



Family Support

At the St. Louis Arc, parents, siblings, significant others – all family members are welcome. We are committed to helping you connect to resources and become effective advocates for your loved ones. Whether you are looking to interact with people going through the same challenges, or in search of an activity for the entire family, the St. Louis Arc provides a lifetime of support.

The St. Louis Arc Family Workshop Series provides in-depth information on supporting a family member with an intellectual or developmental disability. Most of our workshops are free, open to everyone, and take place at the St. Louis Arc Centene Family Center or Childgarden Early Childhood Center.

Residential Options

Presented Wednesday, May 16

This workshop will address residential options with two concurrent sessions being held to provide information for:

- Individuals who will need 12 hours or less of staff support per week (St. Louis County funding/private pay)
- Individuals who will need more than 12 hours per week of staff support (Department of Mental Health funding)

Presenters: Carl Hoening, Community Living Coordinator, St. Louis County Regional Office Beth Moeller, Director of CONNECT, St. Louis Arc Bradley Peters, Community Living Coordinator, St. Louis Tri-County Regional Office

St. Louis Arc

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Residential Options

Planning for the future



What are my options?

- ① There are various options for residential supports through The Department of Mental Health community based waivers.
- ① Knowing your options will empower you to make the best decision to fit your individual needs.



Shared Living Models

- 📍 **Host Homes:**
- 📍 Individual lives with the host family in the family's home
- 📍 Administering agency completes a home study
- 📍 Termination of host home services will require the individual moving from the home
- 📍 Host home family is responsible to maintain homeowner's or renter's insurance
- 📍 Individual pays rent to the host home family for his/her portion of expenses while DMH pays for staffing and administrative fees



Shared living cont.

Companion model

- Companion lives with the individual in the individuals' home
- Administering agency completes a companion evaluation
- Termination of companion will require the companion to move out of the home
- Individual is responsible for maintaining homeowners/renters insurance
- Companion splits all expenses in half. Administering agency covers the cost of room and board for companion



Individualized Supported Living

- ⑨ An ISL is an arrangement in which residential supports are provided in the individual's home.
- ⑨ Individuals choose where they reside, with whom they reside and the type of community activities they wish to be involved in.
- ⑨ The residence must be owned or leased by at least one of the residents or by the family/guardian.



ISL supports cont.

- ④ The individual covers room and board costs, typically via benefits, while DMH community based waiver covers all staffing, health and safety needs and administrative costs.
- ④ The ISL houses up to four individuals.
- ④ The ISL should provide the least restrictive environment possible for the individual.



Group Home

- ① A group home is an arrangement where 4 or more individuals reside together in a home with staff.
- ① The home is owned by the agency and in the event services are to be terminated, the individual is required to move.



Self-Directed Supports

- ④ SDS is founded on the principals of self-determination
- ④ The individual, or designated representative, has employment and budget authority
- ④ This authority allows individuals and families to hire, train, schedule and fire their own employees utilizing an individualized budget



SDS cont.

- ⑨ You must follow the laws as any other employer would under the Dept. of labor and Mo. Dept. of labor and Industrial Relations
- ⑨ Self-direction includes six core components: person-centered planning, individual control of budgets, independent support brokerage, financial management services, a back-up plan, and quality improvement.



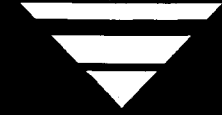
SDS cont.

- 📍 The following services may be self-directed:
 - 📍 Personal Assistant
 - 📍 Medical Personal Assistance
 - 📍 Behavioral Personal Assistance*
 - 📍 Community Specialist
 - 📍 Support Broker*



SDS cont.

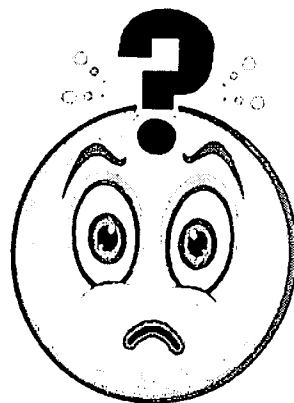
- ④ When you choose to self-direct your supports, you are the employer
- ④ Your Support Coordinator will assist you and/or your designated representative in understanding the choice of self-directed supports and transitioning from traditional agency-based services to self-directed services. You can also hire a support broker to provide you with information and assistance to self-direct your supports.



SDS cont.

- 🕒 Public Partnership, LLC – PPL- is the agency that will assist in self directing your services.
- 🕒 On an ongoing basis PPL will assist with tasks such as:
 - 🕒 Facilitating caregiver background checks
 - 🕒 Caregiver record retention
 - 🕒 Processing time sheet and issuing pay checks
 - 🕒 Withholding and filing employer and caregiver related payroll taxes
 - 🕒 Ensuring Worker's Compensation and Unemployment Coverage
 - 🕒 Compliance with Federal and State rules and regulations
 - 🕒 Providing spending summaries (On-line access available)

I know what residential option
works for me! Now what?





Tell Your Support Coordinator

- ⑨ Your Support Coordinator is your gateway to funding for services. Talk with him/her about what residential support best suits your needs and he/she will amend your support plan and put the request for funding through the Utilization Review Committee. Please know funding is based on Prioritization of Need which your SC will go over with you as well.



The Consumer Referral System

- ⑨ Upon administrative approval for funding for residential supports, your Support Coordinator will submit paperwork to the Community Living Coordinator (CLC) who will then enter this into the consumer referral database. This information will go out to all residential providers in the individual's preferred counties.

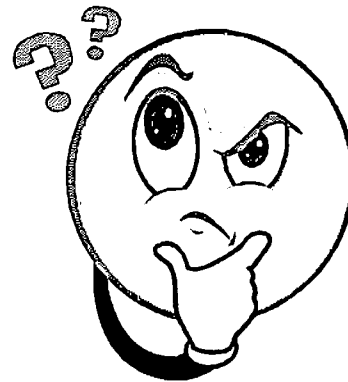


Consumer Referral System cont.

- ⑨ Upon notification from interested providers, the CLC will inform the individual's Support Coordinator so meet and greets can be scheduled.
- ⑨ It is recommended that individuals and families meet with all interested providers so all options can be explored.



I've chosen a provider! Now
what?





Steps for transition into residential supports

- ① Once a provider has been chosen and a house and possibly roommate(s) have been chosen, your Support Coordinator will schedule a transition meeting to go over all aspects of the individual's move into residential supports as well as determine a potential move date.
- ② Your Support Coordinator will then write a transition plan which addresses all health and safety needs so the provider is well prepared to adequately care for the individual upon move.



Steps for transition cont.

- ⑨ The provider will submit a budget to your Support Coordinator which will get submitted along with the transition plan for final approval from administration.
- ⑨ Upon final approval from administration, the move can occur.
- ⑨ This process in its entirety can take anywhere from 1-3 months to complete on average. Exceptions can be made for emergency situations.



Steps for transition cont.

- ⑨ 30 days after the individual moves into his/her new place, your Support Coordinator will schedule a meeting for the individual's support team to reconvene to ensure he/she is stable in their new environment.
- ⑨ Sometimes a 60 and 90 day meeting is necessary as well in the event the individual does not appear stable after the initial 30 days.



Steps for transition cont.

- ① Upon move to residential supports, the Support Coordinator will conduct monthly monitoring to ensure the individual's health and safety needs are being met by the agency.
- ① Monthly monitoring looks at things such as water temperature, medication administration, whether or not the individual is being integrated into the community, cleanliness, etc...



Residential wrap-up

- ⑨ Services are separate from housing
- ⑨ Individuals should be living in the least restrictive environment possible that best supports their needs and wants
- ⑨ Explore all options and keep in close contact with your Support Coordinator to ensure you stay well informed as to the various residential supports available to you

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QUESTIONS