

**NHS**  
HUMAN SERVICES

## Task Analysis for Less Restrictive Housing

Presented by Devon Horton and Karen Schen

*One Individual at a Time*

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### COURSE OUTLINE

- I. Introductions
- II. Levels of Housing
- III. Assessment
- IV. Task Analysis

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### Spectrum of Housing Supports

LTSR	CMHPCH	PCH
Specialized Housing	CRR	Independence

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### Descriptions of Housing Supports

- Long Term Structured Residence (LTSR)
  - A highly structured therapeutic residential mental health facility designed to serve persons who do not need inpatient hospitalization but who require mental health treatment and supervision on an ongoing 24-hour per day basis. Admission may be voluntary or involuntary. These are locked facilities originally designed for long-term care of people with schizophrenia.

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### Descriptions, Cont'd.

- CMHPCH/PCH
  - This is a facility in which food, shelter, and personal assistance or supervision are provided long-term for four or more adults who do not require the services in or of a LTSR, but who do require assistance or supervision in matters such as dressing, bathing, diet, financial management, evacuation of residency in the event of an emergency or medication management.

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### Descriptions, Cont'd.

- Community Residential Rehabilitation (CRR)
  - This is a transitional residential program in the community for persons with MI. CRR's are specifically designed and operated to assist persons with MI to live as independently as possible through the provision of training and assistance in the skills of community living. This is considered a program and discharge planning will begin upon admission. CRR's are in apartment buildings or small group home settings. The apartment settings require that the individual is responsible for maintaining his/her apartment, cooking, cleaning, shopping with assistance from staff as needed. All meals are prepared by residents in the Group Home setting. Typical length of stay in the Group Home is 18 months.

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### Descriptions, Cont'd.

#### • Specialized Housing

##### ▫ Domiciliary Care

- Providing a long-term homelike setting. These homes have a 3 person capacity and referrals go through the Department of Aging.

##### ▫ Mental Illness & Substance Abuse (MISA)

- These programs have staff trained in MI & SA. They focus on identifying symptoms and triggers for adults with co-occurring psychiatric and substance abuse disorders. It assists individuals with making the connection and then to simultaneously manage both illnesses. MISA individuals are linked to community resources such as AA & NA, as well as connected to detox facilities when necessary.




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### Descriptions, Specialized Housing Cont'd.

#### ▫ Supportive Housing

- This is permanent housing for individuals with a mental illness, with a goal of living independently in a community setting. Supports and services should be provided in an organized, planned manner and should be consistent with the individuals overall goals for themselves. Supports and services are flexible and personalized in a way which emphasizes and encourages independence and empowerment. Choice and individual control of the housing are essential to success in community living. Supports and services are delivered to the person's independent apartment/home. They are not on site and can be available 24/7 via an on-call system.
- 24/7 supportive housing has staff on site




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### Descriptions, Specialized Housing Cont'd.

#### ▫ Small Group Residences

- These facilities are designed to serve adults who require a structured setting and in some cases 1:1 staff supervision on a 24/7 basis. The focus of these facilities will be to provide intensive support for individuals who have very complex needs and will need a lot of supervision and support. Behavioral Assessments and plans are very common in these facilities and the program tries to provide a lot of structure. These facilities are designed to be housing as home so there is not a focus on discharge unless that is the goal of the individual. Close communication, coordination, and interaction with ACT is required.




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### Movement to Less Restricted Housing

Most Restricted      WHAT HAPPENS HERE???

Independence

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### ASSESSMENT!

- Assess the residential environments
  - What supports will be provided?
- Assess the individual for living skills
  - What training is required?
  - What additional supports will be necessary for success?

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### What supports will be provided?

	LTSR	CAH PCI	PCI	Group CRR	App. CRR	Dom. Care	SSH	aj/z	INDEP
meds									
laundry									
mgmt									
groups									
meals									
can									

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### Assessing the Individual

What are some of the barriers to an individual's success in the community?

Coping skills	Safety awareness	Budgeting
Med mgmt/ compliance	Substance abuse	Symptoms of MI

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### Assessing the Individual

- Observational Assessment
- Kohlman Evaluation of Living Skills
  - Self-Care
  - Safety and Health
  - Money Management
  - Transportation and Telephone
  - Work and Leisure

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### Appendix I KELS Score Sheet

**Kohlman Evaluation of Living Skills (KELS)**  
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<input checked="" type="checkbox"/>	<b>Self-Care</b>
<input checked="" type="checkbox"/>	1. Appearance
<input checked="" type="checkbox"/>	2. Frequency of self-care activities (self-report)
<input checked="" type="checkbox"/>	<b>Safety and Health</b>
<input checked="" type="checkbox"/>	1. An awareness of abnormal household situations (from photographs)
<input checked="" type="checkbox"/>	2. Identification of appropriate action for redness and swelling
<input checked="" type="checkbox"/>	3. Knowledge of emergency numbers
<input checked="" type="checkbox"/>	4. Knowledge of location of medical and dental facilities
<input checked="" type="checkbox"/>	<b>Money Management</b>
<input checked="" type="checkbox"/>	1. Use of money in purchasing items
<input checked="" type="checkbox"/>	2. Obtain and maintain source of income
<input checked="" type="checkbox"/>	3. Budgeting of money for food
<input checked="" type="checkbox"/>	4. Budgeting of monthly income
<input checked="" type="checkbox"/>	5. Use of banking system
<input checked="" type="checkbox"/>	6. Payment of bills
<input checked="" type="checkbox"/>	<b>Transportation and Telephone</b>
<input checked="" type="checkbox"/>	1. Mobility within community—streetwise
<input checked="" type="checkbox"/>	2. Basic knowledge of street system
<input checked="" type="checkbox"/>	3. Use of phone book and telephone
<input checked="" type="checkbox"/>	<b>Work and Leisure</b>
<input checked="" type="checkbox"/>	1. Plans for future employment
<input checked="" type="checkbox"/>	2. Leisure activity in self-report

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### Following Assessment: Training



Give a man a fish... Feed him for a day.  
Teach a man to fish... Feed him for a lifetime.  
- Chinese Proverb

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### Activities to Assess

Shopping	Cooking	Cleaning	Laundry
Medication Management	Money Management	Safety Awareness	Coping Skills
	Boundaries	Substance Use	

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### Components of Activity

Tasks	Required Skills
Symptoms/ Side Effects	Possible Modifications

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### Shopping



- Making lists, comparing purchasing, transporting items, paying for items
- Assessing household needs, transportation to and from store, navigating store, attention and concentration, asking questions of store personnel, calculating costs
- Dizziness, internal stimuli, sedation, difficulty with attention and concentration
- Use motorized cart in store, ask assistance from staff, break into shorter trips, help client learn layout of store and plan route through store ahead of time

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### Cooking



- Selecting utensils and pans, follow steps to prepare and cook meal, cleaning up, storing leftover food
- Finding necessary items, follow complex steps/directions, adjusting to right heat, following timing, determining when food is done
- Short-term memory problems, attention and concentration
- Using timer, automatic turn-off mechanism, using microwave, adaptive equipment

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### Cleaning



- Washing dishes, vacuuming, sweeping and mopping floors, cleaning bathroom and kitchen surfaces, trash removal
- Awareness of environment, selecting tools, physical balance and strength for vacuum, awareness of community routines
- Decreased motivation and energy, decreased awareness of environment, memory difficulties
- Chore schedule, lighter weight vacuum, Swiffer, disposable dishes

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### Laundry



- Sorting, stain removal, washing, drying, special care instructions, folding and putting away
- Visual discrimination, reading care instructions, color identification, navigating laundromat and understanding how to work machines, folding, categorization and organization
- Blurred vision, difficulty with attention and concentration, depression, disorganized thinking, paranoia regarding being in the community
- Treat stain when taking clothing off, go to same Laundromat to increase familiarity with surroundings and people, task list to follow each time

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### Medication Management



- Filling prescriptions on time, paying co-pays, picking up from pharmacy, using pill boxes, taking meds as prescribed at regular intervals, calling doctors for new scripts, see providers as scheduled to review meds
- Awareness of time, following directions, phone skills, attention and concentration
- Sedation leading to oversleeping, lack of insight, paranoia regarding content of meds, disorganized thinking and memory problems leading to missing or taking more meds than prescribed
- Simplify medication regimen, observe meds, have pharmacy pack and/or deliver meds to home, alarms, long-acting injections

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### Money Management



- Obtaining and maintaining income, budgeting necessary (i.e. housing, food, utilities) and other expenses without exceeding income, managing day-to-day monetary transactions, paying bills, balancing checkbook
- Basic math skills, communication and problem-solving skills, time management, prioritizing expenses
- Impulsivity, poor attention and concentration, delusions about being rich, paranoia regarding others stealing money
- Payeeship, set up automatic bill pay or recurring check payments online, calendar and list of due dates for bills

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**?**  
If you needed to see a doctor, where would you go?

**?**  
What would you do if you got sick with a cold?

**?**  
In an emergency, what telephone number would you call?

**?**  
What would you do if you suddenly started having severe chest pain?

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### Coping Skills

- Goal** • Recognizing triggers and emotions, using internal and external resources to regulate emotions and /or tolerate the distress
- Focus** • Identifying emotions and thoughts that could lead to harming self or others, choosing behaviors/activities and engaging in them to prevent harm
- Warning Signs** • Paranoia, hallucinations, delusions that lead to thoughts of harming self or others, impulsivity, depression
- Tools & Strategies** • Usage of on-call services, cue cards around house, scheduled phone calls for support, roommate if loneliness is main trigger

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### Boundaries

- Goal** • Interacting with community members, formally and informally, in ways that maintain open communication and respect of both parties
- Focus** • Requesting items or assistance from others and saying "no", emotion regulation, social skills, reading non-verbal communication, honesty
- Warning Signs** • Sexual preoccupation, grandiosity, mood lability, poor impulse control, paranoia and delusions
- Tools & Strategies** • Staff assist with communicating with landlords and other professional entities, can put safeguards in place, i.e. no long distance phone services, limited funds on hand, etc.

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**Substance Use**  **CRISIS ZONE**

**Puts housing in jeopardy in many ways, including:**

- Can't pay bills or buy necessities, i.e. food
- When intoxicated, increased safety risk due to behaviors, and decreased judgment to resolve problems
- Substance use or increased company violates lease
- Criminal activity leading to incarceration

**Ways to minimize risks:**

- Encourage to use outside of home
- Payee to ensure needs are met
- Review meds to decrease interaction with substance use
- Encourage to limit use to certain hours (after 6 PM)
- Limit or don't have others that use in residence

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**ANY QUESTIONS???**

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