PEER SUPPORT
Getting Support From People I Trust!
Let’s Hear it!

Leader:

Change can HAPPEN with Peer to Peer Support!

Group:

Change can HAPPEN with Peer to Peer Support!
UNDERSTANDING PEER SUPPORT

- What is a Peer Support?
- Who is a Peer Support?
- Why and When should I ask for a Peer to Support ME?
- How do I find or get a Peer Support I trust?
- Making My Life Happen
- How do I become a Peer Support?
WHAT IS A PEER SUPPORT?

- A peer/individual who has experience in various life situations to share with you their personal strategies
- We learn from each other and this is an excellent way for you to learn from another person who has gone through a similar experience.
- A peer support will assist you on your “life journey”
- You hire a peer support with your DDS funding
- A short term support based on life goal from my IP
WHO IS A PEER SUPPORT?

- A person/peer who is paid to provide you with their expertise
- A person/peer who has life experiences to share
- A person/peer who presently receives supports through a waived service
- A person/peer who has developed a resume explaining their experiences and how they can support others on their life journey
- A person/peer who is qualified to provide Peer Support
WHY AND WHEN SHOULD I ASK FOR A PEER TO SUPPORT ME?

- You want advice from someone who has already experienced what you want to do or what you want to try to do.
- You want to learn from a peer and get their ideas and learn from their personal experiences.
- You are looking to hire a peer to learn from their life experiences.
**Why and When Should I Ask for a Peer to Support Me?**

- You want advice about life choices such as:
  - Moving to a new home
  - Changing from a group home to a more independent living situation
  - Getting Real Work for Real Pay jobs
  - Learning how to live a self determined life
  - Learning how to find friends and get connected in your community
  - Figuring out what makes you happy
  - Supporting you to develop a Circle of Support or a group of people that support you and love you
WHY AND WHEN SHOULD I ASK FOR A PEER TO SUPPORT ME?

- You want advice about life choices such as:
  - Move from a nursing home to their own home
  - Learning to budget to be more independent
  - How to hire and manage your own staff – being a boss

What advice are you looking for?
HOW DO I FIND OR GET A PEER SUPPORT I TRUST?

- Look on the DDS Advocates’ Corner for contacts
- Contact the Peer Support though email
- Request the Peer Support’s resume
- Interview the Peer Support and see if you think they have the experience and skills you would like
- Do you feel comfortable with the Peer Support?
- Ask a self advocate or a SA Advisor if they know of a qualified Peer Support
- Contact your case manager to assist
**MAKING MY LIFE HAPPEN!**

- Your Peer Support should assist you but NOT tell you what to do.
- You should agree with Your Peer Support when you can talk to each other and get together.
- You need to be respectful of each other – you may not always agree but that is why you are learning to be more self determined.
- You are making your life happen when you can learn from a Peer Support to make the changes *you want* in life.
CAN I BE A PEER SUPPORT?
HOW DO I QUALIFY TO BE A PEER SUPPORT?

- Be at least 21 years old
- Possess a high school diploma or GED
- Minimum 2 years of personal experience
  - Personal experience related to:
    - How to manage your home
    - How to manage Direct Support Professionals – private hire staff
    - How to find a job and maintain the job
    - How to advance in a chosen career
    - How to access your community
    - How to build community supports
OTHER QUALIFICATIONS CONSIDERED BY THE PERSON HIRING THE PEER SUPPORT?

- Peer Support follows instructions given by the person hiring them
- Peer Support is responsible for providing progress of the person’s skills or understanding
- Peer Support MUST maintain confidentiality
- Peer Support meets the person’s needs as indicated in their IP
- Peer Support is part of the person’s PST if asked
- Peer Support has participated in Healthy Relationship Training
OTHER QUALIFICATIONS CONSIDERED BY THE PERSON HIRING THE PEER SUPPORT?

- Peer Support knows how to respond to fire and emergency situations
- The Peer Support follows directions and accepts supervision from the participant or the participant’s conservator and or DDS depending on the Peer Support provided
- Peer Support maintains accurate, complete and timely records that meet Medicaid requirements
- Peer Support provides services in a respectful culturally competent manner
- Peer Support uses effective Peer Support Practices.
PEER SUPPORT – THIS IS A REAL JOB!

- You are a professional
- You are to dress for success
- You need to document your support and interaction with the person – maintain a time sheet
- You have a responsibility and need to be reliable
- Maintain confidentiality
- This is a professional relationship – you work for the person that hires you
- You are paid by the employer that hires you to be the Peer Support
Peer Support – This is a Real Job!

Tips to being a professional Peer Support

- Have your own email address – people need to contact you
- Create a resume – people need to know your experiences
- Have reliable transportation to do your job BUT You are not responsible for your employer’s transportation
- Know how to track your work time on a timesheet
- REMEMBER this is a short term job so you want to make the best of the time with the person
Let’s Hear It!

- Leader:
  Life Happens with Peer to Peer Support!

- Group:
  Life Happens with Peer to Peer support!