



Charting the Life Course

Focusing on Housing

**Rachel K. Hiles,
Missouri Family to Family Resource Center
UMKC-Institute for Human Development, UCEDD**



Life Course Framework

Life is a journey.

Our lives are not static, they change every day.

It's all about vision.

Anything is possible, with the right vision.

Everything is connected.

What you do today affects your life in the future.



Life Course Vocabulary

Charted

Traditional service system

Slightly Charted

Somewhat new and innovative, off the beaten path

Uncharted

My dream is...

Separating Housing and Services & Supports



Before



**Now...
and in the future!**



So Many Questions!

MISSOURI FAMILY TO FAMILY RESOURCE CENTER
DISABILITY & HEALTH INFORMATION CENTER

SUPPORT FAMILIES

Charting the Life Course:
A Guide for Individuals, Families, and Professionals

Throughout our lives, we face questions and search for answers that will help us on our journey to a full and meaningful life. This is true for everyone, especially when you or someone you care about experiences a disability or special healthcare need.

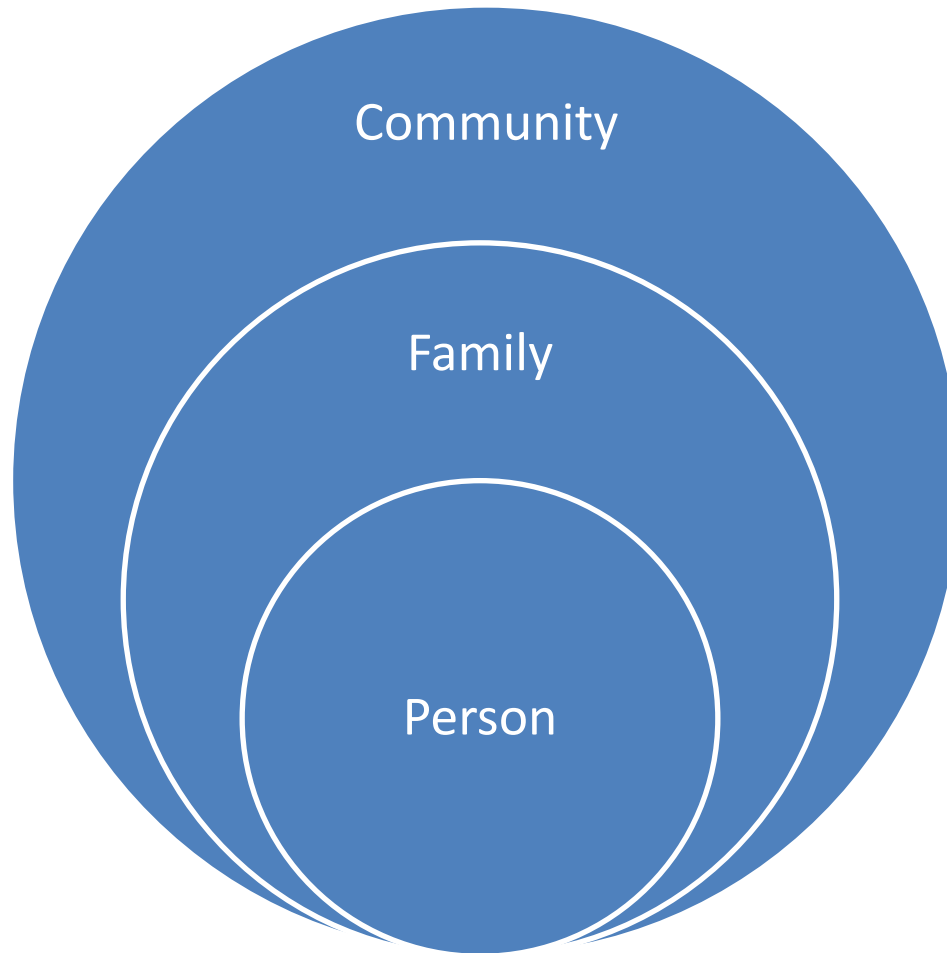
Charting the Life Course is a tool to assist you in creating a vision for the future, and help you think about the questions to ask and the choices and options to consider as you "plot a course" to a full and meaningful life. It is designed to be a starting point no matter where you are in your life journey.

We hope the life course approach helps you realize that even when your child is very young and as he/she ages and grows into adulthood, their experiences and environment can shape how they will live their life in the future.

MISSOURI FAMILY TO FAMILY RESOURCE CENTER
Disability & Health Information Center
Missouri Family to Family Disability and Health Information Center is based at the Missouri University of Science and Technology, the Missouri Developmental Disabilities Council (MDDC), and the U.S. Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau, Division of Services for Children with Special Health Needs (with funding from HRSA 5U49CE000424).

- Am I still going to live in my parents' home or move out?
- What kind of supports do I need to live outside the family home?
- What kind of setting will I live in? (Who will help me figure out how to own or rent an apartment/house or if I need something provided by the service system?)
- What kinds of living options are possible? ★
- What are the pros and cons of each option?
- Do I want to live with a roommate or alone? Has anyone asked me if I prefer to choose my own roommate? ★
- What kind of accessibility issues should I consider when choosing my home or apartment?

The Uncharted Life





What does the future hold for living options?

What can you afford?

What do you want?

What do you **need**?



Things to consider

What can you afford?

- Renting v buying
- Living in a house v finding an apartment
- Staying by yourself or getting a roommate



Things to consider

What can't you live without?

Accessibility Needs

Proximity to food, healthcare, transportation and your job



Things to consider

What would you like?

Location

Size

Pets

Proximity to family and friends

Amenities



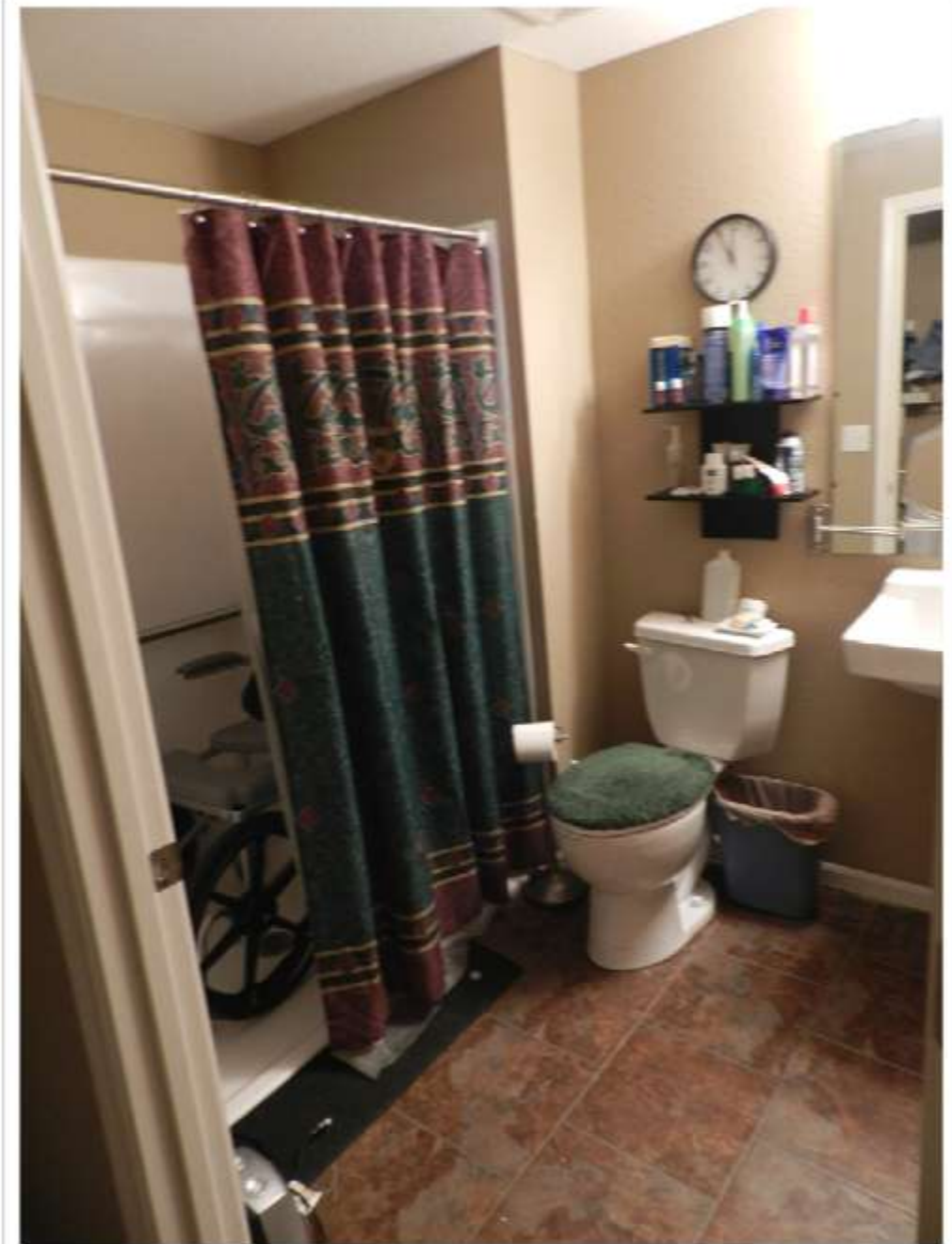
Real Life Examples

- Now we're going to hear from some of our friends to see what kind of living options are possible!

Meet Shelly!



- Shelly is the founder and CEO of Angel Paws, a nonprofit organization in KC
- Shelly is very proud of have a Master's of Social Work from KU
- Shelly lives with her mom and her brother in the Northland



Meet Calvin!

Calvin lives near the Waldo area in Kansas City

Calvin works at Alphapointe, an organization that provides opportunities for people who are Blind in KC.

Calvin currently lives by himself in a house that he owns.





Before

- Falling apart
- Leaking roofs
- No insulation, energy inefficient

After

- New windows, insulation
New roof
- Paint inside and out
- Central Air!!!!
- Repairs to electrical and plumbing



Meet Kathy & Delbert





- The agency that supports them helped them apply for a Habitat for Humanity house.
- They plan to (hopefully) be in their house by Thanksgiving!
- The house has accessibility features that they will help them be independent as they age, including a roll-in shower, lifts and ramps.



- The Mission Project was started by a group of parents in Kansas.
- Young adults with disabilities live in apartments in Mission, Kansas, where they are among other members of the community (same-aged peers, young families, older adults)
- Mission Project Steering Committee working coordinates multiple activities to support participants' growing independence and active involvement in community activities



What supports do you need at home?

- Natural Supports
- Formal Supports
- Using technology for support

Your Community Living Coordinator

Now, we'll hear from Kelly Boyer, CLC at the Central Missouri Regional Office, who will tell us how your local CLC can help you find housing that meets your needs!

DIVISION OF
DEVELOPMENTAL
DISABILITIES



Help with Housing in Missouri

- MO Housing (Missouri Inclusive Housing Development Corporation)
www.mohousing.com
- HUD (Subsidized housing and Section 8)
www.hud.gov/local/index.cfm?state=mo&topic=renting
- Independent Living Centers
www.mosilc.org



Additional Resources

Housing Options

www.housingoptions.org.uk

Social Serve

www.socialserve.com

It's My Choice

www.mnddc.state.mn.us/extra/publications.htm



Questions?

Rachel Hiles

hilesr@umkc.edu



Survey

Please take the time to fill out your evaluation of this webinar and tell us what you thought!

surveymonkey.com/s/f2fhousingoptions



Special Thanks

- Kelly Boyer, CLC at CMRO
- Missouri Developmental Disabilities Council
- MO DHSS Bureau of Special Healthcare Needs
- DMH Regional Offices and Family Support Coordinators



For more information

Contact the

Missouri Family to Family Resource Center

800-444-0821

<http://mofamilytofamily.org>



facebook



Twitter

UMKC-Institute for Human Development

<http://www.ihd.umkc.edu>

