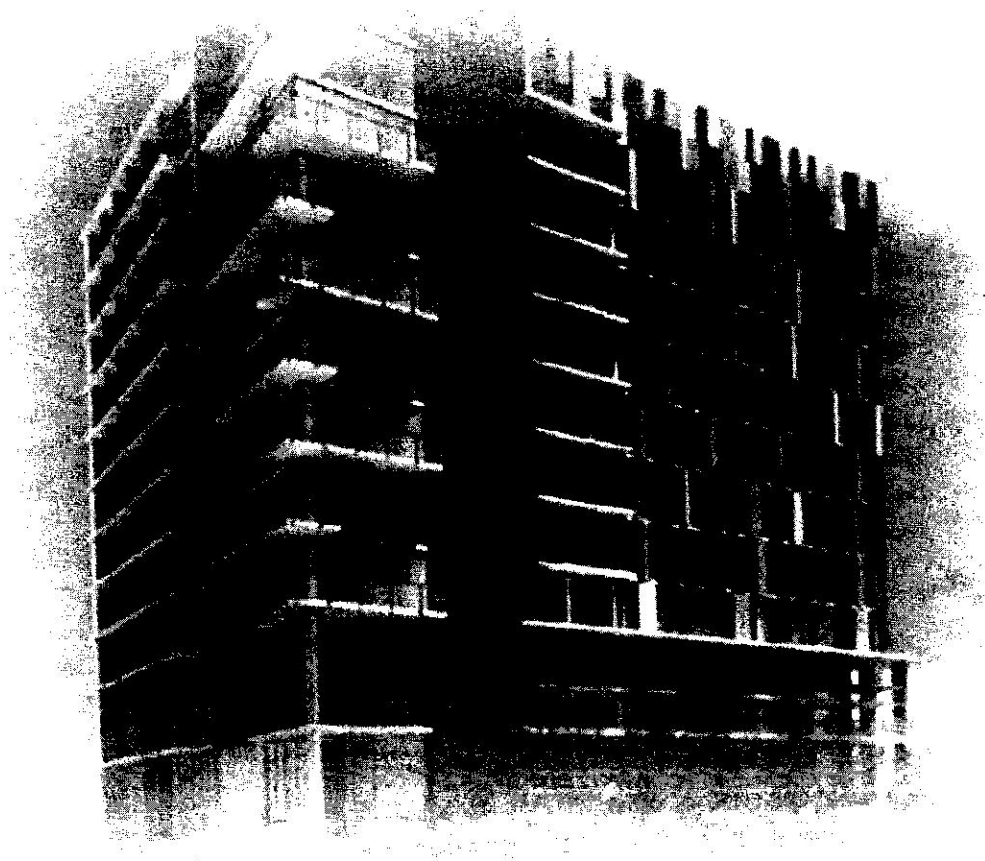




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Illinois Council on
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Supportive Housing Workbook

For
Adults with Intellectual and Developmental
Disabilities & Their Families

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Illinois Council on Developmental Disabilities*

Supportive Housing Workbook

Introduction

The purpose of this workbook is to assist families who have sons and daughters with intellectual and developmental disabilities to **organize together and develop supportive housing** in their own community. Throughout this workbook, we will be separating housing from supports.

- Housing will refer to the physical building
- Supports will refer to the services individuals receive.

Supportive Housing combines affordable housing with services that help people who face the most complex challenges to live with stability, autonomy, and dignity.

Supportive Housing, as a federal evidence based practice, has the following 6 characteristics. :

1. Targets households who need services to maintain their housing
2. Is affordable
3. Provides tenants with leases
4. Engages tenants in voluntary services
5. Coordinates among key partners
6. Connects tenants with community

This workbook is intended to serve as a road map for groups interested in developing supportive housing in their local communities. The steps are as follows:

1. Educate yourselves on current housing and support models
2. Articulate your personal vision for housing
3. Articulate your personal vision for supports
4. Decide if housing collaboration is needed
5. If needed, form a core team of like-minded team members
6. Articulate the shared group vision for housing
7. Articulate the shared group vision for supportive services
8. Seek partners for housing
9. Seek partners for supports
10. Develop a strategy for advocacy

The following pages will go into detail on each step and offer space for families to write their answers to the questions. Ideally, the steps will be completed in order, but groups can also be working on several steps at the same time. In addition, the steps related to housing should be decided on as a group, while the steps related to supports can be completed by individual families.

Let's get started!

**Part 1: Researching long term
housing and support services in
my community and identifying my
individual ideal housing and
supports situation.**

STEP 1: Educate yourselves on the current housing and support services already in your community.

As you begin to think about a person with a disability moving out, the first thing to do is start learning what is currently available for both affordable housing and long term service supports. While you might want to do something new and creative, it is important to **learn what is currently available in your community** so you are not starting from scratch. The following activities need to be completed by the group, but each person does not have to be involved in all of them. There are three main parts to educating yourselves:

1. Discover the housing that is available in your community
2. Tour different types of residences
3. Learn about the state funding system for supports
4. Learn about what other local support services are nearby
5. Plan for what you want or need. You do not have to settle for what is located in your community now.

Housing stock: Learn what is currently available in your community by researching answers to the following questions. Excellent sources of information are realtors, developers, city planners, housing authorities, other families, and service providers.

- What are the rough percentages of single family homes, duplexes, apartment complexes, condominiums, etc. in your community?
- What are the types of housing are people with and without disabilities currently living in?
- Is there current subsidized housing that is desirable?
- Are there types of housing the city is interested in seeing developed?
- Who are developers in the area who work in affordable housing?

Look at nearby housing and programs: Learning the answers to those questions will help you get a lay of the land in your community and help you understand the context your housing will be in.

Touring: The purpose of touring a variety of residences is to learn what would be a good fit for your son or daughter. Make sure that you both look at a variety of settings, including apartments, condos, and homes so you get a sense of the many possibilities. Ask questions about how the property was funded, how residents are determined, monthly costs to residents, average length of stay, etc. As you tour, complete the following tables:

1. Name of residence, building, or apartment:	
Residence Description and available community supports and nearby community features:	
Positive features:	Elements I would like to change:
Could I see my son/daughter living here? Why or why not? Can your son/daughter see themselves living here? (I made sure that my son/daughter is a part of this research process.)	

2. Name of residence, building, or apartment::

Residence Description and available community supports and nearby community features:

Positive features:

Elements I would like to change:

Could I see my son/daughter living here? Why or why not? Can your son/daughter see themselves living here? (I made sure that my son/daughter is a part of this research process.)

3. Name of residence, building, or apartment:

Residence Description and available community supports and nearby community features:

Positive features:

Elements I would like to change:

Could I see my son/daughter living here? Why or why not? Can your son/daughter see themselves living here? (I made sure that my son/daughter is a part of this research process.)

STEP 2: Articulate your personal vision for the housing

My Ideal Housing for my son/daughter that is needed in my community would seem to be: (My first Plan)

Name of residence, building, or apartment::

Residence Description and available community supports and nearby community features:

Positive features:

Elements I would like to change:

Why my son/daughter says she will want to live here? (I made sure that my son/daughter is a part of this research process.)

Services: Learn about the Supports system - What Professional Supports System through the State of Illinois exist? : Adults with developmental disabilities often need support to live in the community. The final part of educating yourselves is learning how state funding works, what services your son/daughter is eligible for, and what funding he/she is currently receiving. Talking with other families and your independent service coordinating agency (ISC) is **extremely helpful** in learning about what options can exist within the system. Local service and housing providers can show you and tell you about what currently exists within your local community. If you are going to become an effective advocate, you need to become familiar with the options that are available and what options are possible.

Supports will vary greatly from individual to individual, and each family should focus on what your son or daughter wants and needs.

It is also important to **develop a relationship and plan with your Independent Service Coordination (ISC) agency**. Every area of the state has a different ISC agency. The ISC agencies are where you go to sign up for developmental disability services.

My ISC agency is:	Name: Phone:
Services my son/daughter is waiting for:	<input type="checkbox"/> Home-based services <input type="checkbox"/> Community Integrated Living Arrangement (CILA) <input type="checkbox"/> Other developmental disability services (write below): <input type="checkbox"/> Subsidy to make housing affordable (My ISC Agency needs to add you to the State Referral List for eligibility)
Services my son/daughter is currently receiving:	<input type="checkbox"/> Home-based services <input type="checkbox"/> Community Integrated Living Arrangement (CILA) <input type="checkbox"/> Other developmental disability services (write below):
Provider agency my son/daughter is currently using:	

There are additional services available to adults with intellectual and developmental disabilities as well as other residents with or without disabilities in the community that you can access. This includes services through the Division of Rehabilitation Services as well as private-pay options. Additionally, there are other community services to use for persons with or without disabilities. For instance there are low cost and free activities within the park district, public library, and churches that can accommodate most any special needs. In addition, most communities also offer specialized recreation and are often required to help you meet your community needs. You can include those additional services here:

Additional services
my son/daughter
receives:

- ☐ Employment Support
- ☐ Volunteering opportunities
- ☐ Classes
- ☐ Day program
- ☐ Gym membership
- ☐ Park district programs
- ☐ Place of Worship
- ☐ Therapy
- ☐ Advocacy groups
- ☐ Special Olympics
- ☐ Support group
- ☐ Other:
- ☐ Other:

If your son or daughter (or friends) would move out on their own, what other supports might they find helpful in maintaining their apartment or house in your community? These could be supports that are professional, financial, or those that occur naturally in the community. What ideas does your son or daughter have?

Additional Ideas:

STEP 3: Articulate your personal vision for services.

The Ideal service supports system for my son/daughter would seem to be: In selecting the services, a family, in consultation with the individual, needs to decide what supports are necessary for the person to live alone as a good neighbor that can maintain their own apartment meeting the requirements of their lease. What are the areas in which they need help? When do they need help doing specific required activities and what can they do on their own with adaptations? When can they be allowed to have privacy and manage on their own? Do they want to live with strangers with a disability in their units or would they like to live alone or with a roommate (with or without a disability) they choose? What resources do the son or daughter have to pay for services?

	Individual Desires
Family role (How involved do you envision the family being once your son/daughter moves out? i.e. helping with finances, weekly check-ins, monthly visits, micro-board)	
Planned level of ongoing financial support: (Special needs trust, providing prepared meals or food money, providing transportation assistance, clothing allowance)	
Income for tenant to pay rent: (i.e.: SSI, SSDI, Family funds, Special Needs Trust)	
Health Care Benefits: (i.e.: Medicaid, Medicare, Managed Care, Trust Fund, Private Pay)	
Current Funding for Services: (Home Based Services, CILA 24 Hour, CILA Intermittent, current Ligas class member selecting services and housing, PUNS List, State Developmental center resident, current ICFDD resident)	
Future plan for funding for supports; (i.e. government, private pay, grants)	
Access to Service Provider: Type of provider: (i.e. individual or family hires workers, agency hires, all volunteers, combination)	
Level of paid staff support needed: (i.e. weekly, part-time daily, overnight presence, 24-hour awake staff)	
Community activities (i.e. work, religious activities, volunteering, classes, recreation,)	
Other natural supports available: (i.e. friends, family members, co-workers who are involved	

Part 2:

Forming your Team and Vision

STEP 4: Decide if housing collaboration is needed

Now that your family is educated on the current options, does the type of housing and support services you need exist in your community?

_____ Yes _____ No _____ I need more research

If the housing you want is not in your community, you need new housing options. It is time to begin to assemble a like-minded team of parents, self-advocates, and advocates to work to make sure housing gets built or created from existing housing. If the housing is to be created by a group, you will need to create a group vision of that housing.

Are you willing to form, lead, or be a part of a team to create the kind of housing you want?

_____ Yes _____ No _____ I need to think about it.

If the answer is yes, read on and pull together a group of interested people. Form a discussion group and work on Part 2 of this manual together.

While working through the rest of this workbook, please feel free to call CSH (312-332-6690 extension 21 – John Fallon or another community development housing creator and service provider to help you organize, articulate your ideas, and understand your options for your community:

Step 5 - If needed, form a core team of like-minded team members

This should be accomplished as a team. You will need to start creating a vision of what you want for housing. The specific elements of your vision may change over time, but it is critical to think about what your family member wants so that you can determine if there is a joint vision in Step 4.

As you are working on articulating your vision, you may find that you need to return to step one and learn more about what housing is available. That is ok! Throughout this process you will find yourselves going back and forth. The important thing is that you are continuing to learn and clarify what you and your son/daughters need in your community.

Once you have articulated your individual vision for housing and supports, the next step is to determine if there is a shared vision among the group you have assembled. As a group, ask yourselves the following questions:

1. What are the shared desires within our group?
2. What are the differences?
3. Is what we want currently available?
4. Can we work together to create what we want?

If you determine that you have a shared vision, it is not currently available, and you are willing to work together to create it, then you need to write down the shared vision for housing.

Pull together the contact information of interested team members: Everybody who wants to create a similar kind of housing in a similar community can join your team. Bring them together for community education. It will take a while and a great deal of compromise to create a shared vision that you can all agree upon.

My Current Team of Family Members, Self-Advocates, & Professionals

Name	Phone #	Email	City, Zip

More people to contact or who are needed:

Role	Name	Phone	Email	City, Zip
Service Provider				
Experienced Developer				
City Official				
Elected official				
Property Manager				
Lawyer				