

A Home of One's Own

Plan & Explore Your Housing Options



Welcome

- Purpose
- Goals
- Realities

The background features a series of overlapping, semi-transparent rectangular blocks in shades of purple and orange, creating a layered, architectural effect. The colors transition from a deep purple on the left to a bright orange on the right. The text 'Plan Ahead' is centered horizontally and positioned in the middle of the frame.

Plan Ahead

Meet Nora



- Nora Ulseth
- They/them
- Individual Advocacy Manager

Planning Tools

- Tools:
 - Charting the Life Course Trajectory Tool
 - What's Working/What's not working
 - Requirements vs. Preferences
 - Charting the Life Course Integrated Supports Star
- Resources
 - The Arc Minnesota
 - Disability Hub- HB101

Planning Tools

- What's working/What's not working
 - What is working for you?
 - What would you like to stay the same?
 - What is not working?
 - What would you like to change?

Planning Tools

- Requirements vs. Preferences
 - Requirements are non-negotiables
 - Ex: Rent
 - Ex: Accessibility
 - Preferences are areas where there can be compromise
 - Are there other ways to meet that want or need?

Planning Tools

- Integrated Supports Star
 - Personal Strengths and Assets
 - Relationships
 - Community Based
 - Technology
 - Eligibility

Planning Resources

- The Arc Minnesota Help Desk
 - GROW Model
 - GOAL
 - REALITY
 - OPTIONS
 - WAY FORWARD

Planning Resources

- The Arc Minnesota Website
 - Planning Your Future
 - It's My Choice
 - Charting the Life Course
 - My Vault

Planning Resources

- Disability Hub
 - HB101 (Housing Benefits 101)
 - Planning Paths
 - Options
 - Searching tools

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Questions?

Know Your Options

Meet Ellen

- Ellen Baudler
- She/her
- Director of Housing Services

Housing Access Services

Housing Access Services (HAS) is a contract that The Arc Minnesota has had since 2009.

HAS is for adults who do not have a waiver but have a disability, Medical Assistance and are not homeless, at risk of homelessness and not living in a congregate setting.

HAS can assist eligible people with finding, applying, and moving to independent housing.

HAS also has funding to help eligible adults pay for a security deposit, or movers, or some essential furniture.

HAS funding is available to eligible adults who have found their own housing.

Housing Stabilization Services

Housing Stabilization Services (HSS) is a housing navigation and sustaining billable service:

- Funded by a person's Medical Assistance/Medicaid
- For adults who have a waiver, except for a A/C waiver
- For adults who do not have a waiver but who have : (a) Medical Assistance/Medicaid and (b) who have a disability and (c) who are homeless or (d) are at risk of homelessness or (e) are living in a provider controlled setting.

Housing Stabilization Services

HSS provides housing navigation and housing sustaining services in independent or lesser restrictive settings.

It's a good idea for adults living in a provider controlled setting to enroll in HSS as soon as they know that they want to move to a lesser restrictive setting because it can take considerable time to find housing.

Meet Gene



- Gene Martinez
- He/Him
- Legislative Advocacy Coordinator

Individualized Home Supports

Available in non-licensed settings like the family home or apartment

Provide training on cueing, skill maintenance, guidance, instruction, assistance with daily living and community living

IHS can be provided with training, without training and with family training

IHS can support remote delivery of services

Integrated Community Supports

Available in provider controlled settings only for up to 24 hours

Skills related to categories of community participation, health, safety, & wellness, household management and adaptive skills

Cuing, skill maintenance, guidance, instruction, assistance with activities of daily living, and community living activities

Apartment Models

- Independent apartments where the rent is subsidized and based on your income and market-rate apartments. Your disability services are hired by you and come to your home.
- Apartments which are rented to you by a disability services provider and you have your own unit and the provider administers and provides your services.
- Apartments that accept your Section 8 voucher.

Adult Foster Care: Community Residential Setting

Adults live in a licensed setting receiving services from shift staff (Group Home model)

Service categories include chore, companion, homemaking, personal care, medication administration

Provision of connections to the community including social, recreational, and transportation services

Adult Foster Care: Family Foster Care

Adults receiving care live with the license holder who provides them assistance

Services include personal care, medication administration, provision of meals, assistance with budgeting, personal hygiene

Provides connection to the community including social, recreational, and transportation services

Life Sharing

An adult needing services can live with a person of their own choosing who will provide support services

An authorized Life Sharing agency can match individuals who want services with those who are willing to provide Life Sharing support

The Life Sharing agency provides ongoing training and support to the provider and individual receiving services. A maximum of two adults can receive support in a setting.

Caregiver Living Expenses

An unrelated caregiver who lives in the same household as an adult receiving waiver services can be paid for providing support services

The services include personal care, teaching cooking or budgeting, and support with other tasks

Food and rent expenses for the caregiver can be paid. Tax free benefits.

Co-living/ Roommate

Roommate matching service for individuals looking for people who can provide support services

Caregiver living expenses paid for providing personal care, teaching cooking or budgeting, and support with other tasks

Ongoing support from RUMI to caregivers and people receiving services

Duplex or Twin Home

An adult who receives services might live in one unit of a duplex and parents, family or friends live in the other unit

Support services can be provided by a licensed provider or through Consumer Directed Community Supports (CDCS)

Allows for interdependence between family members while giving people their own space

Home Purchasing

Home purchasing is a housing option for people with disabilities and 2-3 adults can share the home and share disability services.

It is possible to use a Section 8 voucher to help pay a mortgage. This program is administered by county and city agencies and very few participate.

The following do participate: Austin HRA, SEMMCHRA in a six SE counties, Olmstead County HRA and Clay County HRA.

This program has worked best in more rural areas where home purchasing is more affordable.

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Questions?

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Break

Flexible Supports

CDCS

Consumer Directed Community Supports (CDCS)

Self-Directed option under a Home & Community Based Services (HCBS) disability waiver

Hiring staff is the responsibility of the user of services. Friends and relatives can be staff

CDCS also includes the purchase of goods and services unavailable under the traditional waiver like specialized therapies, special diets, creative employment supports, and adaptive recreation

CDCS

The CDCS budget is a state set budget (traditional waiver budget is set by a county)

28 variables measuring the needs of the person are used to determine the budget

The CDCS budget is set at 70% of the daily rate produced by the formula

Budget exceptions can increase the budget for people needing employment supports, to implement a positive behavior plan, or for people leaving institutional settings. Annual renewal of the exception is required.

CDCS

Choose or design the services and supports that fit your needs

Decide when you should receive services and supports

Choose the people and agencies delivering those services and supports

Choose family, friends, a spouse, or the employees of an agency to provide staffing

CDCS

A Community Support Plan (CSP) must be approved by the county

A CDCS Support Planner to help write the CSP can be funded through the CDCS budget. This is optional.

A Financial Management Services (FMS) must be selected and will process requests for payments and payroll expenses

Remote Supports

Remote supports are accessed through Individualized Home Supports (IHS)

Includes check-ins to see how the person is doing

Includes consultations to address any problems or potential issues

The delivery of remote supports can take place by telephone, secure video conferencing, or electronic messaging

Assistive Tech

Assistive technology (AT) is any item that maintains, improves, or increases the functional capabilities of people with disabilities to live in the community and communicate.

AT services are those services that support the selection, acquisition and use of an AT device.

In general, the more complex the device, the greater the need for services.

Assistive Tech

AT ranges from simple to complex devices, and includes aids for daily living, communication boards, hardware, software, electronic tablets, screen readers, text-to-speech software, specialized computers, mobility aids and more

Depending on the funding source, AT may require an assessment from a physician, occupational therapist, physical therapist, or speech language pathologist

Minnesota STAR program is a federally supported resource where you can learn more about AT <https://mn.gov/admin/star>

Intermittent Crisis Supports

Crisis respite can provide in-home or out-of-home support to individuals going through a crisis; help with diagnosing issues; or provide tools and supports to caregivers

Design person centered intervention plans based on assessment

Train staff and family members on how to provide support to the person

Remote services are allowed. Services can be provided in non-traditional settings

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Questions?

Contact Us

Office Phone Number: (952) 920-0855

Help Desk Phone Number: 1-866-797-1122

Toll Free Phone Number: 833-450-1494

Online Ask an Advocate:

<https://arcminnesota.org/ways-we-can-help/>

A Home of One's Own

A Change is Gonna Come

Wednesday, May 25 | 10:30 to 11:45 am

We need to make long-term change to help address the workforce shortage and housing crisis. Learn about work being done at the Capitol to stabilize support professions and expand access to housing.

Register at: bit.ly/3um4wyc

Hosted by The Arc Minnesota

Thank You!