



Autism Housing Guide:

for parents, guardians and adults with autism

— an Autism Friendly Community Resource for McLean County —

Planning for the future? Seeking assistance now?

Purpose: This resource is compiled by families for families – to assist anyone getting acquainted with residential facilities, services and funding for adults with autism in McLean County, IL

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Autism McLean
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*We recognize the need for appropriate and safe home, neighborhood and transportation options for people with autism – **a Place for Me!***

www.autismfriendly.community

www.facebook.com/autismfriendlycommunityclean



Introduction

*What kind of housing do I need now and in the future? How do I find it? How will I pay for it?
What kind of services will I need? Where do I start?*

These are questions faced by many people impacted by autism and their families. Making sense of the puzzle of housing services, facilities, funding, and legal processes can be overwhelming. There is much to learn, so take your time to learn a bit at a time. We hope this compilation provides a starting point.

Getting Started

As a parent, guardian or person with autism – Where do I start?

Step 1: Learn about available resources and housing options

- ✓ This resource is a good place to begin.

Step 2: Enroll on the PUNS list*

- ✓ Why do this? *See below.*
- ✓ How do I enroll? *(See next page)*
 - Note: The Champaign Regional Planning Commission (CRPC) provides pre-admission screening for residents in McLean County. *(See next page)*

Step 3: Explore and ask questions

- ✓ Identify current and future residential services and supports.
- ✓ Ask for guidance from local agencies and professional organizations. *(See page 12)*
- ✓ Identify potential options that fit those needs.
- ✓ Talk with other parents, guardians or adults with autism to learn about their experiences.

Step 4: Decide what is the best fit for you or your loved one

- ✓ Envision your future and make a plan to get there.

*What is PUNS? Why enroll in PUNS?

PUNS is the abbreviation for **Prioritization of Urgency of Need for Services**.

It is a waiting list for people in Illinois with intellectual and developmental disabilities who need home and community-based services. It is essential to enroll in PUNS if you have a need for governmental assistance for developmental disability services now or within the next 5 years.

- PUNS is the Statewide database that records information about individuals who have developmental disabilities who are potentially in need of services.
- Department of Human Services (DHS) uses the data to select individuals for services as funding becomes available, to develop proposals and materials for budgeting, and to plan for future needs.
- *The PUNS list is the gateway into Medicaid Waiver-funded services in the state of Illinois.*



Applying for the PUNS list:

- ✓ McLean County residents: Contact the Champaign County Regional Planning Commission



Champaign County Regional Planning Commission (CCRPC)

- The CCRPC Independent Service Coordination (ISC) team serves individuals with intellectual and developmental disabilities and their families/guardians.
- They serve residents in Champaign, Ford, Iroquois, McLean, Woodford, Tazewell, Marshall, Livingston, Mason, Putnam, Bureau, LaSalle, and Vermilion counties in Illinois.

Services:

- Pre-Admission Screening (PAS) for the PUNS list: **Prioritization of Urgency of Need for Services (PUNS)**
- Individual Service and Support Advocacy (ISSA)

PUNS Categories

- **Seeking Services** (Person needs services within 1 year)
- **Planning for Services** (Person does not need services for at least a year or the caregiver is older than 60 years old)

How do I enroll for PUNS?

- Contact your ISC (Independent Service Coordinator) team for registration on the **PUNS**.
- The initial PUNS enrollment must be completed in person with an Independent Service Coordinator.
- Once enrolled, the PUNS paperwork must be updated annually, but can be more frequent if circumstances change.

CCRPC CONTACTS:

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What do all these acronyms mean? – an alphabet of housing services!

Local:

BHA - Bloomington Housing Authority
CHSP - Congregate Housing Services Program

State:

ICDD - Illinois Council on Developmental Disabilities
IDES - Illinois Department of Employment Security
IDHS - Illinois Department of Human Services/DD-MI (Developmental Disabilities-Mental Illnesses)

- IDRS-Illinois Division of Rehabilitation Services
 - HSP-Home Services Program

IDPH - Illinois Department of Public Health
IHFS - Illinois Department of Health Care and Family Services
PUNS - Prioritization for Urgency of Need Services Eligibility—*an essential first step toward services*
SEP - Supported Employment Program
SODCS - State Operated Development Center Services
IDOA - Illinois Department on Aging

Federal:

Medicaid Eligibility —*an essential step toward services, accessed through PUNS enrollment*

ADA - Americans with Disabilities Act
ADLs - Activities of Daily Living
CDBG - Community Development Block Grant
CILA - Community Integrated Living Arrangement
CLF - Community Living Facility
DHS - Department of Human Services
DRS - Division of Rehabilitation Services
DSCC - Division of Special Care for Children
FHA - Fair Housing Act
HFS - Health Care & Family Services
HSP - Home Services Program
HUD - Housing & Urban Development
I/DD - Intellectual/Developmental Disability
ICF - Intermediate Care Facility
IID - Individual Intellectual Disability
ISC – Independent Service Coordinator
LIFECIL - Life Center for Independent Living
PAS - Pre-Admission Screening—*an essential step toward services*

- PAS services: <http://www.dhs.state.il.us/page.aspx?item=68911>

PASS - Plan to Achieve Self-Support (Social Security Online)
SSDI - Social Security Disability Income
SSI - Supplemental Security Income
WIC - Women, Infants, Children

(See the Appendix for list of web addresses)



Types of Housing – Consider which categories fit your needs

- Single family home
 - Purchased, bequeathed or donated
 - Consumer-controlled/family-supported
 - Tiny homes
- Home Ownership
 - Steady income
 - Manage day-to-day living
 - Involved in community
- With parents/family home
 - Family support
 - Aging parents – eventual transition
 - Home Services Program (HSP)
- Host homes/foster family home (Sponsored Residential)
 - Home-like
 - Family supports
- Section 8 housing
 - Independent living
 - Provides vouchers
- Group Homes Residential/Supported Housing (Living Arrangements)
 - Service provider manages services
 - 24-hour or limited staffing
- Special Needs Trust Ownership of a home/payment of rent
 - Flexible option for beneficiary
 - Trust pays for home/services to live independently
 - Large set of responsibilities attached
- Integrated, Community Based Settings (CILA) – Community Integrated Living Arrangement
 - Fully participate in Community Life
 - Reside in same building or neighborhood
 - Scattered sites
 - Family CILA
 - Intermittent CILA
- Community Living Facility
- State-Operated Developmental Centers
- Permanent Supportive Housing – mental illness
- Crisis Residential – mental illness
- Independent Living Residential
- Intentional Communities
 - Multi-family planned (custom-made)
 - Ecovillages (climate-controlled/environmental amenities)



- Spiritual communities
 - Residential land trusts
 - Student co-ops
 - Cohousing
- Scattered supportive sites
- Live-Work-Pay
 - Working ranch
 - Farm
 - Bed/breakfast
- Skilled nursing facilities
 - In-patient rehabilitation with 24/7 skilled medical care
- Intermediate Care Facilities/Developmental Centers
 - Highly structured institutional setting
 - Long-term, supportive care
 - Nursing (less than 24-hour) under physician's direction
- Assisted Living Facilities
 - Apartment within building/complex
 - Non-skilled or skilled care offered
- Transitional Housing/Shared Living
 - Private pay
 - Dorm-like/Roommates/Less privacy
 - Independent living
 - No frills
- Rental Housing
 - Independent
 - Employed or government eligible to pay
 - Caseworker assigned
- In-Home Respite
 - Temporary relief
 - Rest and relaxation opportunities
- Apartment Complex
- Villa (skilled nursing care)
- Supervised Group Housing



How to decide which one? – Considerations for choosing housing

What level of support is needed?

Support Levels:

- Independent
 - Minimal support
 - Safely able to navigate community/be in home with little support
- Semi-independent
 - Part-Time Supports (14-40 hours per week)
 - Individual may need supports for specific daily living activities
 - Individual able to be safe in their home
- 24 hours per day/7 days week
 - Medication administration, meal preparation, home maintenance, personal care
 - Transportation
 - Behavioral Supports

Who provides support?

- Personal Assistant (PA)
- Direct Support Professionals (DSP)
- Parents/family/guardians
- Natural supports (e.g., friends, neighbors)

What fits your lifestyle?

Lifestyle considerations:

- Community access
- Roommate
- Amenities: i.e. worship opportunities, athletic facility, serene spaces
- Live, work, play
- Intergenerational (e.g., Blair House, Normal, IL)
- Gated Community
- Transitional (currently living or preparing to live on own)

What type of facility is best fit?

Property types:

- Single family home/condo
- Apartment
- Cohousing
- Planned Community

Who would live there?

Primary Residents:

- Individuals with autism and/or other intellectual and developmental disabilities (I/DD)
- Neurodiverse



- Blended
- Live with parent, family or guardian

How to pay for it?

Payment Options:

- Private pay/Public supports
- Affordable, low income housing units
- Community-based services with waiver

What features are needed?

Features:

- Autism specific
- Amenities (fitness options, gardening, pool, tennis courts, walking path)
- Transportation
- Personal, government, community supports
- Medical Support
- Other

To determine what you need, see the Appendix for questions to consider when answering the following:

What kinds of supports do I need to live in my community?

- 1. Do I want to live alone?**
- 2. What do I consider when looking for a roommate?**
- 3. What type of housing is right for me?**
- 4. Can I safely be left alone? How long?**
- 5. How much and what kind of help do I need?**



Where to get help? – Housing Assistance Programs & Protection

Department of Housing and Urban Development (HUD)

- Oversees federal programs designed to help Americans meet their housing needs
- Enforces fair housing laws
- Includes rental of federally owned apartments, duplexes, townhouses, single-family houses

Section 811 (National Affordable Housing Act)

- Supplemental Housing for Persons with Disability
- Subsidizes rental housing opportunities
- Access to appropriate supportive services

Section 8

- Voucher program for public housing
- Rental of single-family private residences, apartments/duplexes, condos, townhouses, trailers
- BHA (units are locally owned)

National Housing Trust Fund (administered by HUD)

- Federal housing program offering block grants
- Targets building, rehabilitating, preserving, and operating rental housing for low-income

Illinois Department on Aging

- Adult Protective Services
 - PATH (Bloomington) 309-828-1022
- Care Coordination Unit
 - Ages 60 and over
 - Homecare aides
 - Adult day services
 - Emergency home response
 - Medication dispensing
- Legal assistance
- Respite
- Home delivered meals
- Senior Health Assistance Program (SHAP)
- Energy/Prescription/Medicaid/Medicare/SSI/SSDI/Homestead/Tax ASSISTANCE

Home Services Program (HSP) – Illinois Department of Human Services (IDHS): provides services to individuals with severe disabilities so they can remain in their homes and be as independent as possible.

Services offered to support independence:

- **Personal Assistant (PA):** Provides assistance with household tasks, personal care and, with permission of a doctor, certain health care procedures. PAs are selected, employed, and supervised by individual customers.
- **Homemaker Services:** Personal care provided by trained and professionally supervised personnel for customers who are unable to direct the services of a PA. Instruction and assistance in household management and self-care are also available.



- **Maintenance Home Health:** Services provided through a treatment plan prescribed by a physician or other health care professional. Other services include nursing care and physical, occupational, and speech therapy.
- **Electronic Home Response:** Emergency response system offered by hospitals and community service organizations. This rented signaling device provides 24-hour emergency coverage, permitting the individual to alert trained professionals at hospitals, fire departments, or police departments.
- **Employment Supports:** Supports to engage individual in employment and career opportunities
- **Home Delivered Meals:** Provided to individuals who can feed themselves but are unable to prepare food
- **Adult Day Care:** The direct care and supervision of customers in a community-based setting to promote their social, physical, and emotional well-being
- **Assistive Equipment:** Devices or equipment either purchased or rented to increase an individual's independence and capability to perform household and personal care tasks at home
- **Environmental Modification:** Modifications in the home that help compensate for loss of ability, strength, mobility or sensation; increase safety in the home, and decrease dependence on direct assistance from others
- **Respite Services:** Temporary care for adults and children with disabilities aimed at relieving stress to families. Respite services may be provided for vacation, rest, errands, family crisis or emergency, and may include personal assistant, homemaker or home health.

Legislation

The Fair Housing Act (FHA) (1968)

- Enforcement Mechanism by HUD, protection against discrimination

McKinney Homeless Assistance Act

- Authorize Housing & Urban Development (HUD) for grants to local governments, private organizations, or public mental health
- Promotes development of supportive housing and supportive services



How to finance and plan? – *Legal and Financial Planning*

Government Support

- Intermediate care facility
 - Housing and support services
 - Institutional level of support
- Host family home, adult foster care, group home
 - Supplemental Security Income (SSI) or Supplemental Security Disability Income (SSDI) funds
 - Support services paid through Medicaid Waiver
- Affordable housing
 - Voucher
 - Medicaid Waiver used for support services in one's home

Private housing investment

- Highest level of control
- Separates one's service provider from housing
- Medicaid pays for support services and/or arranges supportive housemates
- Live in own home
- Live in a tiny home or accessory dwelling on property or other home elsewhere
- Purchase a home or unit in intentionally neuro-diverse cohousing and/or planned community
- Medicaid Waiver used for daily assistance and support
- Consumer-controlled
- Potential roommate option

100 percent private pay, tuition-based residential

- Single apartment with home, work, recreation options
- Tuition includes housing, support person, meals, activities, transportation, other services

Combination

- Private with government assistance
- Micro-boards and cooperatives

Transitional

- Temporary
- Working on emerging life skills for future independence

Personal Finances

- ABLE Accounts
 - Illinois ABLE accounts make it possible for people with disabilities and their families to save and invest for expenses related to living with a disability without losing, or losing access to, federal means-tested benefits such as SSI, SSDI and Medicaid. See Illinoistreasurer.gov/Individuals/ABLE
- Special Needs Trust



What is in my town? – Programs & Services in McLean County, IL

Congregate Housing Services & Programs

- Federally funded Housing & Urban Development (HUD) grant through **Bloomington Housing Authority (BHA)**
 - BHA employs full-time CHSP Services Coordinator and Resident Manager to assist as needed
- Subcontracted by **MarcFirst** (CILA - Community Integrated Living Arrangement)
- Liaison between **MarcFirst, SPARC, BHA** and Professional Assessment Committee
- Residents receive training through **MarcFirst**
 - Serves adults with developmental disabilities
 - Provides services and training for daily living skills (MarcFirst training)

Local Section 8 information

- Federally funded (BHA manages vouchers in McLean County)
- Residential units are located in various locations in Bloomington-Normal
- Variety of apartments, duplexes, and houses
- Each resident has own bedroom
- Integrated living arrangements
- Intermittent, part-time and 24-hour support (CILA)
- Person centered plans (ISP) with case manager
- Setting ranges from 4-8 people
- Household must include disabled adult ages 18-61

Specific locations for Section 8 housing in Bloomington, IL

- **Phoenix Towers** (Independent living apartments)
 - Government provides funds directly to owner
 - Senior/disabled
 - No services offered at facility without other assistance
- **Irvin Apartments** (Semi-independent/personal assistance available)
 - Senior/disabled
 - 24 one-bedroom and 2 two-bedroom units
 - Service Coordinator Program with full-time service coordinator; services include:
 - GED/literacy programs
 - Heartland Community College career and educational development programs
 - Child Care Resources and Referral Network
 - Money Management, nutrition, wellness, parenting programs
 - Outside activities within the community
 - Vocational training, day programs, case management, employment required
 - Meals, housekeeping, transportation, and health services available

Chestnut Health Systems

- Crisis Residential (short term-14 days)
- Group home, supervised and supported housing
- Serious mental illness



What Residential Programs & Facilities serve people with autism?

– from local to national

Local (McLean County, IL)

1. **Homes of Hope, Inc.** (Community Integrated Living Arrangement - CILA)
705 E Lincoln Street, Suite 313, Normal, IL 61761
 - Phone: (309) 862-0607
 - Website: homesofhopeinc.org
 - 23 residents and six homes
 - 24-hour care
2. **MarcFirst** (Community Integrated Living Arrangement - CILA)
1606 Hunt Drive, Normal, IL 61761
 - Website: www.marcfirst.org
 - 2 apartment settings; 4 duplexes; 4 houses; 4-8 people per site
 - 24-hour awake staff, Intermittent staff
 - Medical/behavioral support, community outings, appointments, and economics
 - Have own bedroom
3. **Bloomington Housing Authority (BHA)** www.bloomingtonha.com
 - Subcontracted by **MarcFirst** (CILA - Community Integrated Living Arrangement)
4. **EPIC Host Homes Program** –
1913 W Townline Rd, Peoria, IL 61615
 - Website: www.epicci.org/programs/host-homes
 - Located in Peoria, serves 12 counties in Illinois, including McLean County
 - Community host offers home to adult with intellectual or developmental disability
 - Providers receive site inspection and Direct Service Person (DSP) training
 - Individuals and providers matched for compatibility
 - Personalized support and immersion in community and family life
5. *Respite and Home Healthcare Services*
Homes of Our Own
Envision Unlimited – www.envisionunlimited.org/in-home_respite
Help at Home – www.helpathome.com

State (Illinois)

1. **Beverly Farm** (Godfrey) —Community Living Model
2. **Center for Independent Futures** (Evanston) —New Futures Initiative
3. **Chicago Urban Autism Solutions**—Community Living Model
4. **Lambs Farm** (Libertyville)
Website: www.lambsfarm.org
 - Intermediate Care Facility for Individually Intellectually Disabled
 - Supported, Community Integrated Living Arrangement
5. **Little City** (Palatine)—Community Integrated Supported Living
Website: littlecity.org
6. **SPARC** (Springfield) — Community Integrated Living Arrangements (group homes)
 - 24-hour residential care and supported living



National (United States)

1. **Benjamin's Hope** (Holland, MI)
 - www.benjaminshope.net
 - Privately funded
 - Full residential program adults-autism/other disabilities (varying abilities)
 - Medicaid funding for many residents through community health provider
 - 40-acre farmstead campus
 - Semi-independent
 - One- and two-bedroom apartments
 - Walking trails, worship experiences, petting barn, gardening activities offered
2. **Community Choices, Inc** (St. Louis, MO)
 - Residential/personal care services for people with developmental disabilities
 - Individual Supported Living by Missouri Department of Mental Health
 - Personal assistance
 - Individualized skill development community integration
 - Employment services (career planning/prevocational services/job development)
3. **First Place** (Phoenix, AZ)
 - 55-unit, low-income apartment complex
 - 1, 2, 3, 4- bedroom units
 - Residents 20's to 40's
 - 24/7 staff
 - Community integration
4. **Home of Our Own** (New Glarus, WI) (Opening fall 2020)
 - 40-unit apartment complex (10 designed for individuals with special needs)
 - Community integration
5. **L'Arche International** (Paris, France) (USA-Portland, Oregon)
 - www.larche.org
 - Catholic founded
 - 38 Countries, 5 Continents, 153 Communities, 10,000 Members
 - Intentional integrated community with shared vision and values
6. **Village at Marbridge** (several in Austin, TX)
 - Independent and semi-independent/high degree of autonomy
 - 90 adults with intellectual disabilities (18 and older)
 - 15 cottages with 6 bedroom/3 baths/living area and kitchen
 - 24-hour wake staff/supervised community center
 - Daily activities/programs/training and education/supported employment
 - Chapel, pool athletic facility and wellness center
 - The Ranch (Assisted Living), The Village (Ind/semi), the Villa Skilled Nursing Care
7. **Safe Haven Farms** (Middletown, OH)
 - 60-acre farm
 - 4 homes/4 bedrooms
 - 16 residents with autism
 - Restaurants/shops/churches/theaters/ libraries, etc. available nearby
8. **Sweetwater Spectrum** (Sonoma, CA)
 - 2.8 acre site
 - National model of supportive housing for 16 adults with autism
 - Support staff



- Four 3,250-square-foot 4-bedroom homes with common area
 - Residents have own bedroom
 - Therapy pool, urban farm, orchard, and greenhouse on site
 - Serene spaces; sensory-friendly; sustainable features
9. **The Arc of Jacksonville Village** (Jacksonville, FL)
- Consumer-controlled – no Medicaid assistance
 - Neuro-inclusive apartments
 - Pool/tennis courts/theatre room/raised garden beds
 - Americorps volunteers
 - Planned social activities
 - Life skill classes

Need more information? – Helpful websites

Autism Housing Network – A platform for sharing housing options and resources for adults with autism and others with intellectual or developmental disabilities: www.autismhousingnetwork.org

Bloomington Housing Authority:	www.bloomingtonha.com
Central Illinois Services Access:	www.cisagroup.org
Champaign County Regional Planning Commission:	ccrpc.org
Community Choices, Inc., Champaign:	www.communitychoicesinc.org
Community Choices, Inc. St. Louis, MO:	www.communitychoiceinc.com
Food and Nutrition Services:	www.fns.usda.gov
Housing and Urban Development:	www.hud.gov
Illinois Department on Aging:	www.illinoisgov/aging
Illinois Department of Human Services:	www.dhs.state.il.us
Home Services Program:	www.dhs.state.il.us/page.aspx?item=29738
Illinois Department of Public Health:	www.dph.illinois.org
State of Illinois Developmental Disabilities:	www.dd.illinois.gov
Illinois Department of Public Health:	www.dph.illinois.gov
Social Security Administration:	www.ssa.gov
SPARC (formerly United Cerebral Palsy):	www.spfldsparc

Local Community Organizations

Connect with other families and community members living with autism through local parent-led organizations, such as Autism McLean and the HEAL Foundation.

Autism McLean: info@autismmclean.org | ph 309-661-9940 | autismmclean.org

HE.A.L. Foundation: www.jonsheroes.org | ph 309-663-9646 | ajonsheroes@gmail.com



APPENDIX

Following is the Acronym List from page 4 with links to websites and online information:

Local:

- BHA - <http://www.bloomingtonha.com/>
 CHSP - <http://www.bloomingtonha.com/congregate-housing-services-program>

State:

- ICDD - <http://www2.illinois.gov/sites/icdd/About/Pages/default.aspx>
 IDES - <https://www2.illinois.gov/ides/Pages/default.aspx>
 IDHS - <https://www.dhs.state.il.us/page.aspx/>
 • IDRS- <https://www.dhs.state.il.us/page.aspx?item=29736>
 • HSP- <https://www.dhs.state.il.us/page.aspx?item=67182>
 • PUNS - <https://www.dhs.state.il.us/page.aspx?item=47620>
 • SEP - <https://www.dhs.state.il.us/page.aspx?item=47494>
 • SODCS - <https://www.dhs.state.il.us/page.aspx?item=31359>
 IDPH - <http://www.dph.illinois.gov/>
 IHFS - <https://www.illinois.gov/hfs/MedicalClients/health/Pages/benefitsHFS.aspx>
 IDOA - <https://www2.illinois.gov/aging/Pages/default.aspx>

Federal:

- Medicaid - <https://www.medicaidplanningassistance.org/medicaid-eligibility/>
 Eligibility - <https://www.medicaid.gov/medicaid/eligibility/index.html>
 ADA - <https://www.ada.gov/>
 ADLs - <https://www.care.com/c/stories/15077/activities-of-daily-living/>
 CDBG - <https://www.hudexchange.info/programs/cdbg/>
 CILA - <https://www.dhs.state.il.us/page.aspx?item=47487>
 CLF - <https://acl.gov/>
 DHS - <https://www.hhs.gov/>
 DRS - <https://www2.ed.gov/about/offices/list/osers/rsa/index.html>
 DSCC - <https://www.cdc.gov/childrenindisasters/children-with-special-healthcare-needs.html>
 FHA - <https://www.justice.gov/crt/fair-housing-act-1>
 HHS - <https://www.hhs.gov/>
 HSP - <https://www.hud.gov/hudprograms/home-program>
 HUD - <https://www.hud.gov/>
 I/DD - <https://www.nichd.nih.gov/health/topics/idds/conditioninfo/default>
 ICF - <https://www.medicaid.gov/medicaid/long-term-services-supports/institutional-long-term-care/intermediate-care-facilities-individuals-intellectual-disability/index.html>
 IID - <https://www.nichd.nih.gov/health/topics/idds/conditioninfo/default>
 LIFECIL - <https://aci.gov/ils-programs>
 PAS - <https://www.medicaid.gov/medicaid/long-term-services-supports/institutional-long-term-care/preadmission-screening>
 PAS services - <https://www.dol.gov/agencies/odep/topics/personal-assistance-services>
 PASS - <https://www.ssa.gov/disabilityresearch/wi/pass.htm>
 SSDI - <https://www.ssa.gov/disability/>
 SSI - <https://www.ssa.gov/disability/>
 WIC - <https://www.fns.usda.gov/wic>



What kinds of supports do I need to live in my community?

1. Do I want to live alone?
2. What do I consider when looking for a roommate?
3. What type of housing is right for me?
4. Can I safely be left alone? How long?
5. How much and what kind of help do I need?



1

Do I want to live alone?

If **YES** - Can you afford to live alone?

- If **YES** – Choose to live alone.
- If **NO** – Do you already know someone you want to live with?
 - If **YES**, great!
 - If **NO**, you may need to find a compatible roommate.
 - **What should I consider when looking for a roommate?**
 - What are my non-negotiables?
 - What qualities do I want?

2

What type of housing is right for me?

What layout will work for my needs?	Do I have a wheelchair? Difficulty with steps? Do I need an accessible bathroom? Are doorways wide enough?
Do I need modifications?	If so, will my landlord work with me? Will they work in this space? (e.g., solid core doors, sound proofing, padded wall coverings)
Do I need a garage or off-street parking?	What do I need to get safely in and out of my vehicle or a ride? During inclement weather? Where will my staff park?
In what area of my city do I want to live?	Where do I work? Where do I like to go? Will I be able to get transportation to/from? Are sidewalks important to me?
Is having a yard important to me?	Does it need to be fenced in? Will I be able to take care of it?
Do I have pets?	Will my landlord allow pets? Can I walk my dog in the neighborhood?



3

What type of housing is right for me?

Do I want to rent or own my home?	Can I manage the responsibilities of home ownership? Who will help me?
What is my noise tolerance? Am I loud?	Shared walls may not be best if you are sensitive to neighbors' sounds or if you yourself are loud.
How social am I? Do I want to see my neighbors?	If you love to be around others, an apartment complex might be best. Or if you prefer a lot of space to yourself, consider a place with more distance between you and neighbors
How important is transportation?	If I use public transportation, I will need to be close to a bus route.
How many bedrooms or bathrooms do I need?	Will I have a roommate or live-in support staff? Will I need alone space if I am having a rough day?



4

Can I safely be left alone?

If **YES** – How long?

- **Most of the time**
 - **How often do you need a check-in?**
 - **Daily** > You likely need 14-25 hrs/week
 - **Weekly** > You likely need 2-5 hrs/week
 - **2-3 hours/day** > You need support 147 hrs/week
 - **Overnight: I need staff 7am to 10 pm** > You need 105 hrs/week

If **NO** – Are there safety or other reasons I may need more than 1 staff with me at a time?

- If **YES**, how often is more than 1 staff needed?
- If **NO**, 24/7 single come-in staff is 168 hours/week



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How often and what kind of help will I need?


Can I be left alone?	Can I call for help if I need it? Do I need phone accommodations (e.g., programmed numbers)? Do I know what to do in an emergency (dial 911)? Will I go outside if there is a fire? Will I know to report injuries or maintenance issues? Will I wander outside my home?
How long can I be left alone?	How often do I need help throughout the day? Can I take medications myself? Prepare my own food?
Are there accommodations that could help me be home safely by myself?	Would check-in calls from a supporter help? Monitoring equipment? Could I use a life alert that detects falls and allows me to call for help? A medication dispenser? Other technology supports?
Can I take my medication by myself?	Do I need someone to give me my meds or could someone set it up so I know what to take when?



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How often and what kind of help will I need?

Am I able to safely prepare healthy meals for myself?	Can I safely use a stove, oven or microwave? Do I understand food safety? Am I able to prepare meals in advance and warm them up? Do I have access to other food services (e.g, Meals on Wheels)
Am I able to shower and dress myself?	Do I need help with proper hygiene? Do I need help to ensure I'm wearing weather appropriate clothing?
Do I need help using the bathroom?	Can I clean myself? Do I need support or monitoring?
Can I safely walk on my own? Get in and out of bed and chairs?	Do I need a walker, wheelchair or other special equipment to stay safe?
Am I able to keep my home clean?	Can I do my own laundry? Do chores? Stick to my routine?
Am I able to stay safe?	Do I know not to let strangers into my home?



7

How often and what kind of help will I need?

Can I set, coordinate, track and get myself to appointments?	Many people need support staff to assist with appointments.
What natural supports do I already have to help me?	Friends? Neighbors? Family? Would a neighbor check in on me? Would a friend help me?
What social activities do I need?	Who can help me access these?



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