

Step 3

Housing: What are the Options?



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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.



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PACER's Housing Publications



PACER's Online Housing Guidebook, Website, Tip Sheets, Navigation Chart
<https://www.pacer.org/housing>

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 PACER CENTER
CHAMPIONS FOR CHILDREN WITH DISABILITIES

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 Housing Projects Page website at PACER.org/housing.

How will your young adult pay for housing and services?

You will need to consider:


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



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

Create a person-centered plan, a process that:

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



Make a request for a Certified Assessor

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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

- Support Plan *Transitioning from Community Support Plan, Coordinated Services & Support Plan
- Individual Abuse Prevention Plan (IAPP)
- Personal Care (PCA) Service Plan
- Individual Community Support Plan (ICSP)
- Individual Treatment Plan (ITP)
- Sign releases, forms, rental agreements, residential agreements



CELEBRATE AND MOVE IN!

- 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

- Support Plan *Transitioning from Community Support Plan, Coordinated Services & Support Plan
- Individual Abuse Prevention Plan (IAPP)
- Personal Care (PCA) Service Plan
- Individual Community Support Plan (ICSP)
- Individual Treatment Plan (ITP)
- Sign releases, forms, rental agreements, residential agreements

Housing for People with Disabilities

HENNEPIN COUNTY MINNESOTA

PACER 2023



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Three Basic Questions

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

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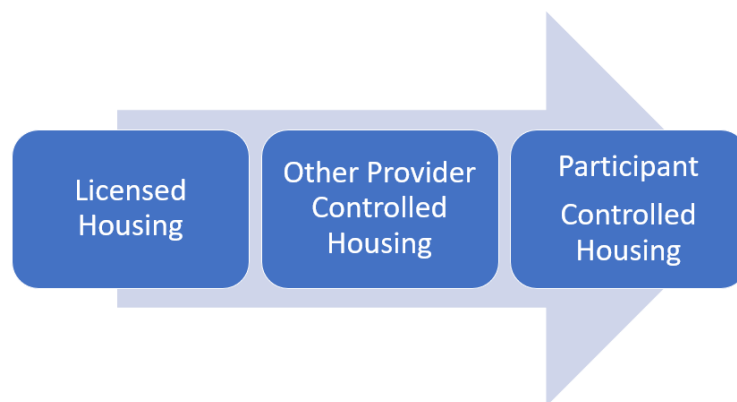
Where do you want to live?

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)

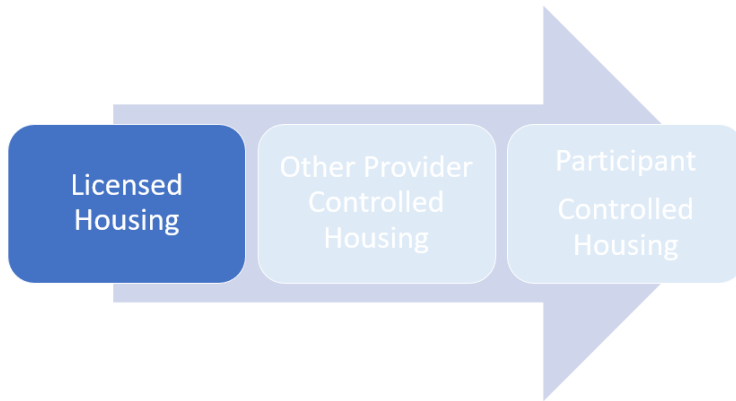
9

The Array of Housing Options



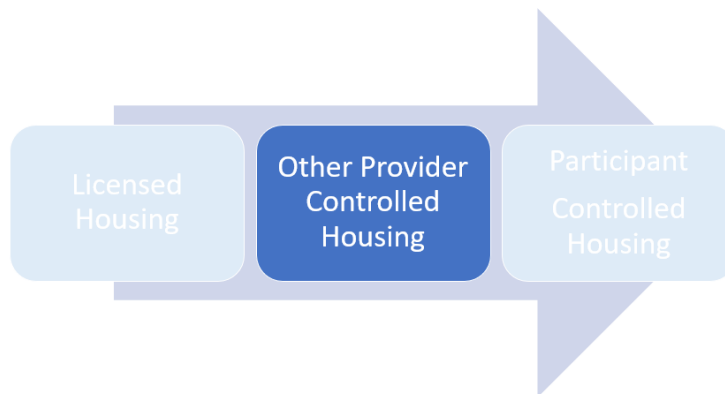
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The Array of Housing Options



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The Array of Housing Options



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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.

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Integrated Community Support Continued

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

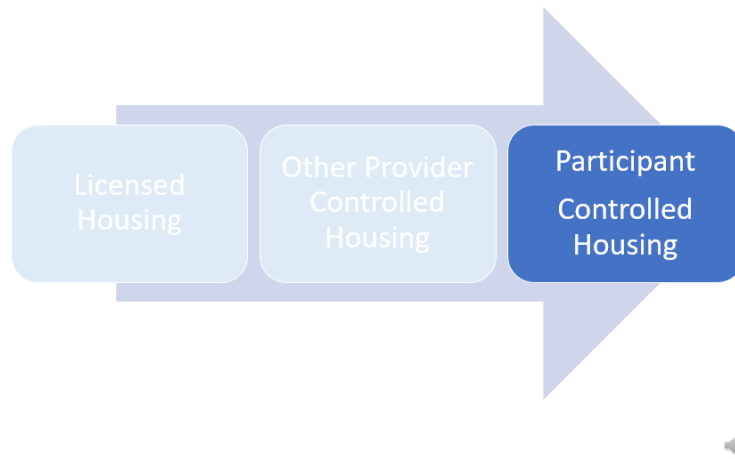
- PCA
- Homemaking
- Home-delivered Meals

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

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The Array of Housing Options



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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.

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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

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Where Do You Want to Live?



3/8/2023



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www.mnopenings.org

MCCC METRO CRISIS COORDINATION PROGRAM

ALL LISTINGS ADVANCED SEARCH LOGIN

Search for residential openings

Enter zip code...

Radius
15 miles

SEARCH BY LOCATION

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Sort by Type of Housing and Funding

Distance
15 miles

SEARCH

Type of Home

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

Funding Type

- DD Waiver

Provider City Updated Compare

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The Hub | DB101 | HB101 | Contact Us: 1-866-333-2466 | Chat | Email

Housing Benefits 101
Your Home. Your Choice.

Sign In | Register

HOME | SITUATIONS | PROGRAMS | **PLACES** | MY VAULT | GLOSSARY | PARTNERS

HB101 Places
Find the Right Home + Services For You.

Don't need services with your housing? Find affordable housing on HousingLink.

For places with services in Hennepin County, use Hennepin Housing Key.

Quick Start

How-to | About

Filters:

Sort by: distance

Vacancy: Has vacancies

Save as...

Load a saved filter set...

Location:

Enter a location...

All miles

Show:

Has vacancies

For:

Map showing program locations in Minnesota and surrounding areas. Found: 68 programs.

Sort by: distance | Find: Find within program summary...

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www.housinglink.org

https://housinglink.org

HousingLink

Search this site

Email: _____ Password: _____ Forgot Password?

Create Account | **LOGIN**

Subsidized Housing | Property Owners & Managers | Housing Resources | Beyond Backgrounds | Data & Research | About Us

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

Beyond Backgrounds can help

Where do you want to rent?
Enter a city, zip, or county

Distance | Rent | Bedrooms | Building Type | Subsidized Housing | Seniors/Disabled

Simplifying affordable housing

Illustration of various housing units (apartments, houses, townhomes) with a question mark icon.

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Housing Benefits 101

Minnesota

Sign In | Register



Search

HOME SITUATIONS PROGRAMS **PLACES** MY VAULT GLOSSARY PARTNERS

Plan for your home, with the services you need

[BUILD YOUR PLAN IN THE VAULT](#) →



HB101 Places

Find the right home + services for you.



Homeless Services in Minnesota

Use this map to find Coordinated Entry access points in your area.



Housing Stabilization Services

See if this program can help you find and keep housing.

News

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HB101 MN HB101 Minnesota @HB101_MN

Housing Stabilization Services – Moving Expenses training is now available on TrainLink. You may locate the training in the Course Catalog by entering 2024 MOVING EXPENSES MODULE FOR HOUSING STABILIZATION SERVICES in the search box. HSS providers and all staff working directly with HSS recipients must complete the training by April 1, 2024. More info: [content.govdelivery.com/acc out...](https://content.govdelivery.com/accounts/...)

Minnesota Department of Human Services

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Moving Into the Community

Move out of a facility, group home, or foster care.



Changing Your Home

Fix your current place, or move somewhere else?



Keeping Your Housing

Ideas that may help you stay in your current place.



Housing Guide for Young People

Discover HB101 tools and info that can help you with housing.

Services Important Updates

Mar 19, 2024

HB101 MN HB101 Minnesota @HB101_MN

HB101 and Disability Hub MN will be at the MSSA Conference at the Minneapolis Convention Center on March 20th and

Programs and Services

Types of Housing

The right type of housing for you depends on your situation, needs, and desires.

- Owning a Home
- Condos and Co-Ops
- Renting a Place

Show more

Paying for Housing

Get help from programs that can make housing more affordable.

- Section 8 Housing Choice Voucher (HCV) Program
- Project-Based Voucher (PBV) Program

Public Housing

Show more

Services

Services can improve your quality of life wherever you live.

- Coordinated Entry for Homeless Services
- Personal Care Assistance (PCA) Program

MA-Waiver Programs

Show more

Other Programs

Some housing programs might help you if you are in a certain situation.

- HUD Homeless Programs
- Veterans Housing Programs
- Housing Opportunities for Persons with AIDS (HOPWA)
- Rural Housing
- Tribal Housing



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NEW! HB101 Guide for Young People

Housing Benefits 101

Minnesota



HOME SITUATIONS PROGRAMS PLACES MY VAULT GLOSSARY PARTNERS

Housing Guide for Young People

Discover HB101 tools and info that can help you with housing.



updated October 20, 2023

Add to favorites

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 an area 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 that works for you, especially if you've always lived with your family. But it is possible and HB101 and the Vault can help!

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 (isn't too expensive)
- You like!

The Basics

- You Get to Decide
- Living in Your Own Place
- Paying for Housing
- How to Apply for Housing
- Next Steps

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Staff Resources | Select Language | Sign In

Search here for services that help older Minnesotans and people with disabilities.

Senior LinkAge Line
800-333-2433

Disability Hub MN
866-333-2466

My Favorites

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 15 – 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 Minnesotans on Medicare](#) for detailed information about the Medicare plans offered in Minnesota.
- If you still need help, call the Senior LinkAge Line at (800) 333-2433 for unbiased help with Medicare.

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Enter the specific service and area

The screenshot shows the MinnesotaHelp.info website interface. At the top, there is a navigation bar with 'MinnesotaHelp.info', 'How-to Videos', 'Chat With Us', and 'My Favorites'. Below this is a search bar with 'FIND: All' and 'Integrated Community Supports' entered, and a location filter set to 'Hennepin County, MN'. A secondary navigation bar includes options like 'Map View', 'Compare/Save', 'Sort Options', 'Display Options', 'Print/Export', and 'Need Help?'. The main content area displays 'Medicaid Waiver Results for "Integrated Community Supports, Hennepin County, MN"' with 142 results. The first result is '1. Episcopal Group Home, Inc.', which provides details for 'Integrated Community Supports (ICS)', including the address '1011 Lake St E, Wayzata, MN, 55391' and a description: 'Flexible service for adults to receive onsite planned and unplanned support and training in multiple areas of community living.' It also lists 'Other Services: 14 Services offered by this provider'.

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How Will I Afford the Staff Support Necessary?



3/8/2023

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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 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.

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



DHS Home PartnerLink Home Manuals Home Bulletins Advanced Search Q keyword search... Q

X Hide table of contents > CBSM > Waiver programs

Find in Table of Contents:

- ▶ Home page
- ▶ Assessment and support planning
- ▶ Case management/care coordination
- ▶ Consumer safeguards
- ▶ Eligibility
- ▶ Employment
- ▶ Financial management
- ▶ Home care
- ▶ Managed care
- ▶ Person-centered practices
- ▶ Resources and consultation
- ▶ Waiver programs
 - BI
 - CAC
 - CADI
 - DD**
 - Elderly Waiver

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](#)).

Page posted: 11/29/04	Page reviewed: 6/13/23	Page updated: 6/13/23
Legal authority	Federally approved DD Waiver Plan , Minn. Stat. §252.27 , 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	

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

DD Waiver Covered Services

Covered services	<p>Services under all waiver/AC programs must meet the requirements listed in the services section of CBSM - Waiver and Alternative Care programs overview.</p> <p>The following services are covered under the DD Waiver. For a service-specific policy page, select a service from the list:</p> <ul style="list-style-type: none">• 24-hour emergency assistance (includes personal emergency response systems (PERS))• Adult day services (includes family adult day services)• Adult day services bath• Assistive technology• Caregiver living expenses• Case management• Case management aide• Chore services• Community residential services• Consumer directed community supports (CDCS)• Crisis respite• Day support services• Employment development services• Employment exploration services• Employment support services• Environmental accessibility adaptations• Extended personal care assistance• Family residential services• Family training and counseling• Home-delivered meals• Homemaker (cleaning, home management and assistance with activities of daily living)• Independent living skills (ILS) therapies• Individualized home supports (without training, with training and with family training)• Integrated community supports (ICS)• Night supervision services• Positive support services (formerly behavioral support)• Prevocational services• Respite• Specialist services• Transitional services• Transportation
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How Will I Afford Rent and Food?



3/8/2023

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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
- Energy assistance
<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

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Individualized Housing Options Worksheet—Your self-directed plan

<p>1. Where do I want to live?</p> 	<p>What town do I want to live in?</p> <p>1st Choice: _____</p> <p>2nd Choice: _____</p> <p>3rd Choice: _____</p>										
<p>2. What kind of housing do I want?</p> 	<p>Do I want to own my own place?</p> <p><input type="checkbox"/> House <input type="checkbox"/> Townhouse <input type="checkbox"/> Condo</p> <p>Do I want to rent?</p> <p><input type="checkbox"/> Apartment <input type="checkbox"/> Condo <input type="checkbox"/> House <input type="checkbox"/> Townhouse</p> <p><input type="checkbox"/> Duplex <input type="checkbox"/> Other: _____</p>										
<p>3. Do I want a roommate? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>How many? _____</p> 	<p>If yes, What type of roommate do I want?</p> <p><input type="checkbox"/> Family Member <input type="checkbox"/> Friend <input type="checkbox"/> Peer <input type="checkbox"/> Paid Caregiver</p> <p><input type="checkbox"/> College Student <input type="checkbox"/> Other: _____</p>										
<p>4. What is my monthly income?</p> 	<p>This is how much money I earn each month:</p> <table border="1"> <tr> <td>Social Security:</td> <td></td> </tr> <tr> <td>My Job:</td> <td></td> </tr> <tr> <td>Shelter Needy Funds:</td> <td></td> </tr> <tr> <td>Other:</td> <td></td> </tr> <tr> <td>TOTAL:</td> <td></td> </tr> </table>	Social Security:		My Job:		Shelter Needy Funds:		Other:		TOTAL:	
Social Security:											
My Job:											
Shelter Needy Funds:											
Other:											
TOTAL:											
<p>5. How much money do I need to pay for housing each month?</p> 	<p>My rent or mortgage will be _____ each month.</p>										

Tools: Your Self-Directed Plan

4/29/2024

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Housing Budget Estimator

1. Monthly Income (Anticipated or Current)

Net Take Home Salary from Employment \$ _____
 Non-Taxable Income (such as Social Security, SSI, etc.) \$ _____
 Subsidies (such as food support, Housing Voucher, Shelter Allowance) \$ _____
 Other Income: (Pensions, Trusts, Child Support) \$ _____
Total Monthly Income \$ _____

2. Monthly Expenses

Rent/Mortgage	\$ _____	Clothing	\$ _____
Rental Insurance	\$ _____	Entertainment	\$ _____
Gas/Electric/heat	\$ _____	Health Insurance	\$ _____
Cell Phone	\$ _____	Prescriptions	\$ _____
Telephone	\$ _____	Doctor/Dental Visits	\$ _____
Cable TV	\$ _____	Gifts	\$ _____
Internet	\$ _____	Laundry	\$ _____
Personal care (haircut, etc.)	\$ _____	Cleaning supplies	\$ _____
Water/Garbage	\$ _____	Savings	\$ _____
Bus Fare	\$ _____	Charitable Giving	\$ _____
MA/EPD Premium	\$ _____	Waiver Spenddown	\$ _____
Child Support	\$ _____	HOA Dues	\$ _____
Groceries	\$ _____	Car expenses & Car Ins.	\$ _____
Other Expenses	\$ _____	Credit Card Payments	\$ _____
		Total Monthly Expenses	\$ _____

3. Balance

Total Monthly Income minus **Total Monthly Expenses** = **\$ _____**

Tools: Housing Budget Estimator

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Roommate Profile

Please complete the information below so we can search for, or be paired with, roommates who match your lifestyle, interests, and personality.

Name: _____	
E-mail Address: _____	
Phone Number: _____	Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female
Date of Birth: _____	Expected move date: _____
Where you live now: _____	Where you want to live: _____
Monthly working budget: _____	Do you need an accessible home/apartment? <input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Under \$1000 <input type="checkbox"/> Over \$1000	

What are your habits and what are you looking for in a roommate?			
	check what applies to you:	check what applies to your ideal roommate:	
Smoking	<input type="checkbox"/> Don't Smoke	<input type="checkbox"/> Non-smoker	<input type="checkbox"/> No Preference
	<input type="checkbox"/> Do Smoke	<input type="checkbox"/> Smoker	
Drinking	<input type="checkbox"/> Don't Drink	<input type="checkbox"/> Doesn't Drink	<input type="checkbox"/> No Preference
	<input type="checkbox"/> Do Drink	<input type="checkbox"/> Does Drink	
Housekeeping	<input type="checkbox"/> Not Tidy	<input type="checkbox"/> Not Tidy	<input type="checkbox"/> No Preference
	<input type="checkbox"/> Tidy	<input type="checkbox"/> Tidy	
Cooking	<input type="checkbox"/> Cook Occasionally	<input type="checkbox"/> Cooks Occasionally	<input type="checkbox"/> No Preference
	<input type="checkbox"/> Cook Often	<input type="checkbox"/> Cooks Often	
Having People Over/Entertaining	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Occasionally	<input type="checkbox"/> No Preference
	<input type="checkbox"/> Often	<input type="checkbox"/> Often	
Dating	<input type="checkbox"/> Single	<input type="checkbox"/> Single	<input type="checkbox"/> No Preference
	<input type="checkbox"/> Attached	<input type="checkbox"/> Attached	
Early to Bed/ Stays up Late	<input type="checkbox"/> Early	<input type="checkbox"/> Early	<input type="checkbox"/> No Preference
	<input type="checkbox"/> Late	<input type="checkbox"/> Late	
Music Volume	<input type="checkbox"/> Soft	<input type="checkbox"/> Soft	<input type="checkbox"/> No Preference
	<input type="checkbox"/> Loud	<input type="checkbox"/> Loud	
Music Preference	<input type="checkbox"/> Country <input type="checkbox"/> Pop	<input type="checkbox"/> Country <input type="checkbox"/> Pop	<input type="checkbox"/> Faith-based
	<input type="checkbox"/> Hip Hop <input type="checkbox"/> Rock	<input type="checkbox"/> Hip Hop <input type="checkbox"/> Rock	<input type="checkbox"/> No Preference
	<input type="checkbox"/> Jazz/Blues <input type="checkbox"/> Faith-based	<input type="checkbox"/> Jazz/Blues	
	<input type="checkbox"/> Occasionaly <input type="checkbox"/> Often	<input type="checkbox"/> Occasionaly <input type="checkbox"/> Often	<input type="checkbox"/> No Preference
Talks on Phone	<input type="checkbox"/> Occasionaly	<input type="checkbox"/> Occasionaly	<input type="checkbox"/> No Preference
	<input type="checkbox"/> Often	<input type="checkbox"/> Often	
Going out for Fun	<input type="checkbox"/> Occasionaly	<input type="checkbox"/> Occasionaly	<input type="checkbox"/> No Preference
	<input type="checkbox"/> Often	<input type="checkbox"/> Often	
Currently Employed	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	<input type="checkbox"/> No Preference
	<input type="checkbox"/> No	<input type="checkbox"/> No	
Internet Use	<input type="checkbox"/> Occasionaly	<input type="checkbox"/> Occasionaly	<input type="checkbox"/> No Preference
	<input type="checkbox"/> Often	<input type="checkbox"/> Often	
Own a Pet	<input type="checkbox"/> Yes, what? _____	<input type="checkbox"/> Yes, what? _____	<input type="checkbox"/> No Preference
	<input type="checkbox"/> No	<input type="checkbox"/> No	
Allergies	<input type="checkbox"/> Yes, to what? _____	<input type="checkbox"/> Yes, to what? _____	<input type="checkbox"/> No Preference
	<input type="checkbox"/> No	<input type="checkbox"/> No	
Language	<input type="checkbox"/> English	<input type="checkbox"/> English	<input type="checkbox"/> No Preference
	<input type="checkbox"/> Other: _____	<input type="checkbox"/> Other: _____	

Tools: Roommate Profile

4/29/2024

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Please contact me for more information or questions

Jerry Mellum, Senior Planning Analyst

Phone: 763-360-9307

Email: jerry.Mellum@Hennepin.us

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Let's Get Started!



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Steve, Karen and Pierce Pennaz – Life Sharing Model



Steve, Pierce, Maddie, Karen

About Pierce Pennaz

What's important TO me:

- Music
- X-Box
- Good haircut
- Friends
- Pizza
- Special Olympics
- Mini Golf
- My dog Remy
- WWE
- T-shirts
- Independence



What people like about me:

- Great sense of humor
- My big hugs
- Strong/athletic
- Gangbuster approach to life
- Strong faith in God
- Loyal
- Outgoing - love to meet new people
- Unique
- Curious

What's important FOR me:

- Take me to regular health, vision, dental appointments.
- Ensure that I get exercise & eat healthy meals
- Promote self-care (toothbrushing, showering, general hygiene, sleep routines).
- Give me positive messages to boost to my self-esteem.
- Respect time 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 lieu of screen time.
- Take me to church so I can continue to strengthen my faith.

How to best support me:

- I have speech apraxia so 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 watch my 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



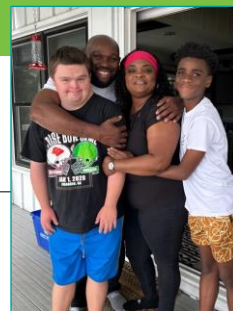
The "Skillet Boys"

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

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

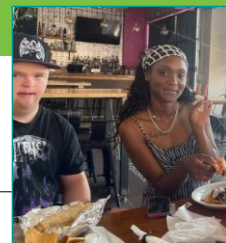
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CHAMPIONS FOR CHILDREN WITH DISABILITIES

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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

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

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CHAMPIONS FOR CHILDREN WITH DISABILITIES

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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 (CADL)
 - Community Alternative Care (CAC)
 - Developmental Disabilities (DD)

*For some shared living models

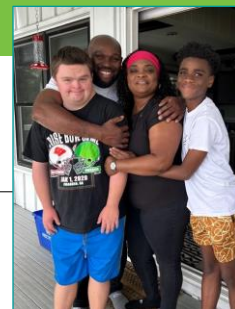
[CBSM - Resource: Life sharing matching process and ongoing support options \(mn.gov\)](#)

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CHAMPIONS FOR CHILDREN WITH DISABILITIES...

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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.

*For some shared living models

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

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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)



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Pierce Home, Employment & Leisure



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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

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CHAMPIONS FOR CHILDREN WITH DISABILITIES

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“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.

Building Community
with Friends – Own
Home Services with
Onsite Provider

Lisa & Amanda Vala
Pat & Jay Hannon
Mains’l Services



May 2024

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!



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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

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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



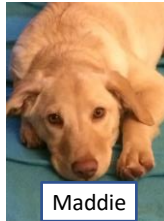
What's Important TO Amanda:

- 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

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

My family:
Mom, Dad, sister Katherine



Maddie

What's Important FOR Amanda:

- Planned, meaningful activities every day
- Healthy, portioned meals & snacks
- Regular exercise
- Social opportunities with friends

Dislikes:

- Unexpected change of plans/routine
- When people move my things
- When I have technology issues
- When the power goes out
- When things break

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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



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

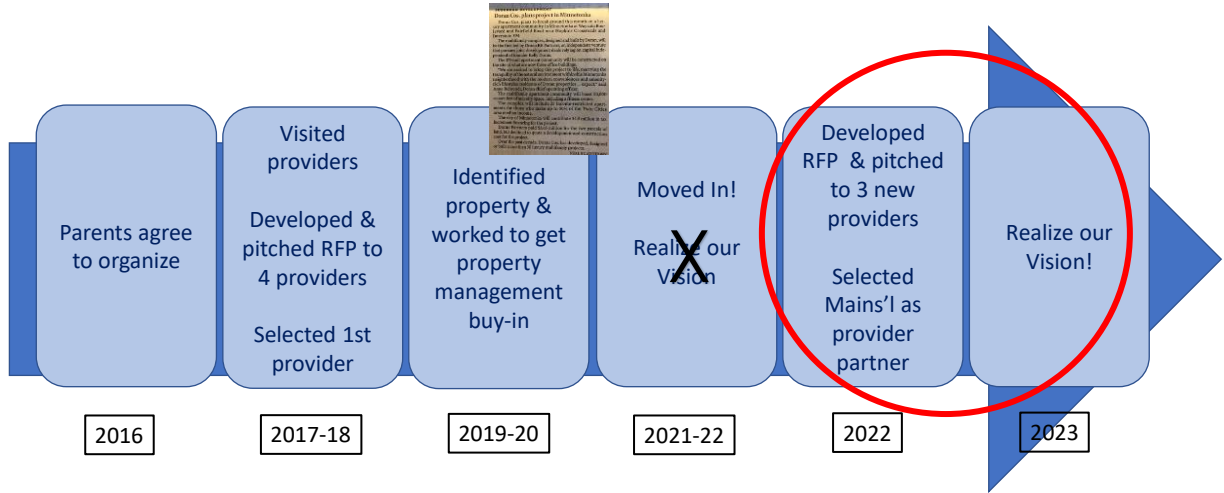
- Written daily schedule required
- Warn me of changes I need to process
- I have anxiety watch for this and help me get to level 1
- I need physical activity to relieve stress
- Make sure I have plans for regular social contact with friends and not just sitting in my place alone
- I need to get to the 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

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

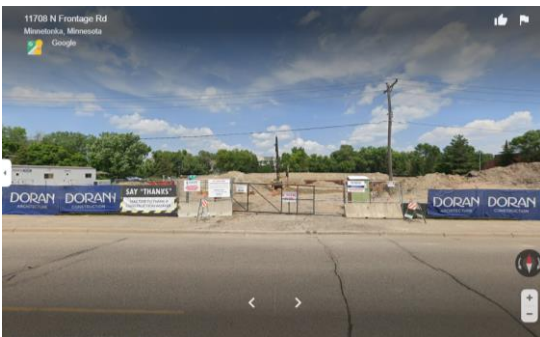
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Our Tribe Housing Journey – Phase 2



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Property ID



Construction

SUBURBAN DEVELOPMENT
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.

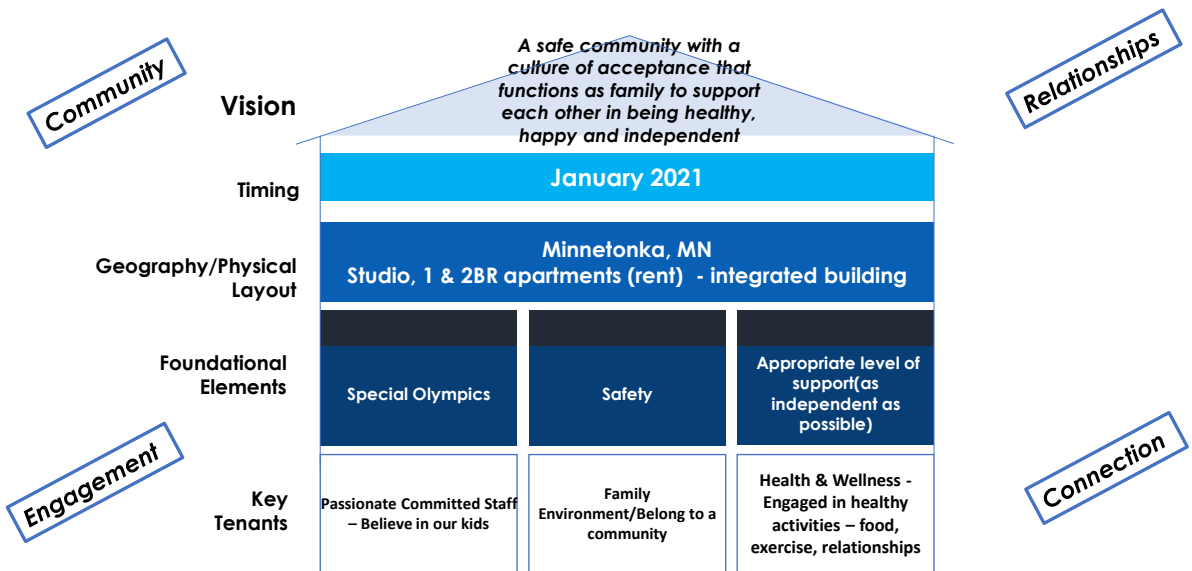
Doran Partners paid \$3.65 million for the two parcels of land, but declined to quote a development-and-construction cost for the project.

Over the past decade, Doran Cos. has developed, designed or built more than 30 luxury multifamily projects.

NEAL ST. ANTHONY

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Moving Out Framework – Our Tribe

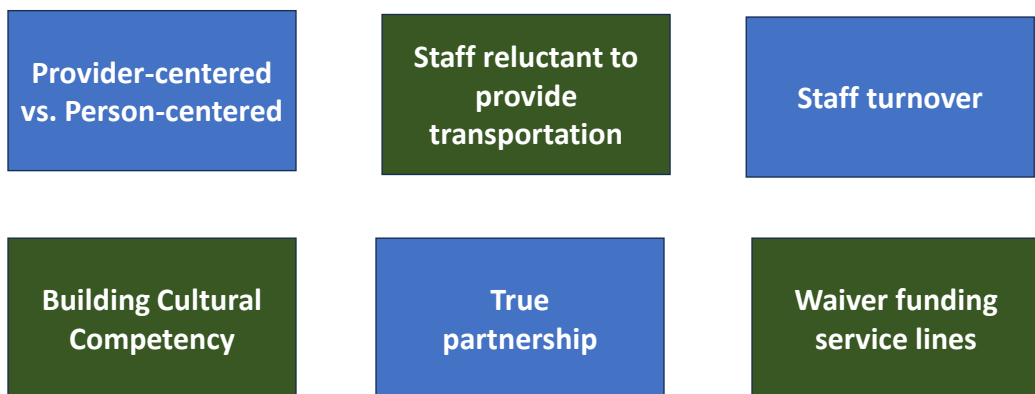


4/29/2024

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Pain Points from Year 1 and Role Clarification for the Future



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So What?



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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.

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ICS (Integrated Community Supports vs Own Home Setting/Services

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

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Mains'1 / Our Tribe Structure

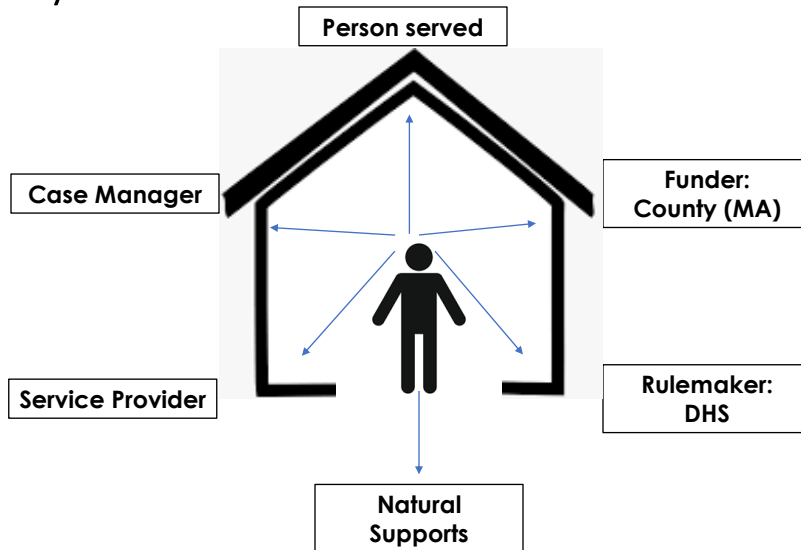
- Team Manager
- Support Manager – manages everyone’s IHS hours
- Social Coordinator – plans activities & transportation needs
- Community Support Coaches – 1:1 or 1:2 support
- Funding streams:
 - Individualized Emergency Assistance (EA) service, In-Home supports (IHS), Homemaker
 - CDCS (Consumer Directed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

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



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The Players



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Financials – 2BR Affordable Apartment – Jay's half

Monthly Income	Expenses
SSDI \$1,030	Rent \$683*
MSA + MSA Housing \$425	Utilities (incl cable/internet) \$95.00 + \$130 = \$225
SNAP \$80	Cell Phone \$20
	Food \$250
	Other \$175
Energy Assistance – \$10	
TOTAL = \$1,545	TOTAL = \$1353 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.

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Financials – 2BR Affordable Apartment - Amanda’s half

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

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.**

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January Activities 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year Resolution Boards Community Apt @6pm Set some new year resolutions for yourself, and make an inspiration board to keep you on track all year!	2 Staff Meeting No community activity tonight. Community apartment will be closed from 1-6pm for our meeting. Call if you need anything during that time!	3 Community Dinner Club Room @5:15pm Taco Bar Come build your own taco creations while Celebrating Abby's Birthday!	4 Game Night Community Apt @6pm Come enjoy a fun night with friends, will be playing the game Headbands!	5 Good Day Cafe Meet in 309 @5pm We will be going out to eat for dinner with friends and staff. Check out their website to see their full menu!
8 Uno Tournament Community Apt @6pm 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!	9 Habits of Health Class Community Apt @6pm 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.	10 Community Dinner Community Apartment @5pm Build your own Pizza Night All hand on deck, come and build your pizza with all the toppings of your choosing!	11 Crazy Canvas Art Community Apt @6pm Come be creative with friends and color a canvas in a fun new creative way that you will need to see to believe!	12 Movie Theater Time TBD depending on showtimes Join friends and staff to go and see the new movie Wonka! Tickets \$11
15 Fresh Fruit Popsicles Community Apt @5:30pm Blend up your favorite fruits to make delicious and healthy popsicles to enjoy with your friends	16 Habits of Health Class Community Apt @6pm We will be learning about the benefits of Movement, and how you can incorporate more movement into your daily life.	17 Community Dinner Community Apartment @5:15pm Slider Sandwiches Margaret and Hannah will be making us some delicious sliders and a fresh salad and fruit on the side.	18 Game Night Community Apt @6pm Come enjoy a fun night with friends, will be playing the Dice Game!	19 Bowling Meet in 309 @5pm Going to Bowlero to bowl a couple games with friends and staff! Each Game \$7 Shoes \$6
22 Hot Tub Party Meet in 309 @6pm Lets turn on the jets and some music and hang in the hot tub together while our worries melt away.	23 Habits of Health Class Community Apt @6pm We will be learning about the benefits of Meal Planning, and how to create a balanced meal plan for yourself.	24 Community Dinner Club Room @5:15pm Chili Night Warm up with a bowl of homemade healthy chili and fresh cornbread on the side.	25 Community Coloring Community Apt @6pm Color your heart out while chatting with friends & staff! Feel free to bring your own supplies or some will also be provided.	26 Can Can Wonderland Meet in 309 @4pm Come and enjoy 18 holes of artistic fun mini golf or play arcade games! Admission \$13 (no cash) Mini Golf is an additional \$15
29 Yogurt Parfaits Community Apt @5:30pm Create and enjoy your own yogurt parfait with all your favorite healthy toppings!	30 Habits of Health Class Community Apt @6pm We will be learning about the benefits of Journaling, and you'll get some journal prompt ideas to practice.	31 Community Dinner Community Apartment @5:15pm Pasta Night Kalli and Sarah will be making us a yummy pasta dinner with a side salad and some breadsticks.		

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The Birke Apartments – Move In!



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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.

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Reflection:

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

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Advice – Drive the Bus, don't be a passenger!



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Thanks to Family Partners!

- The Hirschs
 - The Steinhagen/Petersons
 - The Kraffts
 - The Dahlins
 - The Andersons
 - The Elmores
 - The Blegens
 - The Solas
 - The Moulds'
 - The Israel's
- And Jerry Mellum – Rock Star Consultant!

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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.**



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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



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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

<https://mn.gov/dhs/partners-and-providers/program-overviews/long-term-services-and-supports/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":

<http://mn.gov/mnddc/extra/publications/Its-My-Choice.pdf>



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Resources



Minnesota's Olmstead Plan

<https://www.pacer.org/housing/gettingstarted> > Minnesota's Olmstead Plan
https://mn.gov/olmstead/assets/2022-04-olmstead-plan_tcm1143-526399.pdf

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.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 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”

https://ici.umn.edu/index.php?products/view_part/375

“Questions to ask Providers When Making Decisions about Residential Supports for Family Members with Disabilities” <http://rtc.umn.edu/questions/index.html>

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_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 \(mnhousing.gov\)](https://www.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](#)



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Resources

ABLE National Resource Center

<https://www.ablenrc.org/what-is-able/what-are-able-accounts>

Social Security Administration

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

[https://www.ssa.gov/disability/professionals/bluebook> Part A, Adults](https://www.ssa.gov/disability/professionals/bluebook>Part%20A,%20Adults)

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>



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Live at PACER's Annual Benefit

Goo Goo Dolls

Saturday, April 27, 2024
Minneapolis Convention Center

QR code: Tickets & info
PACER.org/benefit

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CHAMPIONS FOR CHILDREN WITH DISABILITIES



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