



MD Community of Practice for Supporting Families Webinar Series

Webinar #21 – April 21, 2021

“Moving Out” Pilot Training Series: Transition Planning for Supported Living



Hosted by the Developmental Disabilities Administration

Facilitated by Mary Anne Kane-Breschi

Director of Family Supports



CHARTING the LifeCourse



lifecoursetools.com



Special Guests

Steve Blanks, Director of Partnerships

SEEC

Donne Allen, Director of Projects

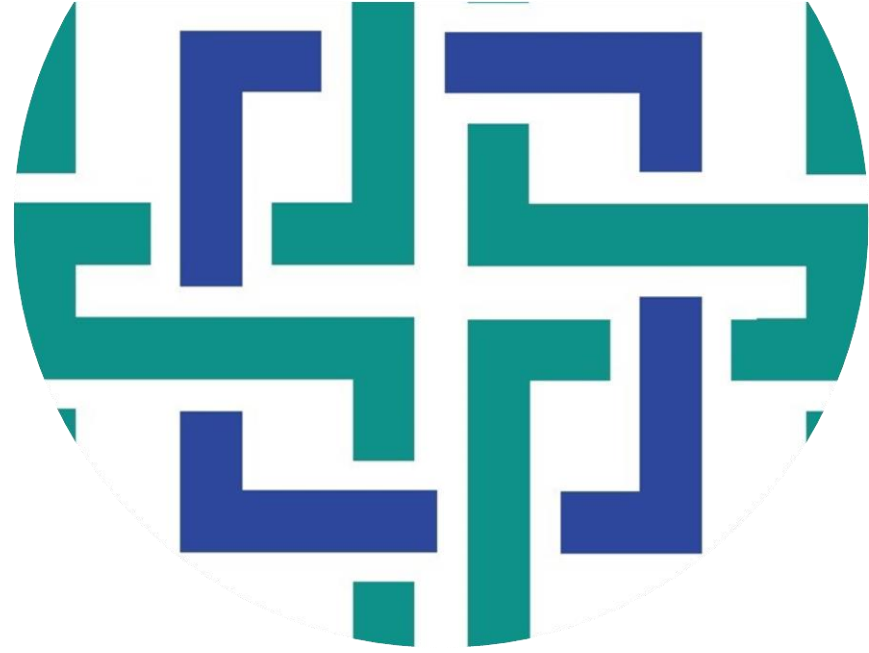
SEEC

Cindy Kauffman, Former Director of Strategic Operations

SEEC

Jean Eisenhaur, Family/Board Member, Series Participant

SEEC



Pilot Training Series for Families and Self Advocates

Moving Out Education Series



Made possible by a SPARC grant from the Arc of Maryland in collaboration with SEEC



Goals for today...

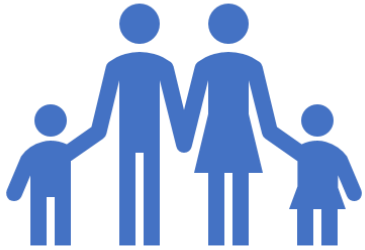
- How did this Series come about?
- What exactly is the Series?
- Who is the Series for?
- Overview of the Series elements
- Lessons Learned
- Next Steps



Background



- Moving Out Guide developed



- Families ready for what's next



- Family Think team in place

Why is prepping for Independent Living important?

74%¹

16K²



1- % of individuals with IDD living at home with family as caregiver State of the states-MD-data from FY2015

2- No of individuals with IDD living at home with family caregiver as above the age of 60- State of the States (MD) FY 2015

How: Supported Living Training Series Pilot-Virtual Pivot

Session 1-Visioning (July)

Visioning

Session Outcomes

- Getting to Know You
- Overview of Course
- Introduction to LifeCourse Framework
- Importance of Relationships

Session 2- Good Life Planning (August)

LifeCourse Framework

Session Outcomes

- Initial Use of LifeCourse Tools (Vision/Trajectory)
- Identification of Support Circles (and gaps)
- Identification of Support Needs

Session 3- Good Life Planning Part II (Sept)

Relationships & Resource Needs

Session Outcomes

- Support Circle Review
- Moving Out Guide Review through Decision Making steps
- Happy and Healthy Supports Tool Review

Session 4-Housing Resources (Oct)

Understanding Resources

Session Outcomes

- Understanding typical resources needed in moving out
- Learning of Housing Resources Publicly Available

Session 5-Action Planning (Nov)

Putting it All Together

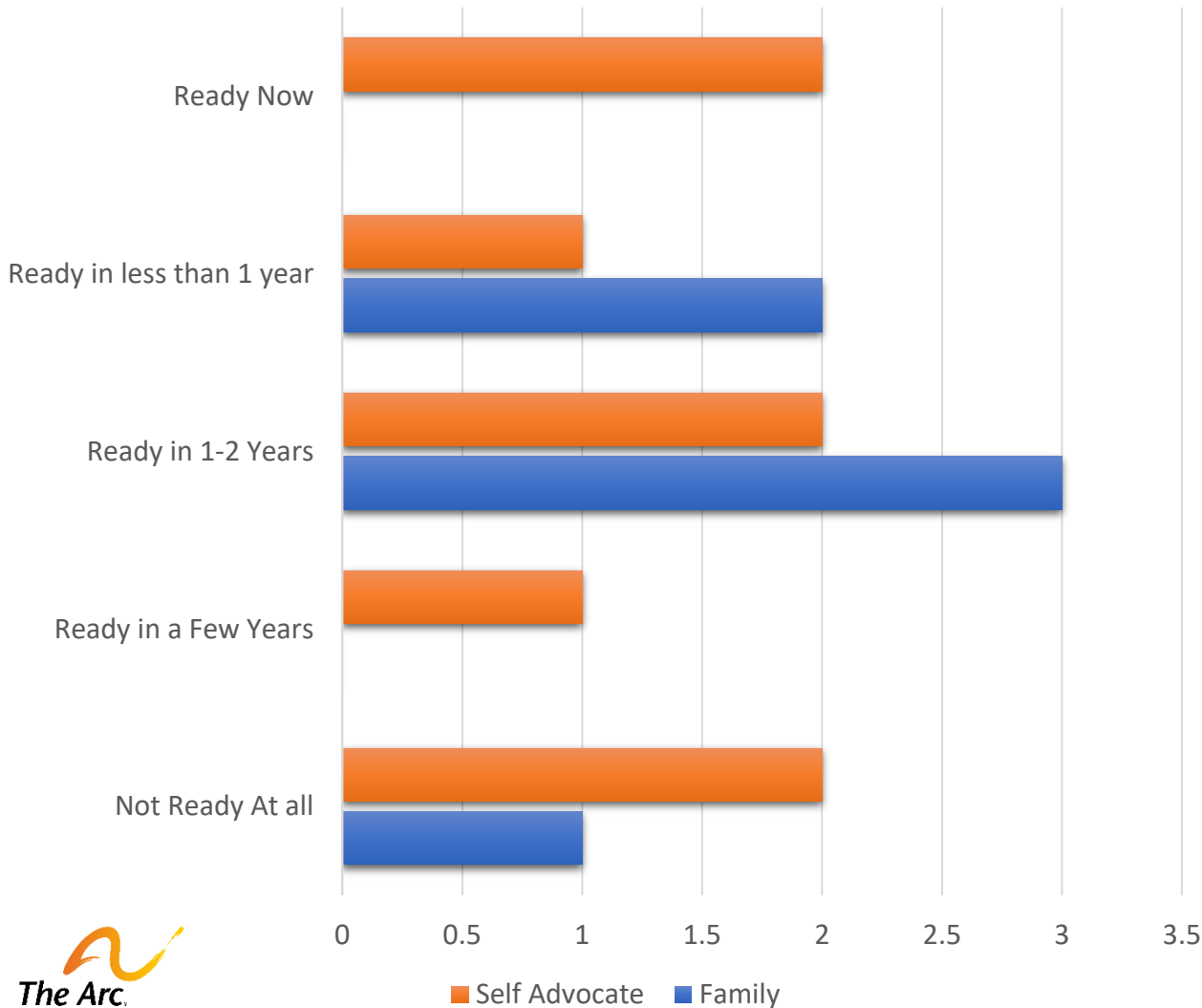
Session Outcomes

- Understanding LCF Integrated Star
- Developing personal Action Plans

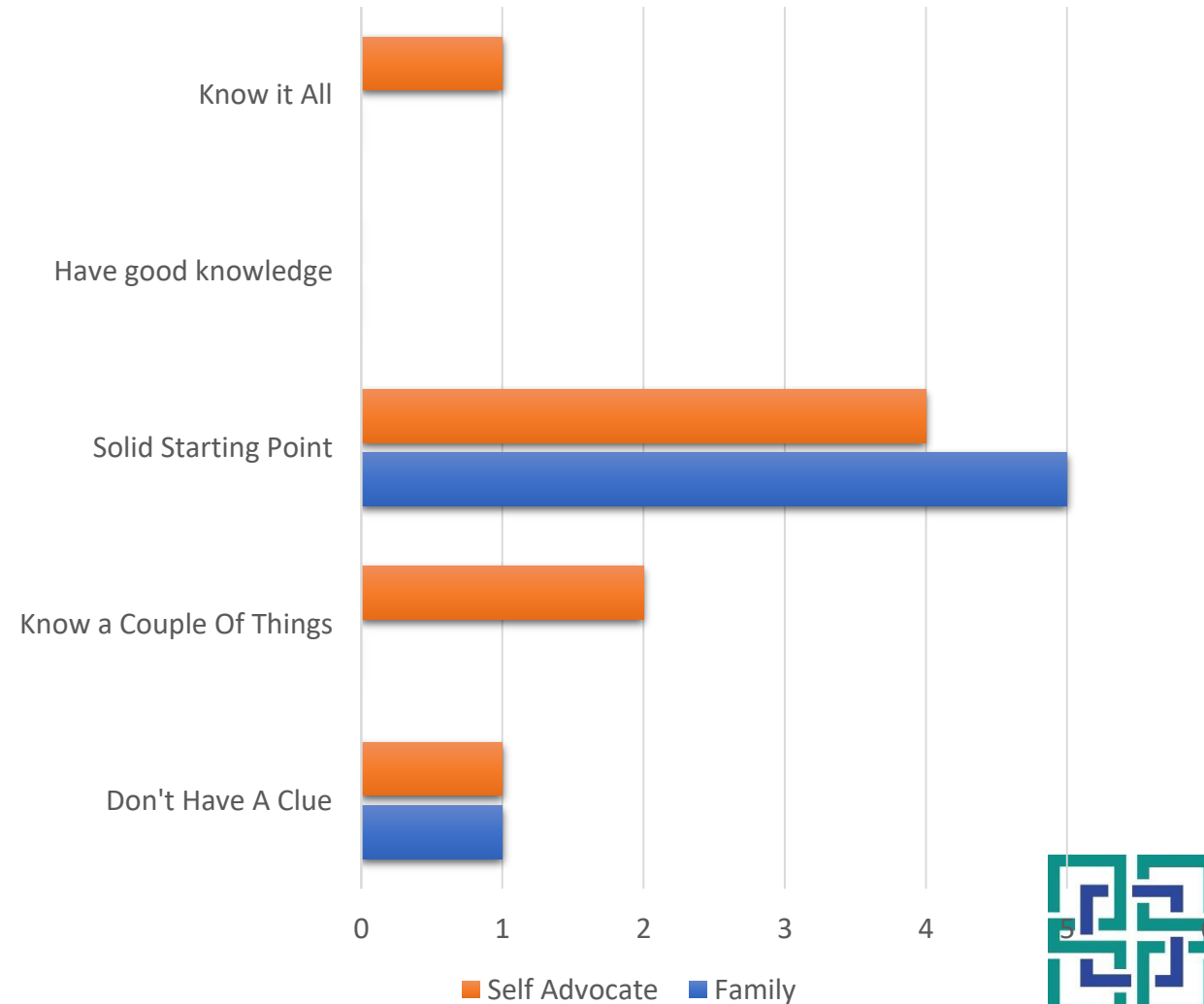
Evaluations at Each Session & One Overall

Our cohort had some knowledge and were relatively ready to move out.

How Ready Do I Feel To Move Out?



How Much Do I Know?



Pre-Survey Results

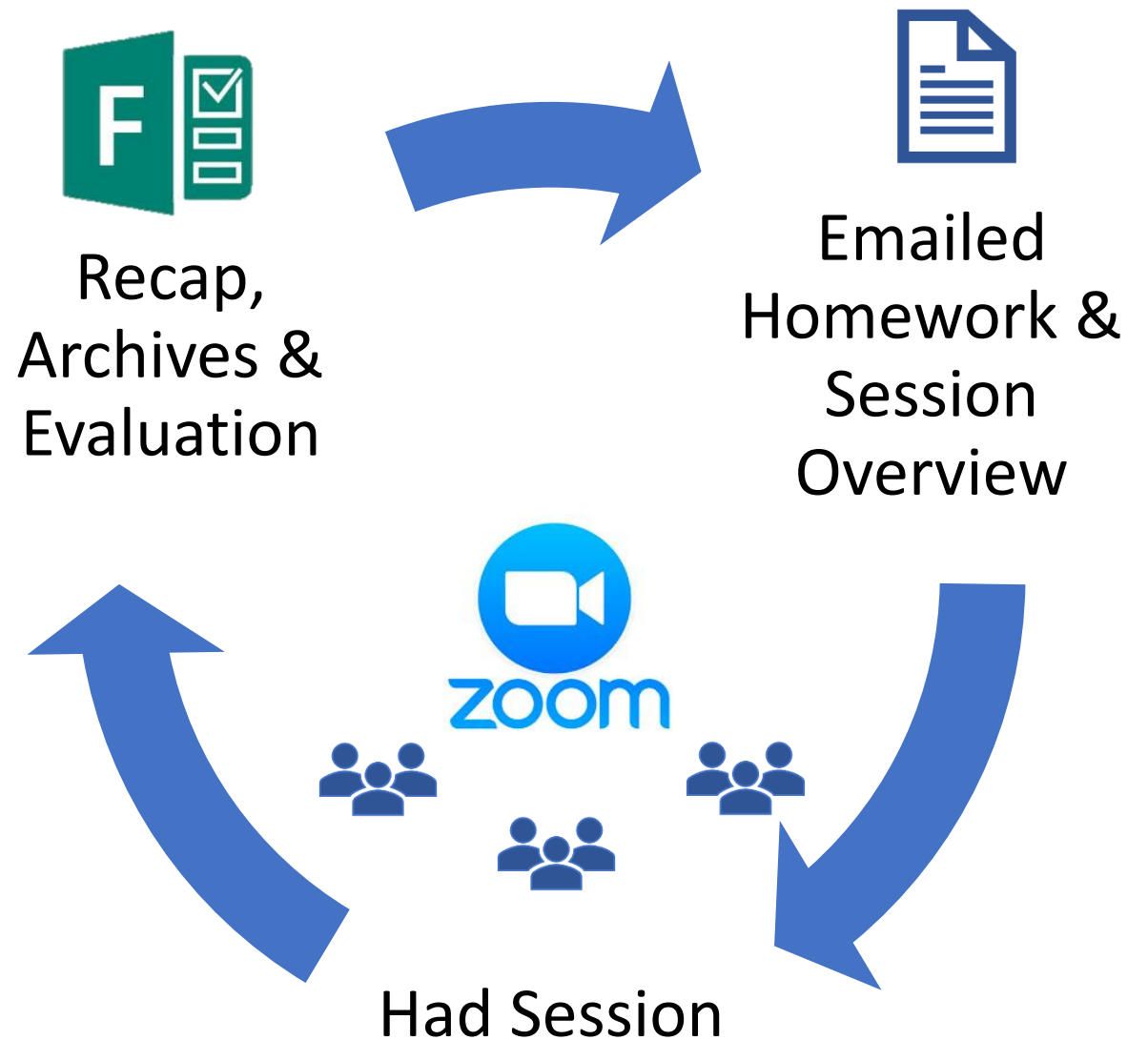
living
Legal
considerations
Getting
Housing
bills
process
social vouchers
ready
steps
personalsupports
other pay options types
concerns DDA
services
independence
HOC staffing
Financial

Session Format



Typical Agenda

- 1) Welcome & Sharing
- 2) Educational Element Presentation
- 3) Breakout Sessions (3 groups)
- 4) Reflections
- 5) Wrap Up & Homework





Andy's ONE-PAGE PROFILE

What people like & admire about me

hard worker
happy
positive attitude
like to be helpful
"energizer bunny"
kind
dedicated

What's Important to ME

Keeping my job
Keeping in touch with friends
Special Olympics, Art Stream
PCR, UCR, Faithful Light
Going to church
Family
NASCAR
Computer iPad
biking, swimming, fishing
paddling
Road trips
Trying new foods

How to Best Support ME

Teach the skills and then let me do by myself
Ask me what I want
Help me make choices that keep me growing

Session 1: Introduction and Overview

Life Trajectory Worksheet

<p>Past Life Experiences LIST past life experiences and events that supported your vision for a good life.</p> <p>Infants and Toddlers Early intervention Forest Knolls preschool Regularly attended church nursery Sang on church choir LPA member, camp, activities and convention Member of Jack and Jill Patient at Hopkins Skeletal Dysplasia clinic (world class doctors and care) PT at Kennedy Krieger Family vacations to Myrtle Beach Attending sporting events Ball boy at high school games Special Olympics NBA game Dreams for Kids waterskiing Supreme Court Best friends: Balthazar and Joaquin</p>	<p>Future Life Experiences LIST current/ future life experiences that continue supporting your good life vision.</p> <p>Good grades Independent accessibility Healthy friendships, social life and romance Leadership opportunities Above grade level math and reading Adventures College graduate Knowledge of good financial well being Access to opportunities International travel Lifelong learner Drive a car</p>
<p>LIST past life experiences that pushed the arrow toward things you don't want.</p> <p>Short attention span and focus Regression - Summer slide Poor writing skills Below grade level reading and math Constant falls Public gawking and staring Bullying name calling Unwanted photo takers Accessibility obstacles Prematurity Brain bleed ADHD diagnosis Poor self perception Emergency eye rupture and surgery Seasonal asthma flare ups Nursemaids elbow</p>	<p>LIST life experiences to avoid because they push you toward things you don't want.</p> <p>Fearful of taking risks and pursuing dreams Ostracized Being misunderstood Inability to advocate effectively Below grade level in reading and math Not graduating from college Not making academic progress People blocking his vision Social Solitude Poverty Dependent - physically and fiscally Poor health Poor self perception</p>



VISION for a GOOD LIFE

LIST what you want your "good life" to look like ...

Make great academic progress each quarter
Get on grade level
Be physically able to access his environment independent and interdependently
Strong self advocate
Student Leader
Make a good friend (playdate)
Be a patrol
Feel socially accepted at all times
Be able to get thoughts onto paper
Improve penmanship
Feels comfortable asking peers for help

What I DON'T Want

LIST the things you don't want in your life...

To be placated due to disability
Teased about disability
Bad grades
Not having anyone to vent to
Falling all of the time
No true friends

Source: <https://www.lifecoursetools.com/lifecourse-library/lifecourse-framework/>



Session 2: LifeCourse Trajectory

Life Trajectory Worksheet

Past Life Experiences
LIST past life experiences and events that supported your vision for a good life.

Infants and Toddlers
Early intervention
Forest Knolls preschool
Regularly attended church nursery
Sang on church choir
LPA member, camp, activities and convention
Member of Jack and Jill
Patient at Hopkins Skeletal Dysplasia clinic (world class doctors and care)
PT at Kennedy Krieger
Family vacations to Myrtle Beach
Attending sporting events
Ball boy at high school games
Special Olympics NBA game
Dreams for Kids waterskiing
Supreme Court
Best friends: Balthazar and Joaquin



Future Life Experiences
LIST current/ future life experiences that continue supporting your good life vision.

Good grades
Independent accessibility
Healthy friendships, social life and romance
Leadership opportunities
Above grade level math and reading
Adventures
College graduate
Knowledge of good financial well being
Access to opportunities
International travel
Lifelong learner
Drive a car

LIST past life experiences that pushed the arrow toward things you don't want.

Short attention span and focus
Regression - Summer slide
Poor writing skills
Below grade level reading and math
Constant falls
Public gawking and staring
Bullying
name calling
Unwanted photo takers
Accessibility obstacles
Prematurity
Brain bleed
ADHD diagnosis
Poor self perception
Emergency eye rupture and surgery
Seasonal asthma flare ups
Nursemaids elbow

LIST life experiences to avoid because they push you toward things you don't want.

Fearful of taking risks and pursuing dreams
Ostracized
Being misunderstood
Inability to advocate effectively
Below grade level in reading and math
Not graduating from college
Not making academic progress
People blocking his vision
Social Solitude
Poverty
Dependent - physically and fiscally
Poor health
Poor self perception

VISION for a GOOD LIFE

LIST what you want your "good life" to look like ...

Make great academic progress each quarter
Get on grade level
Be physically able to access his environment independent and interdependently
Strong self advocate
Student Leader
Make a good friend (playdate)
Be a patrol
Feel socially accepted at all times
Be able to get thoughts onto paper
Improve penmanship
Feels comfortable asking peers for help

What I DON'T Want

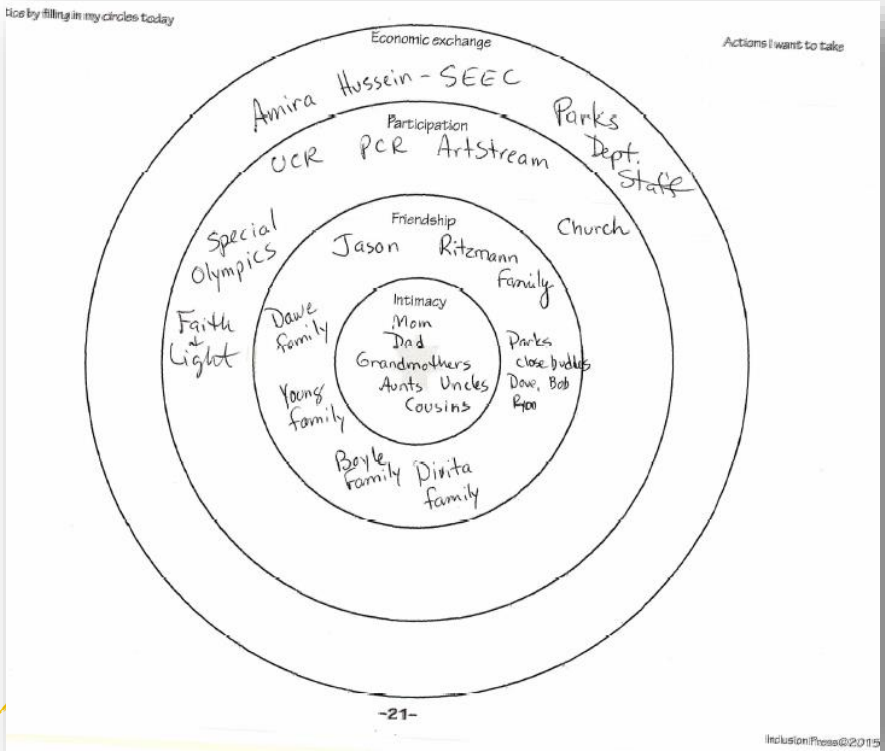
LIST the things you don't want in your life...

To be placated due to disability
Teased about disability
Bad grades
Not having anyone to vent to
Falling all of the time
No true friends

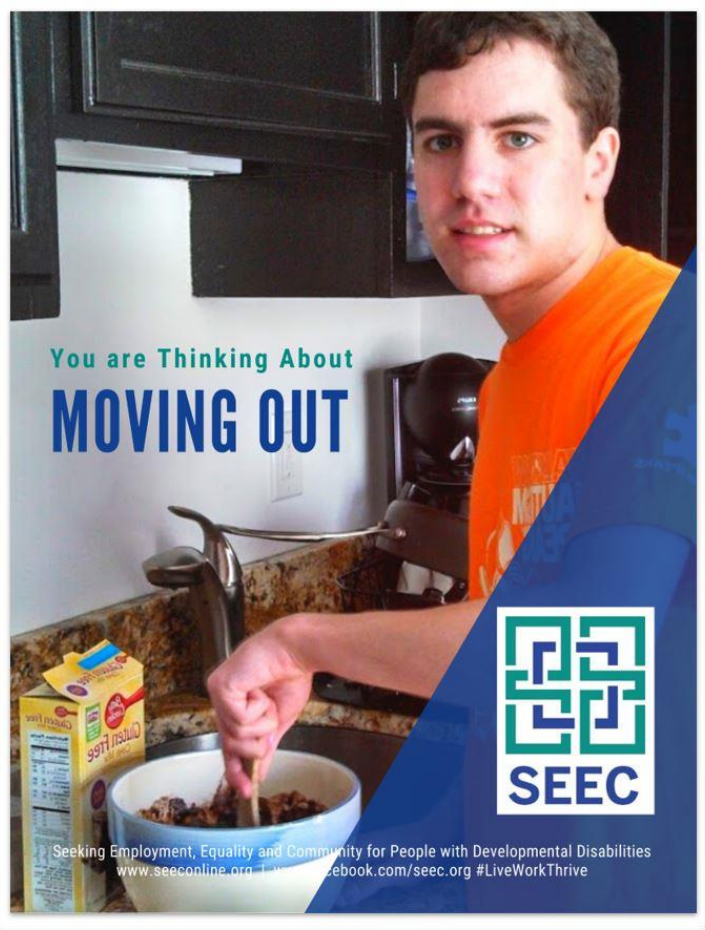


Source: <https://www.lifecoursetools.com/lifecourse-library/lifecourse-framework/>

Session 3: Moving Out Steps & Support Resource Needs



Andy's Relationship Map



Moving Out Guide

Table of Contents

- 1) “Congratulations – You’re Taking a Big Step”: How to Use This Toolkit
- 2) How do you know if you are ready?
- 3) Overview of major steps and timeline
 - 3.1 - Developing a vision and plan
 - 3.2 - From Relationships to Support Circle
 - 3.3 - Exploring the best way to prepare and plan for moving out
 - i. If you are ready....what do you need to think and decide about?
What type of living situation do you want?
 - ii. Where do you want to live?
 - iii. Who do you want to live with? (If you live with others, what are the pros and cons?)
 - iv. How do you think about who you will live with?
 - v. What can you afford?
 - 3.4 - Identifying the resources available in support of Moving Out:
 - i. DDA Personal Supports
 - ii. Housing Resources
 - iii. Other Public Resources
 - 3.5 - Secure Resources Needed
- 4) Moving Out (Now I Need Supports)

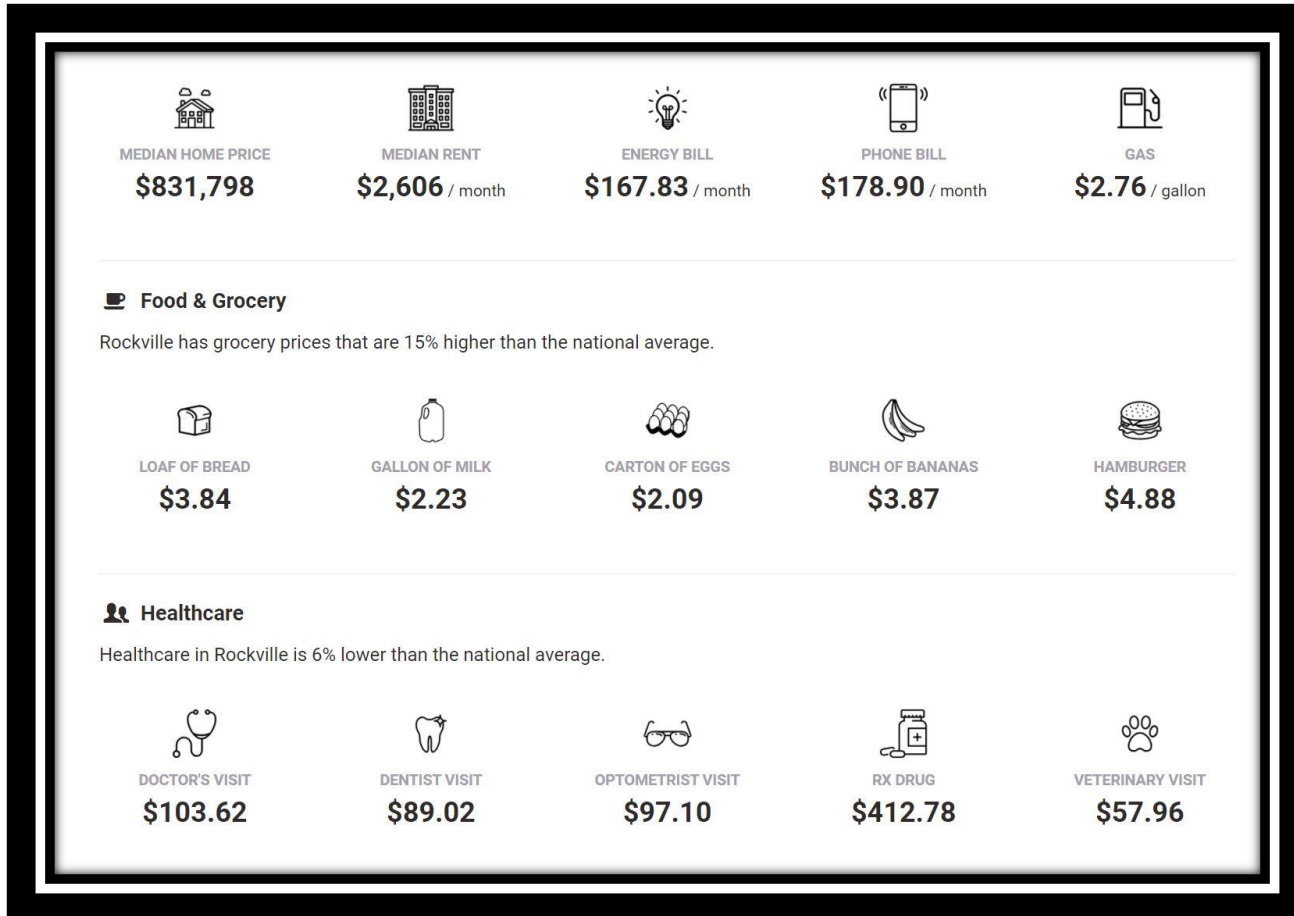
Appendix



Session 4: Housing Resources



Diane Dressler ·



Typical Costs for Living
in Rockville, MD

Session 5: Putting it all together



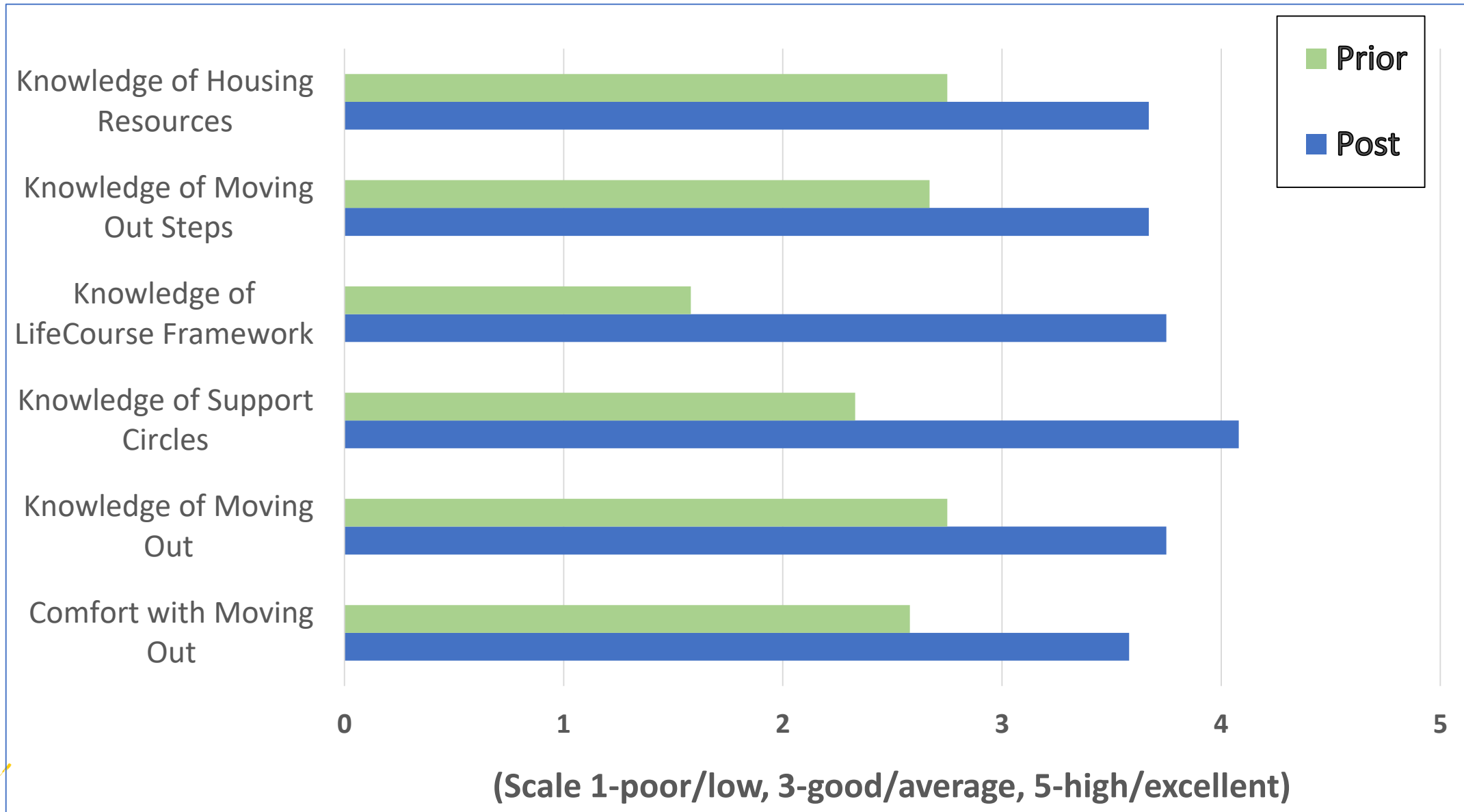
Action	Steps	Who Responsible	Timeline
Need to understand supports options	1. Ask CCS/SEEC staff who can I learn more about Living Supports	Steve	By Dec 1
	2. Set up a time to talk to living supports experts	John	By Dec 31
	3. Call and take notes from living expert calls	John	By Dec 31
Decide which supports I'm eligible for	1. Ask CCS what supports I might be eligible for	Steve	By Dec 1
	2. Ask CCS how I get these supports	Steve	By Dec 1
	3. Agreeing on which supports to apply for	CCS	By Jan 1



Session 6: Panel Discussion & Reflection



Education Series Impact



What Cohort Members said...

“Very worthwhile course. I honestly didn’t believe it would ever be possible for Robert to live in a home away from ours.”

“Doing homework helped make me think” – Andy

“The sessions helped me focus and prompted me to think about issues that were important” – Lucy

“This course poked holes in my protective bubble and that is a huge step forward” – Janet

“The panel of parents and the housing expert were valuable” - Carolyn

“I like how we keep on asking how we are doing so far” – Donnell

“Going into smaller groups for further was really nice” – Jean

“It was good to see the peers who were preparing to move out” – Linda

Lessons Learned

Planning & Preparation

- Welcome and celebrations snacks
- Cohort size (10 – 16 participants) depends on number of facilitators
- Number of facilitators (3 content – 1 technology)
- Small, rotating breakouts (3-6)
- Pre-reading and learning activities (use of basic lesson plan format helped structure)
- Preparation on initial expectations – WHAT? Homework, focus on the person
- More ways to capture visual learning – strengthening the engagement

Training Delivery

- Pre and post session communications
- Recorded videos need captioning (captioning with ZOOM during sessions)
- Building homework into each session – more homework review during each session
- Once per month (in development stage)
- Session structure: Learn together and review together in breakout format
- Side by side learning (very effective – more than initially imagined)
- Resource specific information
- Make use of session recordings for future cohort presentations (ex. Family panel vignettes)

Training Materials and Tools

- Use of visuals and LifeCourse Tools
- Moving Out Guide alignment as an anchor for each session
- Health, Happy Resources
- Use of Jamboard while in sessions
- Cloud based archived library of materials and tools (TBD - secured corporate cloud system)

NEXT STEPS

- Share More Widely across State
- Integrate with other Initiatives e.g. MD Inclusion Housing Corp.
- What would Jean recommend to families?



Resources

Technology

Adaptive Living Spaces / Universal Designed Homes

PSE Remote Supports - <https://apse.org/wp-content/uploads/2020/04/Remote-Supports-FAQ.pdf>

Electronic Reminders

Communication-

***Assistive Technology**

Low Level – Picture Exchange Communication Systems (PECS)

High Level – TOBY / iPad voice output Communication Apps – TouchChat etc.

MD Technology Assistance Program

<http://mdod.maryland.gov/mdtap/Pages/MDTAP-Home.aspx>

Connect with others...

- ZOOM , Google Hangouts
- Messenger, Portal, Facebook

Community Based

Charting the LifeCourse (CtLC) Learning Tools <https://www.lifecoursetools.com/learning-materials/>

Home Ownership / Apt /Home Rental

Community Health Centers

Grocery Store / Local Pantries & Farmers Markets

Faith Based Organizations

Family/General Practices / Community

Hospitals

Neighborhood Pharmacy

Community Centers

YMCA - Gym Memberships

Parks & Recs -Nature Trails

MD Transportation

<https://www.mta.maryland.gov/>

Ride Services – Lyft, Uber etc

Eligibility Specific

MD Developmental Disabilities Administration (DDA)

<https://dda.health.maryland.gov/Pages/TY.aspx>

MD Department of Disability

<http://mdod.maryland.gov/housing/Pages/Housing-Home.aspx>

MD Department of Housing and Community Development

<https://dhcd.maryland.gov/Pages/default.aspx>

Housing Choice Voucher Program

https://www.hud.gov/program_offices/public_indian_housing/programs/hcv/about/fact_sheet

MD Statewide Independent Living Council

<http://www.msilc.org/>

MTA Mobility Link

<https://www.mta.maryland.gov/mobility>



Questions?



Thank You!

Please join us on ***May 12th at Noon***
for our next webinar:

*The MD Department of Disabilities –
Harry & Jeanette Weinberg Affordable Rental Housing
Opportunities for Persons with Disabilities Initiative*

Special Guests

Chelsea Hayman, Director of Housing Policy & Programs
MD Department of Disabilities

Christina Bolyard, MPAH Program Administrator
MD Department of Disabilities



Contact Info

Mary Anne Kane Breschi, DDA
Director of Family Supports

mary.kane-breschi@maryland.gov

443.767.8880