



SAIL Connect



April 2022

SOLUTIONS FOR ADULT INTER-DEPENDENT HOUSING

News From SAIL

Note from the President

The SAIL community is gaining momentum as families look for support and information to develop their housing solution. Although creating something from the ground up can be overwhelming and daunting, SAIL is encouraged by the many new families we see at the events that SAIL hosts. It is clear that there is a need for families to connect and it is through those connections that community and solutions will be created.

If you are interest in becoming a member of SAIL, visit our website SAILhousingolutions.org. Our annual membership meeting will take place September 2022.

-Kathy Remski
SAIL President

Friendship Connect

SAIL hosted its fourth Friendship Connect event on April 1, 2022, and the turnout was awesome. SAIL's Friendship Connect Committee created an event that was engaging for loved ones, so much so, that parents were able to connect and network with other parents in a separate meeting room. The goal of Friendship Connect is to connect

people to people and families to families, in hopes of building community and housing solutions with partner families. The opportunity was made available for the first time for families to share their stories and reflect on what they may need to build their housing solution. SAIL will continue to provide families opportunities to engage in purposeful and thoughtful dialogue through Friendship Connect and SAILing Lessons in the future.



Friday Night Coney Club

SAILing Lessons

Learning the Ropes at SAILing Lessons

On March 9, we "Explored Housing Cabins" with a diverse group of panelists who have had varying experiences on the Housing Roadmap. We heard from Kathy

Remski, who has successfully moved her daughter into an apartment in Troy with two other young women. They coordinated their Individualized Plans of Service (IPOS) so that they can share support hours and use technology to provide additional support customized to their loved ones' needs. Mike Sugar and Lynne Tamor shared how they moved their son into his own condo, and have been able to find wonderful support staff working with a staffing agency and also a direct-hire agency. These direct care workers have created a very enriching life for their son with higher needs for support. Susan Nanry shared how her family coped with change when an initially great independent living situation deteriorated, and they had to bring their son back home. Bob White told us about the housing solution he has found for his sons in partnership with Drew's Home. He also enlightened us about the legislative challenges and initiatives underway now to support individuals with Intellectual and Developmental Disabilities (IDD). Dave Mingle shared the exciting progress with the Rochester Housing Solutions (RHS) initiative – where up to 50 individuals with IDD will ultimately live in community with Community Builder support. Jacob Gottlieb from JARC talked about the innovative

staffing and support partnership between JARC and Integrative Neighborhoods in West Bloomfield, where individuals with IDD live in apartments with appropriate supports.

While each panelist had a different experience with independent living, a few common threads were apparent. Finding/Building the physical space for our loved ones is the easiest part of the equation – the tough part is how they will actually live within that space. Despite our best efforts as parents and guardians to create the perfect living situation, some things will not meet our highest expectations. We need to be nimble, and willing to understand that, sometimes, getting 80 percent of our needs met while we work for the other 20 percent is a huge success! And staffing is the topic that keeps most of us awake at night: how do we find good staff, how do we train them, how do we keep them? Jacob from JARC shared the advantages associated with using a support provider or agency rather than being the Employer of Record and finding individual direct support personnel.

Please join us again on May 4, when we will take a deep dive into the SAIL Journey Roadmap and review the abundant resources available on our SAIL website.

“A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.”

—Christopher Reeve

Rochester Housing Solutions Condos Available at Auburn Oaks

Rochester Housing Solutions (RHS) and Three Oaks Communities (TOC) are now accepting reservations to purchase homes in their Auburn Oaks neighborhood located on Auburn Road between Crooks and Adams roads in Rochester Hills. This community will include 18 two-bedroom condominiums for adults with intellectual and developmental disabilities (IDD), along with 18 condominiums and 11 single family homes for neurotypical

families. Currently 14 IDD condos remain available to reserve at Auburn Oaks.

RHS and TOC have closed reservations for their other two neighborhoods in Rochester Hills. Several families that have made reservations across all three neighborhoods will be looking for roommates. Information about possible rental opportunities for roommates will be made available shortly.

RHS is hosting weekly informational meetings every Thursday at 7 pm through May for anyone that would like to learn more. To sign up or for more information about RHS and TOC, please contact Dave Mingle at dmingle2017@gmail.com.



FAST FACTS

87% of the 5.4 million Adults with Autism

Current estimates suggest that over 5.4 million adults with autism live in the United States, and approximately 87% of them live in their parents' homes. According to the US Government Accountability Office (GAO), 500,000 youth with autism will enter adulthood by 2025. They concluded that current service systems in the United States are not adequate to address the needs of this emerging population.

* Neuro Diverse Living

These Homes Really Do Offer Hope

More and more families are working together to find residential solutions for their adult children with disabilities. But in Rockford, MI, a small group of people who are not parents of people with disabilities formed a nonprofit

called Homes Giving Hope (HGH) to address the issue simply because they saw the need and cared.

“We feel like we've been divinely inspired,” said co-founder, Sara Boven. “Our mission is to take over this burden from families who've already given so much to their children.”

Sara and her husband, Brian, bought a home in rural Rockford where four adults with intellectual disabilities now live. This home will soon be owned by HGH. The Bovens had intended to buy or build several houses in the same vicinity but because of zoning issues, have focused recently on rentals closer to downtown. They envision eventually providing enough living space for 30 or 40 adults with disabilities.

HGH employs a resident assistant for each home. The RA provides overnight supervision and helps with other activities, such as when the residents wish to cook a meal together. Residents pay \$1,100 per month, which includes rent, utilities and the cost of the resident advisor. This does not cover the actual cost, which HGH pays for through fundraising and grants. At this time, HGH has two locations, with seven residents and two resident assistants.

Residents are capable of living independently with light support and have jobs or volunteer work locally. If an individual qualifies for services under community mental health, the individual may hire further support using Medicaid funding.

Rockford is located northeast of Grand Rapids. Anyone interested in learning more can check out the website at <https://homesgivinghope.org/> or contact Kay Wood at admissions@homesgivinghope.org.



Shine On, Woodside Bible Church April 2022

Some Important Terms to Know

Long before Twitter or texting, a parent of a child with disabilities needed the unique ability to speak in abbreviations and acronyms. For some, the information below might be a refresher and for others, this might be your first exposure to some of these terms. Wherever you are on your journey, Familiarity with the terms below is essential when advocating for a loved one.

ADL – Activities of Daily Living

Generally, activities that an individual needs help performing in order to qualify for various services. Some examples: Eating or feeding, Bathing, Dressing, Grooming, Moving throughout the home, Transferring from one position to another, Using the toilet, Complex Care (including catheters, leg bags, colostomy care, bowel program, suctioning, specialized skin care, range of motion exercises, peritoneal dialysis, wound care, respiratory treatment, ventilators, or injections), Administering or setting up medicine, Laundry, Light housework, Meal preparation/clean up, Shopping for essential items, Travel for shopping/laundry

AHH – Adult Home Help

Home Help Services is a program administered by the Michigan Department of Health and Human Services (MDHHS). The program provides funding for qualified individuals to hire someone to assist them with their daily activities. It is designed to support individuals who wish to live independently in their home rather than live in an adult foster care home, home for the aged or nursing facility.

DSP -- Direct Support Professional

Individual with specialized training, is able to perform basic first aid procedures; trained in the beneficiary's plan of service; able to prevent the spread of communicable disease; at least 18 years old; assists individual with tasks as called for in the IPOS, including shopping, community involvement, household chores, etc. In Oakland County, must complete all required training, including first aid, CPR, recipient rights, blood borne pathogens and others.

FI – Fiscal Intermediary or FMS – Financial Management Services

Financial Management Services (FMS) used to be called the Fiscal Intermediary. Fiscal Management Services agents help you control your individual budget and hire direct care workers. The Fiscal Management Services agent helps you manage and pay out the funds in your individual budget. Fiscal Management Services agents:

1. Serve as Employer Agent (that means paying your workers and handling the tax and legal aspects of employment);
2. Track and monitor how much you spend

of your individual budget and let you know if you spent too much or have money that you have not spent.

IPOS – Individual Plan of Service

Oakland Community Health Network describes an Individualized Plan of Service (IPOS) as a plan about you and for you, the individual with a disability. It is a road map that leads to the life you want. Each IPOS determines a set of strategies to help people achieve their goals. These strategies can also include natural and community supports.

You have the right to include any friends, family, or other people who are important to you in developing and working on your plan. You are given chances to make choices and share your feelings about the services you are receiving and the progress you are making toward reaching your goals.

MRS – Michigan Rehabilitation Services

May be introduced in the last two years of high school or when a student is preparing to exit the Adult Transition program and is interested in competitive/independent employment. Provides support in obtaining or maintaining employment for students that qualify with a barrier to employment. This agency provides short-term job coaching only.

Person-Centered Plan The Michigan Department of Community Health states that Person-centered planning is a way for individuals to plan their lives with the support and input from those who care about them. The process is used for planning the life that the individual aspires to have—taking the individual's goals, hopes, strengths, and preferences and weaving them into plans for a life with meaning.

SIS – Support Intensity Scale

The Maximus website describes the Support Intensity Scale (SIS) as an assessment tool developed by the American Association on Intellectual and Developmental Disabilities (AAIDD) that evaluates practical support requirements for adults with intellectual and developmental disabilities (IDD). It is administered in the form of an 8-page interview between -the individual with IDD
-any family, staff, supports coordinators, therapists, and others who have an intimate knowledge of the individual's abilities in daily life
-a highly-trained human services professional
Many states use the results of the SIS to determine necessary support and services for the individual.

SSI – Supplemental Security Income

SSI is a program that pays monthly benefits to individuals with a disability who generally cannot work at competitive employment and meet eligibility

requirements. Some people who choose to work may still receive a reduced SSI benefit. SSI includes Medicaid insurance coverage automatically, which is critical to receiving and paying for services such as direct care, community living supports and mental health therapy.

SSDI – Social Security Disability Insurance

Instead of SSI, you may apply for SSDI if you are a Disabled Adult Child ("DAC") and one of your parents is:
-retired over age 62 and receiving a Social Security Administration payment/pension
-disabled receiving their own SSDI;
-deceased.

The SSDI amount is generally based upon the earnings of one of the parents, or, in some cases, on the earnings of the individual. If you receive SSDI, you generally will become eligible for Medicare after two years.

This article is intended to help you start understanding important terms related to your loved ones' disability services. Most of the information was derived from the SAIL Roadmap on our website, available free to all members. Other sources include Michigan Department of Health and Human Services, The ARC of Oakland County, Oakland Community Health Network and Macomb Oakland Regional Center (MORC). Consult a legal or financial advisor for a definitive definition or answers to any questions.

Calendar of Upcoming Events

May 4, 2022
SAILing Lessons, First Presbyterian Church, Birmingham.
TIME: 6:15 Doors Open
Presentation: 6:30-8:00 pm

May 11, 2022
SAIL New Member Zoom Call
6:30 pm
Video call link:
<https://meet.google.com/zvt-zgek-bct>
Or dial: (US) +1 573-930-0004 PIN: 795 621 782#

June 3, 2022
Friendship Connect
Springdale Park, Birmingham MI
Time: TBD

Have a Great Summer!

September 7, 2022
SAILing Lessons, First Presbyterian Church, Birmingham.
TIME: 6:15 Doors Open
Presentation: 6:30-8:00 pm

Check the event page on our website for future updates