
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:
https://www.PACER.org/transition
Transitioning to Life After High School - PACER Center

Disability Hub MN
disabilityhubmn.org 1.866.333.2466

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
https://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.
https://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/sn?pm16

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


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

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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: https://www.hud.gov/topics/information_for_disabled_persons
HUD Resource Locator: https://resources.hud.gov
HUD Reasonable Accommodations & Rights for Individuals with Disabilities:
https://www.hud.gov/program_offices/fair_housing_equal_opportunity/reasonable_accommodations_and_modifications
HUD File a Complaint: https://www.hud.gov/program_offices/fair_housing_equal_opportunity/online-complaint
Resources

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

MN Housing Finance Agency
https://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