

THE COMMUNITY LIVING  
EDUCATION PROJECT  
(CLEP)

*Person Centered Approaches  
To Housing*

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**RUTGERS**  
School of Public Health



Community Living Education Project  
sharing possibilities

# The Community Living Education Project (CLEP)



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# PERSON CENTERED APPROACHES TO HOUSING

## OVERVIEW

- This session will cover the housing options available.
- Details of what to do to set someone up in the housing model of their choice i.e., Condo, Apartment or Group Home.
- Support Models of: Self Direction, Provider-Managed, and Provider-Family Partnership
- We will offer examples and tools in order to empower individuals and families on their journey.
- Three CLEP team members will share our housing experiences.



School of Public Health

CLEP is a person-centered statewide organization working in partnership with the Division of Developmental Disabilities to assist individuals with intellectual and/or developmental disabilities & their families explore the many options and possibilities in community living.

**WE ARE HERE TO HELP**



Community Living Education Project  
sharing possibilities



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*CLEP is also sponsored through Bergen Community College (BCC)  
CLEP has partnered with the BCC **Center for Adult Transition** by providing personalized supports to its students with intellectual and developmental disabilities, families and professionals as they navigate the adult world of transition services.*

# PERSON CENTERED APPROACHES TO HOUSING

## DISTINCTIONS BETWEEN THE FOLLOWING:

- **SELF-DIRECTION**: Offers increased choice and authority where someone wants to live. In addition, each individual chooses who will support them within their community. The self-directed service delivery model is an alternative to the more traditional provider-managed services. Self-direction provides an opportunity for participants to manage the supports and services they choose to receive, with the assistance of their Support Coordinator using a person-centered planning process.
- **PROVIDER-MANAGED**: When you and your loved one is seeking a provider managed home, your case manager or support coordinator can assist you in exploring options. These settings are leased or owned by the service provider and each resident or representative must sign a lease. Individuals who live in these settings receive supports from the provider agency based on their individual needs **as outlined in their NJ Individual Service Plan**.
- **PROVIDER-FAMILY PARTNERSHIP**: Offers increased choice and authority over how, and from whom, an individual receives waiver services. The individual/family can be involved in locating, interviewing and hiring support staff. They can be involved in the day to day as much as they choose. They can work with the provider to determine supports and how daily activities and community involvement occur.

# PERSON CENTERED APPROACHES TO HOUSING

What's Important To & What's Important For someone regarding housing?

*Learning the tools and skills that go with being Person Centered and applying it to Housing  
Google "Michael Smull" YouTube Video's to learn about all the tools and skills.*

## Important "TO" Examples to Think About:

- Housing Model Options
- Geographic Preferences
- Other Considerations

## **HOUSING MODEL OPTIONS**

**Do you or your loved one want to:**

- **Self-Direct your supports and services?**
- **Live in a licensed Provider Managed Group Home?**
- **Or create a Provider-Family Partnership?**



# Geographic Preferences and Types of Housing

## Geographic Preference

- Specific towns/county (urban, suburban, rural)
- Close to employment
- Close to family or friends
- Close to preferred activities and supports
- Near transportation

## Types of Housing

- Apartment
- Single family home
- Condominium
- Townhome

## OTHER CONSIDERATIONS

- Identifying someone's interests is very Important ***“TO”*** someone in order to have a quality community-based life.
- Identifying the things people love to do, what they enjoy, and what people they want in their life.

# PERSON CENTERED APPROACHES TO HOUSING

## Important “*FOR*” Examples to Think About:

- **Medical:** Access to nursing supports, medication administration, complex daily medical care like meeting special dietary needs.
- **Adaptive Equipment, Accessibility, Communication:** Shower chairs, grab bars, ramps, wheelchair accessible vehicles, devices for communication etc.
- **Behavioral Support Needs:** Does the person have unaddressed Behavioral support needs that may require a Behavioral Support Assessment? Does the person have a Behavior Support Plan?
- **Staff Supports:** A few hours weekly, a few hours daily, 24/7 support, Higher staffing ratios.

# Additional Important “TO” and “FOR” Considerations

- **Self-Directed Model:** People typically find, hire, manage and train **Self-Directed Employees (SDE’s)**. The individual/family manages all medical, financial, cleaning and maintaining the home, food shopping, clothing etc. **As an alternative to you identifying SDE’s, you can access Support Brokerage Services** to assist. Support Brokers can also provide community mapping and exploration services.
- **Provider-Managed Model:** The provider is responsible for managing and supervising the home and the daily living supports provided to the people under their care. Supports are based on each person’s individual needs. This includes personal care, transportation, shopping/meal prep, scheduling/supporting someone at appointments, medication ordering and administering and much more!
- **Provider-Family Partnership Model:** Families work with the provider and sort out who will take care of each aspect of the person’s living arrangement.

# PERSON CENTERED APPROACHES TO HOUSING

THE BOTTOM LINE IS: To build supports and services around your loved one, and to achieve their hopes and dreams by:

- ✓ Assure your loved one has what's Important "TO" and "FOR" them
- ✓ Assure your loved one's staff and/or provider agency has the information they need to KNOW and/or DO in order to support your loved one ...All the details, BE TRANSPARENT!
- ✓ Work with your loved one and your Support Coordinator to achieve their hopes and dreams. Include those close to your loved one as well as their support team to reach their goals! Don't forget Natural Supports.

# How CLEP Helps

- We help you at **no cost**, to explore possibilities in community living!
- **We partner with you and your Support Coordinator** to empower you on the housing journey, whether you choose **Self-Direction, Provider-Family Partnership** and/or **Provider Managed options (Group Home)** to create a full person-centered life.
- We **mentor** and **guide** you on this journey, so you can make the most **informed decision**.
- CLEP takes a Person-Centered Approach by working with you and your family to create **The One Page Profile**. A one-page profile is intended to offer a summary that people in the person's life can use to get to know them quickly or ensure they are providing consistent support in the way the person wants.

# Building Your Team of Direct Support Professionals (DSP-Staff)

## In Self-Direction and Provider-Family Partnership Models

- THINK about the type of personality and qualities of people that your loved one is drawn to and connect with, outgoing and boisterous or quiet and easy going for example.
- THINK about potential hires. People you know, and your loved one's connections: Friends, friends of friends, supporters at their activities, school, from your places of worship.
- You can post an ad in your local library, community colleges, community centers.
- Once you have hired someone, make your expectations known and be transparent from the start. Work on building the relationship between you and support staff. Be clear in your loved one's daily routine, rituals and support needs.
- Honest, clear communication is key for transparency, clarity and to build trust.
- Work on eventually building a team so there is backup and coverage.

# Maintain Your Team of Support Staff

- Treat your Support Staff as you yourself want to be treated. A little kindness and acknowledgement goes a long way!
- We as family members do many things throughout the day/night. Break down the steps and nuances of your loved one's routine/daily care so your loved one and Support Staff can succeed.
- Ask for their input and suggestions and let them know you value and respect their offerings.
- Hold regular meetings to check in, go over anything new, brainstorm and problem solve. Address concerns as they arise, don't let things build.
- At the meetings, provide hospitality (light refreshments etc.) positive feedback and acknowledgment so the people who work for your loved one feel valued and appreciated.
- Be clear on communication expectations. You want to know if any thing is new, different or a concern with your loved one, or in their home. If it is apparent someone is **NOT** working out let them go.



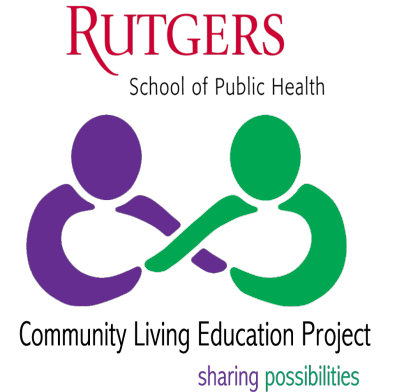
# CHARACTERISTICS OF STAFF EXAMPLES

## Marie's Example:

- A female around her age or a little older
- Someone trustworthy, kind, respectful & soft spoken
- Has shared interests – boardwalk, concerts, Six Flags, movies
- Loves music, singing, shopping, going out to eat
- Enjoys walking – boardwalk, reservoir
- Non-smoker who drives a car, will transport back and forth to work, to activities.

## Dan's Example:

- Someone intuitive, kind, respectful, has a sense of humor
- Someone shares his interest in music, DVD's, shopping, going out to eat
- Someone perceptive of his moods and how he is feeling, he is a man of few words
- Support him with life/social skills and support him to explore community activities safely
- Assure he is neat and clean in appearance
- Has a sense of humor, likes to tease and be silly at times



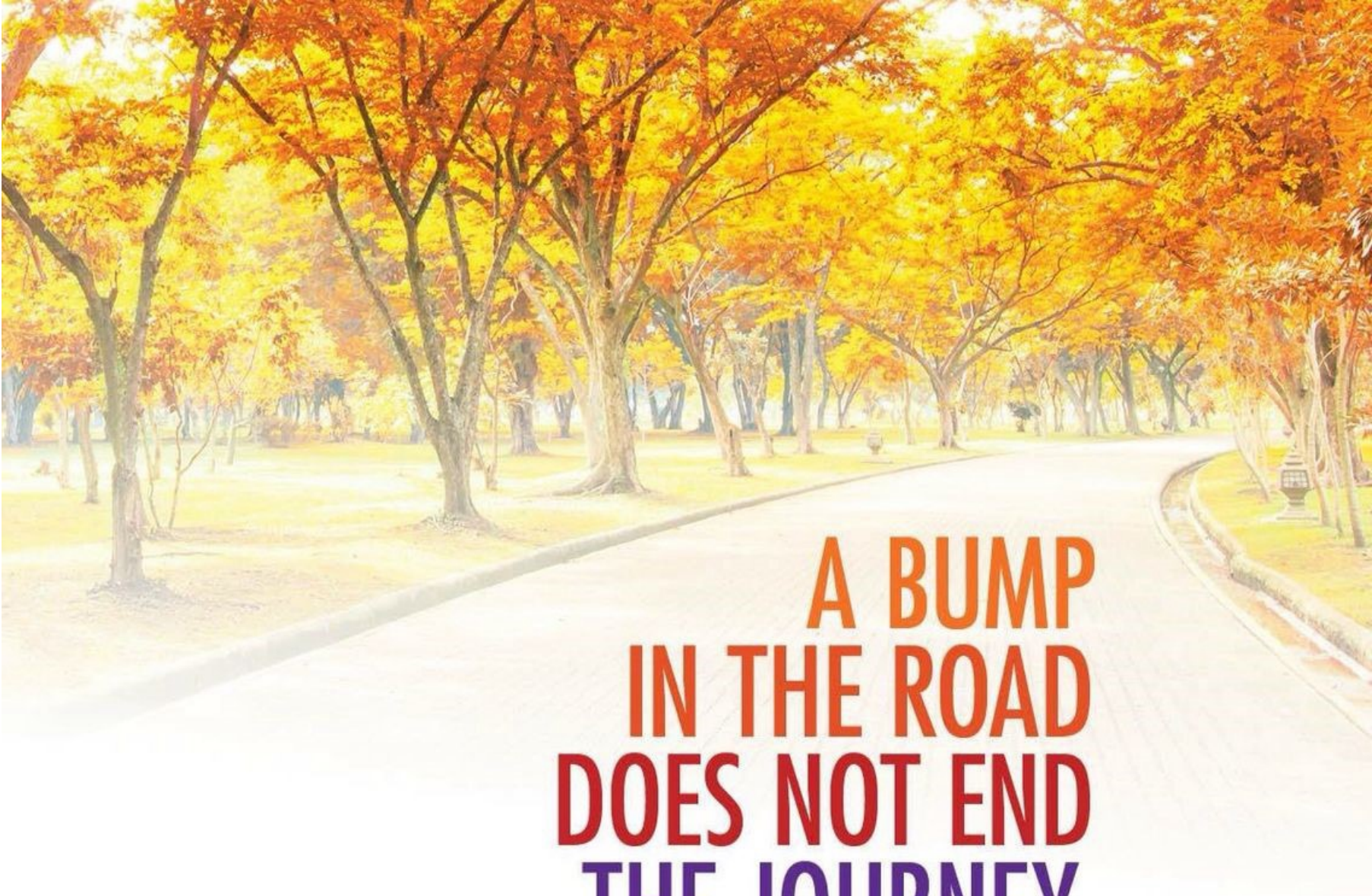
## SUPPORTIVE HOUSING CONNECTION (SHC)

# RENTAL SUBSIDIES

- DDD has partnered with the Department of Community Affairs (DCA) to provide housing subsidies to eligible people through the Supportive Housing Connection (SHC).
- The SHC is meant to be a bridge program for housing assistance until the person can access a housing voucher through federal, state or local housing assistance program (formerly called Section-8) now named The Housing Choice Voucher or through other outlets.
- The Published Rent Standards are the up to amounts for rent and are housed on the DDD website under <https://nj.gov/humanservices/ddd/individuals/housing>

This link provides all of the housing information for individuals eligible for DDD services. The person's rent is 30% of the individual's income.

# BUMPS IN THE ROAD



**A BUMP  
IN THE ROAD  
DOES NOT END  
THE JOURNEY.**

# RESOURCES

- NJ Division of Developmental Disabilities: Click on tab for individuals & families:  
<https://www.nj.gov/humanservices/ddd/>
- Michael Smull Person-Centered You Tube Video's:  
<https://www.personcenteredplans.org/team-4>
- The One Page Profile:  
<http://helensandersonassociates.co.uk/person-centred-practice/one-page-profiles/one-page-profile-templates/>
- The Collaborative for Citizen Directed Supports -Interactive Map:  
<https://www.thecollaborativenj.org/interactive-map>

# RESOURCES

- Supportive Housing Connection: [https://www.nj.gov/dca/dhcr/offices/pdf/SHC\\_program\\_overview.pdf](https://www.nj.gov/dca/dhcr/offices/pdf/SHC_program_overview.pdf)
- Supportive Housing Association: Go to the Housing HUB page: [www.shanj.org](http://www.shanj.org)
- Inclusion Press Person Centered Planning Tools & Resources: <https://inclusion.com/>
- iStrive Community: <https://iStrivecommunity.org/>



# How to Reach Us And Questions



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**SIGN-UP TO RECEIVE CLEP's newsletter and  
special announcements!**

<https://go.rutgers.edu/CLEPSignUp>

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