

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 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 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:
 - 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 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?
- 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, 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 your own supports
 - How to find, get, and maintain a job
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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
- 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

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- Group:
- **Life Happens with Peer to Peer support!**



THANK YOU

