Opening Remarks

- **Welcome message by DDS Commissioner Jordan Scheff**

STEP Update

- **Deputy Commissioner Elisa Velardo**

  - **What is STEP – Supporting Transformation to Empower People**

  - **Goal – Promote choice, individualized options and integration**

  - **All aspects of life – Home, work and community**

STEP

- **Highlights the following core supports:**
  - **Self-direction**
  - **Community Companion Homes (CCH)**
  - **Supportive Housing**
  - **Individualized Home Support (IHS)**
  - **Assistive technology**
  - **Remote Supports**
  - **Employment**

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- **The vision for STEP ensures you and your loved ones will feel empowered, valued and respected**.

- **We want to make sure everyone has the opportunity to become more independent and participate in your community**.

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What's next with STEP

- **One pagers about each core support**
- **STEP video series**
- **Bi-monthly newsletter mailed and emailed to individuals, families, providers and staff members**
- **Regional conversations**

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Forum Reminders

- **Thank you for attending today's session!**

- **Please hold all questions for staff and presenters until the end. Feel free to put questions in the chat section throughout the presentation and they'll be answered at the end.**

- **This presentation will be recorded and posted on our website.**

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Residential Services

DDS residential services provide individuals with supports needed to meet their individual goals and to live as independently as possible.

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Community Companion Homes (CCH)

Tom Marinak, Program Manager

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What is a Community Companion Home (CCH)?

Community Companion Home (CCH)

- **DDS licenses people to provide care and services in their home to adults or children with intellectual disabilities.**

- **A CCH is licensed by DDS to make sure that the health, safety, and social needs of the individual are met.**

- **A matching process is used to ensure a successful placement.**

- **CCH home can be supported by a team comprised of a Case Manager, Compliance Coordinator, Nurse, and a Behaviorist to ensure a successful placement.**

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Why the CCH Model?

- **The CCH model is very successful in other states. In Vermont & New Hampshire is it the primary Residential Care Model.**

- **Our average length of placement is close to 10 years with the longest successful placement currently at 36 years.**

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How do I become a CCH Home?

What are the core elements of a CCH?

- **Initial CCH application process.**

- **Applicant needs to provide proof that they are in good health.**

- **Applicant provides three written references from people who are not related.**

- **Background checks are completed on all occupants of the home over the age of** 18.

- **Home Study interviews with the applicant and family.**

- **The applicant's home is put though a comprehensive Health and Fire Safety checklist.**

- **Quality Reviewers from DDS Central Office will visit the home for an inspection to ensure that the environment is safe and that the CCH applicant has been properly trained.**

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Training to become a CCH Licensee

Training Information

- **Overview of disabilities, abuse & neglect prevention and reporting, program development, interacting with families, language and communication needs.**

- **Essential safety training is required in: CPR, First Aid, infection control, medical & emergency procedures, positive behavioral supports and DDS policies and procedures.**

- **There is also specialized, individual training sessions for topics that relate specifically to the person's needs.**

Responsibilities of a CCH Licensee

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Matching Process

- **An individual is matched based on similar interests and backgrounds.**

- **Visits are conducted between the individual and the CCH.**

- **The final placement decision is made between the individual, the CCH Licensee, and the individuals natural family.**
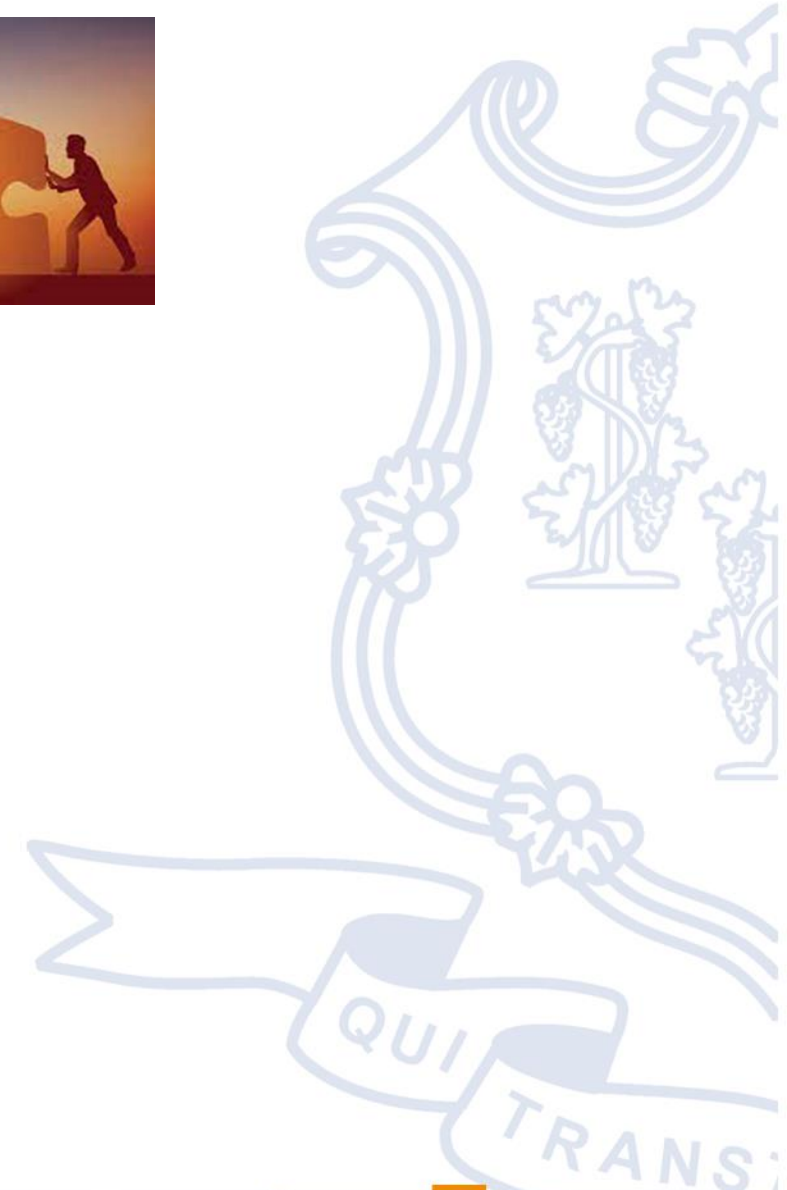
What is the role of the individual's family?

- **The individual's family is encouraged to play an active and ongoing role in the person's life.**

- **Family members attend meetings and assist in the development and review of the Individualized Plan**

- **Family members can offer respite support to the CCH.**

What are the roles of the Case Manager and Clinical Supports?

- **The DDS Case Manager will visit an individual a minimum of once every 3 months to see how the individual and the family are doing and to create and review the Individual Plan (IP).**

- **DDS or Private agency staff member visits the CCH home monthly to assist and provide feedback to the Licensee.**

- **Each home has nursing coordination and behavioral health services as needed to provide supports to the CCH.**

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Next Steps with CCH

- For more information and to speak about how CCH may fit in your life please contact:

- Your Case Manager

- DDS Helpline

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Introduction

Elba Caraballo
Director of Housing

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# Recent Supportive Housing Efforts

2017-2019 Innovation

- **IDASH Intellectual Disability and Autism Spectrum Housing**
- **$20M Capital Development**
- **3 Developments awarded**

2019-2022 Evolution

- **Low Income Housing Tax Credit (LIHTC)**
- **Existing DOH/CHFA Capital Development Process**
- **4 LIHTC Developments awarded**

2023 - Sustainability

- **4 LIHTC Developments awarded this year**
- **New NOO for Innovative Supportive Housing released**
- **3 Non-Project-Based Developments approved**

Supportive Housing Guideline

As Administered by the State of Connecticut Interagency Council on Supportive Housing and Homelessness

Effective September 1, 2020

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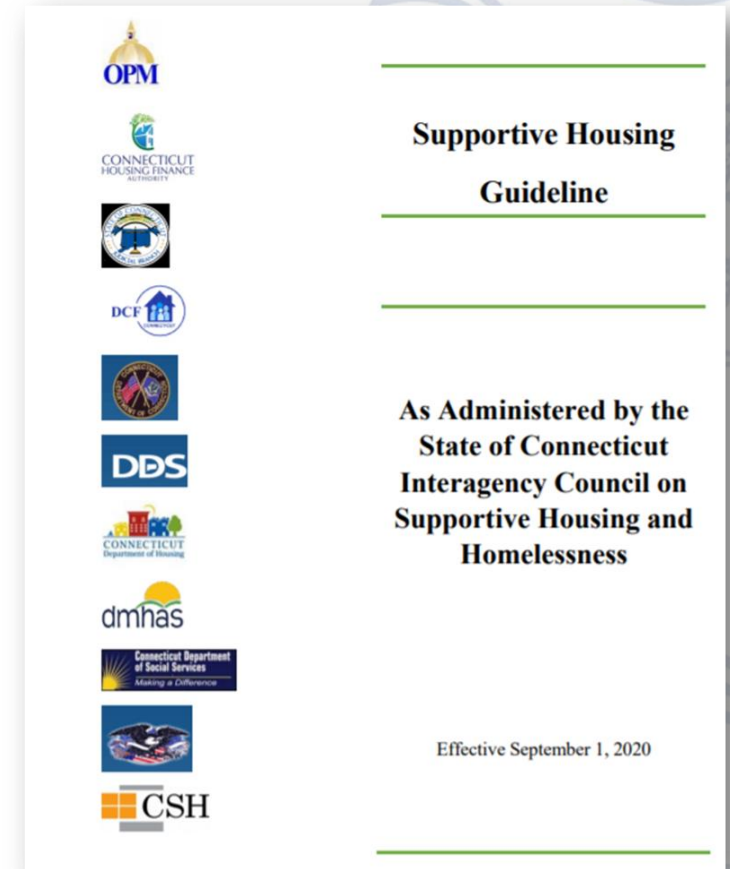
Expansion of Supportive Housing for People with IDD in Connecticut
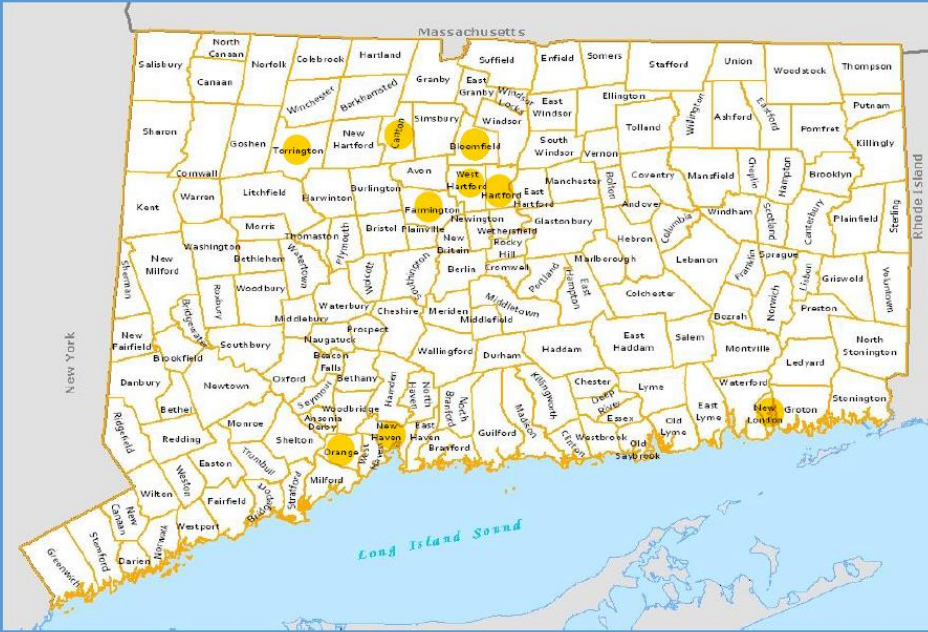
*Awarded approval is granted by the Connecticut Department of Housing (DOH).

Region	Awarded?	Development	Town	Developer	Provider	Project Opening
NR	YES	Bear Woods	Canton	Regan	Favarh	2/1/2021
NR	YES	Clover Gardens	Hartford	Chrysalis	HARC	12/1/2021
NR	YES	Lavender Fields	Bloomfield	Regan	Favarh	8/30/2022
WR	YES	Riverfront	Torrington	Pennrose	LARC	9/30/2022
NR	YES	Trout brook - 540 New Park	West Hartford	Trout Brook	CRI	10/1/2022
SR	YES	Bayonet Street 1& 2	New London	ECHO	ARC ECT	7/1/2023
SR	YES	LaScana of Orange	Orange	Gyroscope	Midstate ARC	7/1/2024
NR	YES	80 South Road	Farmington	80 South Rd LLC	Favarh	12/1/2025
NR	YES	Village at Park River VI A & B	Hartford	Pennrose	Turning Leaf	4/1/2025
SR	YES	West Ridge	New Haven	Giordano	Midstate ARC	1/1/2025
NR	YES	321 Ellis	New Britain	Winn	CCARC	2/1/2025

Add color key

Goals for DDS Supportive Housing Projects

Expand access to integrated, affordable, supportive housing

Strengthen linkages between housing and service providers

Demonstrate effectiveness of SMART home and other Assistive technologies

Support move from institutional care models to living as full members of the community

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Success Stories

- **Placeholder**

What do People Supported by DDS Need and Want?

Safe & affordable supportive housing

Easy access to transportation

Community and Work opportunities

Shared/Mixed-use community space

Inclusion and participation

Accessible or Accessible Ready

Assistive Technology is available

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Key Elements of Successful Developments

- <u><</u>25% of total units in a larger development

- Person-Centered living environment

- Economy of Scale in service delivery

- On-site staffing available

- Continuum of supports as needs change

- Ability to "Age or change in Place"

- Strong provider/developer relationship

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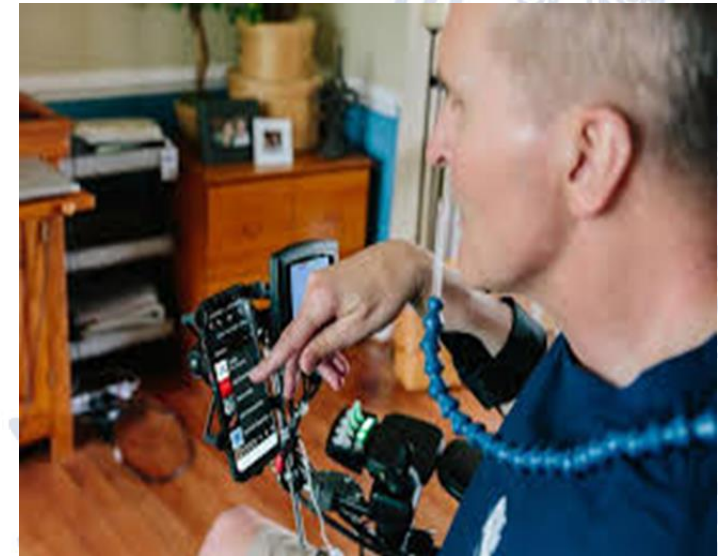
Benefits of Supportive Housing

- Improved health and medical outcomes based on research

- Support in making daily decisions

- Determining how best to utilize staff time

- Technology can increase independence

    and give people more choices

- Strong sense of community and belonging

- Having a home of your own for family and friends to visit

-23% HOSPITAL   -33%   -42%

Days in Hospital   Emergency Room Visits   Days in Nursing Home
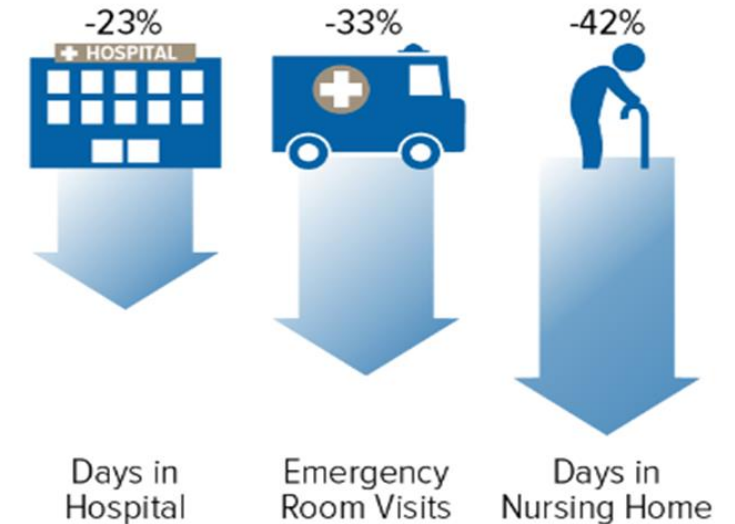
Note: Intensive services include help finding housing, working with a landlord, physical and behavioral health care, assistance finding employment, and others.

Source: Anirban Basu, *et al.*, "Comparative Cost Analysis of Housing and Case Management Program for Chronically Ill Homeless Adults Compared to Usual Care," *Health Services Research*, February 2012, Vol. 47, No. 1, Part II, pp. 523-543.

CENTER ON BUDGET AND POLICY PRIORITIES I CBPP.ORG

How Can I Find Out More?

- **Talk to your Case Manager or the DDS Help Line**

- **Visit the DDS website Housing Options page**

- **Learn more about STEP – www.ct.gov/STEP**

- **View the "Fourth Tuesday Forums on Innovative Options" video series to learn more about Residential Transformation and ARPA, Technology for Optimal Independence, Advances in Supportive Housing, and more!**

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What is Individualized Home Support?

- **I.H.S. Delivery/Support Options:**
  - **Using a DDS Qualified Provider**
  - **Using the model of Self Direction**

- **I.H.S. Customized Options of Support:**
  - **Within a Clustered Support setting**
  - **Use of Assistive Technology**

What is Individualized Home Support?

- **Staffing is intermittent and support is based on the needs of the individual using the Level of Need tool to determine the number of support hours each week.**

- **This supportive service may be delivered in a family home, an individual's own home and within their community.**

- **This supportive service provides assistance with the acquisition, improvement and/or retention of skills and provides necessary support to achieve personal outcomes that enhance an individual's ability to live in their community as specified in the Individual Plan.**

- **Examples may include: budgeting/money management, have a greater role with managing medical needs and exploring ways to expand their circle of friends.**

- **This is not a 24 hour support service.**

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I.H.S. Delivery and Support Options

1) Individuals and Families can choose to use a DDS Qualified Provider (Agency) who offers I.H.S support.

- **The DDS Qualified Provider would hire the staff person (Direct Support Professional) and work to "match" the staff person's interests, skill set and personality to the individual seeking the support.**

- **Participation in the development of the Individual Plan and implementation of desired personal outcomes.**

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I.H.S. Delivery and Support Options

2) *Individuals and Families can choose to use the model of Self Direction*

- *Self-Direction means:*
- You have the Choice to hire your own staff – a Direct Support Professional.
- You take control and authority for managing your own supports within your life
- You become the "Boss" or Employer of your Direct Support Professional
- You develop the supports you need to live the life you want
- You take responsibility for exploring all your available resources to support the plan you have for your life

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I.H.S. Within Clustered Supports

- Opportunities for individuals who require overnight and awake staff access, due to health and safety needs, to live independently in their own home, promoting independence and community social interaction.

- Offered specifically through a DDS Qualified Provider

- Individuals receiving clustered supports live in their own homes and the clustered setting consists of more than one (1) separate dwelling within one half (1/2) mile from the overnight, awake staff

- The DDS Qualified Provider can be funded to provide in person support to more than 1 person at the same time (2:1 or 3:1 ratio) for the purpose of shared community and/or social activities to foster companionship, relationship building and to engage in preferred community/social activities.

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I.H.S. Within Clustered Supports

Examples may include:

- **Provide direct support during overnight hours** (11:00 **pm** – 7:00 **am**) **to ensure health and safety**.

- **Engage in shared activities such as grocery shopping**

- **Engage in shared and preferred recreational activities**.

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I.H.S. and Assistive Technology

- **Assistive technology (AT) is any item, piece of equipment, software program, or product system that is used to increase, maintain, or improve independence within the individual's home and/or community.**

- **Enhances communication, promotes inclusion and increases an individual's overall independence.**

- **AT is person-centered and an assessment should be conducted to determine recommendations.**

- **AT can help individuals feel more secure, confident and can replace the need for in person support during a particular period of time/activity.**

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I.H.S. and Assistive Technology Examples

- **No Tech: weighted pencils and silverware, post it notes or tactile letters**

- **Low Tech: switches, buzzers, alarms, talking calculator, communication boards**

- **High Tech: Speech recognition software, wheelchair, braces, IPAD, iPhone**
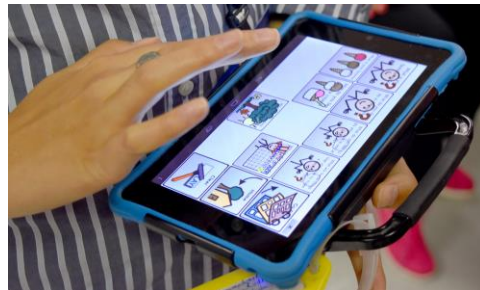
To Utilize the I.H.S. Service Model

- **Identified as a need through the Individual Planning process (for more information: https://portal.ct.gov/DDS/Family/IP/Individual-Plan)**

- **Have a current Level of Need assessment to determine the number of support hours (for more information: https://portal.ct.gov/DDS/Family/LON/Assessing-Level-of-Need-for-Supports)**

- **Request and receive an allocation of residential funding from the Region's Planning Resource Allocation Team (PRAT) for more information: https://portal.ct.gov/DDS/Legal/Messier/PRAT)**

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Next steps

- **Contact your DDS Case Manager**

- **If you do not have an assigned Case Manager, contact the Regional Helpline(s):**

- **North Region - Email: DDS.NR.ifshelpline Phone: 1-877-437-4577**

- **South Region - Email: DDS.SR.ifshelpline Phone: 1-877-437-4567**

- **West Region - Email: DDS.WR.ifshelpline Phone: 1-877-491-2720**

Respite

Brian Smith, Assistant Regional Director

State of Connecticut
Department of Developmental Services

What is Respite?

- **Respite is the temporary care of a person with a disability for the purpose of offering relief to the family or caregiver.**

- **It is a service that allows for time to reenergize, deal with emergency situations, or engage in personal, social, or routine activities and tasks that otherwise may be neglected, postponed, or curtailed due to the demands of caring for a person who has intellectual disabilities.**

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What Types of Respite are Available?

- **Overnight respite is available at the <u>DDS Respite Centers</u> operated and staffed by DDS. DDS Respite Centers provide 24-hour care for extended weekends in comfortable home-like environments**.

- **<u>Overnight and hourly respite</u> are available as services to individuals enrolled in the department's Home and Community Based Services (HCBS) Waivers**.

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What Types of Respite are Available?

- **Families of individuals who are not enrolled in an HCBS Waiver may request a Family Grant, to purchase their own respite services or may request hourly respite supports provided by regional Family Support Workers.**

- **Whether you have funding through a DDS HCBS Waiver Program or through a Family Grant services can be self-directed or secured through a DDS Qualified Provider.**

- **Self Determination (ct.gov)**

- **QualifiedProvidersList.pdf (ct.gov)**

How Do You Access Respite Services?

- **Call your DDS Case Manager.**
  - **If you do not have a Case Manager, contact the Help Line in your region.**
  - **They will assist with the completion of the required document(s) for the requested services.**

- **For individuals with a DDS allocation for Residential Services an administrative review is required to access DDS Respite Centers. This is processed by the case manager to the IFS ARD.**

Info on DDS Respite Centers

- **Designed to provide 24-hour care for extended weekends in home-like environments.**

- **Operated and staffed by DDS. All staff who work at the Respite Centers are DDS employees who have received all the necessary training to provide quality care to persons with developmental disabilities.**

- **Individuals who are eligible to receive services from DDS and reside with their families may apply for planned day or overnight respite at a Respite Center.** *** *Priority is given to families who are not receiving other in-home supports, personal supports or certain other types of services from the department.*

- **DDS Respite Centers are generally able to accommodate individuals with various abilities and needs, as well as persons who may have behavioral or medical challenges.**

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Info on DDS Respite Centers

- **Scheduling is based upon the availability of space and the peer groupings for a particular weekend.**

- **The department tries to accommodate families' plans by scheduling respite center visits in advance.**
  - **Every attempt is made to honor a family's request for a specific date.**
  - **If resources allow multiple weekends of respite per year may be afforded.**

- **There is no charge for using DDS Respite Centers. The centers are funded through the Department of Developmental Services.**

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What to Expect!

- **What to expect!**
  - **Have Fun**....through planned recreation and community activities

  - **Learn and Enhance skills**....through incidental teaching and use of assistive technology

  - **Build Relationships**....through weekend get aways with peers and community inclusion

  - And so much more........

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DDS Website Resources

DDS Respite Webpage: **Respite (ct.gov)**

Respite Brochure: **Respite_family_brochure.pdf (ct.gov)**

Regional Respite Center Links:

North: **North Region Respite Centers (ct.gov)**

South: **South Region Family Respite Centers (ct.gov)**

West: **West Region Respite Centers (ct.gov)**

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Individual and Family Member Speakers

Ronda Hendrickson – May 23

**Edie Pagoni and
William Pagoni – May 26**

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Questions?

Contact:
Elba Caraballo
elba.caraballo@ct.gov

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