

A PLACE TO THRIVE: HOUSING OPTIONS FOR ADULTS WITH IDD



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AGENDA

WHY HOUSING MATTERS

KEY FACTORS IN HOUSING DECISIONS

COMMON HOUSING MODELS IN WASHINGTON

ADDITIONAL CONSIDERATIONS

A NOTE ABOUT RHCs

WHERE TO START



WHY HOUSING MATTERS

HOUSING IS MORE THAN JUST A PLACE TO LIVE—IT'S A FOUNDATION FOR **INDEPENDENCE, WELL-BEING, AND COMMUNITY INCLUSION.**

MANY ADULTS WITH IDD FACE **BARRIERS TO SECURING STABLE HOUSING**, INCLUDING AFFORDABILITY, ACCESSIBILITY, AND AVAILABILITY OF SUPPORT SERVICES.

FINDING THE RIGHT HOUSING OPTION CAN GREATLY IMPACT AN INDIVIDUAL'S **QUALITY OF LIFE, ABILITY TO ENGAGE IN MEANINGFUL ACTIVITIES, AND OVERALL HAPPINESS.**

KEY FACTORS IN HOUSING DECISIONS

- INDEPENDENCE AND AUTONOMY
 - HOUSING MODELS SHOULD BALANCE **INDEPENDENCE WITH SAFETY AND SUPPORT.**
 - CONSIDER THE CONCEPT OF *DIGNITY OF RISK*
- SOCIAL & EMOTIONAL WELL-BEING
 - THE RIGHT HOUSING OPTION CAN MINIMIZE ISOLATION, SUPPORT **FRIENDSHIPS, EMPLOYMENT, COMMUNITY ENGAGEMENT, AND PERSONAL FULFILLMENT.**
- AFFORDABILITY & SUSTAINABILITY
 - WHO WILL MANAGE HOUSING WHEN PARENTS/GUARDIANS ARE NO LONGER AVAILABLE



FOUR COMMON HOUSING MODELS IN WASHINGTON STATE:

- Adult Family Home
- Shared Housing
- Supported Living
- Companion Home

ADULT FAMILY HOME

- DOES NOT REQUIRE DDA, DOES REQUIRE ACCESS TO PERSONAL CARE
- INCLUDES HOME AND CARE, USUALLY STAFFED AT A 1:6 RATIO.
- NO CHOICE OF ROOMMATES
- HEAVILY REGULATED BY THE STATE
- FAMILY INVOLVEMENT IS ENCOURAGED BUT NOT REQUIRED
- BEHAVIOR SUPPORTS ARE LIMITED - MOST WILL NOT ACCEPT RESIDENTS WITH CHALLENGING BEHAVIORS
- FAMILY SEARCHES FOR AN AFH THAT IS THE RIGHT FIT USING [THE AFH FINDER](#)
- RESIDENT PAYS ROOM AND BOARD BASED ON INCOME, LEAVING LITTLE FOR OTHER EXPENSES

SHARED LIVING

- AN ARRANGEMENT BETWEEN TWO ADULTS WITH IDD AND THEIR FAMILIES
- RESIDENTS EACH USE THEIR PERSONAL CARE HOURS AND SHARE CAREGIVERS
- NO ELIGIBILITY REQUIREMENTS
- YOUR PREFERENCE OF ROOMMATES
- FAMILIES MUST LOCATE THE HOME AND ARRANGE FOR ALL CARE THEMSELVES
- LIMITED STATE OVERSIGHT, PRIMARY OVERSIGHT COMES FROM PARENTS
- OFTEN PAID FOR WITH SECTION 8 VOUCHER, FAMILY CAN NEGOTIATE PLAN TO COVER OTHER COSTS
- REQUIRES EXTENSIVE OVERSIGHT, INCLUDING CLOSE COLLABORATION BETWEEN FAMILIES. OLDER FAMILIES WILL NEED A PLAN FOR WHEN THEY ARE NO LONGER ABLE TO BE ACTIVELY INVOLVED.

SUPPORTED LIVING

- DDA CORE WAIVER IS REQUIRED
- SERVICES CAN RANGE FROM 24/7 TO JUST A FEW HOURS A WEEK
- PROVIDER AGENCY HIRES, TRAINS, AND OVERSEES CARE PROVIDERS
- INCLUDES CARE PLAN, RECREATION, TRANSPORTATION
- SOME AGENCIES HAVE HOMES WITH MULTIPLE RESIDENTS, SOME AGENCIES SUPPORT CLIENTS IN THEIR OWN HOME/APARTMENT (CAN NOT LIVE WITH PARENTS)
- FAMILY INVOLVEMENT ENCOURAGED BUT NOT REQUIRED
- THOSE WITH CHALLENGING BEHAVIORS ARE ELIGIBLE FOR THIS PROGRAM WITH SOME EXCEPTIONS
- CLIENTS PAY FOR FOOD, RENT AND OTHER EXPENSES NOT RELATED TO CARE.

COMPANION HOME

- BASED ON AN ADULT FOSTER CARE MODEL
- A LONG-LASTING RELATIONSHIP BETWEEN A PERSON WITH IDD AND THEIR LIVE-IN PROVIDER
- AN INDIVIDUAL WITH IDD LIVES IN THE HOME WITH THEIR “COMPANION” WHO PROVIDES 24-HOUR SUPPORT AND SUPERVISION
- SHORT TERM RESPITE CARE IS AVAILABLE TO THE COMPANION FOR BREAKS
- FAMILIES ARE RESPONSIBLE FOR FINDING THE COMPANION AND FOR GENERAL OVERSIGHT
- CAN BE UNRELIABLE SINCE IT IS SOLELY DEPENDENT ON ONE PERSON FOR ALL NEEDS

MODEL COMPARISON

	Adult Family Homes	Shared Living	Supported Living
Eligibility Requirements	Eligible for Personal Care AKA Community First Choice Does NOT require DDA	None	DDA Core Waiver <u>REQUIRED</u>
Roommates	2-6 people	Yes, the number is determined by the families	Depends on the Provider agency
Extent of Care Services	1 live-in, licensed provider implements care plan based on annual CARE Assessment. Care plan identifies "Daily Rate".	Residents each use their Personal Care hours and share a caregiver.	State-paid care services based on annual CARE Assessment that includes personal care, access to medical care, and support in community activities. <ul style="list-style-type: none"> • Services can range from 24/7 to just a few hours a week. • Provider agency hires, trains, and oversees care providers (Direct Support Professionals).
Bricks & Mortar	Included in model	Families must locate the home themselves	Depends on the Provider Agency <ul style="list-style-type: none"> • Some agencies have homes with up to 4 residents • Some agencies support clients in their own home/apartment
Family vs. State Oversight	Heavily regulated by <u>state</u> ; family involvement encouraged but not required	Limited state oversight, primary oversight comes from family	Heavily regulated by <u>state</u> ; family involvement encouraged but not required
Behavior Supports	Limited – most AFHs will not accept residents with challenging behavior	Depends on the agreement between families and caregiver	Yes, included in support plan and paid by state. However, if a client's behavior puts agency staff at risk or exceeds their expertise, they may choose to discharge the client.

ADDITIONAL CONSIDERATIONS

- MOST HOUSING DOES NOT AUTOMATICALLY COME WITH CARE. CARE AND HOUSING ARE SEPARATE SERVICES AND SHOULD BE CONSIDERED AS SUCH WHEN SELECTING THE RIGHT MODEL FOR YOU.
- IT CAN TAKE 1-2 YEARS FROM THE START OF A HOUSING SEARCH TO WHEN THE PERSON IS FULLY SETTLED INTO A NEW HOME. START PLANNING WITH PLENTY OF TIME AND AVOID WAITING FOR A CRISIS TO BEGIN YOUR SEARCH IF POSSIBLE.
- TAKE ADVANTAGE OF PARTNERS4HOUSING'S FREE HOUSING ASSESSMENT
- UNLIKE PUBLIC SCHOOL, NO AGENCY, AFH OR PROVIDER IS REQUIRED TO WORK WITH A CLIENT (OR FAMILY) IF THEY DON'T FEEL IT'S THE RIGHT FIT FOR THEIR PROGRAM.
 - RUMOR HAS IT THAT PARENTS WHO ARE DEEMED "DIFFICULT" CAN KEEP A CLIENT OUT OF A PROGRAM

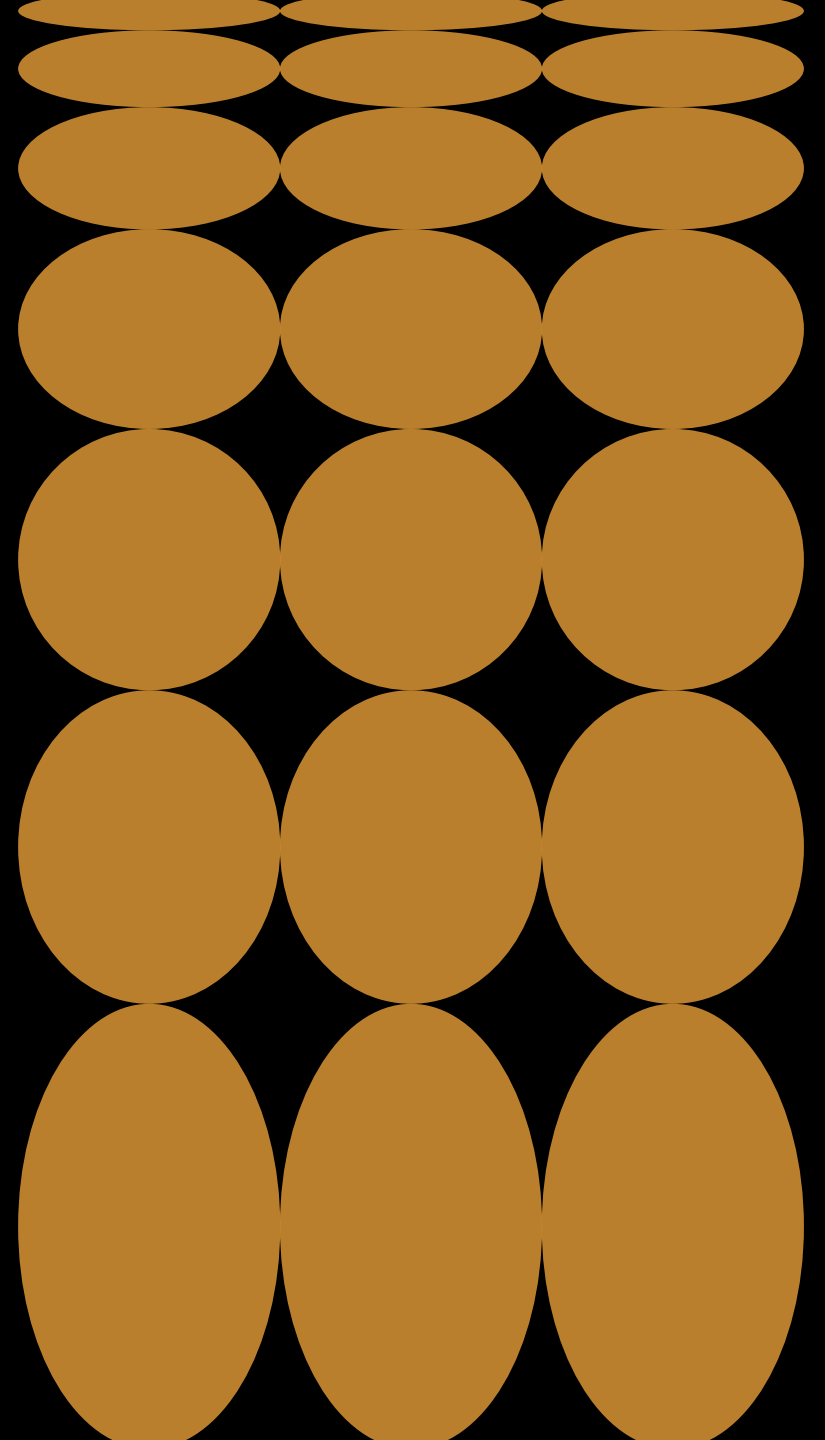
A NOTE ABOUT RHC'S

- RESIDENTIAL HABILITATION CENTERS (RHCs) ARE INTERMEDIATE CARE FACILITIES FOR PEOPLE WITH IDD, NURSING CARE NEEDS, OR A COMBINATION OF BOTH
- SOMETIMES KNOWN AS INSTITUTIONS, DISABILITY ADVOCATES HAVE BEEN WORKING TO CLOSE THEM DOWN FOR MANY YEARS
- THERE ARE FOUR THROUGHOUT THE STATE: LAKELAND VILLAGE, FIRCREST SCHOOL, RAINIER SCHOOL, YAKIMA VALLEY
- DISCHARGE PLANNING BEGINS AT ADMISSION. THIS IS A SHORT-TERM OPTION, AND CONSIDERED A LAST RESORT FOR MOST PEOPLE
- SOME FAMILIES ERRONEOUSLY BELIEVE THEY ARE THE SAFEST AND MOST CONSISTENT OPTION FOR THOSE WITH HIGH SUPPORT NEEDS

WHERE TO START?

- **Consider which model is the right fit for your loved one**
 - Be sure to include your loved one in this conversation to the maximum extent possible
 - Consider your current and future needs when choosing
- **Contact DDA (if relevant) for assistance from your case manager.**
 - If you are interested in Supported Living but are not on a Core Waiver, request one right away.
 - If a 1:6 ratio will not work for you, don't let the Case Manager tell you to try an AFH first.
- **Contact The Arc of King County for support**
 - **English:** 206-829-7053 OR Ask@arcofkingcounty.org
 - **Spanish:** 206-829-7030 OR Preguntas@arcofkingcounty.org

QUESTIONS?



THANK YOU



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