

# Supported Housing Summit



**PRESENTED BY AUTISM NOVA SCOTIA**

Welcome! Please help yourself to refreshments and sit where you feel comfortable. We will begin at 9:30am.

#SupportedHousing

# TODAY'S SCHEDULE

|         |  |
|---------|--|
| 9:55am  | Presentation by Tabatha Bois, New Brunswick's Association for Community Living |
| 10:40am | <b>Break</b>   |
| 10:50am | Vignette featuring Muiriosa Foundation, Ireland                                |
| 11:00am | Unveiling of Building to Better: A White Paper on Supported Housing            |
| 11:55am | "Dotmocracy Voting" on Recommendations listed in White Paper                   |
| 12:20pm | <b>Lunch</b>   |
| 1:20pm  | Welcome Back   |
| 1:30pm  | Feature Presentation from Bo Elven   |
| 3:10pm  | <b>Break</b>   |
| 3:25pm  | Vignette featuring Ontario Developmental Services Housing Task Force           |
| 3:40pm  | Comments from Disability Support Program – Department of Community Services    |
| 3:50pm  | Closing Remarks & Next Steps   |
| 4:00pm  | Networking & End   |

#SupportedHousing

# OPENING REMARKS



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# 2019 SUPPORTED HOUSING SUMMIT DAY 1:





# Summary of outcomes guiding our work over the summit

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- Bring together a community interested in Supported Housing, including individuals and families, community organizations, service providers, and government.
- Continue to grow leadership capacity for person-directed planning, practices, and services.
- Build an understanding of community and system strengths, barriers, and suggestions for increased access.
- Identify actionable ideas, through the development of the White Paper.



# THEMES & INTRODUCTIONS

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NAME:

SPEAKER:

Supported  
Housing Summit  
PRESENTED BY ARTISAN HOUSING CENTER

BASED ON  
WHAT YOU JUST  
HEARD ...

WHAT ELSE DO WE  
NEED TO CONSIDER?

WHAT IS  
IMPORTANT  
TO YOU?

WHAT ACTIONS CAN  
YOU IMAGINE OR  
COMMIT TO TAKE?



# Three ways to provide feedback outside of today

(1) submit your feedback through our online submission form

(2) Fill out a printed copy of the Feedback Form. They are available at the Registration Table.

(3) If you require support filling out the feedback form, email us at [supportedhousing@autismns.ca](mailto:supportedhousing@autismns.ca)

or call Autism Nova Scotia at 902-446-4995 to set up an appointment time to gather your feedback.

# Social Inclusion Program Home First Model



Halifax, N.S.

Oct. 18<sup>th</sup>, 2019

## New Brunswick Association for Community Living

Oct. 18<sup>th</sup>, 2019





# About NBACL

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- NBACL is a provincial non-profit/charity that supports people with an intellectual or developmental disability (IDD) throughout their lifespan
- Our goal is to ensure that people with IDD have full and valued lives in all aspects of society
- We provide programs and support throughout the lifespan
- NBACL advocates for progressive public policy



# Our Vision

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- Full participation of persons with an intellectual disability in an inclusive society.



# How the Social Inclusion Program started

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**1957** – NBACL was established

**1986** - Inclusive Education Policy started

**2009** – Social Inclusion Program

The program had 3 key mandates:

- Assist adults with an intellectual disability
- Assist adults to have a meaningful involvement in their communities through recreation, leisure and volunteer opportunities
- Assist with the establishment and maintenance of personal networks of support for individuals who live in a home of their own

**2016** – Supported Living Facilitator Project

communities across the province. The program had 3 key mandates:





# About the Social Inclusion Program

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We support adults with an IDD to be included in their community by:

- having a home of their own (with the support they require);
- developing strong personal support; and
- by becoming involved in recreation, leisure and volunteer activities that match their interests and choices.



# Who is eligible for the Social Inclusion Program

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- This program is available to people with an IDD aged 17 and older.
- The Social Inclusion Program is available in 5 areas: Fredericton, Moncton, Grand Falls/Edmundston, Saint John and Bathurst.



# Our local team

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## ➤ Social inclusion coordinator

- responsible for establishing and planning supported living arrangements.

## ➤ Supported Living Facilitator

- Monitor the living arrangements established by the coordinators. SLFs work in collaboration with families to ensure the supports, safety and the stability required for the individual in their own home is maintained.

## ➤ Community facilitator

- Connect individuals to community. Through a person centered and goal setting approach community facilitators support individuals to participate in community and establish new relationships.



# Meet Bob

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- 30 Years Old
- Has an intellectual disability
- Independent in some tasks, but needs support to maintain independence
- Currently living with aging parents
- His parents provide most of his support and care



# Bob's Journey

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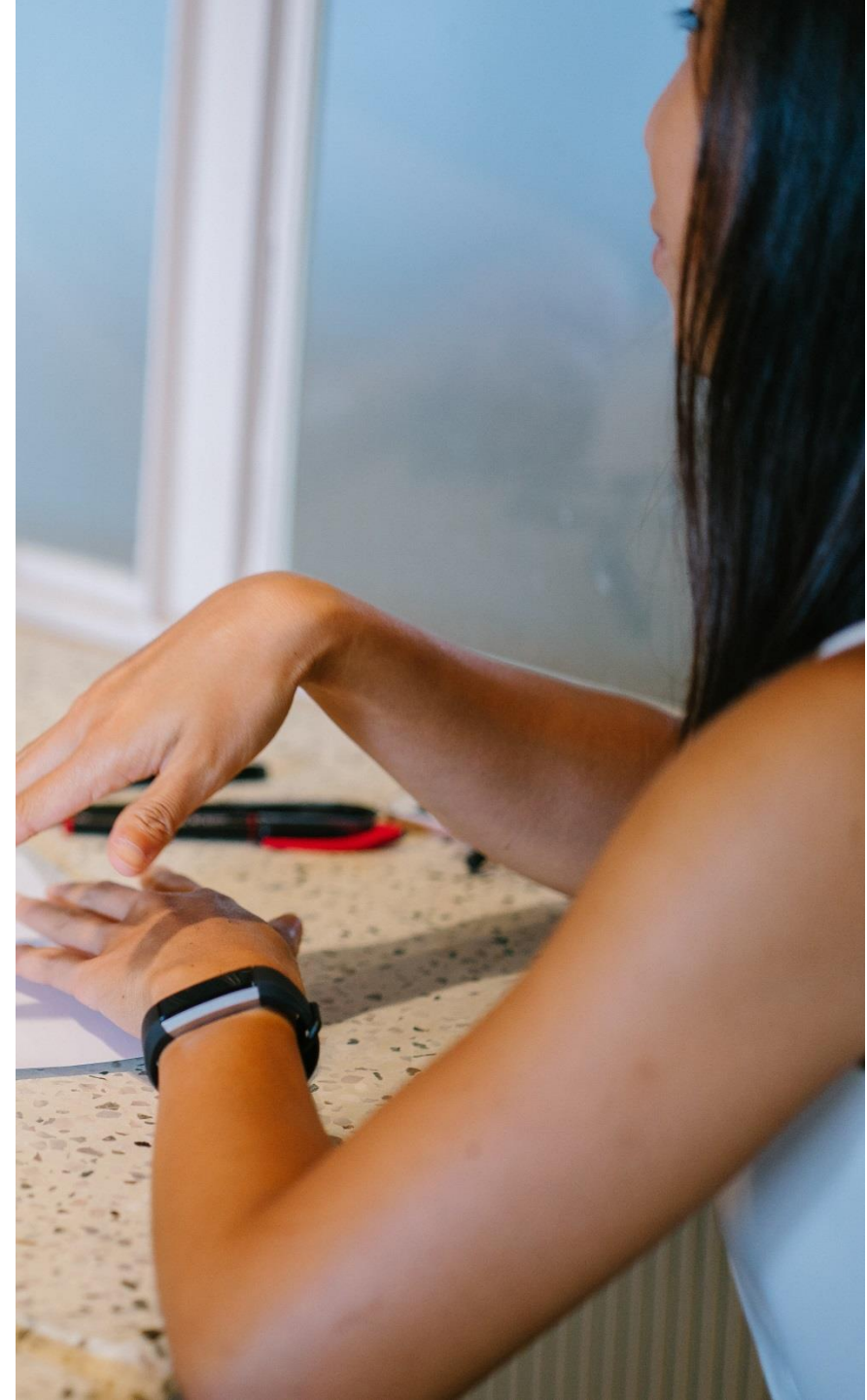
- His parents hear about the NBACL Social Inclusion Program and ask the Social Inclusion team if they can meet Bob.
- Initial meeting would be with the Social Inclusion Coordinator



# First Meeting

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- Work on learning about Bob
- Understand desired living arrangement and support options
- Person centered approach to goal planning
- Over time, the goal will be to determine what is the unmet need



# Bob's Goal

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- Bob wants to live in a home of his own.



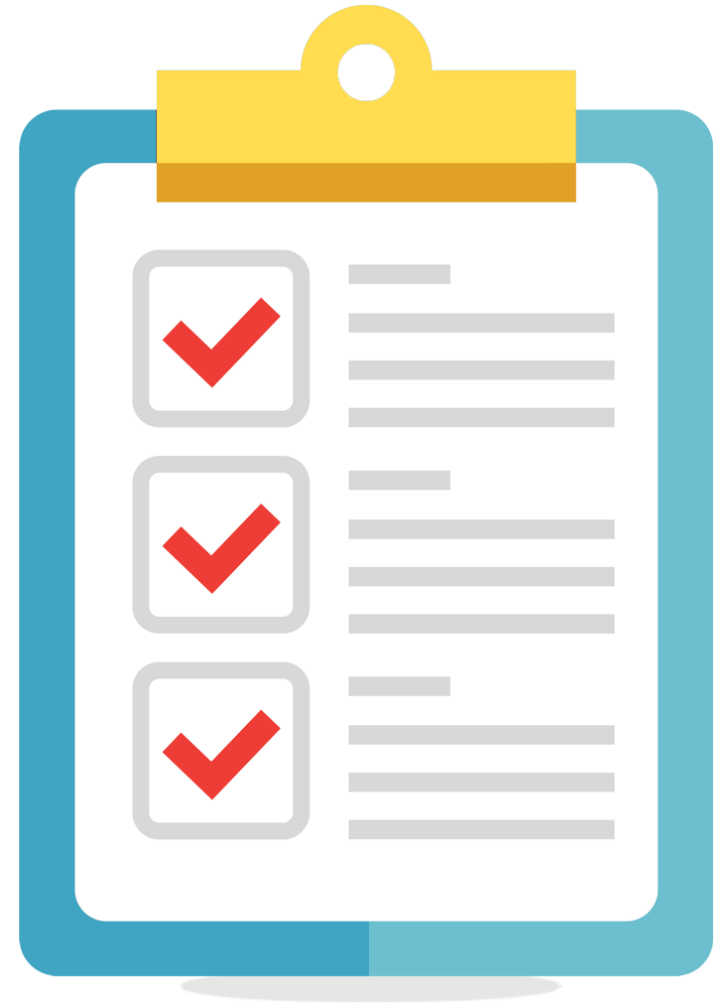


# First Steps

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The Social Inclusion Coordinator would:

- develop and establish the plan,
- explore living arrangement options, and
- determine the supports and resources necessary for a successful Supported Living Arrangement



# Supported Living Arrangements

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- Reviewing budgets
- Explore apartments with the individual based on their desired location
- Ensure food security
- Connect with income assistance and social services
- Determine transportation needs
- Identify safety concerns and arrange the supports necessary



# Identify

## Personal Support Networks

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Need to identify natural supports

- ▶ people who are currently helping them and involved in their life who are not paid for their support.

We support each focus person by staying connected to their Personal Support Network and growing their circle of support





# What does Bob want?

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- Bob wants to live in his own apartment, but needs support to help with personal hygiene and meal planning
- Bob does not have a job but would be interested in the future
- Bob has a good network of support, but they are mostly his senior parents and their friends





# Arranging Support

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Advocate for the support required through the Disability Support Program which could be:

- **Paid support:** Service provider agencies (Home support, respite, live in support roommate, human service counsellors, 24/hr care)
- **Self-managed supports:** private hire, allows more flexibility with approved hours of support, less documentation and meetings, only submitted once a year

# Housing

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- Supporting the individual to call Intake with the Department of Social Development and provide the information required to be put on the housing list.
- Providing support for updates and follow ups.
- **We do not have subsidies to issue to the people we support.**  
We work in collaboration with housing and advocate for people to sustain affordable housing.

# Housing Options for Bob

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## ➤ Subsidized

- The unit is assigned to the person once available, Landlord is paid through social development

## ➤ Portable rent subsidy

- Newer option through public housing
- The individual is provided the subsidy and they seek out their own apartment
- Specifically designed for people with a disability and builds on the support of organizations such as NBACL and our Social Inclusion Program that establishes a support model for people to be successful.

# Importance of Partnerships

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- NBACL and Non-profit organizations are key collaborators in providing housing to people with an intellectual or developmental disability.



# Benefits of a Portable Rent Subsidy

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The individual can:

- Pick a desired location,
- Live closer to work and family,
- Live in an area with greater access to transportation,
- Live close to necessary resources, and
- Have a smaller chance they will need to move in the future.



# Benefits of a Portable Rent Subsidy

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The landlord can:

- Have less turnover with tenants,
- Be able to have a more positive relationship with tenants, and
- Seek support and guidance from NBACL through housing concerns.



# How Long does it take?

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- We are not crisis housing but rather long term planning.
- Plans are based on the individual needs of our focus people.



# Bob

## gets approved through the Disability Support Program

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- Bob chooses his own apartment with a Portable Rent Subsidy
- Bob is approved for 6 hours a week of support and hires a private support worker
- Bob has been given the same opportunity as anyone else in choosing where he wants to live





# Bob

## has a place to live... what now?

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- Supported Living Facilitator would continue to support the living arrangement by
  - Providing monthly visits to each focus person, to ensure their health and safety needs are met;
  - Following their budgets,
  - Supporting their Personal Support Networks; and
  - Helping stay connected to community



# Connection to Community

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Community Facilitator would:

- Learn about the interests and goals of a person with an intellectual disability;
- Introduce the person to an individual, group, or organization that suits his or her interests; and
- Provide information and support to groups and organizations to ensure that the person feels welcome and encouraged to fully participate.





# Benefits of being in community

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- Avoid social isolation
- Decreases the risk of mental illness
- Provides more long term stability through personal support networks
- Becomes a contributing member of society



# Bob gets involved

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- Bob lives close to the local arena and gets a part time job as a ticket checker for minor hockey games
- Bob starts to meet people his own age and grows his support network
- Bob is now living a complete and inclusive life with the proper supports



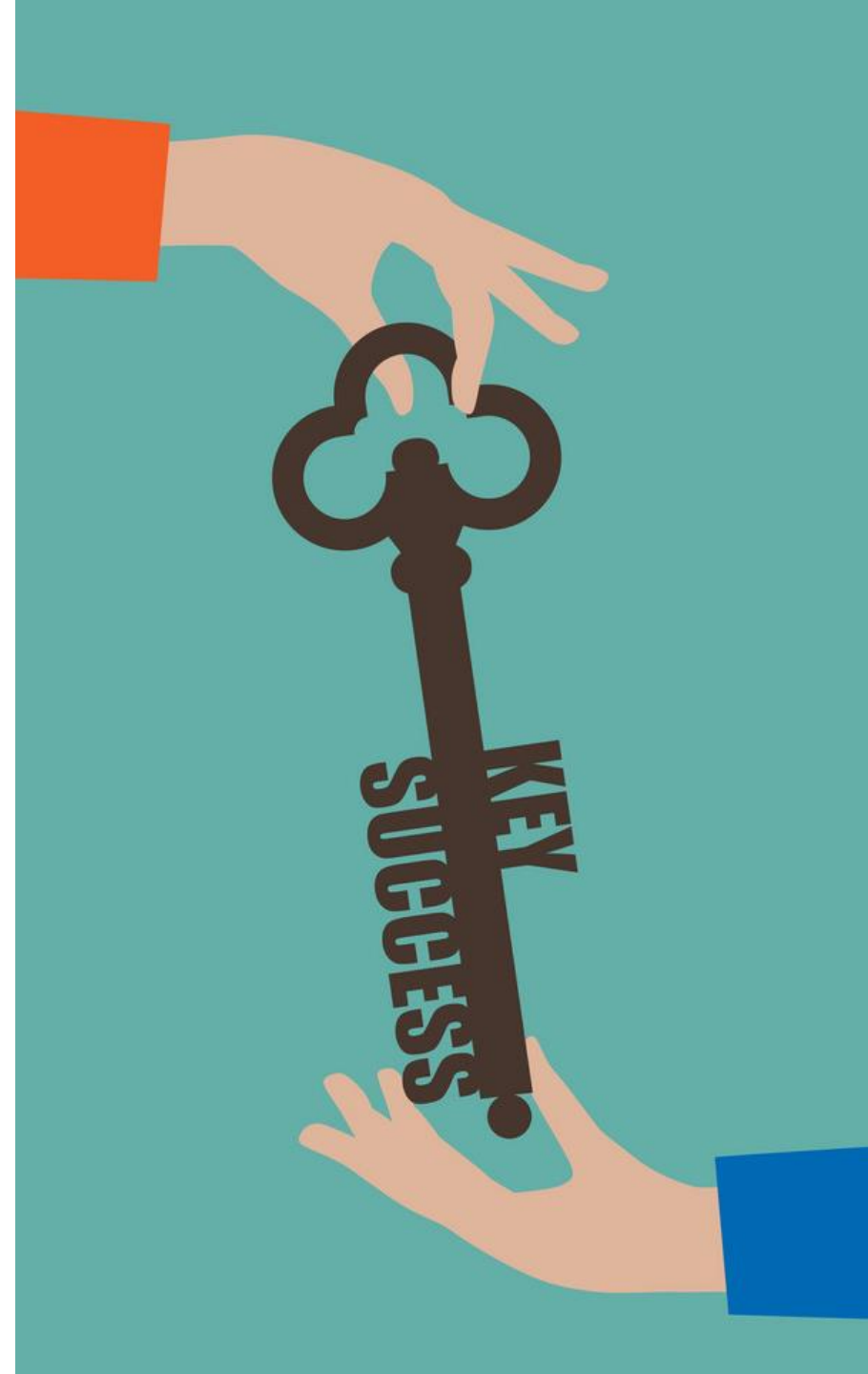


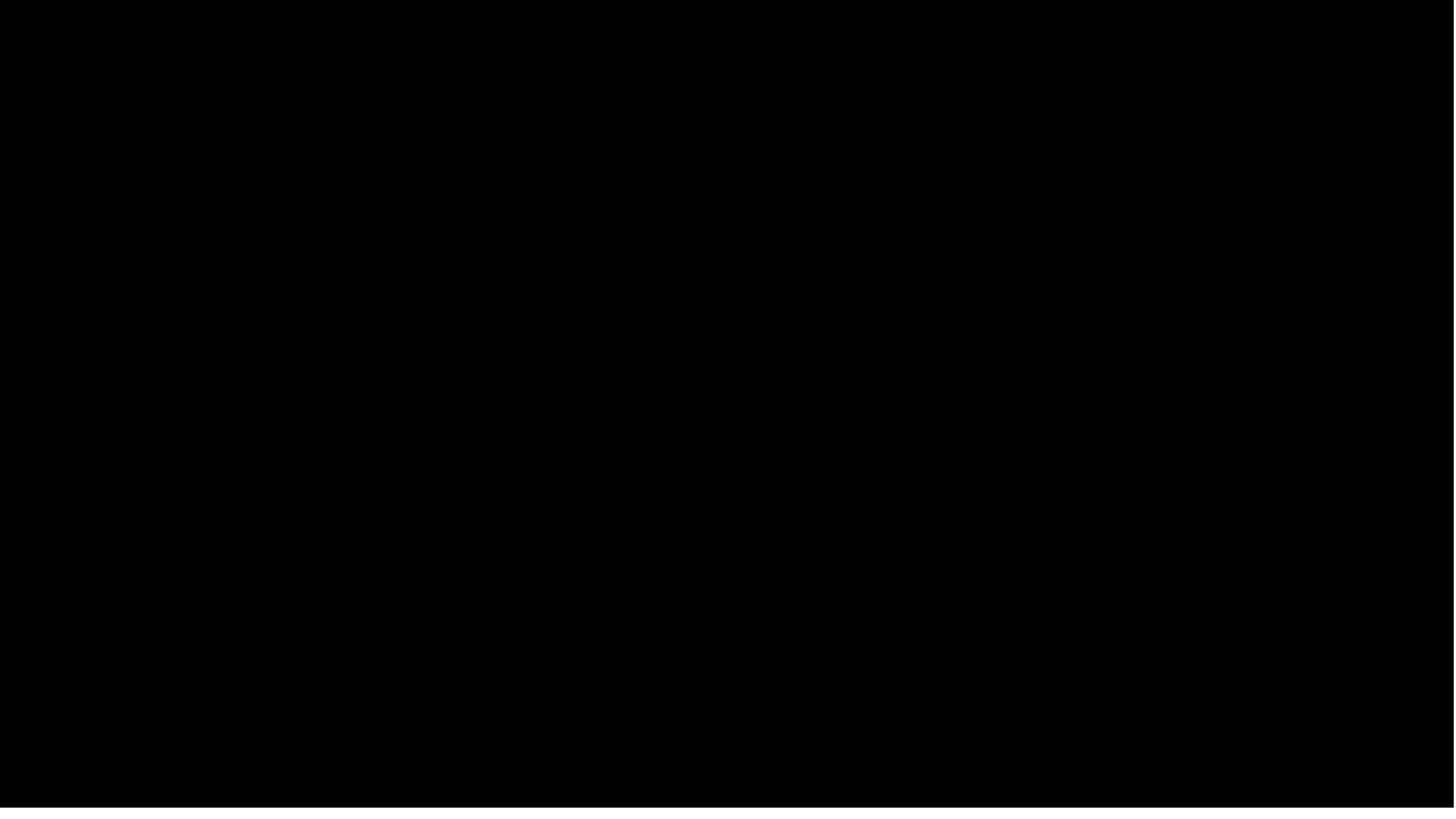
# Success's in the Social Inclusion Program

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2019

- 638 connections to community resources were made
- 28 Personal Support Networks were developed
- 15 New Supported Living Arrangements created





# Social Inclusion

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- NBACL Social Inclusion Program seeks to provide equal opportunity for people with an intellectual or developmental disability to have full and valued lives in our communities.



# Contact Us



Tabatha Bois  
Manager of Social Inclusion Program  
[tbois@nbaccl.nb.ca](mailto:tbois@nbaccl.nb.ca)



New Brunswick  
Association For  
Community Living  
Association du  
Nouveau-Brunswick  
pour l'intégration  
communautaire

800 Hanwell Road,  
Fredericton, N.B. E3B 2R7

1-866-NBACL-4U    [www.nbaccl.nb.ca](http://www.nbaccl.nb.ca)

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# 10-MINUTE BREAK



"Supporting individuals (and their families)  
with an intellectual disability and/or autism to  
live self-directed, connected and fulfilling lives."















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# BUILDING TO BETTER:

A WHITE PAPER ON SUPPORTED HOUSING  
FOR THE AUTISM AND DEVELOPMENTAL  
DISABILITY COMMUNITY



Brian Foster, PhD

Paula Hutchinson, PhD

Cynthia Carroll, CFRE

# The Journey So Far...



**REVIEWING THE  
EVIDENCE:**



**SUPPORTED  
HOUSING AND ASD**



**IN CRISIS WITH  
AUTISM SPECTRUM  
DISORDER**

# 2019 SUPPORTED HOUSING SUMMIT DAY 1:

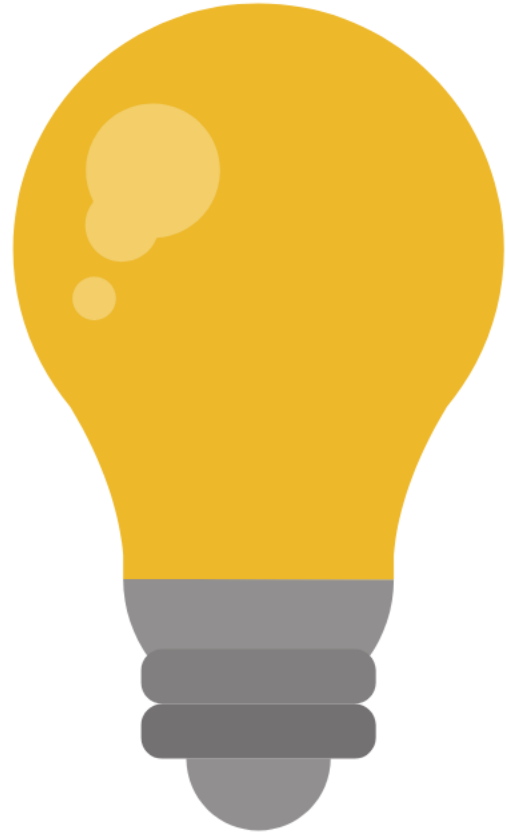
## Imagining Better and Living A Good Life



# 2019 SUPPORTED HOUSING SUMMIT DAY 2:

Unveiling the White Paper

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**PROPOSED  
INNOVATIVE  
SOLUTIONS**



Disability Rights Coalition of Nova Scotia

Karen Foster, Dalhousie University

Brian Hennen, Community Homes  
Action Group

Dawn LeBlanc, Community Homes  
Action Group

Wendy Lill, Community Homes  
Action Group

Richard Starr, Starr's Point

Sheila Wildeman, Dalhousie University

Nova Scotia Department of  
Community Services

# WHITE PAPER CONTRIBUTORS

# QUESTIONS

The White Paper is inviting us to shift from what is...

to what is possible.

- What is the need or demand for supported housing?
- What is the availability of homes and access to support?
- What are the barriers and opportunities for person-directed homes and access to support?
- What are the recommendations that we want to prioritize?

23,986

Estimate of adults in Nova Scotia with Developmental Disabilities, including Autism

(Asbridge et al., 2011)

3 – 4%

will live without any need for support

(Autism Housing Pathways, 2012; Klinger et al., 2015)

96%

(~23,000) will need some form of support and affordable homes

75%

will need moderate to enriched levels of support, at least.

(Asbridge et al., 2011)

# What is the need or demand for supported housing?

# 70 - 87%

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Unmet need or demand  
for supported housing

# SEGMENTING THE MET AND UNMET DEMAND

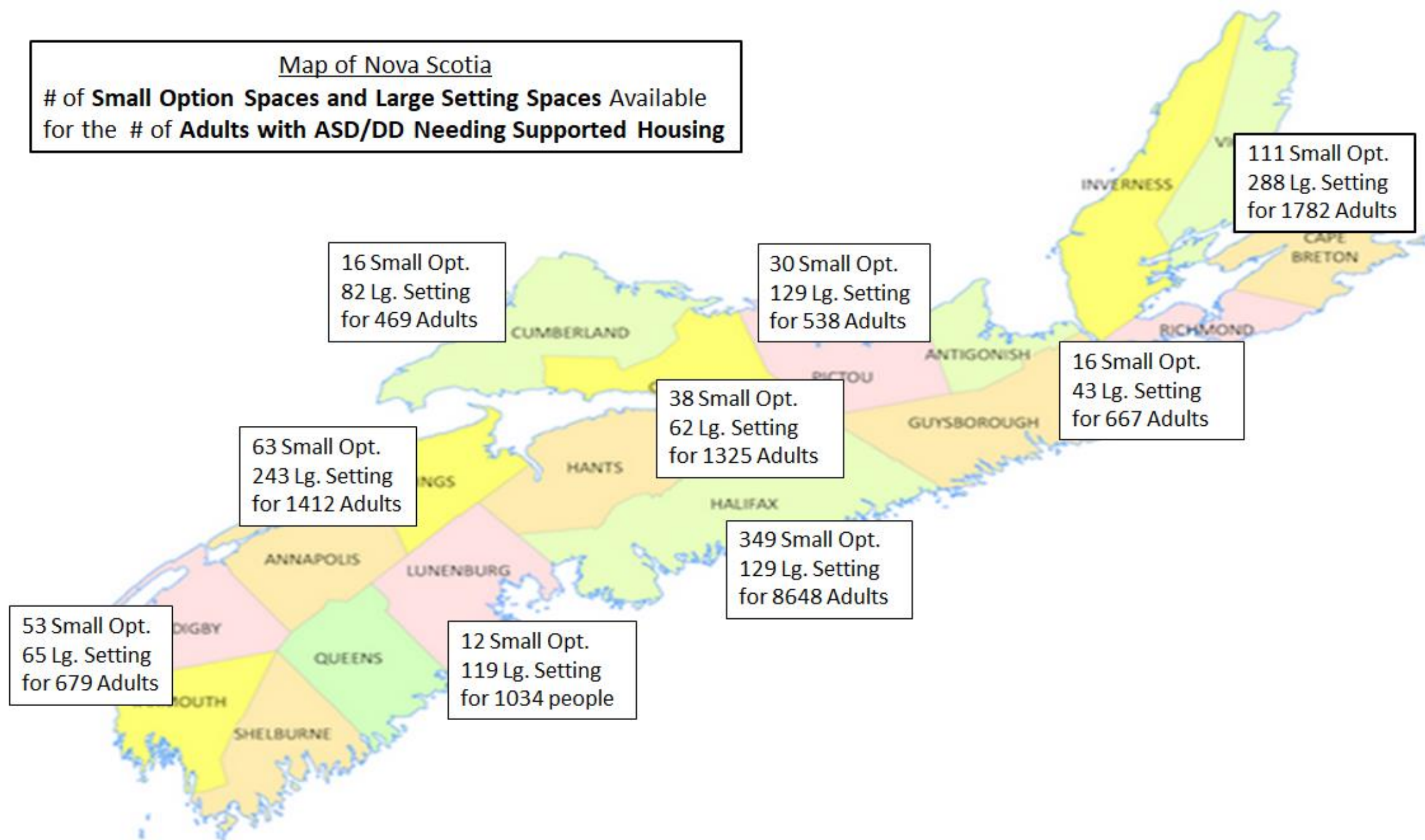
Individuals have:

- ▶ supported and satisfied with their home-life
- ▶ unmet and unknown support needs
- ▶ supports, receiving some funding and possibly not on a waitlist for residential supports
- ▶ supports and on a waitlist
- ▶ supports through small options, large congregate, institutional placements that are inappropriate or undesired “placements” for that person



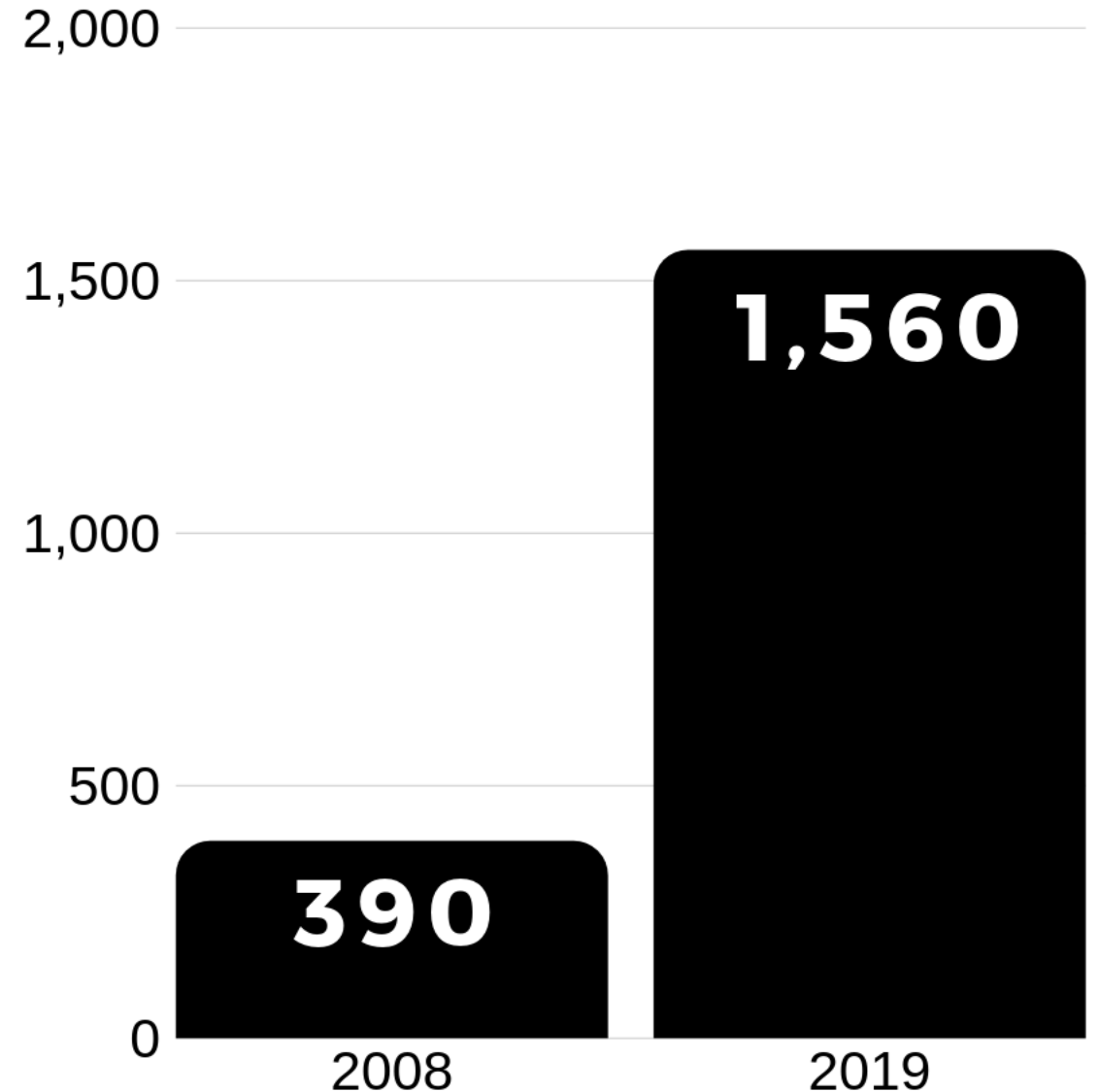
### Map of Nova Scotia

# of **Small Option Spaces** and **Large Setting Spaces** Available  
for the # of **Adults with ASD/DD** Needing **Supported Housing**



# Availability of homes and access to support

**THE WAITLIST  
HAS GROWN  
SUBSTANTIALY:**



# Availability of homes and access to support

---

## NOT ON THE WAITLIST BECAUSE:

Individuals unconnected because of non-qualification or because of non-access to DSP;

“at-risk” of or already having unmet support and housing needs; and

Individuals receiving DCS direct funding program (n=2,349),

but either unaware of the process for “getting on” the waitlists or disengaged for a variety of reasons.

THE FAMILY  
HOME

THE FAMILY  
AS LANDLORD

THE FAMILY AS  
LANDLORD

LIVE-IN  
SUPPORT

(WITH LIVE-IN  
SUPPORT)

# Alternative Options

SUBSIDIZED  
SUPPORTED  
HOMES

COMMUNITY  
MIXED-  
PURPOSE  
HOMES

A SMALL  
SHARED  
HOME

PURPOSE-BUILT  
OR RENOVATED  
SMALL SHARED  
OR INDIVIDUAL  
HOMES

# Alternative Options





# **BARRIERS AND OPPORTUNITIES FOR PERSON-DIRECTED HOMES AND ACCESS TO SUPPORT**

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LACK OF AWARENESS

EQUITABLE AFFORDABILITY

EQUITABLE AVAILABILITY AND ACCESSIBILITY

HOMELESSNESS AND HOSPITALIZATION

ACCESS TO TRAINING AND SKILLS DEVELOPMENT FOR SERVICE PROVIDERS  
TO ADDRESS CRISIS AND DIVERSE SUPPORT NEEDS

SYSTEM-CENTERED VS SYSTEM FACILITATED, PERSON-DIRECTED HOUSING

# What we Learned



The need or demand for supported housing is poorly understood.



Availability of homes and access to support is insufficient.



Access to information about the range of options available, or the sources and combinations of funding to pay for them is a barrier.



Social inequalities are invisible and systemic.

# RECOMMENDATIONS & CALL TO ACTION



# OUR CALL TO ACTION:

We All have a Role in Improving Supported Housing

GOVERNMENT

COMMUNITY

SOCIETY



# GOVERNMENT

## Has a Role in Improving Supported Housing

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- Larger investment in innovative and individualized options to support housing demand
- New system funds housing & support of person-directed plans
- DCS clarifies “Flex Funding”, makes it more available
- Government Budgets for Person-directed planning training and tools
- Improve access to housing & mental health supports in N.S.
- HousingNS & DSP work more closely on these Recommendations and link work to national affordable housing initiatives

# COMMUNITY

## Has a Role in Improving Supported Housing

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- Survey the ASD/DD community to determine the needs & desires around housing
- Visual guide outlining the process of securing housing arrangements & funding
- Individuals, families, and service providers involved in housing planning
- Funding for housing agencies and individual initiatives to evaluate “models”Improve access to housing & mental health supports in N.S.
- Residential and supported living core competencies & funding
- Third party conducts & monitors outcomes of person-centred plans

# SOCIETY

## Has a Role in Improving Supported Housing

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- Inter-ministerial & community working groups to strengthen housing
- “Brokerage” services to provide support for transition planning, staffing, & training
- Website & Guide explaining housing options & available funding in N.S.
- Crisis stabilization services and tools that assure transitions to community
- Wraparound services made available & accessible

# We want to hear from you!

Words, pictures, doodles:

1. What is important to you, based on what you just heard?
2. What else do we need to consider?
3. What actions can you imagine or commit to taking?



# We want to hear from you!



There are 2 ways you can provide feedback for Building to Better: A White Paper on Supported Housing for the Autism & Developmental Disability Community:

1. Online Submission:

<https://form.jotform.com/92604811670253>

2. Filling out a printed copy of the form that you can gather from the registration table

If you require support filling out a feedback form, contact: **supportedhousing@autismns.ca** or call **902-446-4995** and we can set up an appointment to gather your feedback





# **DOTMOCRACY VOTING**

**Supported**   
**Housing Summit**  
PRESENTED BY AUTISM NOVA SCOTIA

## QUICK



- Evan's Fresh Seafoods (Alderney Landing)
- Giggles Food Shack (Alderney Landing)
- Port City Café (Alderney Landing)
- Biscuit Lips Lunch (Alderney Drive)
- Stone Pizza (Portland Street)
- Little C Take-Out (Portland Street)
- Revana Pizza (Portland Street)
- Subway (Portland Street)
- Portland Street Creperie (Portland Street)

## SIT-DOWN



- Celtic Corner Public House (Alderney Drive)
- Biscuit Lips Lunch (Alderney Drive)
- Evan's Fresh Seafoods (Alderney Landing)

# 1-HOUR LUNCH

# WELCOME BACK





# **DOTMOCRACY SUMMARY**

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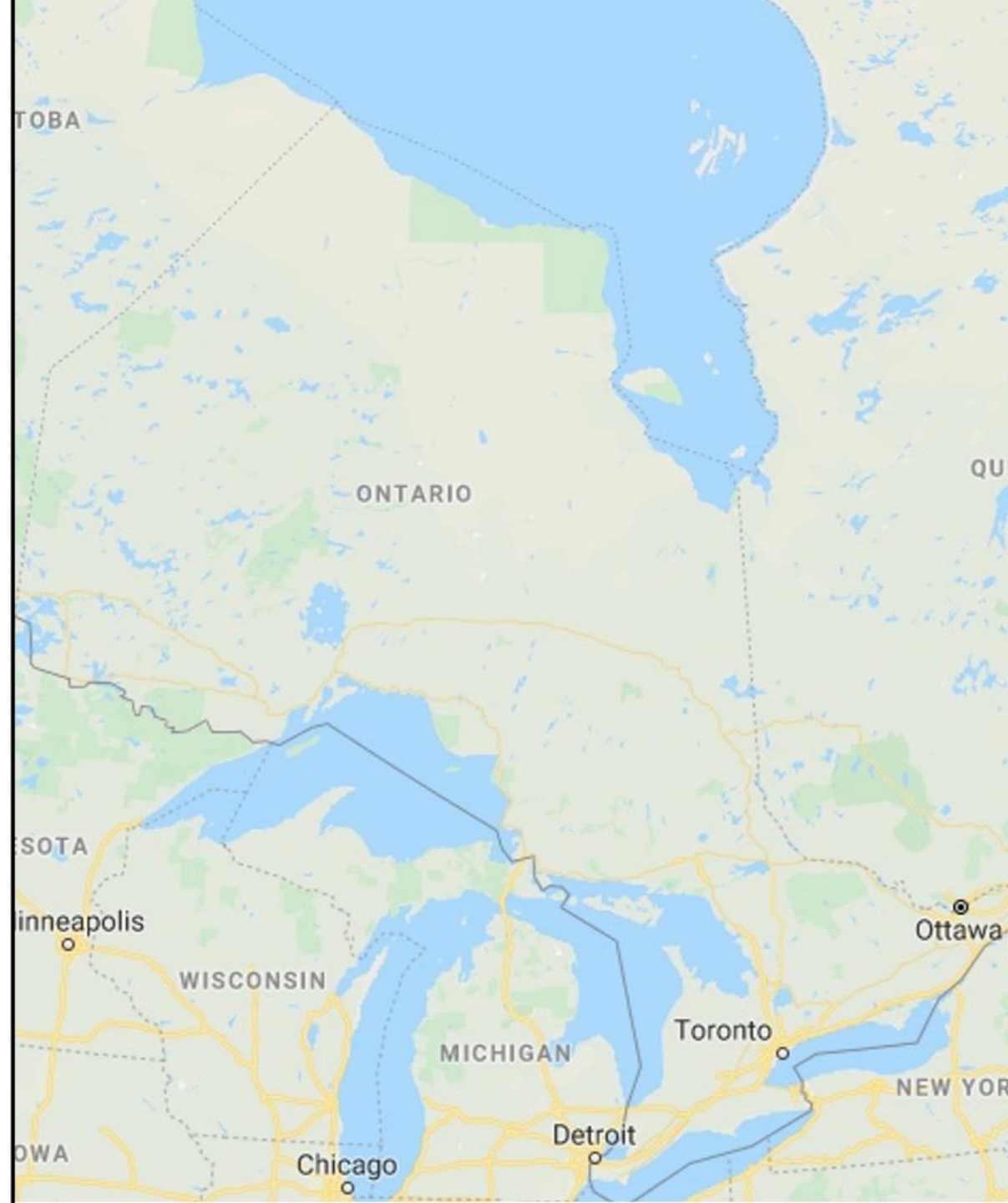






# 10-MINUTE BREAK

# **THE ONTARIO DEVELOPMENTAL SERVICES HOUSING TASK FORCE (HTF)**





RON PRUESSEN (CHAIR)



LYNDA KAHN (VICE CHAIR)

# GENERATING IDEAS AND ENABLING ACTION:

Addressing the Housing Crisis  
Confronting Ontario Adults with  
Developmental Disabilities

ONTARIO DEVELOPMENTAL SERVICES  
HOUSING TASK FORCE  
FINAL REPORT 2018

EXECUTIVE EXCERPTS



How did the  
HTF come  
About?





# THE DEVELOPMENTAL SERVICES HOUSING TASK FORCE

## P4P DIGITAL GUIDE

An overview of proposals selected from  
across Ontario in 2015/16:

## 18 INNOVATIVE HOUSING SOLUTIONS

Designed for people with developmental disabilities.



For additional resources on all aspects of disability planning, visit [planningnetwork.ca](http://planningnetwork.ca)

# INNOVATIVE HOUSING PROPOSALS





# Lessons Learned by the HTF



## #5 Housing is A Community Issue

Durham Association for Family Respite Services (DAFRS)

Brockville & District Association for Community Involvement

The families of DAFRS and BDACI view housing for people with disabilities as a community issue; the intention is to help build vibrant and strong neighbourhoods rooted in diversity by accessing ordinary paths and partnerships.

This collaborative project across two eastern regions - one urban and one rural - will provide information and experiences in a family-to-family learning project.

Some families will use the information and supports to design individualized housing arrangements for their family member within the two-year project, others will work together with local developers as a part of a larger but still not congregated project, and still others will benefit from learnings about access to local social housing. In some parts of the project, all community partners interested in affordable housing will collaborate.

All housing solutions will be designed for and with one person at a time where they are not grouped in terms of disability, but anchored in and contributing to the emergence of diverse and vibrant neighbourhoods.

### In their own words WHY IT MATTERS

People with disabilities have important contributions to make to all of community and this can only be done when they live among us all in vibrant and diverse communities.

Secure places of real home are best designed for one person at a time by families and allies with adequate resources and supports to dream, plan, partner, design and implement.

We challenge the assumption that people with disabilities are to be looked after by services (MCSS). Rather than wait for services that will not fit, families want to be actively involved in the conversations and innovations leading to inclusive communities and safe, secure homes for their family members with disabilities.

### KEY INNOVATIONS

- A collaborative project across two eastern regions focused on family-to-family learning in order to plan home and housing one person at a time
- Individual, flexible, evolving, person-centered approaches to securing housing solutions through networking and community resources to demonstrate family-led individualized approaches in housing and support
- Separating housing from support requirements maximizes flexibility, portability, and individualized results in typical and valued (non-grouped) settings



## #9 Neighbourly Homes

Community Living St. Marys and Area

Community Living St. Marys and Area has a long history of exploring innovative and unique supportive housing options with people over many years.

The lead participant for this project is a young woman, Kaylee, who has always lived at home. Kaylee has begun to transition into a new two-bedroom apartment which she shares with another young woman who has moved out of home for the first time.

In the Neighbourly Homes model, Kaylee (and to a lesser degree her housemate) will receive Neighbourly Support from a family living down the hall. Together they will share some meals, time at home and within the community. The family - who receives a monthly honorarium - also provides assistance overnight and when otherwise needed.

### In their own words WHY IT MATTERS

Strongly committed to our values and principles, we take an individualized approach in supporting each person to live well in their community. Everything always starts with the person.

Our Neighbourly Homes model promotes creative partnerships between families, agencies, private sector and local organizations. It's a cost-effective way to support a person, differs greatly from traditional hourly support and improves quality of life for all involved.

With good relationships and partnerships in place, a person with disabilities can enjoy a safe, affordable and desirable home.

### KEY INNOVATIONS

- Blending of support styles (paid, self-administered, natural) working together; innovative partnerships between families, agencies, private sector and local organizations
- Person-centered planning improves community engagement, participation, independence and social inclusion
- Advance planning to produce direct indicators used to measure if the plan is implemented as the person desired



# Resources to Learn More

**FREE P4P WEBCAST**

Developmental Services  
Housing Task Force  
**FINAL REPORT**

**Wednesday, Sept 11 at 7pm**



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# COMMENTS FROM DISABILITY SUPPORT PROGRAM



# NOVA SCOTIA

## COMMUNITY SERVICES

# NEXT STEPS & CLOSING REMARKS





**supportedhousing.ca**

**#SupportedHousing**



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**NETWORKING  
& END**