



THE CSH SUPPORTIVE HOUSING INITIATIVE

2013 - 2019

CATALOG OF RESOURCES

FOR PERSONS WITH INTELLECTUAL
AND DEVELOPMENTAL DISABILITIES



ACKNOWLEDGEMENTS



CSH would like to thank the Illinois Council on Developmental Disabilities led by Director Kim Mercer-Schleider and Associate Director Mariel R. Hamer for their leadership.

This report was created by the Corporation for Supportive Housing (CSH), with special thanks to Betsy Benito, John Fallon, Stephanie Sideman and Julie Nelson for their efforts in creating the materials for this initiative along with every self-advocate with their dreams, every parent with their love, every teacher with their dedication, and every State staff person who must answer to a changing electorate with multiple demands.



This report was developed under an investment from the Illinois Council on Developmental Disabilities.

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INTRODUCTION

CSH has created products for people interested in learning about supportive housing options for persons with Intellectual and Developmental Disabilities (IDD). While the products are designed for everyone, specific documents are designed to help people with different needs and languages.

We have created general documents describing the model in Spanish, Polish, and English language. For those with difficulty reading, we have created videos in English. For our best documents, we have also offered the videos with English and Spanish captioning to follow along.

In creating the video series, CSH has also recognized that it is a major system change for persons with DD to be moving into their own apartment. CSH uses videos of individuals living independently to help create and share the image of persons with DD living on their own to help people imagine themselves making that next step.

We hope you will enjoy these materials and may find them helpful as you support those with a DD with living in their own affordable apartment if that is what they want. It is possible to provide that support.

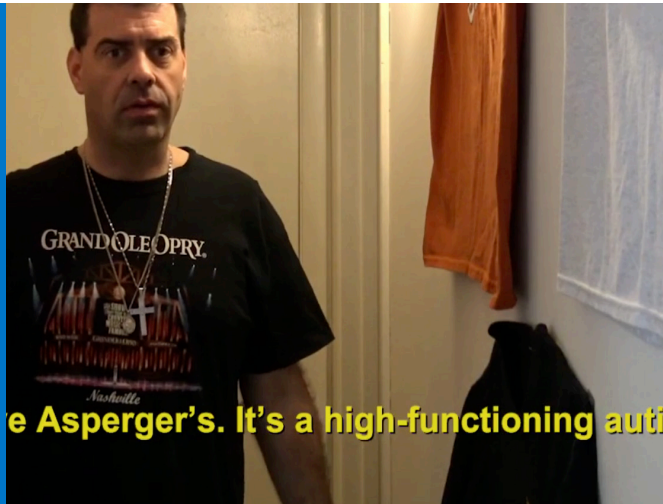
1. These resources can provide support for a **grandmother who worries about her grandson** living on her own. (Catalina worries about John in “A Life Like Any Other” - <https://www.youtube.com/watch?v=oXDKtaV9sCA>)



2. These resources can provide a longer discussion for a **skeptical service provider** who thinks a group home is better. (Lynne O’Shea talks about her agency’s experience with housing - <https://youtu.be/89L2xMbzUXg>)
3. These resources will allow a **Special Education Teacher** to teach about living on one’s own. (Heather Riggs Shares her Lesson Plan- <https://youtu.be/jkMmVqdpRzk>)
4. These resources include a video for a **housing developer** like the Burton Foundation (<https://youtu.be/7k5BUTzW4Hg>) or a Public Housing Authority (Madison County: https://youtu.be/IF3C2_ygFM)

5. These resources also include inspiration from **people with DD whom are living on their own** like:

- a. Annie: <http://online.flipbuilder.com/sjol/jmzn/>
- b. Bob: <https://www.youtube.com/watch?v=BjT2N42h2h4>
- c. Adam: <https://youtu.be/xGolCAkkfpc>
- d. Vincent: <https://youtu.be/1I9AGIk0OZ4>
- e. Tom: <https://youtu.be/RLK0jo6U59Y>
- f. Tom's Mom: <https://youtu.be/0bliyy-pLpg>



These are just some of the resources to help individuals with DD; their families and loved ones; service providers; housing developers; and special education teachers to learn about all aspects of Supportive Housing and the opportunity to think about living on one's own in an affordable apartment with support. (or with a room-mate of choice)

It is a choice every individual should be able to make to "Live a Life Like Any Other Person in the Community in Housing of Your Choice."

SECTION 1: BASIC RESOURCES ON SUPPORTIVE HOUSING IN MULTIPLE LANGUAGES:

English Language Information about Supportive Housing

1. **Presentation to Professionals:** <https://cshcloud.egnyte.com/dl/tH7arrw7Tu>
2. **Presentation to Parents and Guardians:** <https://cshcloud.egnyte.com/dl/VrhR6cx7ol>
3. **Presentation to Self-Advocates:** <https://cshcloud.egnyte.com/dl/wlawMgirHG>
4. **Supportive Housing Modified for IDD:** <https://cshcloud.egnyte.com/dl/BYZTL3TeoM>
5. **Accessing Illinois IDD Supportive Housing:** <https://cshcloud.egnyte.com/dl/URLbpd1sc>
6. **Picture Lease:** <https://cshcloud.egnyte.com/dl/5qdcBYaxfq>

Spanish Language Information about Supportive Housing

1. **What to Know about Supportive Housing:** <https://cshcloud.egnyte.com/dl/7k0R3OvF25>
2. **Picture Lease:** <https://cshcloud.egnyte.com/dl/oAhclnHCOT>
3. **Myths about Persons with IDD:** <https://cshcloud.egnyte.com/dl/gseleFdwGB>
4. **Accessing Supportive Housing in Illinois:** <https://cshcloud.egnyte.com/dl/rCN1mfW3lg>
5. **Presentation to Professionals:** <https://cshcloud.egnyte.com/dl/Owrel9DdAH>
6. **Presentation to Parents:** <https://cshcloud.egnyte.com/dl/2ASnSYL1Ry>

Polish Language Information About Supportive Housing

1. **What to Know about Supportive Housing:** <https://cshcloud.egnyte.com/dl/eNpC0qM6CO>
2. **Picture Lease:** <https://cshcloud.egnyte.com/dl/xrbMSmUFAt>
3. **Myths about Persons with IDD:** <https://cshcloud.egnyte.com/dl/OhscJ7hFKj>
4. **Accessing Supportive Housing in Illinois:** <https://cshcloud.egnyte.com/dl/ckoJfYeDWF>

Supportive Housing for Persons with Intellectual and Developmental Disabilities

CSH Statement on Housing Options and the Implications of the Olmstead Decision

Primary Language: English.

No Captions: <https://cshcloud.egnyte.com/dl/KBGEEdKOKCj>



These are the strong foundational principles underpinning and encompassing all CSH work nationally and locally for IDD, Olmstead, Consent decrees, mental health, and Department of Rehab. Supportive housing designed to serve the people impacted by Olmstead focuses on those with disabilities who have long been institutionalized or are at-risk of institutionalization. Three federal actions provide context and guidance for supportive housing's role for this population. The U.S. Department of Housing and Urban Development (HUD) released guidance in 2013 to HUD-assisted housing providers on how they can support state and local endeavors to meet Olmstead obligations. The Centers for Medicare and Medicaid Services (CMS) then issued guidance defining the appropriate setting in which Home and Community Based Services (HCBS) should be delivered, which aligns with the central tenants of supportive housing.

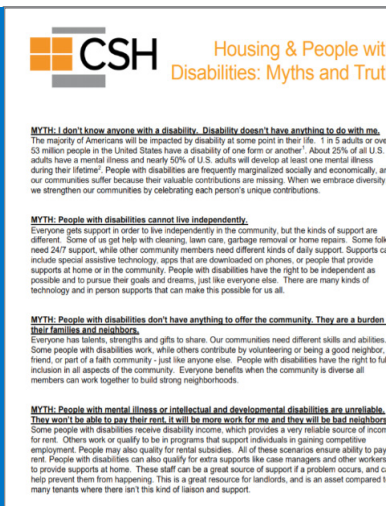
Housing and People with Disabilities: Myths and Truth

Myths About People Living on Their Own

Primary Language: English.

English Captions: <https://cshcloud.egnyte.com/dl/M2NxQLAYli>

Spanish Captions: <https://cshcloud.egnyte.com/dl/gseleFdwGB>



The Corporation for Supportive Housing (CSH) put together a list of common beliefs about housing and people with disabilities. Contrary to common beliefs, people with disabilities can and do well in their own hosing when the right support is in place.

The document is in English, Spanish, and here is the link to the document in Polish: <https://cshcloud.egnyte.com/dl/OhscJ7hFKj>

Picture Lease

A Visual Lease for Increased Accessibility

Primary Language: English.

English Captions: <https://cshcloud.egnyte.com/dl/mEDqfX8iZ5>

Spanish Captions: <https://cshcloud.egnyte.com/dl/oAhclnHCOT>



Not everyone has experience with a lease. It is the document that governs the agreement between a Landlord and a tenant. It is complicated. This document shows the basics of a lease with the basic agreements that are covered so that someone who has trouble reading can follow the agreement.

Besides the English and Spanish Language Lease, here is a link to a Lease with Polish Language Assistance:














<https://cshcloud.egnyte.com/dl/xrbMSmUFAt>

CSH Budget Worksheet for Self Advocates

Budgeting for Your Own Apartment

Primary Language: English.

No Captions: <https://cshcloud.egnyte.com/dl/9jHkFGGDiR>

Monthly Expenses 		
Item	Need or Want	Amount
Mortgage/Rent 	<input type="checkbox"/> Need <input type="checkbox"/> Want	
Transportation 	<input type="checkbox"/> Need <input type="checkbox"/> Want	
Healthcare (co pays) 	<input type="checkbox"/> Need <input type="checkbox"/> Want	
Gas/electricity 	<input type="checkbox"/> Need <input type="checkbox"/> Want	
Telephone 	<input type="checkbox"/> Need <input type="checkbox"/> Want	
Cable 	<input type="checkbox"/> Need <input type="checkbox"/> Want	
Internet 	<input type="checkbox"/> Need <input type="checkbox"/> Want	
Food 	<input type="checkbox"/> Need <input type="checkbox"/> Want	
Pet supplies 	<input type="checkbox"/> Need <input type="checkbox"/> Want	
Entertainment 	<input type="checkbox"/> Need <input type="checkbox"/> Want	
Gifts 	<input type="checkbox"/> Need <input type="checkbox"/> Want	
Clothing 	<input type="checkbox"/> Need <input type="checkbox"/> Want	
Other	<input type="checkbox"/> Need <input type="checkbox"/> Want	
Total		

If Self-Advocates want to live on their own and make their own choices about how to spend their money, they will need to create a budget and stick to it. This is a skill.

For some people they will need support around handling money matters. This may include financial payeeship, banking help, reporting to governmental agencies and more.

This worksheet is one of several tools created by CSH and other organizations to help transition students, adults, and parents as they prepare and develop a budget.

A Life Like Any Other

Catalina Talks About her Hopes for Grandson John

Primary Language: Spanish

English Captions: <https://www.youtube.com/watch?v=oXDKtaV9sCA>

Spanish Captions: <https://www.youtube.com/watch?v=zrmzi5KWouk>



John lives with his grandmother, Catalina. She is his primary caregiver and is worried about the future for him. Who will look after him, can he live on his own? With support and a stable home, John can live independently. Supportive housing offers what John needs to live independently and thrive. Hear John and Catalina's story in this video created with the support of the Illinois Council on Developmental Disabilities.

It's My Life, My Way

Vincent Lives in Supportive Housing

Primary Language: Spanish

No Captions: <https://youtu.be/9HU2EY1PCqA>

English Captions: <https://youtu.be/1I9AGIk0OZ4>

Spanish Captions: https://youtu.be/x5eiW_Dr1IQ



Vincent does things his own way. He lives in his own apartment after waiting on multiple lists. He has some help but relishes his independence. His peace and quiet. It is his place now. Supportive Housing is affordable housing using only the supports you need.

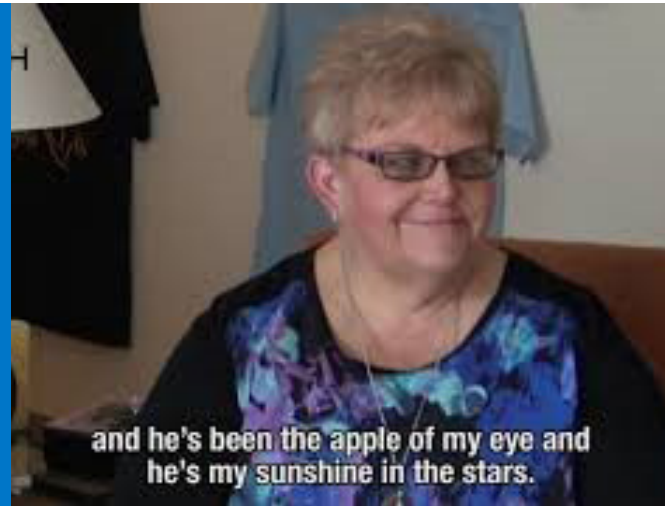
Creating a Support System for the Long-Term

Phyllis Gets Her Own Life, And So Does Her Son

No Captions: <https://www.youtube.com/watch?v=opgmyPX7rdI>

English Captions: <https://youtu.be/0bliyy-pLpg>

Spanish Captions: https://youtu.be/pQanX_9HSzA



Every parent has concern for their children's future. Phyllis has been the bedrock for Tom, her adult son with Autism who has dreams of being an actor. Living in supportive housing, Tom receives a level assistance tailored to his needs so that he can live independently, providing Phyllis with the comfort of knowing he has a support system beyond her, just a phone call away.

A Supportive Housing Lesson

Heather Riggs in the Classroom

Primary Language: English

No Captions: <https://youtu.be/FHH7rBhBp50>

English Captions: <https://youtu.be/jkMmVqdpRzk>

Spanish Captions: <https://www.youtube.com/watch?v=QihtQ54fvUk>



Heather Riggs, a Special Education Teacher from Hinsdale Illinois District 86 Transition Center, teaches her students about supportive housing. She talks about paying rent, cooking, and the possibility of living alone with support. This video is a resource for teachers who want to teach special education students about preparing for adulthood and the possibility of living alone and managing one's own apartment. This is the classroom lesson before they go on a field trip out to see a supportive housing building.

Planning for the Future: Supporting Students in Learning about Supportive Housing

Heather Riggs Prepares the Class for the Field Trip



Primary Language: English

No Captions: <https://youtu.be/QSsKrQS7htU>

English Captions: https://youtu.be/KwiWWZkc_2g

Spanish Captions: <https://youtu.be/BseLgWGNSSc>

Heather Riggs, a Special Education Teacher at the Hinsdale Illinois District 86 Transition Center, feels her students really benefit from seeing supportive housing. It helps them to imagine living in their own apartment. She takes her students to see the housing after teaching them about it in the class room. The reactions of the students tell the story of individuals

Supportive Housing: An Interdependent Life in the Community

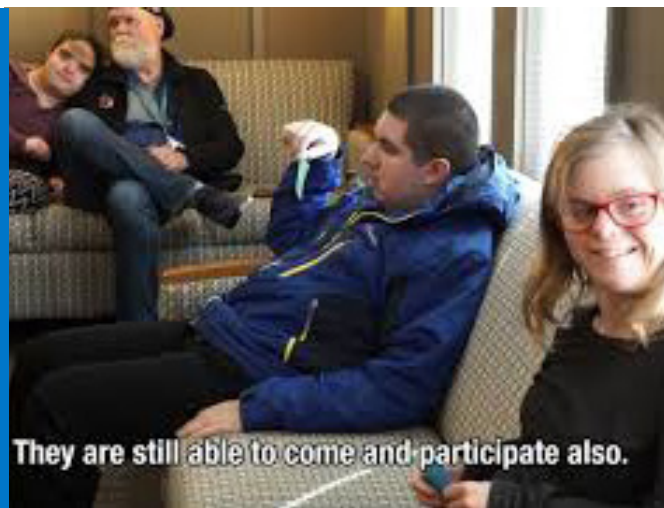
A Visit to Philhaven: Students Meet Their Staff.

Primary Language: English

No Captions: <https://youtu.be/6N83uA46BLg>

English Captions: https://youtu.be/obor_04Co6U

Spanish Captions: <https://youtu.be/eWioHA4DIR4>



Philhaven is a permanent Supportive Housing Project in Wheeling IL. It is an affordable apartment with on-site property management staff and support services staff for those whom ask for and need additional support. This helps individuals with or without disabilities who might need assistance in maintaining their unit or getting along with neighbors. Using a system of blended management, support staff and property management work closely together with a focus on creating a stable supportive environment for both inexperienced and experienced tenants to live within the building together. The extra support allows individuals to grow and thrive as well as making

sure that the tenants are able to effectively live in the community. The extra support of staff assists tenants and lowers the long term costs overall for the building. Inexperienced tenants learn to correctly maintain the appliances and learn the communities expectation for living in an apartment building with neighbors. As a result, the eviction rate for supportive housing or the need for emergency services of any kind drop dramatically across time.

May Apartments

The Residents of May Apartments Make a Video

Primary Language: English

No Captions: https://youtu.be/OIAg08_joa0

English Captions: <https://youtu.be/3hU1sy8s6Z0>

Spanish Captions: <https://youtu.be/Tj73g7APT5c>



While a professional crew made a video about supportive housing, the residents were given a video camera of their own. This shows what life is like in supportive housing for those residents. In short, it is a life like any other person in the community. Six residents live in their own apartment in a complex of 72 apartments. They are spread out in apartments across the complex with a staff person who comes by for some support and help for a few hours a day. They are proud and living on their own and believe many other people could live in Supportive Housing if they had a chance.

A Choice to Succeed

Edwardsville - Part 1 Intro

Primary Language: English

No Captions: <https://www.youtube.com/watch?v=DnSif-y-YqU>

English Captions: https://youtu.be/_IF3C2_ygFM

Spanish Captions: <https://youtu.be/UQc57lmaas0>



The May Apartments in Edwardsville, Illinois offer a new beginning and a bright future for a group of people who have long craved independence in their own homes. We hear from them, their families, and the leaders who helped make their journey to happier lives possible. May Apartments is an integrated community of senior citizens and the disabled. This short film focuses on residents who live in six of the 46 apartments and is dedicated to all those who ask for nothing more than a chance and choice to succeed.

Creating Choice

Edwardsville Video

Primary Language: English

No Captions: <https://www.youtube.com/watch?v=pf26-k-8ln0>

English Captions: <https://youtu.be/wsh3CHn28ps>



This is the second video in a two-part series. The first - A Choice to Succeed - tells how the May Apartments in Edwardsville, Illinois offer a new beginning and a bright future for a group of people who have long craved independence in their own homes. We hear from them, their families, and the leaders who helped make their journey to happier lives possible. May Apartments is an integrated community of senior citizens and the disabled. This second short film focuses on the services provided to residents who live in six of the 46 apartments, and is dedicated to all those who ask for nothing more than a chance and choice to succeed.

Supportive Housing: New Opportunities for Community Living

Water's Edge and AID Supports Residents

Primary Language: English

No Captions: <https://youtu.be/vca4HbePenw>

English Captions: <https://youtu.be/7hOUs1VYt6c>

Spanish Captions: <https://www.youtube.com/watch?v=DzfE5jf6400>



In an Illinois Supportive Housing Building, developed by the Burton Foundation, partnerships with AID, a local service provide opportunities for people to live in the local community. This video describes the partnerships with the service provider and the Burton Foundation's Property Management Department.

Quality Housing - It Works

Water's Edge- The Burton Foundation Creates Supportive Housing

Primary Language: English

No Captions: <https://youtu.be/iKbF9C63QK0>

English Captions: <https://youtu.be/7k5BUTzW4Hg>

Spanish Captions: <https://www.youtube.com/watch?v=etRTUWyaAQw>



The Burton Foundation, led by Tracey L. Manning, created their first Supportive Housing Building in Northern Illinois. They elected to partner with AID, a local support service provider for people with disabilities, and created a beautiful affordable home for those individuals as well as other community members mixed throughout the entire building. After initial apprehension by the neighbors they now say, “You proved us wrong!”

Supportive Housing Just Works: One Agency's Long Term Experience

Lynn O'Shea Talks About her Experiences in Housing and Services

Primary Language: English

No Captions: <https://youtu.be/89L2xMbzUXg>



AID's experience in supportive housing in Illinois. AID is a community mental health agency (MH) who also works with people with intellectual and developmental disabilities (I/DD) in suburban Metro Chicago area. This interview with their long-time Executive Director just before she retired discussing the transition of her agency away from group homes in the suburbs and towards allowing people to live in their own apartment. Contrary to traditional agencies still using group living, AID rediscovered that people do better in their own apartment. This video busts a number of myths common in both the MH and the I/DD professional support system.

An Option for Community Living- Bob Peterson

Bob Peterson Lives in an Apartment

Primary Language: English

English Captions: <https://www.youtube.com/watch?v=BjT2N42h2h4>

Spanish Captions: <https://www.youtube.com/watch?v=CTjul0rul6c>



Hear from Bob Peterson, self-advocate, on the benefits supportive housing provides for people of all abilities.

Adam Cooper CSH Summit 2017

Adam Cooper at the 2017 CSH Summit

Primary Language: English

English Captions: <https://youtu.be/xGolCAkkfpc>



In his own words, Self-Advocate Adam Cooper expresses the importance and impact of supportive housing. Adam and his friends have found new lives of independence and integration into the community because of supportive housing.

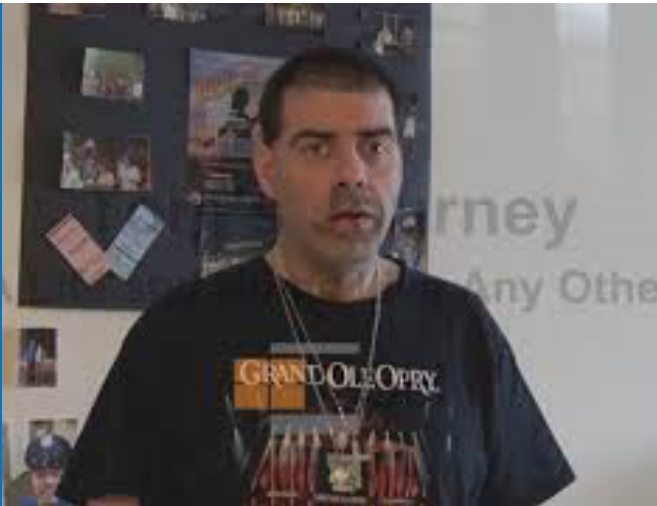
Tom's Journey, A Life Like Any Other

Tom Wants to be an Actor

Primary Language: English

No Captions: <https://www.youtube.com/watch?v=4zLBCK-I4mQ>

English Captions: <https://youtu.be/RLK0jo6U59Y>



Tom discusses the support he receives living in supportive housing, helping him to thrive in the community.

The Story of Annie and her Home

The Annie Flip Books - With and Without Narration

Primary Language: English

No Captions: <http://online.flipbuilder.com/sjol/wrtd>

English Captions: <http://online.flipbuilder.com/sjol/jmzn/>

Annie Gets her Own Apartment

By Annie Niswander



This is the story of Annie and her full life in her own apartment. While Annie was not sure about moving into her own apartment at first, she loves the independence she has now. This shows the home her parents purchased and the support that Annie uses to live a very independently while working as a teacher's assistant.

Everybody Worries About Me

With and Without Narration

Primary Language: English

No Captions: <http://online.flipbuilder.com/sjol/lxar/mobile/index.html#p=1>

English Captions: <http://online.flipbuilder.com/sjol/uvkd/mobile/index.html#p=1>



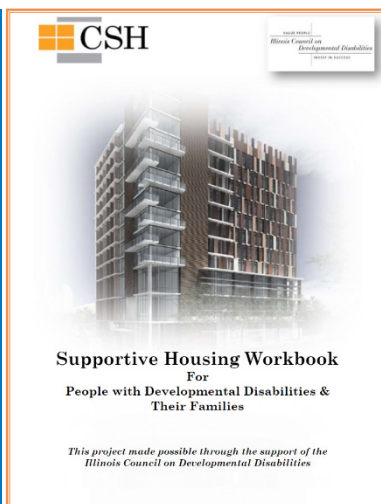
Everybody is worried about Annie but she will be fine: Every parent is nervous about their son or daughter living on their own. This book is meant to be read by a self-advocate to their parents to encourage them to calm down

Creating Supportive Housing: A Family Workbook

A Road Map for Families to Develop Supportive Housing for their Local Communities

Primary Language: English

No Captions: <https://cshcloud.egnyte.com/dl/gVQPVG40Gx>



The purpose of this workbook is to assist families who have adult children with IDD. This workbook is a road map for groups interested in developing supportive housing in their local communities. The steps are as follows:

1. Educate yourselves on current housing and support models
2. Articulate your personal vision for housing and supports
3. Decide if housing collaboration is needed. If needed, form a core team of like-minded team members. Articulate the shared group vision for the housing and the services
4. Seek partners to create the housing
5. Seek partners to separately deliver support services
6. Develop a strategy for advocacy

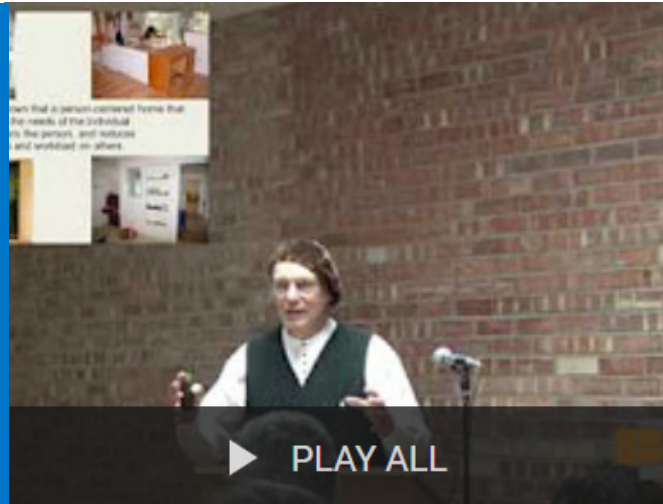
George Braddock - We Can Do Better - The Entire Series

George Braddock - The Four Part Series

Primary Language: English

No Captions:

<https://www.youtube.com/watch?v=AcG9rM5QpmA&list=PLsaLlaf2B231cCbVWCHIJ9km0yU3UVQ7M>



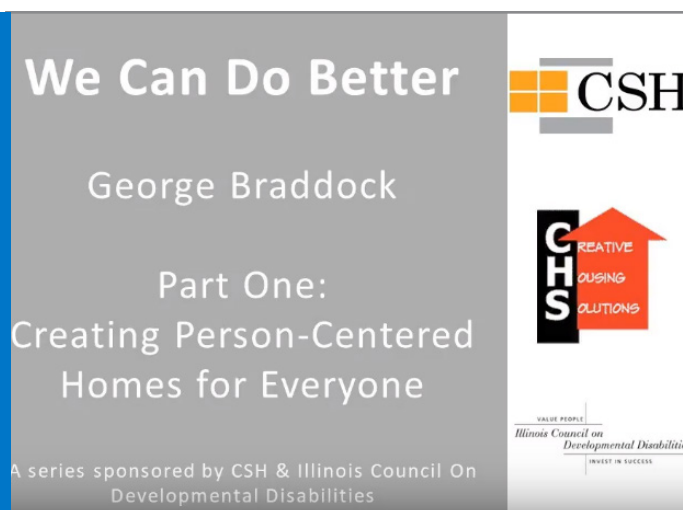
This is a four part series that was a 90 minute presentation. George Braddock was a contractor with a special knack for listening and designing homes that work for people with intellectual and developmental disabilities. He has worked in Oregon, California, Illinois, Pennsylvania, to name just a few of the localtions he has developed housing. He has spoken all over the country and in multiple countries where his designs have been shared. His most famous design ideas are detailed in these videos including the “Hard Home”, the Wet Home”, and the “Soft Home.” Each type of home demonstrates principles of person centered homes.

Creating Person-Centered Homes for Everyone

George Braddock - Part 1

Primary Language: English

No Captions: <https://youtu.be/AcG9rM5QpmA>



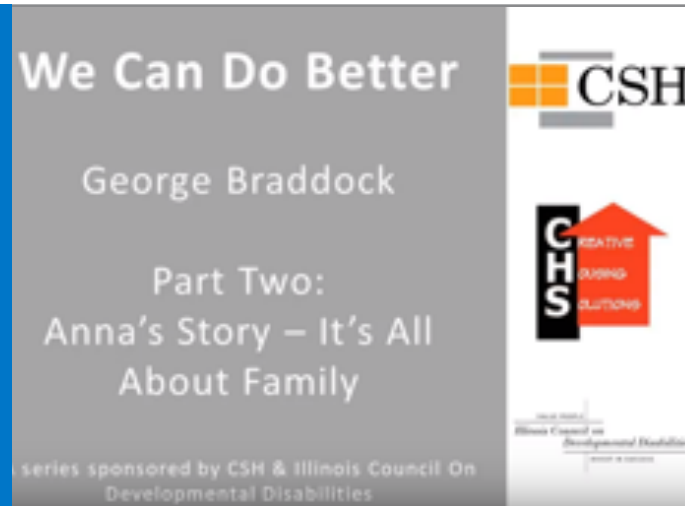
In Part 1, George lays out the basic principles of person centered homes. He starts with a discussion of what is required of a person to live on their own.

Anna's Story - It's All About Family

George Braddock - Part 2

Primary Language: English

No Captions: <https://youtu.be/D1OwJ4U0q3s>



This is part 2 of a 90 minute session.

This is the story of Anna, a woman who was fascinated with water and the way that George helped to make the house mature with Anna across her lifetime.

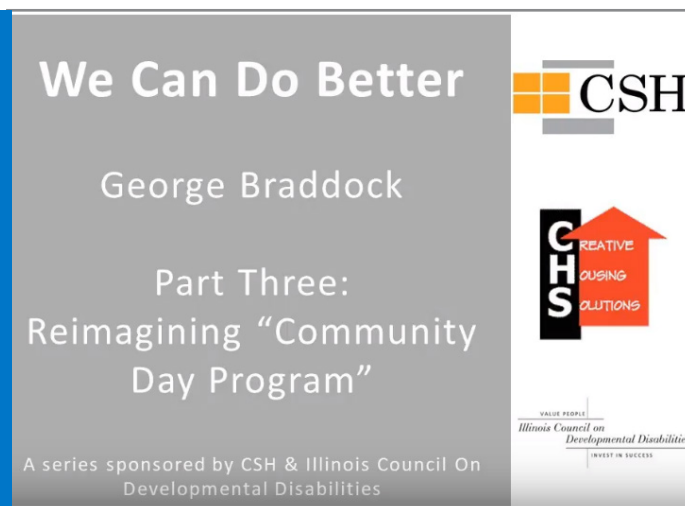
Watch how George listens to Anna's behaviors and helps her to live in her home.

Reimagining the "Community Day Program"

George Braddock - Part 3

Primary Language: English

No Captions: <https://youtu.be/MukCXvACeR8>



This is part 3 of the 90 minute series

In this video, George completely redefines the community day program.

For George, his community day program is a place where the community is invited to use the center where there are also people with intellectual and developmental disabilities. (IDD)

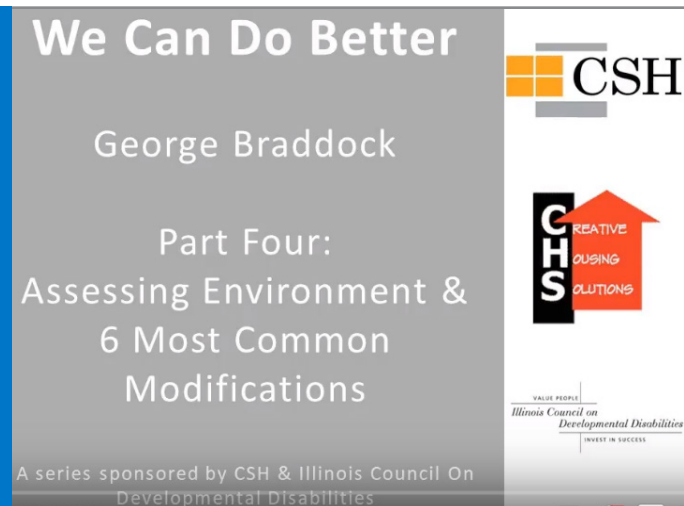
The community uses the center and people with IDD join the regular community activities that other people conduct in their building. The results are both interesting and suggest new ways to think of park district buildings and the integration of activities.

Assessing Environment & 6 Most Common Modifications

George Braddock - Part 4

Primary Language: English

No Captions: <https://youtu.be/nrFRzVZOL7I>



This is Part 4 and the final part of the 90 minute series by George Braddock.

After hundred's of projects, George explains the 6 most common modifications that he has done multiple times in order to solve the thorniest issues in designing homes for some of the hardest to serve people with high support needs.

This entire series demonstrates that homes and support systems can be designed for almost any person who wants to live by themselves with support.

We Can Do Better: Alice Brouhard: Inexpensive Apps Allow my Daughter Kara to Live Alone

Alice Brouhard: Using Simple Assistive Technology Tools to Help my Daughter

Primary Language: English

No Captions: <https://youtu.be/GKeJFfh8HPA>



Alice Brouhard, speaking at the 2017 CSH Summit in Denver, Colorado, is a champion of helping people to live alone. There are lots of specific examples of how to use off the shelf technology to help people. Alice shares how a simple app and the power of advocating made Apple take notice and gave Kara a voice. Alice Brouhard, R.N. is a champion of the use of technology, especially tablet technology, to support people with memory and cognitive challenges. She sits on the Colorado Assistive Technology Coalition through the University School of Medicine. She speaks statewide and nationally at conferences

on the use of high tech and low tech options to promote self sufficiency. Alice is a founding member of Colorado based “Families at the Forefront of Technology” and serves on the steering committee for their annual conference.



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