For more information about housing options call your Support Coordinator

Or contact

M0 Inclusive Housing Development Corporation
www.mohousing.com

Or contact

The Division of DD Community Living Coordinator at one of the following Regional Offices:

**CENTRAL MISSOURI REGION**
573-441-6278 or 888-671-1041
***Kirksville Satellite***
660-785-2500 or 800-621-6082
***Rolla Satellite***
573-368-2200 or 800-828-7604

**KANSAS CITY REGION**
816-889-3400 or 800-454-2331
***Albany Satellite***
660-726-5246 or 800-560-8774

**SIKESTON REGION**
573-472-5300 or 800-497-4647
***Poplar Bluff Satellite***
573-840-9300 or 800-497-4214

**SPRINGFIELD REGION**
417-895-7400 or 888-549-6635
***Joplin Satellite***
417-629-3020 or 888-549-6634

**ST. LOUIS COUNTY REGION**
314-587-4800 or 800-374-6458

**ST. LOUIS TRI-COUNTY REGION**
314-244-8800 or 800-358-7665
***Hannibal Satellite***
573-248-2400or 800-811-1128



MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

Improving lives THROUGH supports and services THAT FOSTER self-determination.

www.dmh.mo.gov/dd MISSOURI DEPARTMENT OF MENTAL HEALTH

# *It's My Home!*

## A GUIDE FOR INDIVIDUALS AND FAMILIES TO UNDERSTAND THE DIVISION OF DEVELOPMENTAL DISABILITIES' HOUSING INITIATIVE

*with added information from the Final HCBS Rule*

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

Improving lives THROUGH supports and services THAT FOSTER self-determination.

www.dmh.mo.gov/dd MISSOURI DEPARTMENT OF MENTAL HEALTH

The mission of the Missouri Division of Developmental Disabilities (DD) Housing initiative is to develop quality, affordable, accessible housing for people with disabilities in safe locations where they can access support services, transportation, employment, and recreation throughout their lifespan. Visit **www.dmh.mo.gov/dd/Housing.htm**

***DD and MO Housing are working together to better meet the housing needs of individuals with DD and their families.***

Mo Housing

Missouri Inclusive Housing Development Corporation

Missouri Inclusive Housing Development Corporation* has a website with information about accessible and affordable housing in Missouri for those with developmental disabilities. Whether you wish to rent or purchase a home, this site provides information to help you live where you desire, in a home that accommodates your needs.

**Visit www.mohousing.com**

**Confirmation.** Individuals are recognized in their community as good neighbors and leaders.

***Self-Determination means that individuals are the primary decision makers in their lives, pursue what is important to them and have a meaningful role in the community.***

"In a provider-owned or controlled residential setting: (F) Any modification of the additional conditions, under § 441.301(c)(4)(vi)(A) through (D), must be supported by a specific assessed need and justified in the person-centered service plan. The following requirements must be documented in the person-centered service plan: (*1*) Identify a specific and individualized assessed need. (*2*) Document the positive interventions and supports used prior to any modifications to the person centered service plan. (*3*) Document less intrusive methods of meeting the need that have been tried but did not work. (*4*) Include a clear description of the condition that is directly proportionate to the specific assessed need. (*5*) Include regular collection and review of data to measure the ongoing effectiveness of the modification. (*6*) Include established time limits for periodic reviews to determine if the modification is still necessary or can be terminated. (*7*) Include the informed consent of the individual. (*8*) Include an assurance that interventions and supports will cause no harm to the individual." —42 C.F.R. § 441.301(c)(4)(iv) (F)

## Applying the Principles of Self-Determination to Housing

**Freedom.** Individuals will live in the community of their choice and make choices about the homes that they live in. Individuals live in homes that are accessible to them, and their friends and family, allowing them the freedom to fully enjoy all aspects of their home.

**Authority.** Individuals will make decisions about who visits their home, what activities are done in their home, and their daily schedules. Individuals sign their own leases or mortgage agreements.

**Support.** Individuals choose their support systems independent of their choice of housing. Individuals are supported to make informed choices about housing options available to them.

**Responsibility.** Individuals take care of their homes and work to make their neighborhoods better.



# This guide will help you understand the 11 guiding principles of the DD Housing initiative and how these principles are supported by the new HBSC Rule

CMS.gov In January, the Centers for Medicare and Medicaid Services (CMS) announced a new Home based and Community Support Rule (HBCS) that may help people get the services they need in truly integrated settings. The new rule sets forth standards for the settings where people receive home and community-based services, including standards for privacy, choice, integration, and access to jobs in the community.

The official citation for the new rule is 79 Fed. Reg. 2947 You can read it online at www.gpo.gov/fdsys/pkg/FR-2014-01-16/pdf/2014-00487.pdf

*The New HBSC rule information will be in a box like this. And have a citation to tell you what part for the rule is being talked about* —42 C.F.R. § 441.301

# Guiding Principle #1: Housing is separate from services.

*This means:*

- *You decide where you live, who you want to provide your supports and who lives with you.*
- *If you pick a different agency to provide your supports, you don't have to move from your home.*

"Facilitates individual choice regarding services and supports, and who provides them." —42 C.F.R. § 441.301 (c)(4)(v)



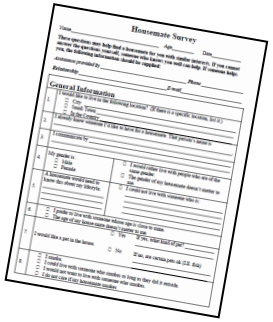
# What You Need To Know

**If you pick a housemate, think about:**

- Choosing a housemate with similar interests and habits, such as meal times, food preferences, how late you stay up, kind of music and TV shows you like.

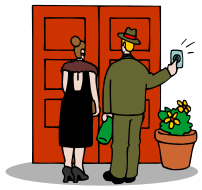
- Being able to agree on whether or not to have pets in the house, having visitors, smoking preferences, or other things important to you.

**You may also want to complete a Housemate Compatibility Survey on the DMH-DD website.**
**www.dmh.mo.gov/dd/Housing.htm**



In a provider-owned or controlled residential setting: "Each individual has privacy in their sleeping or living unit: Units have entrance doors lockable by the individual, with only appropriate staff having keys to doors. Individuals sharing units have a choice of roommates in that setting. Individuals have the freedom to furnish and decorate their sleeping or living units within the lease or other agreement. Individuals have the freedom and support to control their own schedules and activities, and have access to food at any time. Individuals are able to have visitors of their choosing at any time." —42 C.F.R. § 441.301(c)(4)(iv) (B) (C) (D)

## Guiding Principle #11: Individuals/families are in control of their home environments.



*This means:*

- *You decide who can and can not come into your home.*
- *You choose who lives with you.*
- *You decide what activities you do in your home, and your daily schedule.*

The setting..."Optimizes, but does not regiment, individual initiative, autonomy, and independence in making life choices, including but not limited to, daily activities, physical environment, and with whom to interact." —42 C.F.R. § 441.301(c)(4)(iv)



## What You Need To Know

The Missouri waiver requires that when you receive Individual Supported Living or Personal Assistance, your home is a private dwelling, not a licensed facility. The home must be owned or leased by at least one of the individuals residing in the home and/or by someone designated by one of those individuals, such as a family member or legal guardian.

"The setting is selected by the individual from among setting options, including non-disability specific settings and an option for a private unit in a residential setting. The setting options are identified and documented in the person-centered service plan and are based on the individual's needs, preferences, and, for residential settings, resources available for room and board." —42 C.F.R. § 441.301(c)(4)(ii)

# Guiding Principle #2: New homes are built using universal design principles.

*This means:*

- *Homes are built so that they can meet anyone's needs.*
- *People can live in homes with ramps, wider doorways, or no steps.*



# What You Need To Know

**Benefits of renting:**

- You don't have to pay for most home repairs.
- It might be less costly in the long run.
- If you do not have good credit, it may be easier to rent than to buy a home.

**Benefits of owning a home:**

- A house payment does not tend to increase a lot over time like rent can.
- The value of your home is likely to increase.
- Home ownership gives you financial security.
- Owning a home gives you pride.

## Guiding Principle #10: Individuals/families make informed choices about purchasing or renting their homes.

*This means:*

- *You have information and people that help you decide if renting or buying a home is*

In a provider-owned or controlled residential setting: "The unit or dwelling is a specific physical place that can be owned, rented, or occupied under a legally enforceable agreement by the individual receiving services, and the individual has, at a minimum, the same responsibilities and protections from eviction that tenants have under the landlord/tenant law of the State, county, city, or other designated entity. For settings in which landlord tenant laws do not apply, the State must ensure that a lease, residency agreement or other form of written agreement will be in place for each HCBS participant, and that the document provides protections that address eviction processes and appeals comparable to those provided under the jurisdiction's landlord tenant law" —42 C.F.R. § 441.301(c)(4)(iv) (A)



## What You Need To Know

Universal design is the building of living spaces to be usable by most people, without the need for adaptation or specialized design.

The intent of universal design is to simplify life for everyone by making more housing usable by more people at little or no extra cost.

Universal design uses building features which can be used by everyone, such as building all on one level.

*The Division of DD and MO Housing are working with builders to encourage them to build more homes that are easier for people to access.*

## Guiding Principle #3: Individuals live in homes designed to meet their needs throughout the aging process.

*This means:*

- *Your home is made so it is easier for you to reach everything and get around in your home, so as you get older, you can stay in your own home for as long as you would like.*
- *Your home may need to change as your needs change.*

In a provider-owned or controlled residential setting: "The setting is physically accessible to the individual." —42 C.F.R. § 441.301(c)(4)(iv) (E)



## What You Need To Know

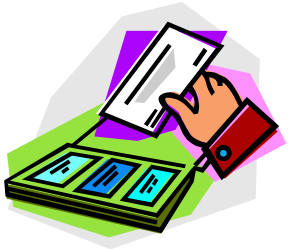
A good rule of thumb is to spend no more than 30% of your income on your rent or your home mortgage.

There are special programs that can help you with the cost of your rent.

## Guiding Principle #9: Individuals/families live in homes they can afford.

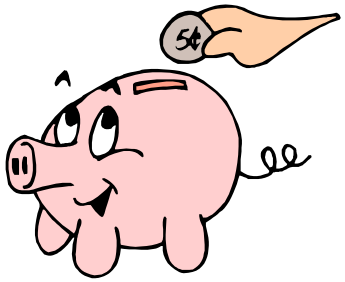
*This means:*

- *You can pay your rent or mortgage each month and have money to pay your other bills and have spending money too.*



- *You do not pay a higher rent than other people in your neighborhood.*

- *You are able to save money for things that are important to you.*





## What You Need To Know

Your home can be modified in many ways to allow you to be independent throughout your life.

Your Support Coordinator can also tell you about supports that are available in your community.

## Guiding Principle #4: Individuals/families receive services they need where they live.

*This means:*

- *You do not have to leave your community to receive the supports you need.*
- *You stay connected to your community, your friends and family.*

"The setting is integrated in and supports full access of individuals receiving Medicaid HCBS to the greater community, including opportunities to seek employment and work in competitive integrated settings, engage in community life, control personal resources, and receive services in the community, to the same degree of access as individuals not receiving Medicaid HCBS." —42 C.F.R. § 441.301(c)(4), (c)(4)(i)



## What You Need To Know

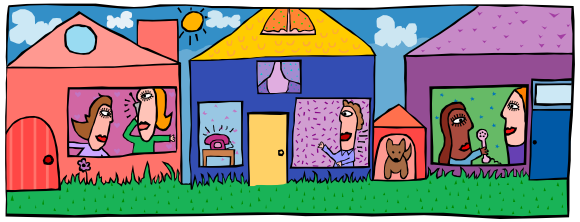
Do your neighbors take care of their homes?

Are the streets well-lit at night?

Have there been crimes in your neighborhood?

How long have your neighbors been in the area?

# Guiding Principle #8: Individuals/families live in communities that are safe.



*This means:*

- *You live in a neighborhood where your neighbors care for each other.*

- *You feel safe in your home.*

The setting…"Ensures an individual's rights of privacy, dignity and respect, and freedom from coercion and restraint."
—42 C.F.R. § 441.301(c)(4)(iii)



# What You Need To Know

It's important to find out about the supports that are available in the community where you live.

Being part of your community and having connections to family and friends is important to your well-being.

## Guiding Principle #5: Density of homes designed specifically for individuals with disabilities will be considered in the planning of new development.

*This means:*

- *Homes for people with disabilities are not all in the same neighborhood.*
- *Your home is in a neighborhood with all kinds of people with and without disabilities.*
- *Your home is like the ones your neighbors live in.*

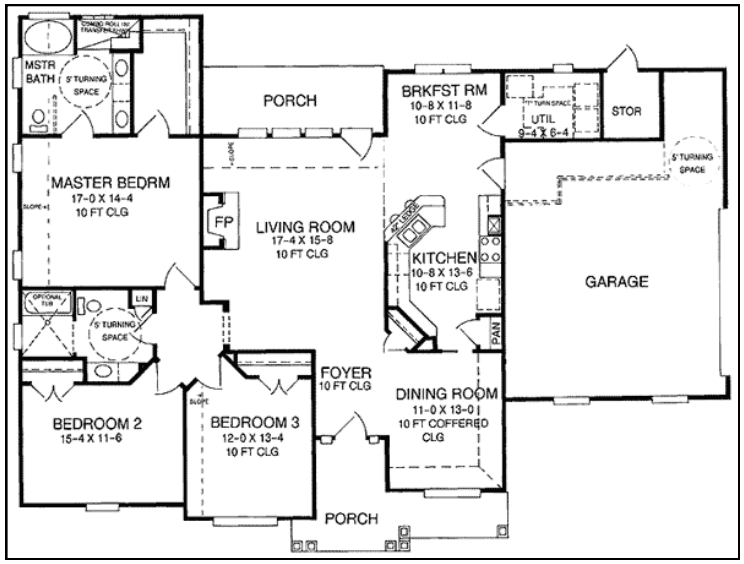


## What You Need To Know

A home builder or remodeler can work with you to make sure your home meets your needs and desires.

- Wider hallways and doors
- Bathroom that is easy for you to use
- Attached garage
- Level sidewalks
- Easy access in kitchen and laundry

# Guiding Principle #7: Individuals/families participate in designing their own homes.




*This means:*

- *You have input into how your home is set up so it is easy for you to reach everything and get around in your house.*
- *You choose the colors and design of your home.*



# What You Need To Know

In the past you had to live in a hospital, nursing home or with a large group of other people in order to get help with the supports you needed.

Today you can live in the community with everyone else and can get supports designed just for you!

"*Settings that are not Home and Community-Based.* Home and community-based settings do not include the following: (i) A nursing facility; (ii) An institution for mental diseases; (iii) An intermediate care facility for individuals with intellectual disabilities; (iv) A hospital; or (v) Any other locations that have qualities of an institutional setting, as determined by the Secretary. Any setting that is located in a building that is also a publicly or privately operated facility that provides inpatient institutional treatment, or in a building on the grounds of, or immediately adjacent to, a public institution, or any other setting that has the effect of isolating individuals receiving Medicaid HCBS from the broader community of individuals not receiving Medicaid HCBS will be presumed to be a setting that has the qualities of an institution unless the Secretary determines through heightened scrutiny, based on information presented by the State or other parties, that the setting does not have the qualities of an institution and that the setting does have the qualities of home and community-based settings." —42 C.F.R. § 441.301(c)(5)(iv)

## Guiding Principle #6: Individuals/families are integrated

*This means:*

- *It is easy for you to get to work from your home.*
- *There are fun places you like to go close to your home.*
- *You have friends who live in your neighborhood.*
- *You are part of making your community better.*

"The setting is integrated in and supports full access of individuals receiving Medicaid HCBS to the greater community, including opportunities to seek employment and work in competitive integrated settings, engage in community life, control personal resources, and receive services in the community, to the same degree of access as individuals not receiving Medicaid HCBS." —42 C.F.R. § 441.301(c)(4), (c)(4)(i)



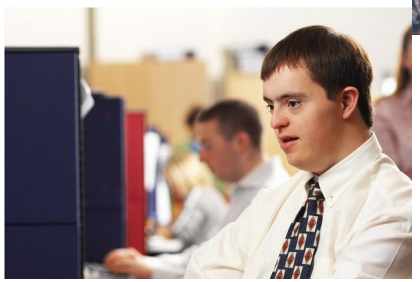
## What You Need To Know

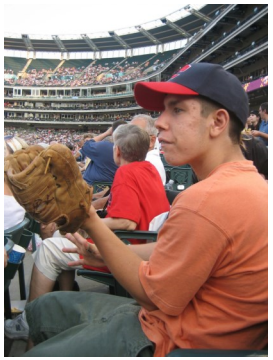
**When choosing where you live, make sure that you consider:**

Is there a bus line close by?

Are there shopping malls and grocery stores nearby?

Do you have family and friends close by?



Is it close to your work?

Are there fun things to do?