



# Finding your Mates

## From Vision to Execution



# Tonight's Agenda



1. What is your Housing Vision?
2. SAIL's Website resources and roadmap
3. That first step...
  - A. Where do I start looking?
  - B. Friendship Connect Profile & Events
  - C. Roommate Compatibility Questions
  - D. Assessing Family Compatibility
4. Breakout Session Group Activity
5. Compatibility, Planning and Executing
6. Panel Discussion
7. Q & A

- What do I want for my loved one and what do they want for themselves?
- How and with whom will they live?
- Where will they live?
- What are the “must haves”?



### My Housing Vision

Write a description, draw a picture or make a collage of photos of what living on your own looks like. This can include, but is not limited to location, roommates, house, apartment, etc. This begins the process of defining for you and your loved one your vision of what your housing solution includes.

Make sure you include the "must haves" like my roommate needs to be able to tolerate noise or we want to live in the Rochester area....whatever those must haves are, include them in your vision statement.

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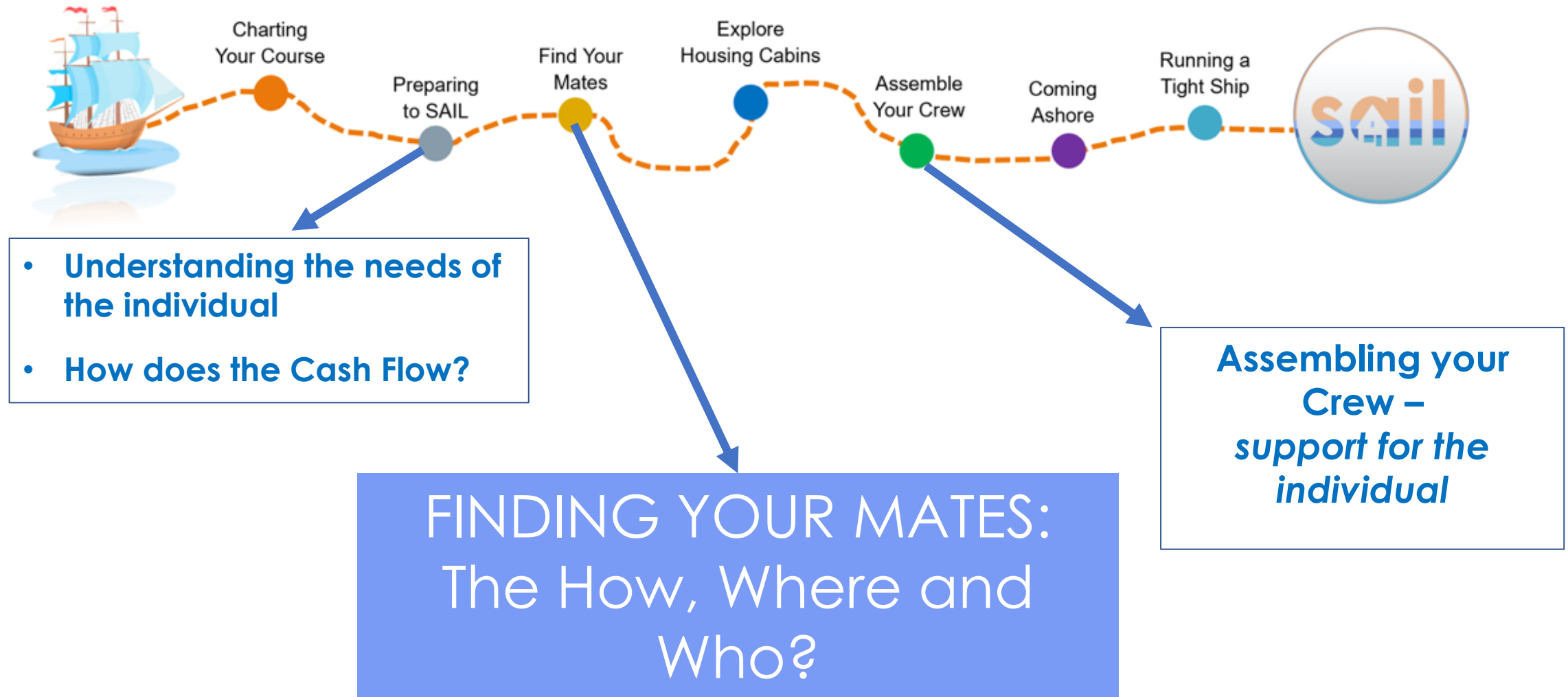
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A large, empty rectangular box with a thin black border, intended for students to draw a picture or assemble a collage of photos related to their housing vision.

Assemble photos in a collage or make a video to show your housing vision.

# SAILing Lesson – the year in review





Solutions for  
Adult  
Interdependent  
Living

Home

SAILing  
Lessons

Housing  
Guide

**Housing  
Guide  
Resources**

Friendship  
Connect

About  
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## Find Your Mates

Assessing Family Compatibility

Getting to Know Me PPT template

Roommate Compatibility Questions

Team Decision Making Process and Team Building Activities

*Creating a Shared Vision*

# That First Step is a DOOZY!

## RISKS

- You might hear “no” (“or not now”)
- Easy to get discouraged
- May be WAY out of your comfort zone
- You may have to adjust your expectations!

## BENEFITS

- Every time you speak your vision, you learn to articulate it more clearly.
- Every interaction potentially increases your sphere
- You just may find someone to share the load
- You’ve started!



Remember:

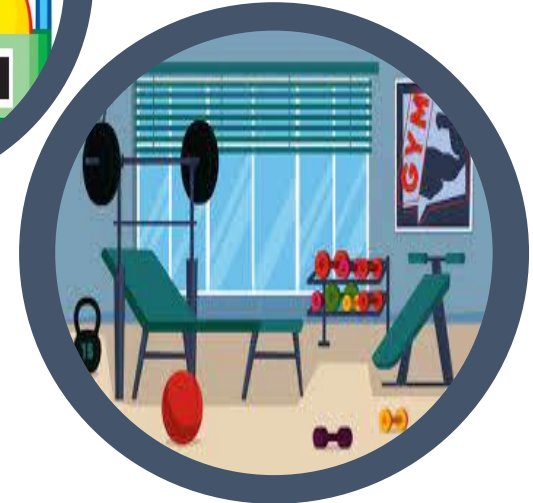
This is a numbers game- you need to put yourself and your loved one out there!

★ You have to take a leap of faith!

# Where do you start looking? Everywhere!

**All gatherings/interactions are potential opportunities** to connect parents and possible roommates

- SAIL, Friendship Connect Events and Profiles
- Disability Symposium & Workshops
- Religious Organizations
- Family
- Disability Organizations  
e.g., Autism Alliance, Special Olympics
- City Programs
- Gyms and Adaptive Programs
- MORC/CLS/Provider Agencies
- Work encounters
- Post-High
- Friends and your personal Circle of Support
- Vocational and Recreational Groups



# Getting to Know Me

## Getting to know me

### Table of Contents

- About Me
- Activities I Enjoy
- How We Can Best Communicate
- My Strengths
- My Challenges
- My Learning Style
- What I Like
- What I Dislike
- My Diet & Nutrition
- My Medical & Health Info



### Challenges

- Difficulty understanding that everyone has their own perspective and all the talking in the world won't change their perspective
- I don't always accept my limitations
- I have a hard time dealing with unplanned food
  - **Example:** It's best if I plan my meal out before going to a restaurant
- **Unsecured food**
  - Please put your food away
  - Don't eat snacks from the bag
    - Please use a bowl



### Strengths



- I do not let my disability define me
- **I wake up every day with an "I can do it" attitude**
- I run several times a week
- I have run 6 half marathons
- When I'm good, I'm Kind, Polite and Nice
- Can make appointments on the phone
- Can talk to Apple, Comcast or any Customer Service department if there's a problem
- Can make simple meals ... just help me with the portions
- I Love everything



## Getting to Know Me

- Effective and Fun way to share information
- Partner Families get to know one another
- Roommates get to know one another



# Friendship Connect Platform on SAIL's Website



Solutions for  
Adult  
Interdependent  
Living

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# Friendship Connect – User Profile



## Friendship Connect User Profile

SAIL's secure platform for allowing SAIL parents or individuals to find friends with similar interests. Check out the Friendship Connect Platform weekly for new participants.



### Judy

**Age:** 25

**Location:** Troy, MI

**Activities:** I love free time, reading, listening to music, riding my stationary bike, bocce, dancing, acting, learning ASL, putt putt, bowling, eating out, musicals, Disneyworld, watching TV and movies, theatre shows, arts and crafts, drawing, coloring and workbooks.

**Hobbies:** Reading, watching Disney Channel shows, coloring

▼ Show More

**Typical Day:** I eat brunch, go to work for 4 hours, exercise, make dinner and enjoy some free time.

**Strengths:** Quiet, generally happy, good organizer, caring heart, respectful, good memory

**What Makes Me Happy:** I like quiet, relaxed settings, free time and going out for dinner and dessert.

**Life's Vision:** To have a job to support myself living independently, write and publish a book, be an actress, go on vacation to Los Angeles/Hollywood, Amsterdam (Anne Frank's home), and Florida Disney World/Universal Studios

**Support Requirements:** Some assistance in the kitchen and accessing community activities. No dietary restrictions.

► Contact Me

# Friendship Connect – User Profile



Members can scroll through the profiles to find potential roommates, friends and partner families!



## Michael

Age: 43

Location: Rochester Hills, 0

Activities: Sports: basketball, softball, track, golf

Hobbies: Video games

► Show More



## Brian

Age: 34

Location: Beverly Hills, 0

Activities: Going to museums, zoo, science, drawing, ceramics, going to the movies, swimming, eating

Hobbies: Walking, playing Minecraft, StarTrek Voyager, TNG, working on my story

► Show More



## Fabian

Age: 40

Location: Rochester Hills, MI

Activities: Going to the gym, on walks, riding my bike. I attend activities in the community like Fitness Walks, Art classes, Dances

Hobbies: Art, reading horseback riding, puzzles, writing

► Show More



## Jeffrey

Age: 27

Location: Troy, MI


Activities: Basketball playing and watching, video games, watching YouTube videos, bowling, horror movies like Scooby Doo, Broadway musicals, traveling, going to movies, boat rides

Hobbies: Art class (painting, drawing), Music (drumming), ride horseback

► Show More



# Where to start?

 room·mate  
/ˈr̩oʊmˌmɑːt, ˈr̩oʊmˌmɑːt/  
*noun*  
a person occupying the same room as another.  
• **NORTH AMERICAN**  
a person occupying the same apartment or house as another.

**More Specifically:** A roommate is a person with whom one can live comfortably and **who does not impede the success or happiness** of an individual.

★ **Revised possible definition:** Roommates are individuals who can successfully coexist in shared space allowing all to live full, happy lives.

# Roommate Compatibility



## Roommate Compatibility Questions

Sourced from <https://www.leapinfo.org/>

To achieve a successful family match, you must be open to the needs of others. Flexibility is required of all to develop a harmonious cooperative living situation.

Use the questions below to understand the preferences and traits of a potential roommate

### General Questions

- What is unique to your child's life experience?
- Does your child currently work? What type? Where? and When?
- What is meaningful to your child?
- What makes your child come alive?
- What creates peace, connection, and engagement for your child?
- What would your child love to be doing with his or her life?
- What relationships are important, satisfying?
- What contributes to their sense of safety & security?

### Care Giver & Support

- Does your child currently receive Support Services?
- If "Yes", can you describe the amount and type of support services?
- What "Support" do you provide that you envision being handed over to a direct service provider?
- Which IDD Service Provider do you work with, MORC or CLS?

### Lifestyle Preference

- Does your child tend to "Go with the Flow" or is having a consistent routine important?
- Does your child wake up early and begin their day right away?

SAIL Membership allows you access to several documents to support your journey including sample roommate questions.

Start with these tools to begin to articulate your loved one's needs in a roommate -

Make all the tools your own!

Your loved one is at the center of the search!

# One Approach...

- What is unique to your child's life experience? What creates peace, connection, and engagement for your child?
- Does your child tend to “Go with the Flow” or is having a consistent routine important?
- Does your child like noise & commotion or calm & quiet? Is your child neat & tidy or rather messy? Early to bed or a Night owl?
- How much support service will be needed?



# Other Considerations

- What is your loved ones' ability to tolerate verbal noise?
- What is your loved ones' ability to regulate emotion? Do they get upset if someone around them is upset?
- Does your loved one had need to pace or move a lot? Could they tolerate this in a roommate?
- Does your loved one require medical equipment?
- How much support does your loved one require for ADLs?
- What are your must haves and what are your deal breakers?

# Regardless of Needs...

***Who my loved one is***  
*drives the roommate/ partner*  
*family search!*

It may be helpful to involve your circle of support (family members, friends, coaches, teachers, etc.) when you start this process.

Different perspectives help to better serve your loved one.

- *Are you not giving them enough credit?*
- *Are you giving them too much credit?*



# Family Dynamics



## **SAIL Resource Document | Assessing Family Compatibility**

To achieve a successful family match, you must be open to the needs of others. Flexibility is required of both family and loved ones to develop a harmonious cooperative living situation.

Here are some questions that can be used to guide an early conversation with the family of a potential roommate.

### **Some Family Compatibility Questions to Think About**

General Questions - Good place: Share your Housing Vision and Timeline

Family Background / Routines - What traditions and routines do you follow?

Family Values - How does your family live? How does your family communicate?

Supervision & Control - How much support do you think your loved one requires?

Personal - How do you feel about launching your loved one?




**REMEMBER:**  You do not have to be best friends with your partner family....you need a mutual respect and the shared goal of creating, executing and maintaining your new shared model.

# Family Dynamics | Creating a Shared Model



Understanding and Assessing Family compatibility is important as you merge individuals housing visions to create a **“Shared Model”**.

1. Plan Monthly Meeting with family and increase frequency as you get closer to move in date
2. Present your vision and look for commonalities and differences...how will you meet potential challenges and capitalize on commonalities and strengths
3. Divide up tasks and leave each meeting with the next meeting scheduled and “Call to Action Plan”
4.  Include in your plan, pre-defined dates to reassess with your partner family
  - a. Is this working? What would we like to do differently?
  - b. What do our families need right now that may be different from when we started?
    - a. Do we continue forward as is; Do we need to adjust; or maybe we need to part ways?



# GROUP ACTIVITY

- **Step 1:** Join with families with similar timelines for independent living (yes, you'll need to stand up!)
- **Step 2:** Tell your group the **top 3** reasons your loved one would be a **GREAT ROOMMATE!**
- **Step 3:** Time permitting, share the “must haves” for your loved one



# I have found my roommate.....Now What????

I hope I can still play on my basketball team and see my friends...

I'm going to miss my dog and my sister...

Let's go to Home Goods and get matching duvets! This is going to be SO FUN!



# I have found my roommate....Now What?

Getting to know  
ME!

Share the “Getting to Know Me” presentation

Plan outings for the families and individuals to access compatibility

Create realistic **non-parent** social opportunities



Overwhelmed?

*it really can be done...*



# Questions for panel

## **Stacy and Tom-**

Briefly describe your loved ones' current living situation

**Cheryl** 1. What were the key factors you looked for when matching roommates that ended in success?

**Stacy** 2. You are currently looking for a 3rd roommate for Ryan. What is your process to find this person?

**Tom** 3. How did you meet your partner families?

**Stacey** 4. Ryan has lived in an apartment and now a house. How did the experience from one dwelling to another help define your "Must haves"?

**Cheryl** 5. What happens when you find a parent is not being realistic about the situation?

**Tom** 6. Did you have any big surprises during the process?

**Cheryl** 7. What advice can you give families who are looking for partner families?

**Stacey** 8. What steps do you take to evaluate roommates?

**Tom** 9. Did you not think of something that you should have?

**Cheryl** 10. What are some of the reason that things don't work out?

**Stacey** 11 Did you use any of the SAIL resources?

**Tom** 12. Did you have feelings about not being in the trenches?

# Questions & Answers



Thank You