EMPOWERING PEER SUPPORT

HELP PEOPLE GET SUPPORT FROM PEOPLE THEY TRUST “IF I CAN DO IT, SO CAN YOU!”
UNDERSTANDING PEER SUPPORT

• What is a Peer Support?
• Who is a Peer Support?
• How can providers help a Peer Support?
• How does a provider find a Peer Support?
• What does the provider receive?
• How do we become a Peer Support provider agency?
WHAT IS A PEER SUPPORT?

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

• A person/peer who is paid to provide their expertise
• A person/peer who has life experiences to share
• A person/peer who presently receives supports through a waivered 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
• A person/peer who is employed by a Qualified Provider Agency
WHY AND WHEN WOULD A PERSON ASK FOR A PEER TO SUPPORT THEM?

- They want advice from someone who has already experienced what they want to do or what they want to try to do
- They want to learn from a peer and get their ideas and learn from their personal experiences
- They are looking to hire a peer to learn from their life experiences:
  - How to manage and be independent at home
  - How to self direct your own supports
  - How to find, get, and maintain a job
  - How to advance in a chosen career
  - How to access and build community supports
WHY AND WHEN WOULD A PERSON ASK FOR A PEER TO SUPPORT THEM?

• They 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 their community
  • Figuring out what makes them happy
  • Supporting the person to develop a Circle of Support or a group of people who love and support them.
WHY AND WHEN WOULD A PERSON ASK FOR A PEER TO SUPPORT THEM?

- They 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 their own staff – being a boss

What advice are they looking for?
HOW DO PEOPLE FIND OR GET A PEER SUPPORT?

• Look on the DDS Advocates’ Corner for contacts
• Contact the Peer Support through email
• Request the Peer Support’s resume
• Interview the Peer Support and see if they think their experience and skills match the need
• Do they feel comfortable with the Peer Support?
• Contact the case manager to assist
PEER SUPPORT DOCUMENTATION

- What do I want to learn

Each Step represents a task to completing the goal. The Peer 2 Peer needs to document progress for each goal developed.

Provider Agency will assure their employee is completing the data needed.
PEER SUPPORT

- Be at least 21 years old
- Possess a high school diploma, GED, or Certification of Completion
- Minimum 2 years of personal experience
- Personal experience related to:
  - How to manage and be independent at home
  - How to self direct their own supports
  - How to find, get, and maintain a job
  - How to advance in a chosen career
  - How to access and build community supports
• Develop a resume - Include their personal experiences that qualify them.
• Complete the *Qualified Vendor Form* found on the DDS website.
  • *Click “Provider Gateway” on DDS home page.*
  • *Click “Become a Provider”*
  • *Choose “Agency Application” or “Individual Practitioner” depending on applicant affiliation.*
• Submit their resume and *Qualified Vendor Form* to Debra Lynch, DDS Central Office.
• The application will be reviewed by the Peer Review Committee. Individual interviews may be required.
• They will be notified if they are accepted.
• Accepted Peer Supports will be posted on the *DDS Advocates’ Corner* and The *Qualified Vendor List.*
OTHER QUALIFICATIONS CONSIDERED BY THE PERSON HIRING THE PEER SUPPORT?

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

- The 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
- The Peer Support maintains accurate, complete and timely records that meet Medicaid requirements
- The Peer Support provides services in a respectful culturally competent manner
 Peer SUPPORT – MESSAGE
 THIS IS A REAL JOB!

Peer Supports:
• Are professional
• Dress for success
• Need to document supports and interactions with the person – maintain a time sheet
• Have a responsibility and need to be reliable
• Maintain confidentiality
• Maintain a professional relationship – they work for the person that hires them (not the agency)
• Paid by the employer that hires them to be their Peer Support
PEER SUPPORT – THIS IS A REAL JOB!

Tips to being a professional Peer Support:
- Have a personal email address
- Create a resume
- Have reliable transportation to do the job BUT not be responsible for their employer’s transportation
- Know how to track work time on a timesheet
- REMEMBER - This is a short term job so make the best of the time with the person
THANK YOU