

The logo features the text "Peer2Peer" in a bold, sans-serif font. The number "2" is significantly larger and colored red, while the words "Peer" and "Peer" are in black. The entire text is centered within a light gray circular background.

Peer2Peer

A series of five red circles of varying sizes are arranged in a descending, staggered pattern on the left side of the slide. The largest circle is at the top, and the sizes decrease as they move down and to the right.

PEER SUPPORT

Getting Support From People I Trust!

LET'S HEAR IT!

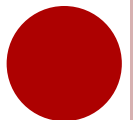


- Leader:

- **Change can HAPPEN with Peer to Peer Support!**

- Group:

- **Change can HAPPEN with Peer to Peer Support!**



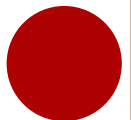
UNDERSTANDING PEER SUPPORT

- 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?



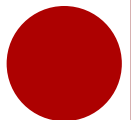
WHAT IS A PEER SUPPORT?

- 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?

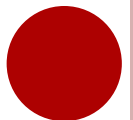
- You want advice from someone who has already experienced what you want to do or what you want to try to do
- You want to learn from a peer and get their ideas and learn from their personal experiences
- You are looking to hire a peer to learn from their life experiences



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

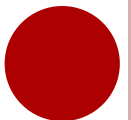


What advice are you looking for?



HOW DO I FIND OR GET A PEER SUPPORT I TRUST?

- Look on the DDS Advocates' Corner for contacts
- Contact the Peer Support through 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.



LET'S HEAR IT!



○ Leader:

○ **I MAKE MY LIFE HAPPEN!**

○ Group:

○ **I MAKE MY LIFE HAPPEN!**



CAN I BE A PEER SUPPORT?

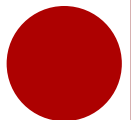
HOW DO I QUALIFY TO BE A PEER SUPPORT?

- 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!



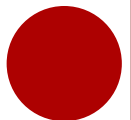
- You are a professional
- You are to dress for success
- You need to document your support and interaction with the person – maintain a time sheet
- You have a responsibility and need to be reliable
- Maintain confidentiality
- This is a professional relationship – you work for the person that hires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

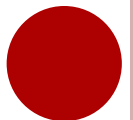


- Leader:

- **Life Happens with Peer to Peer Support!**

- Group:

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THANK YOU

