

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 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
- 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?

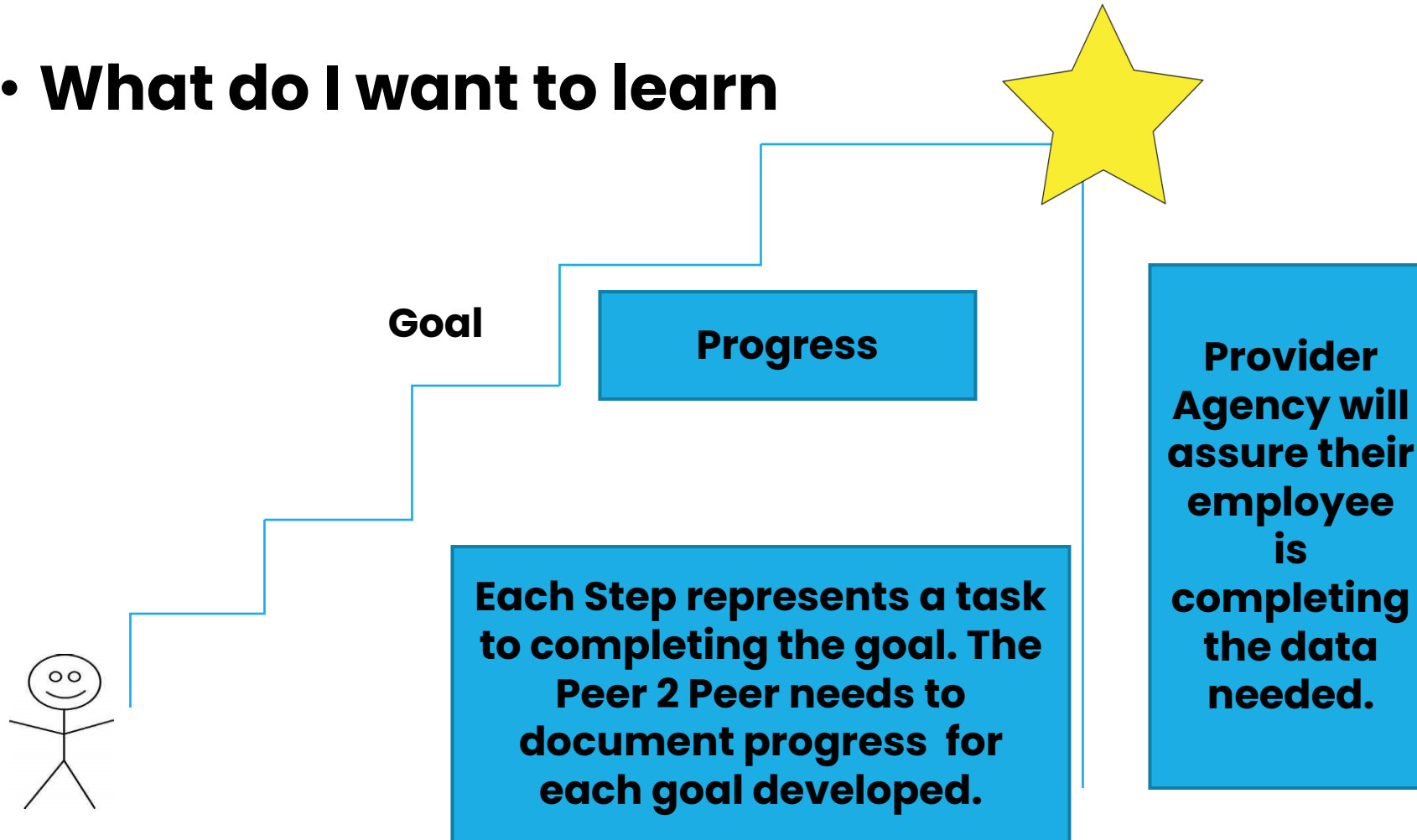
How do people find or get a Peer Support ?

- 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**



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
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Qualifying INDIVIDUALS



- 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 Tiffany Redding, 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
- The Peer Support uses effective Peer Support Practices.



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

