

Roadmap to Housing and Supports for Autistic Adults

Inland Empire &
Coachella Valley Edition



Your local Autism connection

Roadmap to Housing and Supports for Autistic Adults Inland Empire & Coachella Valley Edition

There is a shortage of affordable housing in California, whether you have a disability or not. Most adults with Autism and other developmental disorders and their families will have to find or create housing on their own regardless of if you are a Regional Center client or not.

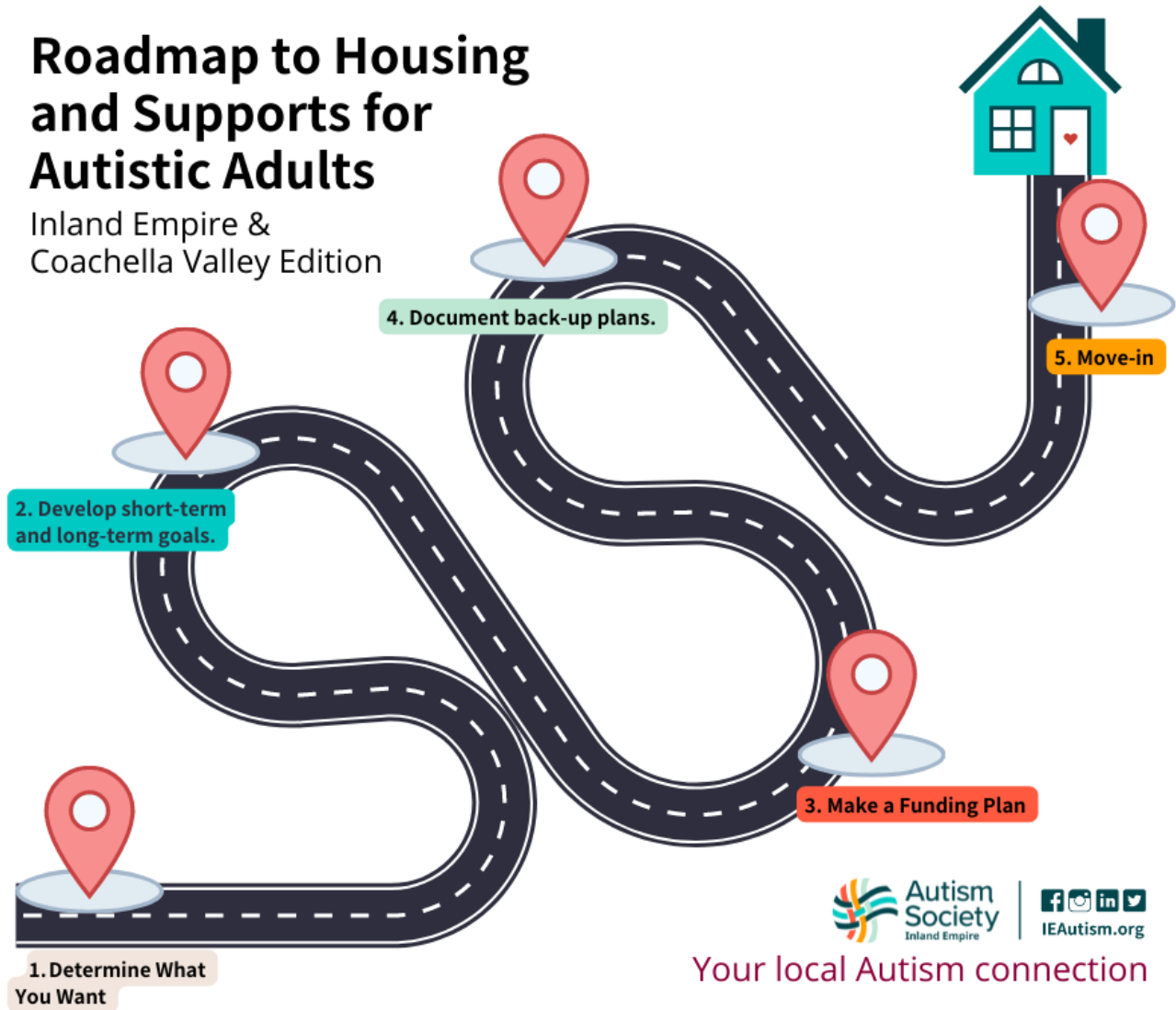
We have developed this Roadmap to Housing with tips and resources to help you on this journey.

Thank you to Shella Comin-DuMong, Executive Director of Chance, Inc. (Coalition for Housing Accessibility, Needs, Choices, and Equality) for her assistance in putting together these resources and other advocates in the community who were willing to share their experiences and their knowledge to help other families.

The Autism Society Inland Empire Autism (ASIE) maintains these Resource Listings as a service to families as a reference tool. Every effort is made to ensure listings are up to date. ASIE does not endorse or claim to have personal knowledge of the abilities of those listed. The resources listed are not intended as a recommendation, referral, or endorsement of any resource or as a tool for verifying any organization, product or professional's credentials, qualifications, or abilities. Users are urged to use independent judgment and request references when considering any resource associated with diagnosis or treatment of Autism or the provision of services related to Autism.

Roadmap to Housing and Supports for Autistic Adults

Inland Empire & Coachella Valley Edition



Your local Autism connection

Table of Contents

Determine What You Want4

Develop short-term and long-term goals.....6

Make a Funding Plan.....8

Document backup plans.....15

Move in.....15

National Housing Resources.....16

1. Determine What You Want

There are a variety of housing options and support options. Use Person Centered-Planning to help determine what you want instead of looking at what exists and trying to fit into the existing services. The first step is making fundamental decisions on where you want to live, what type of house, and what support you need. Below are considerations when deciding on a home and community to live in:

What type of neighborhood do I want to live in?

- Suburban
- Urban (city area)
- Rural (houses spread far apart)

What type of house do I want to live in?

- The Family homes
- A Single Family Home
- Townhouse
- Apartment with a shared space for residents
- Accessory Dwelling Units (ADUs) are also known as "granny flats" or "in-law units" in the back or side of an existing house. ADUs are an affordable type of home to construct in California because they do not require paying for land or major new infrastructure. They have also been called "ADUs can provide a source of income for homeowners. In 2022, California is offering up to \$40,000 to reimburse pre-development and closing costs. See ADU Grant Program
- Family Home Agency (FHA) A Family Home Agency (FHA) approves family homes that offer up to two adult individuals with developmental disabilities per home to reside with a family and share in the interaction and responsibilities of being part of a family. The individual with developmental disabilities receives the necessary service and supports from the family, agencies and the community to enable the individual to be a participating member of the family and the community where the family resides.
- Planned Community
- Group home - paid for typically by Regional Center. Typically serves several people with disabilities. Trained professionals assist residents. Residents have jobs or attend a day program away from home during the day
- Assisted Living Facility

What level of support will I need to live in the community?

- 24 hours per day
- Supports throughout the day
- Supports a few hours per day
- Support a few hours per week
- Minimal support (I am independent)

Do I want to live with other people?

- I want to have the house/apartment to myself
- Share a house or apartment with each person having their own bedroom
- Share a room with a roommate

Other issues to consider

- Health services coordination and medication administration
- Behavioral and mental health support
- Respite for caregivers
- Career support
- Community integration
- Social opportunities
- Money management
- Support at home
- Family support
- Transportation

2. Develop short-term and long-term goals

Whether you are a Regional Center client or not, you can assess your current skills and supports and determine areas to build on. Remember, this process usually takes years to complete so you can pace yourself.

Establish credit.

- Consider putting the adult with Autism's name on a utility bill if they live in the family home. When they move, they will have a payment record and may not have to pay a utility deposit.
- Use a rental agreement to have the adult rent a room from you. You can go online and see what room rentals are going for in the area. You want to charge the same rate that would be charged to a non-related party if the space were to be rented. Typically, an amount between \$400 and \$600 a month will be accepted; however, we recommend using realistic calculations to determine rent.

Other Essential Life Skills.

- The graphic on the next page is from Shasta Twenty-first Century Career Connections lists a number of different "essential life skills" which are a great place to start.



Essential Life Skills for All Teens

Independent Living Skills

At Home Skills

- Locate Housing options
- Arrange Rent, Utilities, Phone
- Basic Routine Maintenance
- Clean, Vacuum, Dust
- Find a Circuit Breaker/use it
- Locate, use Water Furnace Shut-off
- Fix Basic Plumbing

Financial Literacy

- Understand Gross/Net pay, Deductions
- Make a Budget – stick to it
- Use a Bank and/or ATM/ On-Line Banking
- Open, Use, Balance Checking Account
- Apply for Credit Card, use wisely
- Benefits Planning
- Saving Account,
- Keep track of documents file taxes

Citizenship

- Register to Vote, Vote
- Comply with Laws, Regulations
- Be Environmentally Responsible
- Participate in Community Activities
- Volunteer

Use Technology at Work, Home, Socially

- Use Social Media Responsibly
- Know Cyber Presence
- Cell Phone Message & Ringtone should Leave a Good Impression
- Validate Sources of information
- Maintain Safe Identity
- Maintain Current Knowledge of Technology/Applications

Food Skills

- Plan, shop for Healthy Diet.
- Prepare, Store Food
- Cook Balanced Meal
- Use Kitchen Appliances

Personal Appearance Skills

- Basic Clothing Repair (buttons, hems)
- Iron Garments
- Fold, put away Clothes
- Laundry – Follow care labels, treat stains
- Maintain Personal Appearance

Health and Wellness

- Basic First Aid
- Maintain Healthy Diet
- Use Medication Safely
- Routine Exercise
- Make Healthy Lifestyle Choices
- Maintain Hygiene/Grooming
- Be aware of personal Safety

Self Determination & Self Management

- Know Yourself – Your Strengths, Limitations
- Manage Your Time
- Set Priorities
- Monitor Your Performance
- Balance Your Responsibilities and Priorities,
- Adapt and Accept Change
- Advocate for Yourself to Meet Your Needs
- Learn from Mistakes

Believe in Yourself

Be A Lifelong Learner: Be curious & interested to learn new things or apply old info in new ways

- Seek Opportunities to Learn – In Classroom, with Computers, with Books, with People
- Learn From and With Others – Share what you Learn – Recognize You are Not "The Expert"
- Take in Information – Analyze It, Join it with other Information, then apply it

Transportation Community Access

Drive/Maintain Car & Driver's License

- Buy Car, Buy Insurance
- Registration
- Pump gas
- Maintain Vehicle Oil, Fluids
- Maintain, Change Tires,
- Follow Traffic Laws/Safety

Use Public Transportation

- Know Schedules
- Know Routes, Pick-up Points
- Know Options (Bus, Taxi, On-demand)

Community Access

- Know Options
- Read a Map/ Use GPS
- Know Landmarks
- Community Orientation

Social / Recreation

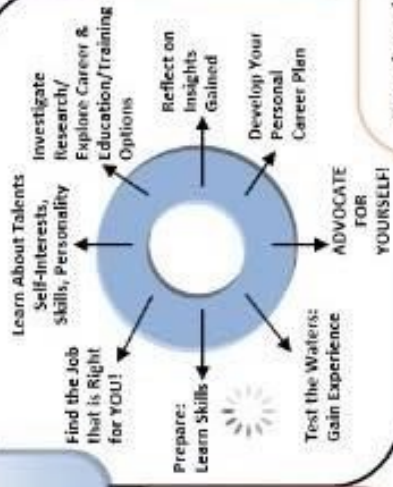
- Explore Social/Recreational Opportunities
- Pursue Hobbies, Recreational Interests
- Develop, Maintain Healthy Friendships
- Develop, Maintain Healthy Family Relationships

Postsecondary Options

- Explore Options -- Job Center, Web Postings
- Explore Postsecondary Education Options
- Apply Decision Making Skills
- Use Labor Market info. to guide choices
- Develop Resume
- Submit Applications/Resume on-line
- Interview skills

Employability Skills

- Communication Skills (Listen, Speak, Customer Service)
- Interpersonal Skills (Leadership, Social Skills, Teamwork)
- Personal Qualities / Work Ethic
- Thinking Skills (Analyze, Prioritize, Visualize, Problem Solve)
- Application of Core Academic Skills
- Use of Technology
- Manage Resources, Time
- Understand Value of Lifelong Learning
- Be Adaptable



© Shasta Twenty-first Century Career Connections

SOURCES: 21st Century Life Skills, Casey Life Skills, Ready by 21, Employment Literacy: SCANS 21st Century Skills, Equipped for the Future, California Career Planning Guide

3. Make a Funding Plan

Layering funding and services are essential; however, it requires knowledge of many different systems. We have included resources for different types of funding streams.

- SSI/SSDI
- Section 8
- Other Affordable Housing
- Regional Center (group Home)
- Utilities assistance
- Grants for ADUs
- Private resources

Brick and mortar expenses




- Cal-Fresh - www.cdss.ca.gov/inforesources/calfresh
- SSI/SSDI
- Private resources

Food




- IHSS
- Regional Center
- Private Resources

Support Services



- Moving expenses
- Furniture

Moving



a. Check out the local Housing Authority

Your local housing authority has information on places that accept low-income, elderly or disabled tenants. They'll help you sign up for local affordable housing programs, including ways to get federal government-subsidized rent vouchers. These affordable housing units are decent, safe and sanitary places to live. Plus, they're in the private market, so you might live in a better neighborhood than expected. This is where you can sign up for vouchers and the Section 8 waitlist. Some larger cities will also have resources, so check both the county and your town for resources.

- Riverside County - www.harivco.org/
- San Bernardino County - <https://hacsb.com>

Affordable Housing Units

Riverside County

- Riverside - www.harivco.org/Program/AvailableUnits/tabid/74/Default.aspx
- Moreno Valley - www.moval.org/departments/financial-mgmt-svcs/nprog-nbd-affordhousing.html
- Moreno Valley - www.moval.org/departments/financial-mgmt-svcs/pdf/AffordHousingDatabase.pdf

San Bernardino County

- <https://inlandsocaluw.org/211>
- <https://wp.sbcounty.gov/dbh/sbchp/wp-content/uploads/sites/2/2016/09/ESG-Service-Providers-2015-16-Contact-Sheet-1.pdf>
- Fontana - www.fontana.org/578/Affordable-Housing-for-Renters
- Ontario - www.ontarioca.gov/Housing and www.ontarioca.gov/Housing/Programs
- Rancho Cucamonga - www.cityofrc.us/housingresources

Both Counties

- 211 Inland SoCal - <https://inlandsocaluw.org/211>

Rent Subsidies

- Riverside -
<https://cariversideco.tenmast.com/apply/index.asp?Page=home&Folder=&StepPos=0> * Apply for Section 8 and other Programs *Riverside -
<https://cariversideco.tenmast.com/apply/index.asp?Page=home&Folder=&StepPos=0> * Apply for Section 8 and other Programs *Riverside -
<https://cariversideco.tenmast.com/apply/index.asp?Page=home&Folder=&StepPos=0>
<https://cariversideco.tenmast.com/apply/index.asp?Page=home&Folder=&StepPos=0> * Apply for Section 8 and other Programs *
- <https://hacsb.com/apply-for-housing-assistance>
- <https://hacsb.com/emergency-housing-vouchers/>
- Fontana - <https://www.fontana.org/DocumentCenter/View/37538/CoF-Housing-Brochure-Digital-English-21522?bidId=>

b. Housing Navigation Assistance

Autism Society Inland Empire

(951) 220-6922

ieautism.org

Provides information and referral services. systems navigation, workshops and online resource library on topics related to living with Autism.

Community Access Center (CAC)

6848 Magnolia Ave. Suite 150 Riverside, CA 92506

Riverside (951) 274-0358

Perris/Menifee (951) 263-0708

Palm Desert (760) 568-9319

Desert Hot Springs (760) 288-2854

<https://ilcac.org/housing-registry-2021/>

The Independent Living Center for residents in Riverside County living with a disability. Has an online housing registry.

Rolling Start, Inc.

SAN BERNARDINO OFFICE - 1955 Hunts Lane, #101 San Bernardino, CA 92408
(909) 890-9516

VICTORVILLE OFFICE - 16519 Victor St, #406, Victorville, CA 92395
(760) 949-7626

<https://rollingstart.com/>

A community-based not-for-profit disability organization serving all disabilities, regardless of if you are a Regional Center client or not. Serve San Bernardino, Inyo and Mono Counties. Services include but are not limited to Information and Referral, Independent Living Skills, Systems, and individual Advocacy, Peer Advising, Housing Referrals, Personal Assistants, and Assistive Technology Device Lending Library. If a person with a disability needs extra support like help completing applications, talking to others on the phone, or gathering documents. It needs to be said during intake to receive this additional support.

c. Support Options

In-Home Supported Services

The IHSS Program is a federal, state and locally funded program designed to help pay for services provided to you so that you can remain safely in your own home. To be eligible, you must be over 65 years of age, or disabled, or blind. Disabled children are also eligible for IHSS. IHSS is considered an alternative to out-of-home care, such as nursing homes or board and care facilities. The types of services which can be authorized through IHSS are housecleaning, meal preparation, laundry, grocery shopping, personal care services (such as bowel and bladder care, bathing, grooming and paramedical services), accompaniment to medical appointments, and protective supervision for the mentally impaired.

- Riverside County - <https://riversideihss.org>
- San Bernardino County - <http://hss.sbcounty.gov/daas/IHSS/>

Independent Living Skills

Regional Centers can fund Independent Living Skills (ILS) services to provide training and assistance for adults with intellectual/developmental disabilities to achieve greater independence while living with others or to acquire and maintain living independently. ILS services are delivered in a non-licensed home or apartment. ILS services mostly focus on basic self-help activities that may include any of the following:

- Money management
- Shopping
- Meal preparation
- Health/medical care
- Laundry
- Advocacy
- Psycho-social support

Personal Assistance Services

Regional Centers can also fund Personal assistance services (PAS). This service is used to help a person with a disability do tasks they would typically do if there were no disability. The use of PAS in supported living services is often the key to a person being able to live in the home of their choice successfully. These services, including PAS, can be purchased only after all other generic and natural resources are accessed (such as IHSS). The regional center provides for or helps coordinate services for those needs listed in the IPP. Those services identified in the IPP are paid for by the regional center.

- Personal care services include:

Ambulation, Feeding and fluid intake, Bathing, Bowel and bladder care of medications, Dressing, Menstrual care, Grooming, Prosthesis care, and assistance, Range of motion and other, Repositioning and skin care, Respiration, and Transfers

- Domestic services include:

Sweeping, vacuuming, washing, Taking out the garbage, waxing floors, Dusting and picking up, Washing kitchen counters, and sinks, changing bed linens, cleaning oven and refrigerator, etc., Wheelchair cleaning and battery, Cleaning the bathroom, maintenance, laundry, including ironing, mending

- Related and Other services include:

Preparation of food, Help to participate in work, home, or Meal cleanup community activities, Menu planning, Facilitation at meetings, Protective supervision, Assistance with the use of Teaching and demonstration communication devices, Transportation, Assistance with inclusion in social, companionship, and recreational activities, Money management, Assistance with self-advocacy, Shopping activities

- Paramedical services include:

Administration of medications, Puncturing the skin, Activities requiring sterile procedures, Bowel program, Inserting a medical device into a body orifice, i.e., catheter insertion, ostomy irrigation

Supported Living Services (SLS)

Regional Centers can also fund Supported Living Services (SLS) to assist Regional Center clients in establishing and maintaining a safe, stable, and independent life in homes they own or rent. SLS helps individuals make meaningful choices toward their personal goals in relationships and in the community. SLS is offered for as long as needed and is flexible to a person's changing needs over time. SLS may include assistance with the following:

- Selecting a home
- Moving into a home
- Choosing personal attendants
- Choosing housemates
- Acquiring household furnishings
- Participating in daily living activities
- Preparing for emergencies
- Participating in community life
- Managing personal financial affairs

4. Document backup plans

If your loved one needs support to live independently, it is crucial to consider backup and emergency plans. If there is a support person who helps with a health and safety issue and cannot be there – what is the procedure? Will the provider guarantee a substitute? If they can't, will a family member cover? If the family member is not available, is out-of-home respite available?

Make sure you have a backup plan and an emergency plan after that. All of it should be documented in the Regional Center IPP. In case of an emergency, you can call the Regional Center emergency number and tell them to pull up the IPP, which has already been approved. The last thing you want is to wait for authorization during an emergency.

5. Move-in

Execute your housing plan. Move in and generalize skills and support systems into the new setting. Add any new services and skills as needed.

National Housing Resources

- [Autism Housing Network](#) a platform for sharing housing resources.
- [Opening Doors: A Discussion of Residential Options for Adults Living with Autism and Related Disorders](#), and the accompanying report, "Advancing Full Spectrum Housing: Design for Adults with Autism Spectrum Disorders," have been made possible by a grant from the Urban Land Foundation through funding provided by the Pivotal Foundation and the Southwest Autism Research & Resource Center.
- [The Consortium for Citizens with Disabilities \(CCD\) Housing Task Force](#) works with Congress and the Department of Housing and Urban Development (HUD) to increase access to decent, safe, and affordable housing for all people with disabilities and to protect the rights guaranteed under the Fair Housing Act. The CCD Housing Task Force also works collaboratively with the Technical Assistance Collaborative (TAC) to produce Priced Out, a study of the severe housing affordability problems of people with disabilities, and public policy recommendations to solve them.
- The ARC CQL Survey about Dream Homes – [There's No Place Like Home](#)