Step 3

Housing: What are the Options?

Three-part Housing Workshop Series

- **Housing: How do we start?**
  Monday, April 1, 6:30 p.m.- 9:00 p.m.

- **Housing: How is it paid for?**
  Monday, April 15, 6:30 p.m. - 9:00 p.m.

- **Housing: What are the options?**
  Monday, April 29, 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

To 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 answers and their definitions can be found on the back panel. For more information on this topic, refer to PACTER's Housing Projects Page website at ACCEP.org.

How will your young adult pay for housing and services?

You will need to consider:
- Supportive housing
- Number of roommates
- Mortgage or rent
- Food
- Personal needs
- 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 values of the person, not a "solutions-based" process driven by programs, interventions, and unregulated programs by traditional models.
- Uses a set of tools that address what is important to the person and for a person to have quality of life, essential to give people more choice and control over the way they are supported.
- Uses a set of tools to capture information and improve understanding, communication, and relationships.
- Galvanizes 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 Center

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
- Identify, interview roommates and service providers

Disagree with decision? Use appeal process

Finalize Your Support Plan
- Support Plan: Transitioning from Community Support Plan, Coordinated Services & Support Plan
- Individual Service Plan (ISP)
- Individual Community Support Plan (ICSP)
- Individual Treatment Plan (ITP)
- Sign releases, forms, rental agreements, residence agreements

Finalize Your Support Plan
- Support Plan: Transitioning from Community Support Plan, Coordinated Services & Support Plan
- Individual Service Plan (ISP)
- Individual Community Support Plan (ICSP)
- Individual Treatment Plan (ITP)
- Sign releases, forms, rental agreements, residence agreements
Housing for People with Disabilities

Hennepin County
Minnesota

PACER 2023

Three Basic Questions

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

Integrated Community Support Continued

Services that can be added to the service plan along with ICS include:

- PCA
- Homemaking
- Home-delivered Meals

These services can’t duplicate each other.

- Services that cannot also be received while receiving ICS:
  - 24-hour emergency assistance
  - Adult foster care
  - Community residential services (group home)
  - Customized living (including 24-hr customized living)
  - Caregiver living expenses
  - Family residential services (formerly family foster care)
  - Individualized home supports (without training, with training and with family training)
  - Night Supervision Services
  - Respite
The Array of Housing Options

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

Distance
15 miles
SEARCH

Type of Home
- CRS/Formerly SLS
- ICF
- Foster Care
- SLS
- In-Home
- Respite
- Temporary Care COVID
- Out of State Crisis Bed

Funding Type
- DD Waiver
NEW!
HB101 Guide for Young People

Housing Benefits 101

The Basics

Housing is one of the most important things in life. You need a place to live that meets your needs, that you enjoy, in a place where you want to live. Good housing helps you live the type of life you want to live.

This is just as true for young people with disabilities as it is for anybody else. Being a young person and having a disability can make it seem more difficult to find and keep your own place to live, especially if you’ve always lived with your family. But it is possible and with HB 101 and the help you can get.

There are ways for you to find a place that:

- You choose
- Is in the city or neighborhood you want to live in
- Is close enough to your work, school, family, and friends
- Is physically accessible for you (doesn’t have barriers related to your physical condition)
- Has the services you need (people who help you with certain things)
- You can afford (not too expensive)
- You like

Search for programs that can help:

- Older Adults
- People with Disabilities
- Family Caregivers
- Medicaid Waivers
- Transportation
- Homeless
- Taxonomy Search

Medicare Help During Open Enrollment

- Open Enrollment is October 16 – December 7.
- Go to Medicare.gov to explore your coverage options, compare health and prescription drug plans, and enroll.
- You can also visit Health Care Choices for Minnesota on Medicare for detailed information about the Medicare plans offered in Minnesota.
- If you still need help, call the Senior LinkAge Line at (800) 333-2435 for unbiased help with Medicare.
Enter the specific service and area

How Will I Afford the Staff Support Necessary?
How will you 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 Residencial 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.

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Google > MN DHS, Community Based Services Manual (CBSM)

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Developmental Disabilities (DD) Waiver

In response to the COVID-19 peacetime 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, eList)
- Allow case management visits to be conducted remotely (April 6, 2020, eList)
- Prevent eligibility in LTSS programs from being terminated (June 22, 2020, eList)

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**Legal authority**

Federally approved DD Waiver Plan. Minn. Stat. §255.27. Minn. Stat. §256B.092; Minn. R. 9525.0004 to 9525.0036; 42 CFR 483.440

**Definition**

Developmental Disabilities (DD) Waiver: Program that provides home and community-based services to children and adults with a diagnosis of a developmental disability or a related condition who require the level of care provided in an intermediate care facility for persons with developmental
DD Waiver Covered Services

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)
- Energy assistance [https://accel.minnesotaenergyresources.com/home/lieap.aspx](https://accel.minnesotaenergyresources.com/home/lieap.aspx)
- Waiver funded “home delivered meals”
- Waiver funded “caregiver live-in expenses”
- Roommate
- Section 8, Section 811, Section 42
### Housing Budget Estimator

1. **Monthly Income (Anticipated or Current)**
   - Net Take Home Pay from Employment
   - Gross Income from Other Sources
   - Other Income (e.g., rental income)

2. **Monthly Expenses**
   - Rent/Mortgage
   - Food
   - Utilities
   - Health Insurance
   - Dental/Vision
   - Prescription
   - Telephone
   - Cable/Internet
   - Laundry
   - Personal Care/Services
   - Cleaning Supplies
   - Gas/Electricity
   - Water/Garbage
   - Gas
   - Rent/Dues
   - Child Support
   - Groceries
   - Gas/Electricity 4, Car Lease
   - Other Roommates

3. **Balance**

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### Roommate Profile

<table>
<thead>
<tr>
<th>Name:</th>
<th>Phone:</th>
<th>Email:</th>
<th>Gender:</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
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</table>

**What are your hobbies and what do you love to do?**

- Reading
- Writing
- Art
- Sports
- Travel
- Cooking
- Gardening
- Socializing

**What are your preferences for a roommate?**

- Clean
- Quiet
- Organized
- Social
- Independent

**What are your dislikes for a roommate?**

- Messy
- Noisy
- Inconsiderate
- Nervous
- Annoying

4/29/2024
Please contact me for more information or questions

Jerry Mellum, Senior Planning Analyst
Phone: 763-360-9307
Email: jerry.Mellum@Hennepin.us

Let’s Get Started!
Steve, Karen and Pierce Pennaz – Life Sharing Model

Steve, Pierce, Maddie, Karen

About Pierce Pennaz

What's Important TO me:
- Music
- Xi-Xi
- Good health
- Friends
- Pizza
- Special Olympics
- Mini-Golf
- My dog Rocky
- WWE
- T-SHIRTS
- Independence

What's Important FOR me:
- Take me to regular health, vision, dental appointments.
- Ensure that I get enough & eat healthy meals.
- Promote self-care (toothbrushing, showering, general hygiene, sleep routines).
- Give me positive messages to boost my self-esteem.
- Respect that I may need for down-time or alone-time.
- Help me pursue my interests.
- Teach me how to keep my environment clean and safe.
- Keep me safe in public situations and travel.
- Help me contribute to others and the community.
- Encourage activities/interactions in line of screen time.
- Take me to church so I can continue to strengthen my faith.

What people like about me:
- Great sense of humor
- My big hugs
- Strong/athletic
- Sincere approach to life
- Strong faith in God
- Loyal
- Diligent—love to meet new people
- Unique
- Curious

How to best support me:
- I have speech apraxia to help me slow down to get more information and to help my understanding.
- I need assistance with hygiene and social skills.
- Keep me active
- Build a relationship with me
- Help me watching weight
- Get me out in the community

Pierce’s One-Page Profile
Pierce Person Centered Planning

Pierce's School Transition Team Person Centered Planning Session

The “Skillet Boys”

Pierce Person Centered Planning “PATH”
Life Sharing – What is it?

**Life Sharing:** Matches an adult age 18 or older who has a disability with a family who will share their life, experiences, relationships, home, and support the person using person-centered practices.

- Enhanced person-centered matching process and training.*
- The individual or family owns or rents the home, county licenses home.
- Life Sharing is licensed through an agency who is an independent contractor.*

*For some shared living models

CB5M - Resource: Life sharing matching process and ongoing support options (mn.gov)

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Life Sharing – Service Definitions

A **Life-Sharing** arrangement can include up to two adults receiving support who choose to live together with an unrelated individual/family in the same home. This can include:

- One single adult
- Two partners or friends
- Two adult siblings
- If more than two people are involved in an arrangement, or if the two people are not related, partners or friends, they cannot use a life-sharing arrangement.

*For some shared living models

CB5M - Resource: Life sharing matching process and ongoing support options (mn.gov)
Life Sharing – Who Is Eligible?

Eligibility

- Adults 18 years or older are eligible to be part of a life-sharing arrangement if they use one of the following waivers:
  - Brain Injury (BI)
  - Community Access for Disability Inclusion (CADI)
  - Community Alternative Care (CAC)
  - Developmental Disabilities (DD)

-Life Sharing matching process and ongoing support options (mn.gov)

Life Sharing – Who Provides The Service?

Who provides life sharing?

- Three main people/entities with complementary roles, responsibilities and functions:
  1) Person who receives disability waiver services and is interested in being matched with a life-sharing individual/family.
  2) Life-sharing agency that provides matching, ongoing support and third-party billing and is a 245D-licensed provider.
  3) Individual/family who provides support to the person in individual/family’s home and has a home that is licensed for no more than two people by the county/tribal nation.
Life Sharing Includes **Three Phases**

All life-sharing arrangements are driven by the individuals, person-centered support plan.

1) Matching and planning the move.
2) Ongoing support from the life-sharing agency
3) Support from the individual/family

*For some shared living models

[CBSM - Resource: Life sharing matching process and ongoing support options (mn.gov)]

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**Move In Day!**

**Life Sharing Family: Donovan, Yvette, Donovan Jr. (DJ)**
Pierce Home, Employment & Leisure

Pierce – Life Sharing Model

Pierce financial situation:
- Income: SSI $943
- Job: $213
- Provider keeps: $818
- MN DHS adds: $317
- Total Housing Support: $1135 Includes rent, utilities, food.
- Personal Needs/Expenses not covered by provider $200 a mo. max budget

Waiver Service
- DD Waiver: Family Residential/Life Sharing Services, Customized Employment, Transportation
- Natural Supports
- Family/ friends

Total Income to Provider: $1135
Total Income for person: $125
Total budget for services/Daily rate: Split 60% to Life-Sharing provider, 40% to Life Sharing Agency
“Words of Wisdom”

- **Pray** for God’s perfect plan.

- **Know** that you will NEVER stop advocating, not even when your young adult moves out.

- **Understand** that living away from the family is not a choice that every family with a young adult with a special needs child will make.

- **Person-Centered thinking** means putting Pierce in the center and what he wanted first – to move out.
Lisa Vala – parent, grass-roots organizer

• Home – Plymouth, MN
• Kids – 2 amazing, resilient daughters – Katherine (33), Amanda (31)
• Married - 36 years – yes, all to the same guy
• Retired – General Mills food product development
• Hobbies: Pickleball, 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 (31)
• 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 Jay’s 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:**
- Her part-time jobs
- Special Olympics
- Sing in church choir
- Her dog, Maddie
- Scrapbooking
- Listening to audiobooks
- Survivor, Big Brother, Amazing Race TV
- Watching sports on TV

**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 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

**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 – Phase 2

- Parents agree to organize
- Visited providers
- Developed & pitched RFP to 4 providers
- Selected 1st provider
- Identified property & worked to get property management buy-in
- Moved In! Realize our Vision
- Developed RFP & pitched to 3 new providers
- Selected Mains’l as provider partner
- Realize our Vision!

2016
2017-18
2019-20
2021-22
2022
2023

Property ID

Construction
Moving Out Framework – Our Tribe

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

January 2021

Minnetonka, MN
Studio, 1 & 2BR apartments (rent) - integrated building

Special Olympics
Safety
Appropriate level of support (as independent as possible)

Foundation Elements

Timing

Geography/Physical Layout

Vision

Connection

Engagement

Key Tenants

Pain Points from Year 1 and Role Clarification for the Future

Provider-centered vs. Person-centered
Staff reluctant to provide transportation
Staff turnover

Building Cultural Competency
True partnership
Waiver funding service lines
So What?

Person-centered Planning

Customizing Services within the Framework

CBSM – Community Based Services Manual – DHS rules explained as policy

Residential Settings Continuum:
- Residential Provider Controlled Setting (CRS, ICS) – Provider controls setting & services
- Own Home Setting – Person pays own rent (controls setting) & chooses service provider

DHS Guidance in 2022 was to move all supported apartment programs into ICS (Integrated Community Support) sites starting with annual service renewals in 2023
- Families shared that they were not aligned with their provider to realize their Vision
- Families wanted Own Home services: to maintain control of housing (paying own rent) and choose services to meet individual needs identified in their plans
- Everyone needed differing levels of onsite support. Individual plans, while also supporting community relationships among people in the building.
- Creating Own Home setting with onsite support (within the constructs of the CBSM), became our shared goal.
ICS (Integrated Community Supports vs Own Home Setting/Services)

<table>
<thead>
<tr>
<th></th>
<th>Own Home</th>
<th>ICS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lease held by</td>
<td>Person served</td>
<td>Residential Provider</td>
</tr>
<tr>
<td>Setting controlled by</td>
<td>Person served</td>
<td>Residential Provider</td>
</tr>
<tr>
<td>Common service lines</td>
<td>IHS(In-Home Supports) - unit-based, Emergency Assistance – daily rate, Homemaker – unit-based</td>
<td>Integrated Community Supports (excludes transportation and nursing services) - DAILY rate</td>
</tr>
<tr>
<td>Support staff hired by</td>
<td>Person served/provider</td>
<td>Residential Provider</td>
</tr>
<tr>
<td>Services controlled by</td>
<td>Person served (can hire &amp; fire provider, engage multiple providers if desired)</td>
<td>Residential Provider (only registered ICS provider can provide ICS services at that site)</td>
</tr>
</tbody>
</table>

Mains’l / Our Tribe Structure

- Team Manager
- Support Manager – manages everyone’s IHS hours
- Social Coordinator – plans activities & transportation needs
- Community Support Coaches – 1:1 or 1:2 support
- Funding streams:
  - Individualized Emergency Assistance (EA) service, In-Home supports (IHS), Homemaker
  - CDCS (Consumer Directed Community Services)
  - Accountability for the individualized plans/EA market rate (data collection)

*Best coaching: Start with YOUR vision the way these families did!*
The Players

Financials – 2BR Affordable Apartment – Jay's half

<table>
<thead>
<tr>
<th>Monthly Income</th>
<th>Expenses</th>
</tr>
</thead>
<tbody>
<tr>
<td>SSDI $1,030</td>
<td>Rent $683*</td>
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<tr>
<td>MSA + MSA Housing $425</td>
<td>Utilities (incl cable/internet) $95.00 + $130 = $225</td>
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<tr>
<td>SNAP $80</td>
<td>Cell Phone $20</td>
</tr>
<tr>
<td></td>
<td>Food $250</td>
</tr>
<tr>
<td></td>
<td>Other $175</td>
</tr>
<tr>
<td></td>
<td>Total LEFT $192</td>
</tr>
</tbody>
</table>

\[ \text{TOTAL} = 1,545 \quad \text{TOTAL} = 1,353 \quad \text{Total LEFT} = 192 \]

**Waivered Services:** Traditional Developmental Disabilities Waiver (In-Home Supports with training, 24 HR Emergency Assistance, Employment, Transportation, Day Support Services, In-Home Supports without training) - $150,000/yr allocation.

*Qualification: Resident makes under 40% of AMI. This developer received 4.8 mill. “TIF funding” City of Minnetonka.*
Financials – 2BR Affordable Apartment - Amanda’s half

<table>
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<tr>
<th>Monthly Income</th>
<th>Expenses</th>
</tr>
</thead>
<tbody>
<tr>
<td>SSDI $428</td>
<td>Rent $683*</td>
</tr>
<tr>
<td>SSI $250</td>
<td>Utilities (incl cable/internet) $95.00 + $130 = $225</td>
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<tr>
<td>MSA + MSA Housing $538</td>
<td>Lifeline Cell Phone Service: Free</td>
</tr>
<tr>
<td>SNAP $23</td>
<td>Food $250</td>
</tr>
<tr>
<td>Employment - $540</td>
<td>Scrapbooking supplies $75</td>
</tr>
<tr>
<td>Energy Assistance – $10</td>
<td>Entertainment $100</td>
</tr>
<tr>
<td></td>
<td>Transportation $90</td>
</tr>
<tr>
<td>TOTAL = $1,789</td>
<td>TOTAL = $1373 Total LEFT $366</td>
</tr>
</tbody>
</table>

Waivered Services: Traditional Developmental Disabilities Waiver (In-Home Supports with training, 24 HR Emergency Assistance, Home-delivered meals, Employment Supports, Day Support Services, In-Home Supports without training) - $166,000/yr allocation.

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

January Activities 2024

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 New Year Resolution Boards Community Apt @6pm</td>
<td>2 Staff Meeting Community Apt @6pm</td>
<td>3 Community Dinner Club Room @5:15pm Taco Bar</td>
<td>4 Game Night Community Apt @6pm</td>
<td>5 Good Day Cafe Meet in 309 @5pm</td>
</tr>
<tr>
<td>Set some new year resolutions for yourself and make an inspection board to keep you on track all year!</td>
<td>No community activity tonight. Community apartment will be closed from 6:00pm for our cleaning. Call if you need anything during that time!</td>
<td>Come build your own taco creations while Celebrating Abby’s Birthday!</td>
<td>Come enjoy a fun night with friends, while playing the game Rockband!</td>
<td>We will be going out to eat for dinner with friends and staff. Check out their website to see their full menu!</td>
</tr>
<tr>
<td>8 Uno Tournament Community Apt @6pm</td>
<td>9 Habits of Health Class Community Apt @6pm</td>
<td>10 Community Dinner Community Apartment @5pm</td>
<td>11 Crazy Canvas Art Community Apt @6pm</td>
<td>12 Movie Theater Time TBD depending on showtimes Join friends and staff to go and see the new movie World! Tickets $11</td>
</tr>
<tr>
<td>Go head-to-head against your friends and staff in our first Uno tournament! Winner of the tournament will win a $10 Target gift card!</td>
<td>We will be learning about the benefits of having a morning and nighttime routine, and some healthy habits that you could add to your routine.</td>
<td>Build your own Pizza Night All hand on deck, come and build your pizza with all the toppings of your choosing!</td>
<td>Come be creative with friends and color a canvas in a fun new creative way that you will need to see to believe!</td>
<td></td>
</tr>
<tr>
<td>15 Fresh Puff Popsicles Community Apt @6pm</td>
<td>16 Habits of Health Class Community Apt @6pm</td>
<td>17 Community Dinner Community Apartment @5:15pm Stiker Sandwiches Margaret and Hannah will be making us some delicious sliders and a fresh salad and fruit on the side.</td>
<td>18 Game Night Community Apt @6pm</td>
<td>19 Bowling Meet in 309 @6pm Going to Bowlero to bowl a couple games with friends and staff! Each Game $7 Shoes $6</td>
</tr>
<tr>
<td>Blend up your favorite fruits to make delicious and healthy popsicles to enjoy with your friends</td>
<td>We will be learning about the benefits of Movement, and how you can incorporate more movement into your daily life.</td>
<td>Community Dinner Club Room @5:15pm Child Night Night up with a bowl of homemade healthy chili and fresh cornbread on the side.</td>
<td>Come enjoy an fun night with friends, while playing the DICE Game!</td>
<td></td>
</tr>
<tr>
<td>22 Hot Tub Party Meet in 309 @6pm</td>
<td>23 Habits of Health Class Community Apt @6pm</td>
<td>24 Community Dinner Club Room @5:15pm Pasta Night</td>
<td>25 Community Coloring Community Apt @6pm</td>
<td>26 Can Can Wonderland Meet in 309 @4pm</td>
</tr>
<tr>
<td>Let’s turn on the jets and some music and hang in the hot tub together while our worries melt away.</td>
<td>We will be learning about the benefits of Meal Planning, and how to create a balanced meal plan for yourself.</td>
<td>Community Dinner Club Room @5:15pm Come enjoy a fun night with friends and staff! Feel free to bring your own supplies or some will also be provided.</td>
<td>Color your heart out while chatting with friends &amp; staff! Feel free to bring your own supplies or some will also be provided.</td>
<td></td>
</tr>
<tr>
<td>29 Yogurt Parfaits Community Apt @6pm</td>
<td>30 Habits of Health Class Community Apt @6pm</td>
<td>31 Community Dinner Community Apartment @5:15pm Past Night</td>
<td>34 Can Can Wonderland Meet in 309 @4pm</td>
<td>Come and enjoy 18 holes of artistic fun mini golf or play arcade games! Admission $15 (no cash) Mini Golf is an additional $15</td>
</tr>
<tr>
<td>Create and enjoy your own yogurt parfait with all your favorite healthy toppings!</td>
<td>We will be learning about the benefits of journaling, and you’ll get some journal prompt ideas to practice.</td>
<td>Kali and Sarah will be making us a yummy pasta dinner with a side salad and some breadsticks.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* New Year Resolution Boards Community Apt @6pm
* Staff Meeting Community Apt @6pm
* Community Dinner Club Room @5:15pm Taco Bar
* Game Night Community Apt @6pm
* Habits of Health Class Community Apt @6pm
* Community Dinner Community Apartment @5pm
* Crazy Canvas Art Community Apt @6pm
* Fresh Puff Popsicles Community Apt @6pm
* Hot Tub Party Meet in 309 @6pm
* Community Dinner Club Room @5:15pm Child Night
* Community Coloring Community Apt @6pm
* Can Can Wonderland Meet in 309 @4pm
The Birke Apartments – Move In!

Lease signing day

Getting their mail

Eating lunch together

Swim girlfriends

Friends in Party Room

Watching sports on TV

Summary Phase 2 – Partnering with a Provider who Embraces our Vision

• What We Learned from Phase 1 & improved in Phase 2:
  • The importance of person-centered planning being at the forefront
    ☑ The importance of a provider who is a true partner
    ☑ A provider who embraces “shared decision making”
      ➢ In the RFP, clearly communicate the Vision of Community
      ➢ In the RFP, clarify 2 tiers of communication (person’s served team and the guardians as a group)
    ✓ We desire Own Home services with onsite support due to individual needs
      ✓ We pay our own rent & control our housing.
      ✓ Each person can choose their provider.
    ✓ Guardians and persons served involved in hiring staff.
    ✓ IHS (hourly billing vs. Daily rates) incentivizes the provider to provide the needed 1:1 or 1:2 services and holds all accountable, including DSP’s.
Reflection:

*You can’t improve on something if you don’t let it exist in an imperfect form.*”  Matt Richtel - NY Times

Advice – Drive the Bus, don’t be a passenger!
Thanks to Family Partners!

• The Hirschs
• The Steinhagen/Petersons
• The Kraffts
• The Dahlins
• The Andersons
• The Elmos
• The Blegens
• The Solas
• The Moulds’
• The Israel’s

• And Jerry Mellum – Rock Star Consultant!

In Closing….

• Educate yourself! NETWORK, NETWORK!

• 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 about housing services and options.

• Time is an advantage due to limited funding, availability of supports & services, and affordable, accessible housing.

• Call PACER Center’s Housing Project with additional questions.
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

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](https://www.PACER.org/transition)  
Transitioning to Life After High School - PACER Center

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://tlcpcp.com](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](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](https://arcminnesota.org/ways-we-can-help/ask-an-advocate)

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

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

The ARC of MN - Housing Resources
https://arcminnesota.org
https://arcminnesota.org/learn-connect/learning-center/housing
Phone: 952-920-0855, ARC Statewide: 833-450-1494

Metropolitan Center for Independent Living, Inc.
https://www.mcill-mn.org  651.646.8342

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
- HB101 Places https://mn hb101.org/places.htm
- HB101 Housing Guide for Young People https://mn hb101.org/a/51
- 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
CBSM - Resource: Life sharing matching process and ongoing support options (state.mn.us)

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


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_opp/reasonable_accommodations_and_modifications
HUD File a Complaint: https://www.hud.gov/program_offices/fair_housing_equal_opp/online-complaint
Resources

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

MN Housing  https://www.mnhousing.gov
Find Housing Help: Find Housing Help (mnhousing.gov)

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

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

Coordinated Entry (CoC)
HB101 Minnesota - Coordinated Entry for Homeless Services

Resources

ABLE National Resource Center
https://www.ablenrc.org/what-is-able/what-are-able-accounts

Social Security Administration
https://www.ssa.gov/disability/professionals/bluebook> Part A, Adults

MinnesotaHelp.info  https://www.minnesotahelp.info

HB101 Places  https://mn hb101.org/places.htm

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

“PACER Center staff are not acting as attorneys and cannot give legal advice. The contents herein are for informational and educational purposes only and is not legal advice. If you have legal questions, you should contact an attorney.”