



Where does he want to live when Mom & Dad can no longer be his primary caregivers?

What day to day activities does she need help with?  
Can she take care of her daily hygiene routine,  
or does she need assistance?

Can he make his own meals?  
Are there any restrictions to his diet?

# A Place to Call Home



Today, adults with Down syndrome live in a variety of settings and the options available can vary widely from state to state. Some of the most important things to consider when determining where your sibling will live are: What are his preferences? What are her needs? What funding is available?

Most individuals with Down syndrome need support to live independently – from family, friends, and/or paid support people. Long-term support services can be costly and many rely on public funding (i.e. Medicaid, waivers) to pay for those services. Below are some options to consider.

*Congregate living communities* – a shared living environment that integrates housing and support needs, but varies significantly from place to place. In some cases each individual has their own apartment, in others they live in a group home, but the facility is in a setting where only people with disabilities live. In most instances, neither Medicaid nor waivers will pay for this type of arrangement because it is considered “segregate” but not institutional.

*Community-based supported services* – where living arrangements must be developed through a “person centered planning” process that addresses health and long-term services and support needs in a manner that reflects individual preferences and goals. These services are often funded through a waiver; however, most states have long waiting lists for these support services. Additionally, waiver eligibility does not transfer from state to state, so if your sibling moves to another state, he or she must go through the application process again. These include:

*Renting an apartment or home with a friend*

*Living with a sibling*

*Host Homes*

*Home ownership* - is a possibility! Many resources, both on the federal and local level, exist to help make this a reality. The Center for Housing and New Community Economics (CHANCE), <http://www.chance.unh.edu>, is a website devoted to promoting home ownership for people with disabilities.

## **Talk with your sibling:**

Where does he want to live?

Is it possible for her to continue living in the family home with supports in place?

Would he be happy in a group home?

Will it be necessary for him to move to another state?

How will that affect his benefits?

Is there a key person in his community willing to provide a foster home?

Think about partial transitions...trial weekends or a vacation from Mom & Dad for a week.