

**Napa Valley College Community Education
presents**

**Community Living Skills:
Figuring Out Future Living
Arrangements, Housing and Support
(Registration #2737)**



Place:

Community Education Center, Room 5
1360 W. Menlo Avenue, just off Jefferson, Napa (next to school bus yard)

Class schedule:

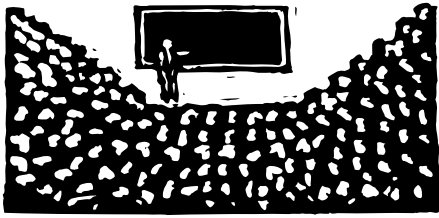
- September 20, 2000 (Wed), 6pm-9pm
- September 27, 2000 (Wed), 6pm-9pm
- October 7, 2000 (Sat), 10am-3pm (*Tour of Living Arrangements*)
- October 11, 2000 (Wed), 6pm-9pm
- October 18, 2000 (Wed), 6pm-9pm
- October 25, 2000 (Wed), 6pm-9pm

Tune in to Station WIFM! What's In it For Me? for my family? —

This course will assist parents and guardians (and their children with significant disabilities) to answer questions such as these:

- What kinds of living arrangements are possible for my adult son or daughter with a disability?
- Values clarification: What do I need? What do I want? What do my parents want for me?
- When I move away from home, how will my *basic needs* (e.g., food, clothing, shelter) be met? How will *service and support needs* be met?
- What public benefits (e.g., SSI, SSDI, Section 8, IHSS, Medi-Cal) are available to help? How are these benefits accessed?
- What should I look for in an alternative living arrangement? How will I recognize a good 'fit' between what I need and want and what the living arrangement offers?
- Would it make sense to leave the family home for my son or daughter? Help him or her buy a condo or mobile home? How would we go about it? What about wills, trusts, and estate planning?
- How can we develop a family *game plan* to move toward our desired futures?

The instructor(s) will provide a warm, safe, supportive place to share and to learn. You may enroll from any county, not just Napa County. **No fee.**



Class Schedule

Session 1 (Sept 20)

Where Am I Now and Where Am I Going

- Sign-in; Welcome.
- Ice-breaker.
- Outline of the Course.
- Getting Acquainted: Where is Each Person/Family in Terms of Needs, Knowledge and the Search for Opportunities?
- Some of the Stresses in Changing Living Arrangements: What the Person May Go Through? What the Family May Experience?
- Q&A: Panel of parents whose adult children have recently left home.
- Exercise: Values, and the Value Tree.
- Dreaming a little: All things possible,
- Fears, nightmares, and the process of “letting go.”
- Exercise: What Does a *Good Quality Life* Mean to Me?

Session 2 (Sept 27)

Options in Community Living

- Readiness versus Support: An Important Paradigm Shift.
- Licensed places: Non-medical, residential; and health service facilities.
 - “Full package service.”
 - Who designed to serve?
 - How funded?
- Non-licensed options: Independent living, supported or assisted living, foster family homes.
 - Who designed to serve?
 - How funded?
- Exercise: *Worries and Fears*, and What Might Be Done About Them. Risk-reduction strategies and stories.
- A Tool for Sizing Up Living Arrangements (to be used on a tour of people willing to show & tell about their living arrangement).

Session 3 (Oct 7, 10am – 3pm)

Tour of Community Living Arrangements (exact number and type TBD) with *Panel of Residential Service Providers* for those “brown bagging it”

- Licensed/certified: ARF; ICF/DD-H or N; hybrid like JRI; foster family-type home
- Non-licensed: independent living; supported living.
- Panel of independent and supported living providers in Napa, at a bag lunch break in the action.

Session 4 (Oct 11)

Public Benefits and Financial Planning

- Debriefing: How did the tour go? What did you learn?
- Exercise: *What if . . .* (a) employment and earnings or other sources of income; (b) I’m living in a licensed place; (c) I’m out on my own; and (d) I’m living somewhere else (e.g., with siblings, other family, non-disabled friends)?
- Outside licensed places: IHSS, Section 8 Rental Assistance.
- Handling “benefits issues” (e.g., deeming rule when private housing subsidy).
- Panel: Social Security; Social Services (IHSS); and perhaps City of Napa Housing Authority representative.
- Some Basics of Wills, Trusts, and Estate Planning, with a disability/elder lawyer or financial planner.

Session 5 (Oct 18)

Buying a Home for Your Son or Daughter or Leaving Your Family Home

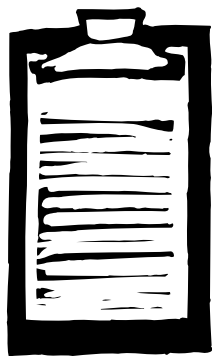
- Would it make sense to move out of the family home, leaving it to be used by your son or daughter (perhaps living with others)?
- What about buying a condo, mobile home, or other dwelling?
- Would becoming a Section 8 landlord make sense?
- Panel: Families that have done these (and related) things, with knowledgeable professionals who can answer real estate/mortgage questions.
- What about property management, maintenance, and both large and minor repairs?
- What steps would I take to implement any of these ideas?

Session 6 (Oct 25)

Next Steps for You and Your Family

- Listening to the person with a disability? Honoring what he/she is saying.
 - Family discussions.
 - Conservatorship and alternatives (e.g., Circle of Support; Personal Advocate).
 - Person- and family-centered planning: How does it work?
 - Accessing systems, and working with your Service Coordinator.
 - Q&A with representative of NBRC, ILC, and perhaps Community Mental Health
 - Exercise:
 - Where have I been?
 - Where am I going?
 - How will I get there?
 - What are some first steps?
 - Who can help?
 - Awards (certificate) and Celebration.
-

To register, just cut out the Enrollment Form on the back and mail it to the College as soon as you can. When completing the form, here's some important registration information you need to know:



Registration No.	2737
Course Name	Community Living Skills
Instructor	Shea
Start Date	9/20/00
Time	6-9 pm
Room	Community Education Center, Room 5
Fee (if any)	None

Please register early! Minimum enrollment is 15. You may enroll as late as the first class, September 20th. Make copies if more than one family member wants to enroll. If you (or your son/daughter) are under 18 years of age, you (or he/she) must be accompanied by an adult.



Instructional Team Leader: John Shea, Ph.D.

John Shea has been advising individuals with significant disabilities and their families on living arrangements for the past fifteen years. Most recently, Shea worked with two other families to develop a novel living arrangement for his son Joe and two companions. Shea and his business partner, Bill Allen, have authored (or co-authored) several monographs on topics related to housing and support

services, including: *Parents Look Ahead together!, A Resource Manual; This is Your Life! A Handbook on Developing Personalized Living Arrangements; Places to Live and Getting Around Town: Needs, Problems, Options, and Possible Solutions; Looking at Licensed Residential Services in Your Community; Patterns of Support: A Supported Living Resource Catalogue; To Be or Not to Be: A Booklet to Assist in Deciding Whether to Seek Licensure and Certification as an ICF/DD-H or DD-N.*

.....

Community Education Enrollment Form

MAIL TO: Napa Valley College, Upper Valley Campus, 1088 College Avenue, St. Helena, CA 94574 • **FAX:** (707) 967-2909

PLEASE PRINT CLEARLY Social Security #: _____ Fall Spring Summer 19____

Name: (Last) _____ (First) _____ (In.) _____ Other name used: _____

Address: _____ City: _____ State: _____ ZIP Code: _____

Phone: () _____-_____-_____ Date of Birth: _____-_____-_____ Male Female U.S. Citizen: Yes No

Month Day Year

<p>Have you lived continuously in California for ONE YEAR prior to the first day of classes? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Ethnic Background: (for statistical purposes only)</p> <table style="width: 100%; font-size: small;"> <tr> <td><input type="checkbox"/> Black (20)</td> <td><input type="checkbox"/> Chinese (42)</td> <td><input type="checkbox"/> Other Asian (45)</td> <td><input type="checkbox"/> Other Hispanic (64)</td> <td><input type="checkbox"/> Middle Eastern (78)</td> </tr> <tr> <td><input type="checkbox"/> Native American or Alaskan (30)</td> <td><input type="checkbox"/> Korean (43)</td> <td><input type="checkbox"/> India Indian (48)</td> <td><input type="checkbox"/> Cuban (65)</td> <td><input type="checkbox"/> Filipino (80)</td> </tr> <tr> <td><input type="checkbox"/> Japanese (41)</td> <td><input type="checkbox"/> Vietnamese/ S.E. Asian (44)</td> <td><input type="checkbox"/> Pacific Islander (50)</td> <td><input type="checkbox"/> Puerto Rican (67)</td> <td><input type="checkbox"/> Other Non-white (99)</td> </tr> <tr> <td></td> <td></td> <td><input type="checkbox"/> Mexican (61)</td> <td><input type="checkbox"/> White (70)</td> <td></td> </tr> </table>	<input type="checkbox"/> Black (20)	<input type="checkbox"/> Chinese (42)	<input type="checkbox"/> Other Asian (45)	<input type="checkbox"/> Other Hispanic (64)	<input type="checkbox"/> Middle Eastern (78)	<input type="checkbox"/> Native American or Alaskan (30)	<input type="checkbox"/> Korean (43)	<input type="checkbox"/> India Indian (48)	<input type="checkbox"/> Cuban (65)	<input type="checkbox"/> Filipino (80)	<input type="checkbox"/> Japanese (41)	<input type="checkbox"/> Vietnamese/ S.E. Asian (44)	<input type="checkbox"/> Pacific Islander (50)	<input type="checkbox"/> Puerto Rican (67)	<input type="checkbox"/> Other Non-white (99)			<input type="checkbox"/> Mexican (61)	<input type="checkbox"/> White (70)		<p>To pay by credit card, complete the following:</p> <p>Check one: <input type="checkbox"/> VISA <input type="checkbox"/> Mastercard</p> <p>Card No.: _____</p> <p>Expiration Date: _____</p> <p>Card Holder: _____</p>
<input type="checkbox"/> Black (20)	<input type="checkbox"/> Chinese (42)	<input type="checkbox"/> Other Asian (45)	<input type="checkbox"/> Other Hispanic (64)	<input type="checkbox"/> Middle Eastern (78)																	
<input type="checkbox"/> Native American or Alaskan (30)	<input type="checkbox"/> Korean (43)	<input type="checkbox"/> India Indian (48)	<input type="checkbox"/> Cuban (65)	<input type="checkbox"/> Filipino (80)																	
<input type="checkbox"/> Japanese (41)	<input type="checkbox"/> Vietnamese/ S.E. Asian (44)	<input type="checkbox"/> Pacific Islander (50)	<input type="checkbox"/> Puerto Rican (67)	<input type="checkbox"/> Other Non-white (99)																	
		<input type="checkbox"/> Mexican (61)	<input type="checkbox"/> White (70)																		

Registration No.	Course Name	Instructor	Start Date	Time	Room	Fees (if any)

A separate check for each class registration facilitates prompt return in case of cancellation. **TOTAL FEES:** _____

Please be aware of our refund policy before enrolling.

Signature: _____ Date: _____

For College for Kids classes only — Parents, please complete and initial below:

I grant approval for my son/daughter _____ to participate in College for Kids programs/classes and release Napa Valley Community College district and any instructors and assistants from any liability arising from my son or daughter's participation in said programs/classes. I understand the college does not provide health and medical insurance for participants. Consent is hereby given to the College for Kids lecturers and/or supervisors to give or seek medical aid as required in the case of emergency. INITIAL: _____