

Residential



Options for People with Intellectual - Developmental Disabilities



5200 W. Paramount Parkway

**Access and Information Center
(800) 510-9132**

Introduction

There are two types of support available to individuals who are either not able to live independently or cannot afford to do so. One type of assistance is **financial** and the other type is **support services**. Often individuals with disabilities require both.

Financial assistance is available in the form of Medicaid Special Assistance, Supplemental Security Income/Social Security Disability Income (SSI/SSDI), rental subsidies (Section 8), HUD housing, homeownership programs for people with disabilities, and tax credit properties.

People with disabilities may also require **support services** to help maintain their homes and meet their daily personal care and safety needs. A broad continuum of support services is available depending on a person's level of need. Support services range from a few hours per week to round the clock awake supervision. Services can be provided in an individual's home, family member's home, an apartment or in a group living situation.

Alliance's mission is to manage available resources in a manner that supports each person's ability to live where and how they want as best they can. The residential service system is designed to offer informed choice and flexibility so that people may live successfully with the support appropriate to their level of need and according to their personal preferences.



The only way to know for certain whether or not a particular residential option is appropriate for you or a family member is to visit, talk to other residents and staff, ask questions, and maintain frequent contact and visits.

Access to Publicly Funded IDD Services

Alliance Health is the doorway to services that are a part of the **Managed Care Organization (MCO) System of Care**.

If you or a family member need help you can call Alliance's Access and Information line 24 hours a day, 7 days a week at:

Local: (919) 651-8400

Toll-Free: (800) 510-9132

Interpreter is available at no expense to the caller

An **IDD Access Coordinator** is available Monday-Friday during regular business hours who can conduct a telephonic screening and work with you to obtain the necessary documentation (i.e. copy of an evaluation by a professional who has diagnosed the applicant's intellectual or developmental disability) to establish eligibility and make referrals for services that are available and help you get on the waiting list for those that are not available at this time.

Services are funded by **Medicaid** (health insurance for people who are disabled and of limited financial resources), **State/local/federal funds** (Integrated Payment Reporting System – IPRS), **NC Innovations** (1915C Medicaid Waiver for those who meet "ICF" Level of Care) and/or **Fee for Service** (private pay). Funding is limited and there may be waiting lists for some services.

Publicly funded services may be available to individuals who have been screened and determined eligible based on the state definition of a developmental disability. **Prior authorization from Alliance is required for all publicly-funded Intellectual/Developmental Disability services.**

Residential Services

Independent Living

For people who are capable of living on their own or with a roommate with some support, such as assistance with budgeting, grocery shopping, menu planning, household maintenance, health and safety monitoring, etc. Independent living is provided in the individual's own home or apartment. These services are most often a combination of **Community Guide**, **Personal Assistance** and/or **Personal Care** and based on needs identified in the individual's Person Centered Plan and (when required) ordered by a physician.

Supervised Living Low (Boarding Home)

For people needing more than periodic support, but not needing 24-hour supervision. This is a group living situation: five people sharing a home that is owned by an agency. The agency provides routine visits and on-call support from staff. Typically a staff person is available in the home during the late afternoon and early evening hours. Residents rely on one another for assistance, guidance, and role modeling. There is no staff present over night. Residents pay a flat fee for room and board (somewhere around \$500/month) and Alliance authorizes and funds the staff support. Some people use boarding homes as a transition from a group or family home to living on their own. There are three Boarding Homes in Wake County (one for men and two for women), all managed by Residential Support Services, Inc., (919) 787-1214.

Alternate Family Living (AFL) .5600F

In Alternate Family Living, a person with an intellectual or developmental disability resides with an individual or family other than their own to receive habilitative care. This is an expensive service and typically available only to NC Innovations (1915C Medicaid Waiver) recipients. These homes must be licensed if serving a child or more than 1 adult.

Group Living-Moderate .5600C (DDA Group Homes)

These group homes provide 24-hour personal care and habilitation for adults with intellectual/developmental disabilities in order to help them develop self-help skills, gain work experience, and participate in community activities. Group homes are owned or leased by agencies which contract with Alliance Behavioral Healthcare to provide residential services. Additional service funding is authorized to these homes to provide needed supports. Room and board is paid by a combination of the resident's Social Security income (SSI/SSDI) and a Medicaid service called Special Assistance (application is made to the local Department of Social Services). Each home is licensed and monitored by the North Carolina Division of Health Service Regulation (DHSR) and typically serve 3-6 individuals per home. Most bedrooms are shared. Some homes are co-ed. Staffing patterns include overnight coverage (asleep or awake, depending on the

level of service available in the home). For those on Innovations, Residential Supports can also be provided in these homes.

Agencies contracting with Alliance to provide Group Living-Moderate include:

DURHAM

Durham County Community Living Program (7 homes)
Autism Services (1 home)

WAKE

Autism Services, Inc. (2 homes)
Lutheran Family Services (1 home)
Residential Support Services (3 homes)
RHA/Howell's (1 home)
Easter Seals/UCP (2 homes)

CUMBERLAND

The Loving Home (2 homes)
C.R.E.S.T (5 homes)

JOHNSTON

Monarch (5 homes)

To assure that those most urgently in need receive services first, referrals to these group homes must come from Alliance's IDD Waiting List only.

Intermediate Care Facilities for the Intellectually Disabled (ICF-MR)

An ICF-MR is the most intensive residential service available to individuals with intellectual/developmental disabilities. ICFs are funded by Medicaid to serve individuals with intensive medical or behavioral needs who need more than a typical group home offers, but less than skilled nursing level of care (hence the title: intermediate). Some ICF's are large (e.g. Tammy Lynn Center supports approximately 30 residents) but most have six beds per home. In addition to personal care and habilitation, specialized therapies and active treatment must be provided in an ICF. Awake staff provide overnight supervision. North Carolina's regional State Developmental Centers (O'Berry, Murdoch, Caswell) are also licensed as ICF-MR.

Other Residential Options

(Not funded by Alliance Health. Referrals do not have to come from the IDD services waiting list.)

Mental Health/Supervised Living for Adults Disabled by Mental Illness (.5600A) or Developmental Disability (.5600C)

These group homes do not receive funding from the MCO (Alliance). 24-hour personal care and habilitation is provided to individuals disabled by mental illness or developmental disability in order to help them develop self-help skills, gain work experience, and participate in community activities. Group homes are owned or leased by providers and are licensed by the North Carolina Division of Health Service Regulation (DHSR). The MCO (Alliance) has responsibility for receiving critical incident reports, investigating complaints, and mediating problems that arise between a resident and group home operator. Room and board is paid by a combination of the individuals Social Security income and a Medicaid service called Special Assistance. Each home is licensed and monitored by the North Carolina Division of Health Service Regulation and typically serve 3-6 individuals per home. Most bedrooms are shared. Some homes are co-ed. Staffing patterns include overnight coverage (asleep or awake, depending on the level of service available in the home).

A list of licensed supervised living group home bed availability is available by county on NC Division of MH/DD/SA website.

Bed availability: www.ncdmh.net/bedavailability/

All NC licensed facilities: www.ncdhhs.gov/dhsr/data/mhllist.pdf

Assisted Living/Family Care Homes

When **Assisted Living Facilities** (which can be as large as over 100 residents) have only six beds, they are called **Family Care Homes**. 24-hour personal care services (bathing, dressing, grooming, and medication administration) is provided. These facilities are licensed by the North Carolina Division of Health Service Regulation and overseen by local Departments of Social Services. *Assisted Living Facilities and Family Care Homes are not required to provide habilitation, community participation, or transportation to work/day program.* Many residents of Family Care Homes are frail/elderly and no longer able to live independently.

A list of licensed Family Care home bed availability is available by county on NC Division of MH/DD/SA website at www.ncdmh.net/bedavailability/.

Financial Assistance

Housing Choice Voucher (HCV Section 8)

The Housing Choice Voucher program (more commonly known as Section 8) is administered by Public Housing Authorities to help people with limited income pay for rental housing. Section 8 vouchers are awarded to individuals who meet income, credit, and criminal record qualifications. There is no *minimum* income requirement.

Section 8 vouchers are “rental assistance,” meaning the tenant pays a portion of the rent (usually around 30% of their income) and the Housing Authority pays the rest directly to the landlord. Vouchers are used to live in a conventional rental unit (apartment, townhouse, etc.), of the tenant’s choice, managed by a private landlord. The tenant’s portion of the rent increases as their income goes up, but they do not have to move if their income increases to the point they no longer need rental assistance.

Section 8 recipients must find a landlord that will accept a Section 8 voucher and the rent must fall within what HUD (US Department of Housing and Urban Development) has identified as fair market rent. The benefit to the landlord is that rental assistance from the Housing Authority is guaranteed as long as the unit is occupied.

Funds in this program are generally exceeded by demand. Because it offers personal choice, the Section 8 waiting list is much longer than the Public Housing waiting list. People are generally required to wait years for this type of assistance.

For more information or to apply for a Section 8 voucher, contact your local Public Housing Authority which can be found at www.hud.gov/offices/pih/pha/contacts/states/nc.cfm

Tax Credit Property

Tax Credit property is available through partnership between private business and government by means of a program called Low Income Housing Tax Credit. In exchange for providing rental housing for low-income individuals at a reduced rental rate, property owners/investors receive a substantial tax break in the form of tax credit. This allows real estate owners/investors the opportunity to give back to the community in a humanitarian way and increases affordable housing options for low-income individuals.

Referrals are accepted only from agencies participating on the local Housing Support Committee. Talk to your service provider about whether or not they can refer you to a Tax Credit property.

For more information, contact the NC Dept. of Health and Human Services/Office of Housing and Homelessness, Stacy Hurley, Targeted Unit Coordinator, (919) 401-6850, stacy.hurley@dhhs.nc.gov.

CASA

CASA is a nonprofit community development organization that develops and manages safe and supportive housing for persons challenged by disabilities and persons struggling with financial limitations. Many CASA properties require tenants to have a service provider in order to be considered for housing.

For more information contact CASA directly:

624 West Jones Street
Raleigh NC 27603
(919) 754-9960
www.casanc.org/

Green Level Apartments

Located in Cary and operated by Lutheran Services Carolina, the Green Level Apartments serve adults with intellectual and/or developmental disabilities. This program gives its residents an opportunity to live in an independent living community with supervision and on-call support available 24/7.

Lutheran Family Services:

3257 Lake Woodard Drive
Raleigh, NC 27604
(919) 231-1399

Special Assistance

There is a financial program available to help cover the cost of living in an Adult Care Home or Supervised Living Group Home called State/County Special Assistance. An adult is eligible for this program if he/she is disabled (by Social Security's definition), a NC resident (for at least 90 days unless moved here to be close to an immediate care giving family member), meets the allowable income and resource limits, and is a current resident or in the process of becoming a resident of an adult care home or supervised living group home that is licensed by the Division of Health Service Regulation and is authorized to receive State/County Special Assistance payments. If an adult receives State/County Special Assistance, he/she is automatically eligible for Medicaid. An application for Special Assistance may be made at your county Department of Social Services.

NC Housing Coalition

This is a private, non-profit membership organization working for decent, affordable housing that promotes self-determination and stable communities for low- and moderate-income North Carolinians. They do not provide direct housing or financial assistance, but instead can offer housing resources and referrals for housing, including

low income or individuals with special needs. Available weekdays 8:30am-5pm at (919) 881-0707 or find information at their website www.nchousing.org

Alliance for Disability Advocates/Center for Independent Living (ADA/CIL)

Assists people with disabilities to live independently and become productive, full participants in society. The entire staff and board, most of whom have disabilities, support people with disabilities in their efforts toward such life-affirming goals. They provide the following services:

- Individual and Systems Advocacy
- Peer Mentoring and Support
- Information and Referral
- Independent Living Skills Training
- Community Integration

For more information, call (919) 833-1117 or www.alliancecil.org/

**For additional information, contact the
Alliance Access and Information Center at (800) 510-9132**