


Session 16


HOW TO GET WHAT YOU NEED, Sec. 101 – Community resources for living

WHOSE FUTURE GOAL 11: You will identify some community resources you can use to assist you with residential and living arrangements.



Last session you looked at community resources that provide adult

MULES  for success in post-secondary education. Before that, you looked at community resources that

provide MULES  for employment outcomes. In this session you will take a look at community resources that can

provide MULES  for residential and living outcomes.

Do you see a pattern developing here? Right! By the time this is over, you will have looked at all four of the adult outcomes we talked about when you first started *Whose Future Is It Anyway?*

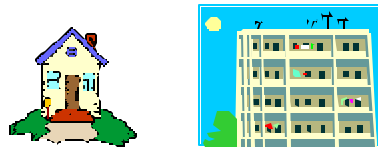
Remember the outcomes you expect when

you graduate? 

An **employment outcome** is what you expect to do about work.



A **residential or living outcome** is where you expect to live. At home, with a roommate, in a house or an apartment.



A **post-secondary outcome** is what you expect to do about more school after you graduate. Like going to college or vocational school, or just taking classes to learn something you want to know more about.



A **recreation or leisure outcome** is what you expect to do with your spare time (and money!). Like exercising, doing sports, traveling or going to movies.



Of course, these are all important things to think about in your transition planning process.

You remember that, don't you?

THE TRANSITION PLANNING PROCESS



...is a bridge to your future.

Transition skills are things you need to know to get from one point in your life to another. It is like walking across a bridge from school to the adult world. Transition planning is building that bridge.



Transition planning means making decisions about what you need to learn to be successful as an adult. *(You knew I was going to mention that sooner or later. I mean, I warned you about that, didn't I?)*

OK, so back to business. Where were we? Oh yeah...residential and living outcomes.

You know, like where you want to live.



Where you live depends on what you are doing. If you are going to a college or university you will probably live in a dorm, an apartment, or at home with your family. If you are working full time, you might find your own apartment, live with a roommate or stay at home with your folks.


Your transition plan lists independent living outcomes for adult life. You are going to have to make some **decisions** about what

you are going to be doing (working or going to school) before you think about where you are going to live.




When you have made those **decisions** you can use them to make a **decision** about where you live.

What kinds of community resources

are around to provide MULES  for residential and living arrangements?

Well, you've got the *support-that-is-not-a-support* kind of support. Those are the everyday things that people use that they don't think of as supports. Like an apartment locator or a real estate agent. Then you've got supports that might be provided by community resources for people with disabilities. And you've got some kinds of community resources

that provide MULES  for people whether they have a disability or not. For example, one time I moved from an apartment and I had a hard time getting my deposit back from the landlord at the apartment complex. They said I had to clean the drapes or something. So, I went to a community resource that provided tenants' rights advice.

See, the education system isn't the only one with lots of words that nobody else uses. You have to learn the language of real estate if you want to live out in the real world. A *deposit* is money you give the person who owns the place where you live (if you are renting or leasing) just in case

you leave town without paying your rent. (*I know you wouldn't do that, but they don't. Don't be offended ..everyone has to leave a deposit!*) The deposit is usually one month's rent. The person who owns the place where you live is called the *landlord*. The person who rents the place is called a *tenant*.

OK. Back to the thrilling saga about how I got my deposit back. I went to this agency that gave me advice on how to get my deposit. I followed their advice and it worked! So that agency was a community resource, too.

Guess what? Your transition plan looks at the type of support you will need to live independently as an adult.



Go ahead and get your transition plan from last year. Find out what is marked for your future under the residential or independent living area. It might look something like this:

RESIDENTIAL OR INDEPENDENT LIVING OUTCOMES

- ☐ With parents or relative
- ☐ Independent living, no support
- ☐ Independent living, support needed
- ☐ With roommate
- ☐ Supervised apartment
- ☐ Group home living, supervised
- ☐ Group home living, supervision and training
- ☐ Group home living, skilled nursing
- ☐ Other _____

Here we go again! You probably thought that there would be a list of types of places to live, like an apartment or a house. But no, that's too easy! Instead, there are these funny things you've never heard about before. Well, actually some of them you've heard of, like living with your folks. But the others, what do they mean? Well...

☐ With parents or relative



That's pretty straight forward, isn't it? You could live with your folks, an aunt and uncle, a grandparent or another relative. Living independently could mean living with your parents. I mean, it's your life...you should be able to live where you want as long as you can afford it. You may decide that it makes a lot of sense to live at home until you save some money and can make it on your own. Or you could choose to live with your folks or a relative for a longer period of time. The important thing is not where you are living, but that it is where you want to live. Either way, remember that living with your folks may be one good option.

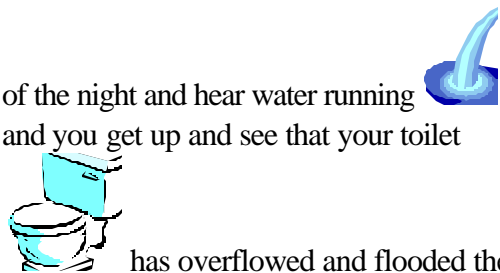
☐ Independent living, no support



This means that you will live in your own home, apartment, townhouse, condo, mobile home, or cave without any help or support. To do this you will need to know how to do all the things that have to be done, like paying bills, cooking, cleaning, getting cable hooked up, fixing the toilet when it overflows, and so on. You want to know something? There aren't many people who can start fresh out of high school or college who can really live

independently with no support. In fact, there aren't many adults around who live completely without support. In a minute we'll talk about some kinds of supports, but you should keep in mind that almost everyone needs a hand when they first move out. Most folks get the support they need from family members and friends. So, when you are out on your own in the big, bad world and you wake up in the middle

of the night and hear water running and you get up and see that your toilet



has overflowed and flooded the floor, don't worry just call your folks pronto!

○ Independent living, support needed

This means you live in your own home or apartment with some kind of support. For example, you may want assistance to pay your bills. You would only need this kind of support a couple of times a month and there are a lot of different ways you could get it. One way would be to have one of your parents or a relative give you that assistance. Another way would be to have a roommate or friend who lends a hand each month. Some **community resource** agencies that provide MULES



for people with disabilities can schedule someone to come over when you need them to lend a hand. You can also pay someone like a CPA (Certified Public Accountant) to handle your finances. This is also a **community resource**, it just costs more!

On the other hand, if you need assistance

with something like cooking, you will need this support a couple of times a day. I mean, you have to eat more than twice a month, right? Still, there are several ways to get this support. Some people with disabilities have someone who works for them called a personal care attendant



(PCA).



There are community resource agencies that provide PCA's or the money to hire a PCA. The PCA does some of the things that they cannot accomplish alone. Cooking might be one of these activities. Another way to get this support is to get a roommate who does the cooking. You might have to do some other chore to help out, but at least you get to eat! Just make sure that your cooking roommate can make more than peanut butter and anchovy sandwiches.

There are other supports that can assist you to live independently. In the *support-that-is-not-a-support* category, there are cleaning services that you can hire to have someone come and clean your house or apartment, landscaping services that could

send someone to cut your grass, and pizza delivery services that keep you



from having to cook!



But supports are more than getting assistance to take care of the daily chores. Some people need financial support (*help with money*) to make house payments or to pay rent. There are programs to help with buying or renting a place to live. You might need to contact someone at an office of the Housing and Urban Development (HUD). The Social Security Administration can also provide money for use to pay for living costs.

Anyone who buys a house uses all kinds of supports. You have to borrow a huge amount of money from the bank or a



mortgage company. And you will have to pay interest on that money. You often use the services of a real estate agent as well.

Utility companies have programs that provide supports to pay bills. For example, a person's heating bill is usually worst in the winter months. That makes sense, nobody runs their heater in the summer! Well, maybe if you are an umiak maker you would, because you most likely would live in the frozen north. But anyway, your heating bill may be a lot during the winter and not much during the summer. If you ask them, utility companies will usually spread the payments out over the year so you can make smaller payments each month and not have to use 15 blankets during the winter because you can't afford the heating bill!



○ With roommate

Once you decide you can live somewhere else, you can look at the option of having a

roommate. You can have a friend or



spouse as a roommate.

Maybe you could pay someone to live with you. This type of person would be a support person who lived with you, like a personal care attendant.



Someone might even pay to live with you. That only happens if you are the landlord (*you own the house*).

Having a roommate would be something you would need to decide about before you find a house or an apartment. You would need a larger house or apartment if you plan to share it with a roommate. Plus, having a roommate might make it possible to afford a bigger or nicer place since you would have someone to help with the bills.

Be careful choosing that roommate, though! You want someone you can get along with. It wouldn't be any fun coming home to share a place with someone you don't like! What if you like rock music and your roommate is always playing country music? What if you are a neatnick and your roommate is a slob?


Sometimes it's nice to have a roommate so you don't get too lonely. Sometimes



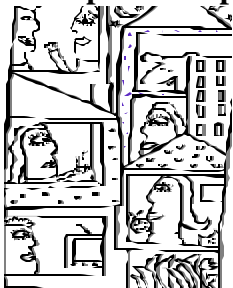
it's nice to be alone and not have to bother with anyone else.

You need to decide for yourself how you want to live.

So far I have only talked about having a roommate while you live independently. With some of the other living options, like a group home, you might have a roommate even if you don't necessarily want one. If you choose one of these options, you can

still be a MULES  driver! Let the community resource agency that owns the group home know that you want to be a part of the **decision making** process when you get a roommate. Let them know you already know how to make a **decision** and that you just want to **DO IT!** I mean, you sure don't want to share a room with someone you don't like!


○ Supervised apartment living



Some community resource agencies provide MULES



that support one or more people to live in an apartment in their community. Sometimes this involves several apartments in the same apartment complex, other times it means apartments in different complexes. A person living in a supervised apartment might live alone or with a roommate. Other community resource agencies provide

MULES  that teach people how to live in an apartment by using a supervised apartment for a while, then assist the person to find their own apartment.

○ Group home living, supervised



Group homes are what they sound like. Well, kind of. I mean, it's not a "group of homes" where you live in several different homes. They are single family homes where people who are not related live together.



For people with some kinds of disabilities, this is sometimes the only community-based living arrangement (*home in the community*) available to them. The house is usually owned by a community resource agency, usually a government body, like the county or the state or a private service provider.

The number of people with disabilities who live in the group home is different. Some have only three people living in them.



Others have eight people who live there.



Sometimes one or more staff members live at the group home. Other times staff people come in and out of the home during the day and night. Their job is to provide the supports that the people who live in the home need to have to live as independently as possible. They might be responsible for making sure that a person has enough support so that they can cook their own

meal or go shopping. They might provide transportation to a job or to a leisure



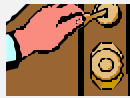
activity.

Group homes can be found in most types of neighborhoods. If you think this might be an option for you, go check some out. You will want a neighborhood where you will feel safe.

Fun Fact: Many people with disabilities, their families, and the people who advocate with them think that these supports could be given to someone without having to live in a group home. They say that all people have the right to *A HOME OF THEIR OWN!*



This doesn't mean that everybody has to buy a house, it just means that people shouldn't have to live with other people unless they really choose that. Supported independent living and supervised apartments are good ways to give people *A HOME OF THEIR OWN!*



○ Group home living, supervision and training

Some group homes are set up to teach people a lot of skills they might need to live more independently. Almost all group homes have to do things to teach the people who live there how to be more

independent. This is called active

treatment.



○ Group home living, skilled nursing

This type of living situation is for people who need medical supports



to live

independently. They are sometimes called ICF's or intermediate-care facilities. It is a group home, where three to eight people with disabilities live, but instead of just having staff people come in and out, there are usually nurses around and a doctor might come by.

○ Other


Well, who knows what this might be! I mean, you might want to buy one of those big silver travel trailers



and drive all over the country staying at campgrounds. You might buy a mobile home and live there. On the other hand, this might be something else not so good, like a nursing home or a convalescent center. Many people with disabilities have to live in these places because they are not given any other option.

There are probably several options like these listed on your IEP. Just because they are listed there does not mean they are a kind of place you want to live. If you want to have *A HOME OF YOUR*

OWN!  you had better become


a MULES  driver and take a look at what decisions are being made for you!



OK. You guessed it!

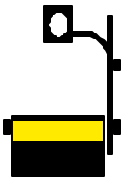
Time to find out as much as you can about the community resources listed in your IEP that support living outcomes. Back to your transition file or IEP!

If you find some community resources that support independent living outcomes, get some information on at least one of them, just like you did for employment. Remember? Like calling the place and

seeing what MULES  they provide. If you don't remember how to do this by now, go back and check out the last two sessions.

There is an independent living community resources sheet at the end of the lesson that you can write on while you take these notes.

Good luck!



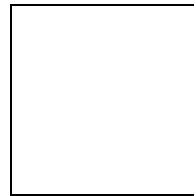
Okay. Let's look at what you've covered this session.

- ☒ You identified the c_____ resources that you could use to live independently.




- ☒ You looked at different kinds of i_____ living outcomes and the community resources used for them.



- ☒ You learned how to find out about more community resources that support i_____ living and residential outcomes and how to learn what services they provide.



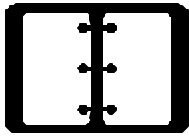
Before the next session, you should have:

-  Collected information on all community resources to support independent living outcomes that are listed in your IEP.
-  Talked with other people, including people with disabilities who have used community resources, about the types of services available.
-  Talked to the community resource agency or school person listed about their services and, if possible, visited at least one of the agencies.

Okay. So that's it for now.



Later.



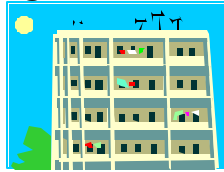
Session 16 Summary Sheet -

Community resources for living

WHOSE FUTURE GOAL 11: You will identify some community resources you can use to assist you with residential and living arrangements.

- ☒ You identified the community resources that you could use to live independently.
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Independent Living Community Resources Notes



Agency or Resource: _____

Address: _____

Phone: _____

Who you talked to: _____

Type of support the agency offers: _____

Who the agency supports: _____

How to apply for support: _____

How long does it take to get support after you apply? _____

How long will the support last? _____

Other: _____
