

Step 1

Housing: How Do We Start?



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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:

- Why should you start thinking about housing and services now?
- Why are housing and services evolving?
 - Minnesota's Olmstead Plan
 - Home and Community-Based Services Rule
- What is Person-Centered Thinking and Planning?
- How can the Person-Centered Thinking & Planning process provide information and direction for housing and services options?
- What are the housing options?





Why should you start thinking about housing and services now?

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Why should you start thinking about housing and services now?



- The IEP Team must consider independent living as part of the Transition IEP.
- You and your son or daughter are experts about their strengths, gifts and preferences.
- Housing options and supports involve eligibility criteria, timelines and waiting lists.
- Limited availability of affordable housing and support staff....

AND.....

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We think you will want your young adult to

...get a **“Life”** AND a **“Home”** not just a **“Place”**

What does that mean?



Why is Housing Evolving?



Why is Housing Evolving?



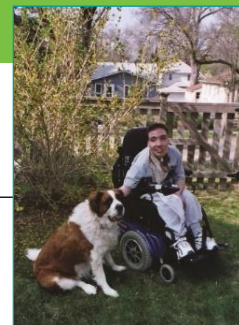
- Parents and individuals with disabilities are demanding housing and services that are integrated and based on person-centered thinking principals.
- The federal governments directive to implement the Olmstead Decision.
- Centers for Medicare & Medicaid Services directive to implement the Home & Community-Based Services (HCBS) rule.
- Separating housing from services.

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Home & Community-Based Services (HCBS)



What is a waiver?

- In 1983 added to the “Social Security Act 1915 (c)
- Medical Assistance programs allow the state to “waive” the typical requirements of MA.
- Called **Home and Community-Based Service (HCBS) waivers**.
- Used to provide services in Home and Community Based settings instead of restrictive settings like hospitals, nursing homes or ICF/DD's that isolate people.
- Can be used to pay for additional services beyond MA.
- Target specific populations.

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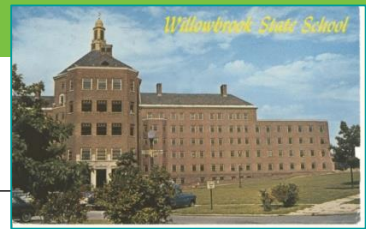
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The Olmstead Decision

Where have we come from?

- The Olmstead Decision, 1999
 - Court ruled that integration is fundamental to the purposes of ADA and that states may be required to provide **community-based services** rather than institutional placement for individuals with disabilities.
 - <https://www.pacer.org/housing/gettingstarted> > Minnesota's Olmstead Plan



Minnesota's Olmstead Plan: **The Vision**

Minnesota will be a place where people with disabilities are living, learning, working and enjoying life in the most integrated setting

- Person Centered Planning
- Housing & Services, Employment, Lifelong learning & Education
- Transportation, Healthcare & Healthy Living, Positive Supports, Crisis Services, Assistive Technology, Preventing Abuse & Neglect
- Community Engagement

[About the Minnesota Olmstead Plan / Minnesota Olmstead Implementation Office \(mn.gov\)](#)



Home and Community-Based Services (HCBS) Rule



What is the Home & Community Based Settings Rule?

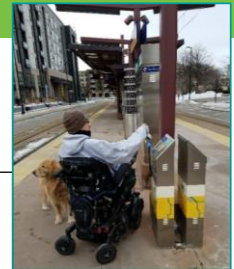
- In 2014, Centers for Medicare & Medicaid Service released new rules that create standards for HCBS services.
- Long-term services must be provided in the most integrated setting AND have full access to the benefits of community living.
- Defines what an HCBS setting is and is not.
- Enhances the quality of HCBS and provides protections to participants.

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Home and Community-Based Services (HCBS) Rule



Person-Centered Practices & Informed Choice

- Service planning must use a **person-centered planning process** that addresses health & long-term services and support needs in a manner that reflects the individual's preferences and goals and *puts the person at the center*.
- **“Informed Choice”** – A person (and/or their legal representative) makes a voluntary decision, after being informed about all available options for case management, services and providers. Information needs to be delivered using the person's primary method of communication at a level he or she can understand.

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Home and Community-Based Services (HCBS) Rule



Additional requirements for provider controlled & operated settings:

- A person has a lease* in their own home that offer the same responsibilities/protections for evictions & appeals as the tenant landlord law in their state.
- A person has their own living, sleeping, bathing and eating areas.
- A person has privacy in their living or sleeping area and are free to decorate it as they choose.
- A person chooses if they want a roommate and who they are.
- The Individual controls his/her own schedule including access to food at any time.
- The Individual can have visitors at any time.
- The setting is physically accessible to the individual.

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Separating Housing from Services

One Minnesota Budget

- In May 2023, Governor Walz signed the **\$1.065 billion housing omnibus bill**, the largest single investment in housing in state history.
- Other legislation brought the total investment in housing to over \$1.3 billion.
- The **“Homes For All Coalition”** comprised of 240 statewide organizations, advocates, individuals and their families, united efforts for a statewide investment in housing stability across the housing continuum for **all Minnesotan’s**.



Homes for All Coalition: <https://homesforallmn.org>

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7 Key Housing Needs Identified

1. There is **severe shortage of housing that is affordable**, with one in four households being cost burdened by their housing payments.
2. During and following the Great Recession, Minnesota **underproduced housing**, which created a shortage driving up rents and home prices.
3. Minnesota is falling far **short of producing enough new housing that is affordable**.
4. Minnesota has a large stock of affordable **housing that needs to be preserved**.
5. **Homelessness** is the most egregious form of **housing instability** and a persistent problem.
6. Minnesota is becoming more **racially and ethnically diverse**, and the state has unacceptable **housing disparities**.
7. The **aging baby-boom generation** is causing housing needs & challenges.



Separating Housing from Services

- **The bill addresses critical housing needs:**
- Rental and homeownership
- New construction and preservation
- Deeply affordable housing and market-rate housing in Greater MN
- Homelessness prevention and homeownership development
- Rental assistance and downpayment assistance

MN Housing Budget Summary: [One Minnesota Budget \(mnhousing.gov\)](https://mnhousing.gov)



One Minnesota Budget

Housing Budget Bill Summary	
	FY 2024-2025
Preserve and Create New Homes	\$548.8 million +\$495 million
Increase Housing Stability	\$176 million +\$120 million
Support and Strengthen Homeownership	\$271.5 million +\$267 million
Other Housing Investments	\$69.3 million +\$68 million
Total FY 2024-25	\$1.065 billion

Reframing the Way We Think!



“A Person’s Own Home” is:

- NOT a program
- NOT an “open bed” or placement
- NOT a model
- NOT a development
- NOT independent (“It is interdependent”)
- **IS CHOICE**
- **IS** a process
- **IS** one person at a time - *individualized*
- **IS** collaboration
- **IS** right supports at the right time



What is Person-Centered Thinking & Planning?

PACER's Housing & Services Process Guide

NAVIGATING THE HOUSING AND SERVICES PROCESS PACER CENTER
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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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Person-Centered Thinking & Planning



- Focuses on **outcomes, dreams, and visions** of the person, not a "system-centered" process driven by programs, stereotypes, segregated programs like traditional models.
- A set of tools that address what is **important to and for** a person to have quality of life, is essential to give people more choice and control and the way they are supported.
- A set of tools used to capture information to 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.

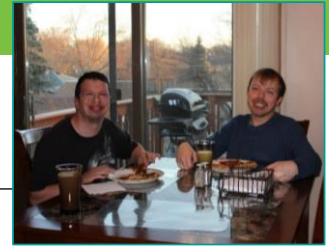
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We think you will want your daughter or son to...

...get a **“Life”** AND a **“Home”** not just a **“Place”**



Person Centered Thinking = Everyday ways of thinking

- Tools for asking “What do we know?” **before** jumping to “What do we do?”
- The more time you spend on defining the issues, the more effective the solution!



“If I had an hour to save the world, I would spend 55 minutes defining the problem” – Albert Einstein

Person Centered Thinking Tools



- Rituals and Routines
- What is Working (What makes sense?)
AND
What is NOT Working (What doesn't make sense)

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Person Centered Planning Tools

Rituals and Routines



Rituals guide us through our days and bring consistency, comfort and control

- Morning
- Going to bed
- Mealtimes
- Transition
- Birthday
- Cultural/Holiday
- Spiritual
- Vacation
- Comfort
- Celebration
- Grief/Loss

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Person Centered Planning Tools

What is Working? What is *not* Working?



Sorts “what is working” and “what is not working” from different perspectives to identify a way forward.

- Tool that helps people problem solve, negotiate, gain deeper understanding
- What is working and not working from the person's perspective?
- What is working and not working from the perspectives of family, staff and other important people?
- When everyone is able to share, people feel listened to.

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Person Centered Planning Tools –There are Many Options

Formal planning with facilitator



- Essential Lifestyle Planning
- Personal Futures Planning
- MAPS
- PATHS
- Circles of Support
- Liberty Plan
- Charting the Life Course

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Using Person-Centered Thinking to Start your Housing Plan

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How can a One Page Profile be used to plan for services/supports?

The one-page profile captures what is important to the person, important for the person and how they want to be supported:

- What's important **to** the person
- What's important **for** the person
- What people like and admire about the person
- How to best Support the person
- A photo capturing who the person is.
- Is a helpful tool of introduction for the people and support providers who are part of your young adult's life.

Templates courtesy of Helen Sanderson and Associates www.helensandersonassociates.co.uk
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How can we use the One Page Profile to plan for services/supports?

- **Photo(s):** that capture the person's "spirit"
- **Appreciations:** List the positive qualities, strengths, and talents of the person. Also called what we "like" and "admire" about the person.
 - ✓ Great sense of humor
 - ✓ Caring and affectionate
 - ✓ Amazing physical stamina
 - ✓ Knows all the artists and songs of the 1980's

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How can we use the One Page Profile to plan for services/supports?

- **Important to the person:** What matters to the person from their perspective.
- Things in life that help us to be satisfied, content, comforted, fulfilled and happy.
 - ✓ People to be with/relationships
 - ✓ Things to do and places to go (hobbies/interests, when and how often)
 - ✓ "Rituals and Routines"
 - ✓ Rhythm or pace of life
 - ✓ Status and control
 - ✓ Things to have

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How can we use the One Page Profile to plan for services/supports?

- **Important for the person:** Issues of health, safety and what others see necessary to help the person
- Health:
 - ✓ Prevention and treatment of illness, medical conditions
 - ✓ Promotion of wellness (self-care, diet, exercise)
- Issues of safety
 - ✓ Environment
 - ✓ Well being – physical emotional
 - ✓ Free from fear

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The form is titled "About [Insert Name]" and contains four main sections:

- What's important TO me:** (Blue box)
- What people like about me:** (Green box)
- What's important FOR me:** (Red box)
- How to best support me:** (Orange box)

At the bottom, there is a small note: "To edit photos in the light blue box, right click on the box and select 'Change Picture'. Move pictures and adjustments can be added on another page if desired." Below that, it says: "This page was created using the online template generator: www.helensandersonassociates.co.uk and the online community for Helen Sanderson Associates: <https://tlccpcp.com>"

How can we use the One Page Profile to plan for services/supports?

- **Important for the person:**
 - What others see as necessary to help the person:
 - ✓ Be valued
 - ✓ Be a contributing member of their community
- **How to support the person:** What people need to know, and what people need to do.
 - ✓ What is helpful? What is not?
 - ✓ "Matching Characteristics"

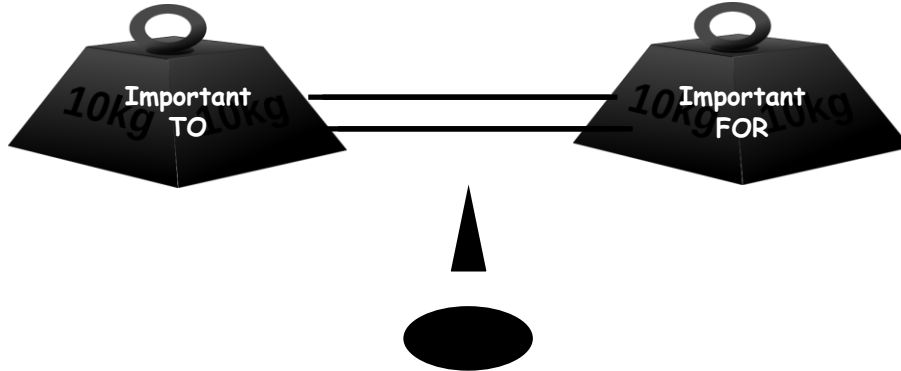
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The balance of important to and important for




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<p>What People Like and Admire About Me 4th Degree Blackbelt in Tae Quan Do Motivated to be more independent I'm a problem solver I'm great with technology I'm knowledgeable about cars I'm learning guitar (and pretty good!) I have a plan for the future</p>	<p>How to Best Support Me Let me know what's happening Don't be bossy Explain vs. tell me I have sleep issues so let me sleep late Find good food Understand I'm not mad when I speak loud Show up on time</p>
	<p>What's Important to Me? Being treated respectfully Knowing what's happening next Riding my E-Bike Having my complex medical issues supported Having staff who do their job My birthday (ordering two lobster tails) Scary movies</p>
<p>BRIAN'S ONE PAGE DESCRIPTION</p>	

Brian's Description

This one-page description was created to introduce Brian to the individuals that support him.

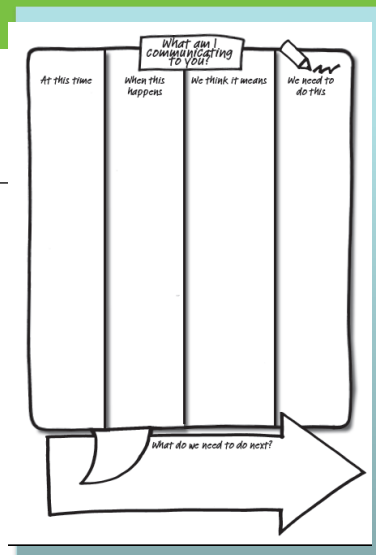
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Brian's Communication Chart

- A way to focus on people's communication whether they use words to speak or not.
- Clarify communication when a person's actions are different from what they say.
- How a person communicates with their behavior.



Templates courtesy of Helen Sanderson and Associates www.helensandersonassociates.co.uk
 Video at: www.helensandersonassociates.co.uk/person-centred-practice/person-centred-thinking-tools/communication-chart
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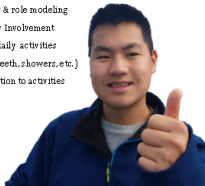
BRIANS COMMUNICATION CHART			
What is happening?	Person does	We think it means	We should
<p>Brian looks frustrated/ sad.</p> <p>Brian is at the store.</p> <p>Apartment management know on Brian's door and ask to come in immediately because there is water dripping into the basement from his bathroom.</p>	<p>Brian says, "No one understands me."</p> <p>Brian asks, "how much is this" but the items price is in front of it.</p> <p>Brian lets them in but begins yelling at them because he feels they should have given him notice. He calls the police!</p>	<p>Brian is having difficulty solving a problem.</p> <p>Brian is not recognizing the numbers or wants more input on the price.</p> <p>Brian values his privacy very much because of previous experiences with his family.</p>	<p>Assure him we are listening and want to help.</p> <p>Tell Brian the price. Point to it so he knows where it is.</p> <p>Talk to the apartment staff and ask them to please call Brian before they enter his apartment even if it's an urgent situation.</p>

WHAT'S IMPORTANT TO CHRIS

- My family & friends
- Hugs
- Talking
- Reading & Coloring
- Eating & special snacks/dessert (bananas & yogurt)
- Drinking coffee in the morning (socially)
- Playing Wii games
- Watching movies & TV (Netflix)
- Relaxing in the evening
- Knowing my schedule ahead of time & sticking to it
- Fun activities: Swimming at the Community Center, Zero Gravity, events in the community, going to Como Zoo & Conservatory, Museums, walking to the park, playing SORRY! or UNO
- Special Olympics & sports (bowling, track, basketball, kickball, floor hockey, etc.)
- Going out to eat at restaurants
- Picking out dinners that I like to cook and eat
- Being treated equally

WHAT'S IMPORTANT FOR CHRIS

- Encouragement to take care of his home (laundry, cooking, cleaning, etc.)
- Communication with family and friends daily
- To help be accountable so he can improve
- Daily activities out of the house & exercise
- Verbal cues & role modeling
- Community involvement
- Help with daily activities (brushing teeth, showers, etc.)
- Transportation to activities



COOL CHRIS

WHAT PEOPLE LOVE ABOUT CHRIS

- Infectious laugh, great sense of humor
- Extremely caring & affectionate
- Always Positive
- Energetic
- Likes to relax
- Enjoys getting out of the house
- Trickster
- Great at piano



CHRIS NEEDS PEOPLE WHO ARE...

- Energetic & active
- Funny & loves to laugh
- Patient
- Advocates for him & his wants
- Timely & organized
- Treating him like an adult
- Good at cooking
- PASSIONATE ABOUT THEIR JOB

Chris's Description

This one-page description was created to introduce Chris to the individuals that support him.

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Building your support networks

Natural supports are:

- Friends
- Family
- Acquaintances
- Co-workers
- Volunteers
- Mentors & Peer mentors
- Faith Community members

That promote the involvement in:

- Programs, activities, projects, volunteer experiences, employment



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Community Inclusion Strategies

- Develop a daily routine that involves contact with person's without disabilities in their community.
- Get to know the neighbors.
- Meet other people who share similar interests and hobbies.
- Become a member of civic and other local organizations, clubs, "meet-up" groups, individual and group sports.
- Encourage volunteering.
- Get on the mailing list of different community agencies to receive program schedules and information.
- Become familiar with local businesses - bank, post office, grocery store, coffee shops, bakery, faith community...



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What are the Housing Options?



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Why is Housing Evolving?



- Parents and individuals with disabilities are demanding housing and services that are integrated and based on person-centered thinking principals.
- The federal governments directive to implement the Olmstead Decision.
- Centers for Medicare & Medicaid Services directive to implement the Home & Community-Based Services (HCBS) rule
- Separating housing from services.

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Housing's Guiding Questions...



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

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The Array of Housing Options

Licensed Housing

Other Provider Controlled Housing

Participant Controlled Housing

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What housing options does my young adult want?

- **Family home, Friend's or Relatives Home**
- **Apartment, Condominium, Townhome, Home**
 - Participant Controlled ("Person's Home")
 - Other Provider Controlled ("Integrated Community Settings")
- **Community Residential Settings**
- (Formerly Adult & Family Foster Care, "Group Homes")
 - Institutions Intermediate Care Facilities for Individuals with Developmental Disabilities (ICF/DD)
 - Nursing Homes
- **Co-op Housing**
- **Co-Housing**



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Housing Services & Supports

What supports are needed?



Medical Assistance Services:

- Personal Care Attendant (PCA)
- Community First Services and Supports (CFSS)- **Transitioning from PCA*
- ARMHS (Adult Rehabilitative Mental Health Services)
- Home Care Nursing
- Respite
- Housing Stabilization Services
- Life Sharing

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Housing Services & Supports

What supports are needed?



“Waiver Reimagine” Home and Community Based Waiver Services. Categorizing Services by Settings:

- **A Person’s Home, or In the Family Home:**
- Individualized Home Supports with and without training
- Individualized Home Supports with Family Training
- Integrated Community Supports
- Live-in Caregiver
- Shared Living
- Natural Supports
- **Residential Services:**
- Community Residential Services - Adult and Child
- Family Residential Services - Adult and Child

Waiver Reimagine: <https://mn.gov/dhs/partners-and-providers/news-initiatives-reports-workgroups/long-term-services-and-supports/waiver-reimagine>

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Apartment, Condominium, Townhome, Home Rental or Ownership



- Participant controlled housing – “A Person’s Own Home”**
- Person Chooses type of housing (holds lease or mortgage)
 - Rents Own Home
 - Home ownership
 - Person chooses roommate, location, service provider and amount of services
- Other Provider Controlled Housing** (holds lease or owns building)
 - Apartment Programs
 - Provider Owned or Leased Apartments or Homes
 - Person chooses location of providers choice of building and package of services from provider

Participant Controlled – “A Person’s Own Home”



What are the characteristics of “A Person’s Own Home”?

- NOT a program
- NOT an “open bed” or placement
- NOT a model
- NOT a development
- NOT independent
- **IS CHOICE**
- **IS** a process
- **IS** one person at a time - *individualized*
- **IS** collaboration
- **IS** right supports at the right time



How People Have Found & Funded Their Own Homes



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Kevin & Michael – Single Family Home



Kevin & Michael – Single Family Home

Kevin's Financial Situation

- **Rent:** \$875 each= \$1,750
- **Food:** \$275 each
- **Utilities/Split:** Electric-\$68, Gas/Heat \$35-\$128 = \$81.50, Water/Sewer/Trash- \$140, Internet- \$58.00 = **\$695 split = \$347.50 each** + Kevin's Phone: \$45.00 = **\$392.50**
- **Income:** RSDI: \$937
- **Income/Job:** \$160 every wk working 4 hrs/4 days wk = 16 hrs wk = \$640

MSA/MSA Housing: Not receiving Waiver Service

- DD Waiver – IHS w/training

Natural Supports

- Family/ friends

Total Income: \$1,577

Expenses: \$1,542.50* = \$34.50 left

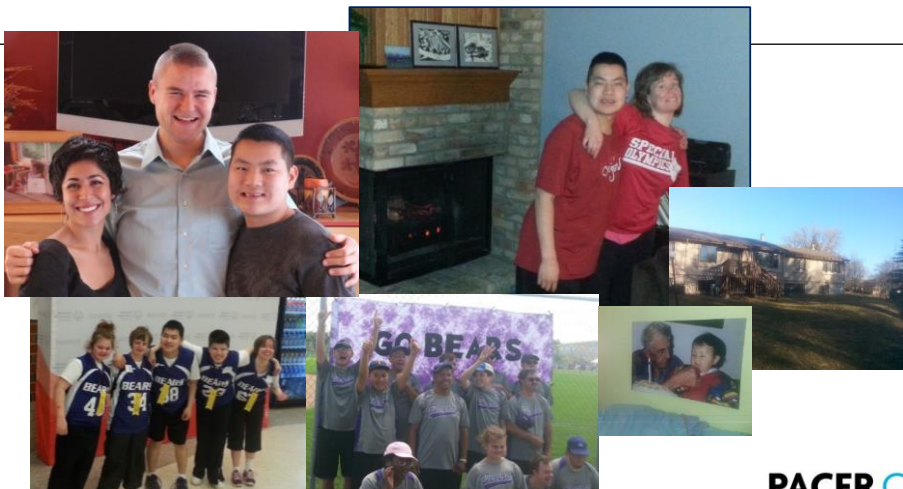
*\$1,150 – \$427 left when utilities/phone included in rent

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Chris, Anne, Scott – Townhome



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Chris, Anne, Scott – Townhome

Chris's Financial Situation

- **Rent:** \$600 each for 3 roommates=\$1,800
- **Food:** \$250 (\$750 total for 3)
- **Utilities:** Rent includes all utilities
- **Income:** RSDI \$1,135
- **Income/Job:** Day Support - \$150 gross, \$100 net per month
- **Personal Fun:** \$80

- **Athletic Program:** \$167
- **MSA + Food Support/SNAP:** Did not apply for

Waiver Service

- DD Waiver – IHS w/training, Day Support
- **Natural Supports:** family/friends

Total: \$1,235 a month

Expenses: \$1,100 = \$235

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Daniel and Charlie – Fourplex



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Daniel and Charlie – Fourplex

Dan's Financial Situation

- **Rent:** \$600 each roommate = \$1,200
- **Utilities:** Electric-\$20 each, other utilities included in rent
- **Food:** \$273
- **Income - SSI:** \$550
- **Income/Job:** \$800 (\$850 gross) working about 4.5 hours for 4 days week

MSA + Food Support/SNAP: \$150

Waiver Service

- CDCS, Customized Employment > Natural Supports

Natural Supports

- Family/ friends/co-workers

Total income: \$1,500 - Expenses: \$893 = \$607

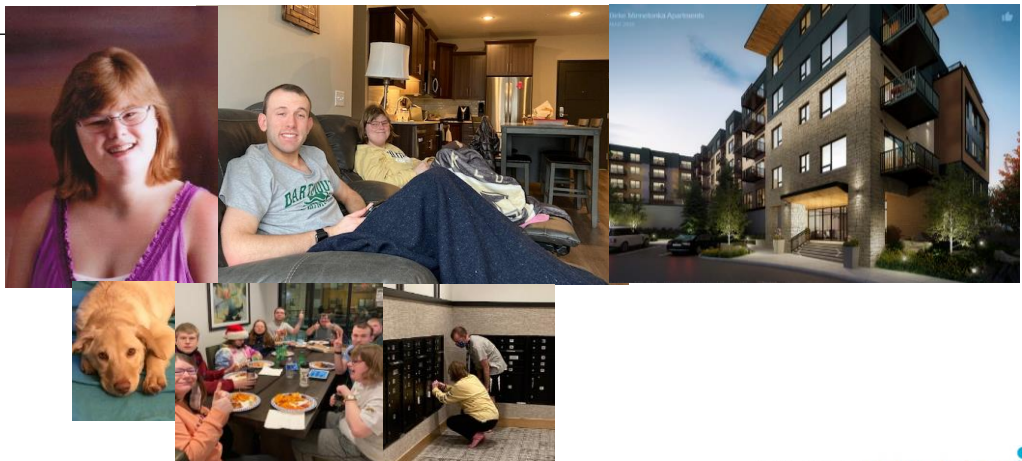
**Note: 2 units getting low-income tax credits*

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Amada - Affordable Housing Development - Apartment



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Amada & Jake - Affordable Housing Development - Apartment

Amanda's Financial Situation

- **Rent:** \$1,366 (2 bedroom) \$683 ea.*
- **Utilities:** heat, water, gas, sewer, trash, electric = \$95 ea. + Internet/Cable \$105 ea.= \$200.00 , **Lifeline Phone:** \$0
- **Food:** \$250
- **Income - SSI:** \$943
- **Food Support/SNAP:** \$23
- **MSA/MSA Housing:** \$81+ 457= \$538
- **Transportation:** \$90
- **Entertainment/Hobbies:** \$175

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Waiver Service

- **DD Waiver:** IHS w& w/o training, 24 Hr Emergency Assist, Home Delivered Meals, Customized Employment
- **Natural Supports:** family/ friends

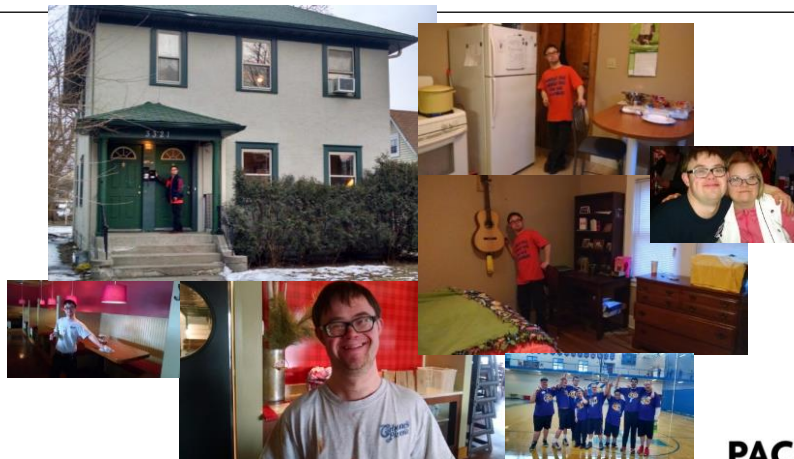
Total Income: \$1,789

Expenses: \$1,398 = 391 left

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



Sam & Devin – Two Bedroom Duplex, Live-In Caretaker



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Sam & Devin – Two Bedroom Duplex, Live-In Caretaker

Sam's Financial Situation

- **Rent:** \$650 for each = \$1,300
- **Food:** \$250 for each = \$500
- **Utilities/Split:** Electric-\$58, Gas- \$42
Water/Sewer/Trash- \$60= \$160=\$80 ea.
- **Income - SSI:** \$943
- **Food Support/SNAP:** \$281 (\$20.00 min)
- **MSA:** \$81
- **MSA Housing Assistance:** \$457

Waiver Service

- Caregiver Living Expenses:**
(1/2 of rent and food = \$900)
- Natural Supports:**
Family/ friends
- Total Income: \$1,762 -**
Expenses: \$980 = \$782 left

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Leslie and Cara – Community Residential Setting



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Leslie and Cara – Community Residential Setting

Leslie and Cara financial situation:

- **Income: SSI** \$943
- **Provider keeps:** \$818
- **State adds:** \$317
- **Total Housing Support:** \$1135
- **Person keeps:** \$125,
- **Personal Needs**
- **Expenses not covered by provider...**

Waiver Service

- **DD Waiver:** Community Residential Services, Customized Employment &
- Day Support Services

Natural Supports

- Family/ friends

Total Income to Provider: \$1135

Total Income for person: \$125

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Family Residential Settings & Life Sharing

Family Residential Settings:

- The home **is the primary residence** of the family residential license holder **who is also the primary caregiver.**
- Same provisions as Community Residential Settings.

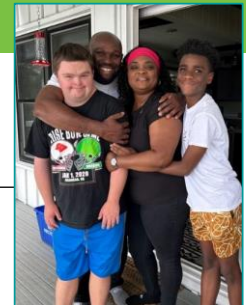
Shared Living:

- **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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Community Residential Settings – Board & Lodge, Assisted Living...



Other “congregate” settings

- Includes services where seniors or people with disabilities live in the same building
- Includes: board and lodging establishments, non-certified boarding care homes, housing with services establishments or assisted living.
- May include five or more people
- May have individual or shared bedrooms
- May share living, dining spaces

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Institutions

Intermediate Care Facility for Persons with Developmental Disabilities (ICF/DD)

- Residential facility **licensed as a health care institution** and certified by the MN Department of Health to provide **health or rehabilitative services** for persons with developmental disability or a related condition who require active treatment.
- Have developmental disability or a related condition
- Need a 24-hour plan of care
- Need continuous active treatment
- Cannot apply skills learned in one environment to a new environment without aggressive and consistent training



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Institutions

Nursing Homes

Nursing homes are long-term care facilities that offer a full array of personal, dietary, therapeutic, social, spiritual, recreational, and nursing services to residents.



Nursing level of care is needed for one or more of the following:

- Cognitive or behavioral condition
- Existence of complicating conditions
- Frailty or vulnerability
- Functional limitation
- Need for complex care management
- Need for restorative and rehabilitative or other special treatment
- Unstable health

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Cooperative “Co-op” Housing

- People come together to form a special kind of corporation called a **“Cooperative”**
- Cooperative members own a share in a corporation that owns or controls the building(s)
- Each shareholder is entitled to occupy a specific unit
- Co-op is eligible for financial assistance or low-cost loans from government
- National Association of Housing Cooperatives:
<https://coophousing.org>



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Co-Housing



- A growing movement in the U.S.
- Co-housing communities balance the traditional advantages of home ownership with the benefits of shared common facilities.
- Creates intentional and cross-generational communities
- Opportunities for participation in the planning, design and ongoing management and development


Co-Housing Association of US: <https://cohousing.org> Find It>Community Directory>Minnesota





FIND IT • CREATE IT • LIVE IT • RUN IT • EVENTS • DONATE 🔍 🌐


There are 8 records in the Cohousing Communities category. They are shown below. Click any linked record to learn more about that record.

Community	State	City	Status	Move In Year
Active Adult Cohousing for the Northland	Minnesota	Duluth	Forming	2025
ASU	Minnesota	Minneapolis	Forming	2022
Cedar Cohousing LLC	Minnesota	Minneapolis	Forming	2023
Duluth (MNI) Net Zero Co-housing Community	Minnesota	Duluth	Forming	2023
Green Island Preserve	Minnesota	Wadena	Forming	2025
Homewood Cohousing	Minnesota	Minneapolis	Forming	
Monterey Cohousing Community	Minnesota	Saint Louis Park	Established	1992
Zephyr Valley Community Cooperative	Minnesota	Rushford	Established	1994


Find It
Directory
Communities
Cohousing
Events
[Learn More](#)

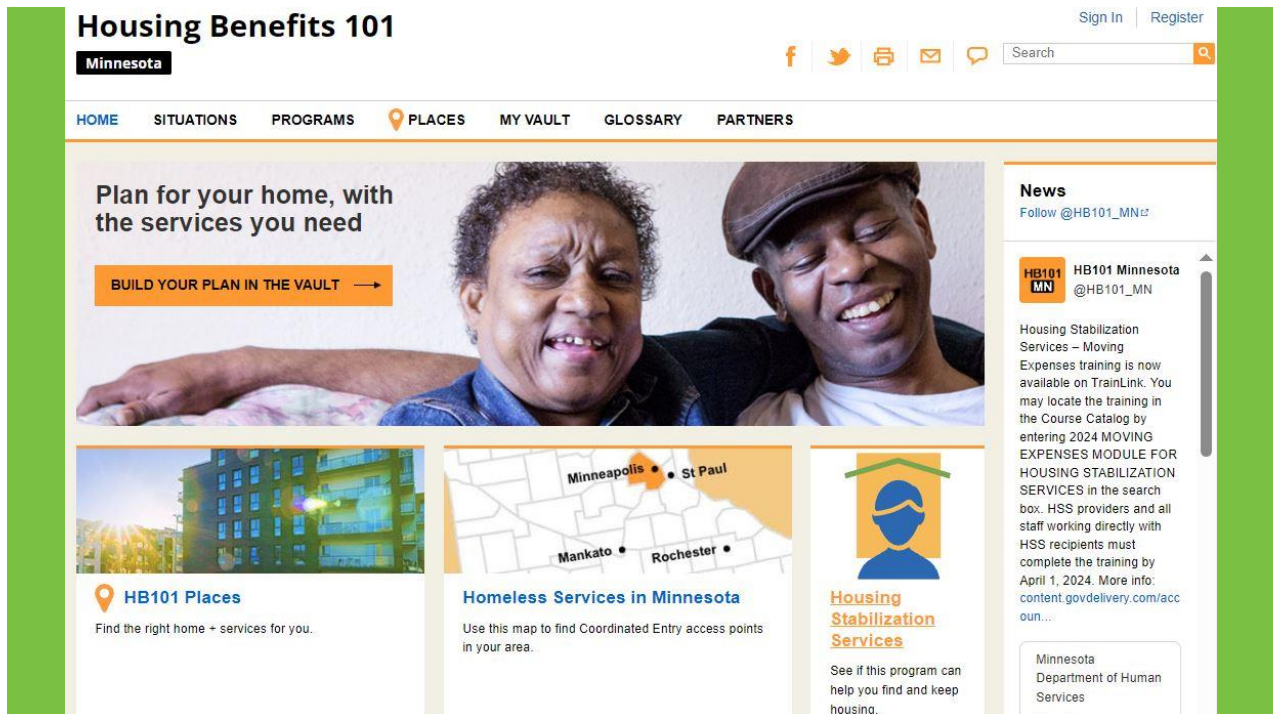

Create It
Guidelines
How-to
Resources
Publicity
[Learn More](#)


Live It
Lifestyle
Space Layout
Life Cycle
[Learn More](#)



Run It
Models
Timeline
Maintenance
Transition
[Learn More](#)

Co-Housing Solutions

- Cohousing Solutions: Katie McCamant, Founder
<https://www.cohousing-solutions.com/videos>




The screenshot shows the 'Housing Benefits 101' website for Minnesota. The main header includes navigation links for HOME, SITUATIONS, PROGRAMS, PLACES, MY VAULT, GLOSSARY, and PARTNERS. A large banner features the text 'Plan for your home, with the services you need' and a button 'BUILD YOUR PLAN IN THE VAULT'. Below this are three featured sections: 'HB101 Places' with a building image, 'Homeless Services in Minnesota' with a map showing Minneapolis, St Paul, Mankato, and Rochester, and 'Housing Stabilization Services' with an icon of a person under a house. A right-hand sidebar contains a 'News' section with a tweet from @HB101_MN and a link to 'Housing Stabilization Services - Moving Expenses training'. The footer of the sidebar identifies the organization as the Minnesota Department of Human Services.




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 21st.

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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Staff Resources | Select Language | Sign In

MinnesotaHelp.info

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:

Q SEARCH: All What are you looking for?

Where?

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](https://www.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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Next Steps....



- Start the conversation with your young adult about where they want to live when they grow up.
- Plan time to begin the person-thinking and planning process with your young adult.
- Educate yourself! NETWORK, NETWORK, NETWORK!

Next workshops:

- **Step 2 - Housing: How is it paid for?**
Monday, April 15th, 6:30 - 9:00 p.m.
- **Step 3 - What are the options?**
Monday, April 29, 6:30 - 9:00 p.m.

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



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 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>

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



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Resources



MN Department of Human Services Main Page

<http://mn.gov/dhs>

People with Disabilities>Services>Home and Community Services

<https://mn.gov/dhs/people-we-serve/people-with-disabilities>

Healthcare>Child & Adult Mental Health:

<http://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care>

Housing

<http://mn.gov/dhs/people-we-serve/adults/economic-assistance/housing>

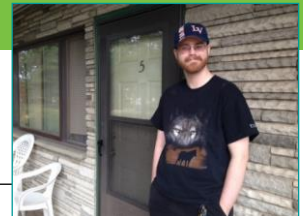
- Housing Benefits101 <https://mn.hb101.org>
- HB101 Places <https://mn.hb101.org/places.htm>
- Disability Benefits 101 <https://mn.db101.org>
- MinnesotaHelp.info <https://www.minnesotahelp.info>

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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>

Metro Crisis Coordination Program (MCCP) Residential Openings List

<https://mnopenings.org>

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Resources



Housing Link

Housing Rental Listings, Public Housing, Section 8, Waitlists & Newsletter

www.housinglink.org

Housing Link "Streams" Database: <https://www.housinglink.org/Streams/>

TAC- Technical Assistance Collaborative

www.tacinc.org/knowledge-resources/publications/e-books/section-8-made-simple

Voucher Database for MN: <http://www.tacinc.org/knowledge-resources/vouchers-database/?state=MN>

HUD - Information for Disabled Persons: https://www.hud.gov/topics/information_for_disabled_persons

HUD Resource Locator <https://resources.hud.gov>

HUD Reasonable Accommodations & Rights for Individuals with Disabilities:

https://www.hud.gov/program_offices/fair_housing_equal_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>

Research on Housing Needs <https://www.mnhousing.gov/policy-and-research/research-on-housing-needs.html>

MN Housing Budget Summary [One Minnesota Budget \(mnhousing.gov\)](#)

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

Homes for All Coalition <http://homesforallmn.org/>

Social Security Administration

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



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