

# CHS Community News

Editor:

Carole Tagg

Special Edition October, 2013

## Inside:

TURNING 22: TRANSITIONS & SERVICE OPTIONS	1
CREATIVE HOUSING MODELS	2
24 HOUR RESIDENTIAL MODEL	2
INDIVIDUAL SUPPORTS MODEL	3
MULTI-FAMILY RESIDENTIAL LIVING MODEL	3
CREATIVE FINANCING: SAMPLE MONTHLY BUDGET FORM	4
TEAM APPROACH	5
CONTACT US	5

## Turning 22: Transitions & Service Options

Cooperative for Human Services, Inc. has 31 years of successful experience serving young adults with a wide range of disabilities as they transition from school to adult services. This major life transition can be stressful for families as they are often faced with the reality that there is a lack of flexible, individualized support service options available from MA Department of Developmental Disabilities, MA Rehabilitation Commission, MA Department of Public Health and other disability agencies.

To help individuals and their family members to successfully respond to these challenges, CHS has developed *Turning 22*, housing and support service options for students with special needs and their family members. CHS clinicians and specialists help assess your family member's needs and then work with you to develop a community living plan that meets your personal vision for the future.

Using creative housing and financing models, our goal at CHS is to develop a partnership with each person and family to create a plan for community living. Housing options include 24 hour residential services, supported living in an apartment or condo and/or in-home supports when the individual with special needs will remain living at home with their family. Our expert staff:

- ⇒ Use personal interviews, observations and comprehensive assessment tools to help families determine each individual's specific support needs.
- ⇒ Develop a person-centered plan that meets each individual and family's needs, emphasizing housing options that are affordable and promote independence, inclusion and new directions.
- ⇒ Make referrals to other organizations and providers, as well as, legal, financial and guardianship specialists to assist in planning for your family member's needs.
- ⇒ Provide information, guidance, workshops and other family supports to assist with the transition process.



**"At CHS our goal is to assist each person we serve with living a personally meaningful and enjoyable life."**

Kevin J. Leahy, M.Ed.  
Executive Director

## SAVE THE DATE

### The Housing Workshop

*Creating a financially sustainable home for your son or daughter*

**Wednesday**

**October 16, 2013**

6:30—8:30 PM

CHS Main Office

420 Bedford Street,

Ste 100

Lexington, MA

See Page 5 for Details



## Board of Directors

### OFFICERS:

#### CHAIRPERSON

**Helen Cushman**

St. Mary's Elementary School  
Special Educator / Family Member

#### TREASURER

**Stephen B. Darr**

Mesriow Financial Consulting, LLC  
Senior Managing Director

#### ASSISTANT TREASURER

**Carol E. Tully**

Wolf and Company, P.C.  
Director of Tax Services

#### CLERK

**Lori Maida**

Shore Educational Collaborative, Inc.  
Director of Human Resources

### DIRECTORS:

**Kathia G. Manzi**

Wheaton College  
Senior Development Officer

**Brian P. Bialas**

Foley Hoag, LLP  
Litigation Associate

**Michael E. Morris**

United Health Care  
Vice-President, Network Management

**Sheila Donahue King**

MA Exec. Office of Elder Affairs  
Director, Family Caregiver Program

**Jermaine L. Kidd**

Ogletree, Deakins, Nash, Smoak &  
Stewart, P.C.—Associate Counsel

### EXECUTIVE STAFF:

**Kevin J. Leahy, M.Ed.**

Executive Director

**Rebecca Sarvela,**

Director of Human Resources

**Janice Ellis Ballerini, LMHC**

Director of Clinical Services

## CREATIVE HOUSING MODELS

Over the past 3 decades, Cooperative for Human Services, Inc. has developed many creative and innovative housing models that meet the individualized needs and preferences of adults with special needs and their family members. Our core values and person-centered philosophy is evident in all of our homes and supports. Every living situation:

- **reflects each person's interests, preferences and needs.**
- **provides private living areas that are practical and personalized, comforting, and gently stimulating (as appropriate) through the use of color, texture and lighting.**
- **provides an oasis of comfort, care and rejuvenation, while fostering personal independence and success.**
- **encourages people to participate in personal routines, share in household responsibilities and explore recreational activities at a pace that matches each individual's ability, skills and health status.**

At CHS, we provide services using a team approach. Our managers, support staff and clinicians work in partnership with each individual, their family members and friends to fulfill each person's dream of living in 'a home of their own. Individuals are encouraged to make positive and healthy decisions that are consistent with the goals they establish.



### **24 Hour Residential Model:**

At Cooperative for Human Services, Inc. a typical 24 hour residential home serves 4 to 5 adults, matched by age, interests, preferences, compatibility and support service needs. Most of our homes are located in Eastern Massachusetts communities within urban or suburban neighborhood settings. Staff supports vary depending on the needs and desires of individuals.

In this model, each individual has his or her own bedroom. Most homes have at least 2 bathrooms. Many of our homes are also fully accessible. Homes are located near public transportation. Each residence also has an agency vehicle for community access to attend appointments, social or recreational activities and events. The home's common areas include a:

- **comfortable, furnished living room with media and computer areas;**
- **well appointed dining areas;**
- **fully equipped, modern kitchens;**
- **laundry areas;**
- **outdoor areas with a BBQ and outdoor furnishings;**
- **adaptive and assistive equipment and devices based on each person's needs.**



***CHS achieves outstanding success through the development of close, personal and trusting relationships - person by person, family by family and staff person by staff person.***

## CREATIVE HOUSING MODELS

*"Ron has achieved independence that we had only dreamed about."*

*Cynthia Haddad, sister*



### Individual Supports Model:

At Cooperative for Human Services, Inc., we believe that home is the touchstone for each one of us as we venture out into the world to pursue our dreams. Home is a safe and comfortable place, a place to entertain family and friends and a place to relax and enjoy our favorite things.

Our Individual Support Program provides flexible services (part or full time) that help people with intellectual, developmental and other disabilities successfully transition to and maintain independent living within their community. Individuals can live alone, with a housemate(s) of their choice or share a home with a non-disabled support person.

Cooperative for Human Services, Inc. success comes from our ability to establish long-term, trusting relationships with each of the people we serve and their family members. More importantly, it is the knowledge that we are always available, either by phone or in person, that allows each person served to build confidence in themselves and their ability to live independently. Support services are designed to meet each person's needs.

- **Services are very flexible and can be easily added, changed or adjusted;**
- **Support hours can be established on a daily or weekly basis;**
- **Individuals served are empowered to direct and control their own services;**
- **Support and encouragement is provided by peers, staff and family members.**

#### Services available:

- ◆ **Individual Service Plan (ISP)**
- ◆ **Personal Care & Support**
- ◆ **Clinical and Behavioral Support**
- ◆ **Outreach Assistance**
- ◆ **Case Coordination**
- ◆ **24 Hour On-Call Response**
- ◆ **Individual & Group Counseling**
- ◆ **Self-Advocacy Group**
- ◆ **Recreation & Leisure Support**
- ◆ **On-Going Direct Supports:**
  - ◆ **Homemaker Services**
  - ◆ **Housekeeping**
  - ◆ **Budgeting/Paying Bills**
  - ◆ **Health Care Coordination**
  - ◆ **Community Skill Building**



The Individual Supports program offices and **Community Center** are located in Malden, MA. The Community Center serves as a place where individuals are encouraged to gather and build peer connections, share information and resources; and connect to other community services, including volunteer opportunities.

### Passages Transitional Living Model:

The CHS Passages Transitional Living Model provides a flexible, cost effective and inclusive community living experience for individuals with varying supports needs. In this model, CHS oversees multiple separate housing units within one residential setting, such as a 2, 3 or 4 family home, an apartment building, or a condominium community. Individuals served live in their own home, but share staff, amenities and support services which are designed to meet each person's unique needs.

For example, CHS has a 2 family home in Arlington, MA that serves 4 adults with disabilities. One unit is a 24 hour staffed residence for 2 individuals who have significant support needs. A full time, live-in manager resides in this unit and is also responsible for supporting 2 housemates who live independently in the home's other unit. Individuals in both homes often enjoy sharing meals and activities with friends and family, as well as each other.

# CREATIVE FINANCING

Everyone deserves to have a home of their own. Home is a safe haven; a secure and comfortable place to relax and enjoy favorite activities; and a place to entertain friends and family. Home is also about making new friends, belonging to your community and being welcomed at the local library, park or grocery store. Using a combination of fee for service, housing subsidies and government funds, our goal is to partner with each person served and their family members to develop an individually designed, person-centered, quality community living experience. At CHS, individuals and families can expect that our dedicated staff will actively work with each family in a confidential and professional manner to develop and deliver services that meet your current and future support needs.

## Sample Monthly Budget Form

### Monthly Income:

List all current, regular monthly income after taxes for your family member below.

<u>Income</u>	<u>Average Amount per month</u>
Employment Income (net)	\$ _____
SSI/SSDI	\$ _____
Food Stamps	\$ _____
Trust Fund/Investment earnings	\$ _____
Monthly assistance from family	\$ _____
Section 8 Housing Subsidy	\$ _____
Other Income (list sources):	
_____	\$ _____
_____	\$ _____
<b>Total Monthly Income</b>	<b>\$ _____</b>

### Monthly Expenses:

List/estimate all monthly expenses for the housing model you are considering.

<u>Expenses</u>	<u>Average Amount per month</u>
Rent/Mortgage	\$ _____
Condo fee/property taxes	\$ _____
Homeowner or Renter Insurance	\$ _____
Gas/Electric payment(s)	\$ _____
Water/Sewage/Trash Collection	\$ _____
Cable/Phone/Internet	\$ _____
Repairs & Maintenance	\$ _____
Food	\$ _____
Clothing	\$ _____
Furniture/Household items	\$ _____
Transportation	\$ _____
Recreation and Leisure	\$ _____
Health Care	\$ _____
Support staff services (list)	
_____	\$ _____
_____	\$ _____
<b>Total Monthly Expenses</b>	<b>\$ _____</b>

## TEAM APPROACH



Using a team approach, CHS managers, support staff and clinicians work with each person and family to create a fulfilling and secure community home. CHS staff are caring, dedicated and well trained. They understand that everyone wants a home that reflects his or her own personal interests and needs.

CHS staff develop solid working relationships with individuals, family members and guardians - a critically important component that assures the best life plan for your family member. At CHS we all have **A PASSION FOR WHAT'S POSSIBLE.**

There is a world of possibilities for people with disabilities to live full and meaningful lives within their communities. At Cooperative for Human Services, our passion is to explore and achieve those possibilities with each person we serve. We know from experience that individuals with intellectual and developmental disabilities flourish and grow with the right supports and care.

**Contact us to find out more about what's possible:**

Janice Ellis  
 Director of Clinical Supports  
 Cooperative for Human Services, Inc.  
 (781) 538-4626 x 230

## Cooperative for Human Services, Inc.

Presents

### The Housing Workshop

*Creating a financially sustainable home  
 for your son or daughter*

Wednesday, October 16<sup>th</sup>

6:30 pm to 8:30 pm

CHS Main Office

420 Bedford Street, Ste 100, Lexington, MA 02420

Please RSVP to: Barbara Mague at [bmague@cooperativeforhs.org](mailto:bmague@cooperativeforhs.org) / 781-538-4626

This workshop will feature the Special Needs Financial Planning process to help you achieve both your vision for your child and your own financial security. We will share examples of how to successfully plan to privately fund a home for your loved one with a disability. The discussion will center on the costs that need to be considered, as well as some of the challenges that individuals and families can expect. The discussion will be framed in terms of the following 5 major planning factors:

**Government Benefits**  
**Financial Factors**  
**Emotional Factors**

**Family and Support Factors**  
**Legal Factors**

Cindy Haddad, CFP® and John Nadworny, CFP® of Special Needs Financial Planning, a division of Shepherd Financial Partners have been working with families of loved ones with Special Needs for over 20 years. Their passion comes from members of their own families who require specialized planning, which has shown them what a difference preparing for the future can make. Currently, John is in the middle of creating a home for his son, and Cindy works with her brother who moved to a supported residence 7 years ago.



*Providing professional financial planning through personal experience.*

[www.specialneedsplanning.com](http://www.specialneedsplanning.com)

THE Cooperative FOR  
 Human Services  
 A PASSION FOR WHAT'S POSSIBLE

[www.cooperativeforhs.org](http://www.cooperativeforhs.org)

# Please Contribute

**Cooperative for Human Services, Inc.**  
A PASSION FOR WHAT'S POSSIBLE

\_\_\_ YES, I/we want to help the Cooperative for Human Services continue its mission to provide quality residential, independent living, guardianship and other support services to individuals with developmental disabilities. Please accept my/our tax deductible contribution of \$\_\_\_\_\_. (You can also contribute on-line at [www.cooperativeforhs.org](http://www.cooperativeforhs.org))

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State/Zip \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Gifts can also be made in memory, in honor, or in celebration of a special person or occasion.

In Memory of: \_\_\_\_\_

In Honor of: \_\_\_\_\_

In Celebration of: \_\_\_\_\_

Please make check payable to Cooperative for Human Services, Inc. and mail to:

Cooperative for Human Services, Inc., 420 Bedford Street, Suite 100, Lexington, MA 02420

Telephone: (781) 538-4626 On-line donations: [www.cooperativeforhs.org](http://www.cooperativeforhs.org) THANK YOU!

Cooperative for Human Services, Inc.  
420 Bedford Street, Suite 100  
Lexington, MA 02420