



Alta California  
Regional Center



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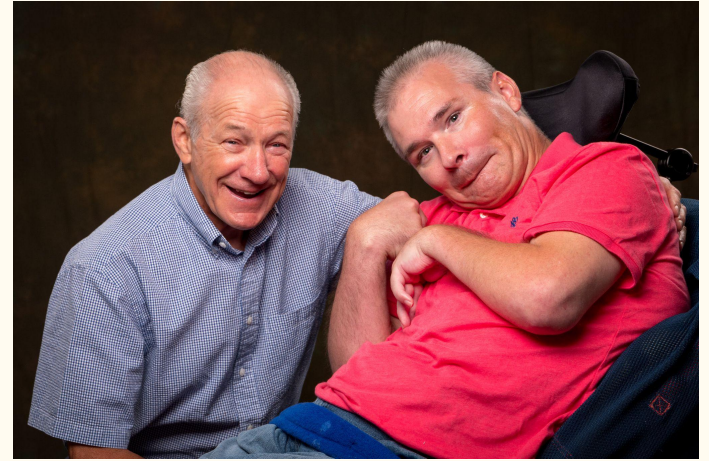
# Coordinated Future Planning

# Housing Insecurity for Adults Living with Aged Caregivers



## **Our Challenge:**

Preventing housing insecurity due to loss of an aged primary caregiver.



## **Our Initiative:**

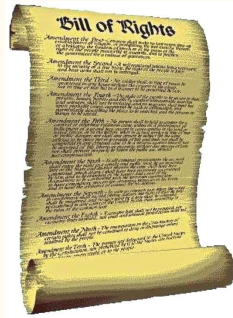
More effective future planning activities.

Stakeholder led

# Why Now? Aging Caregivers

“Many service delivery systems and communities are not prepared to meet the **impending needs** of the **479,862 adults** with developmental disabilities who are living at home with parents who are 60 years old or older and who serve as the primary caregivers of the adults.”

- Developmental Disabilities Bill of Rights (2000)



**ACRC -**  
Living Options Workgroup  
2012

In 2018 there were approximately **900,000 adults with I/DD** living with caregiver over aged 60.

- The Arc of the United States (2018)



# Why Now? An Aging Population

2010

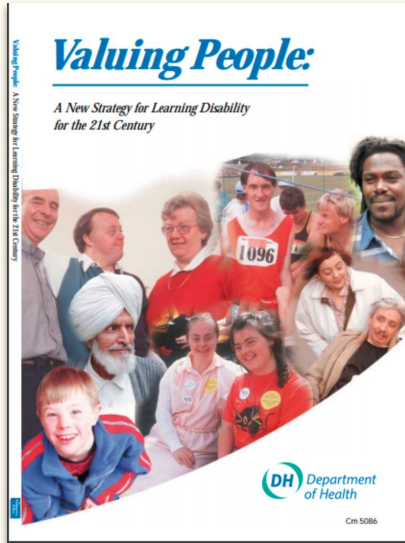
2020

2030

The population of adults with I/DD over age 60 in the US will nearly double from 640,000 in 2010 to 1.2 million in 2030.

# What is Currently Being Done?

Why are we initially focusing on adults living with Caregivers age 70 & older?



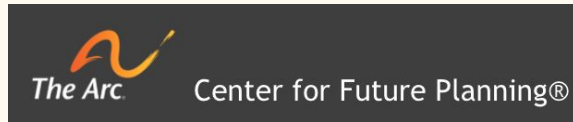
United Kingdom - 2001

Person-Centered Plan for Adults Living with **70+ Caregivers**

Housing Outcomes Benefit from Housing and Planning Workshops.

Connecticut Department of Developmental Services  
2015

Prioritized Housing Wait List - **70+** Caregivers



Self-Guided Materials

New Initiative - LifeCourse Planning







**Alta California**  
Regional Center

# Initiative Overview

- **Quantify** the Problem (Age 70 also chosen by UK and Connecticut)
  - How many clients live with caregivers over age 70? Is there a caregiver succession plan?
- **Develop** Trainings
  - Partner with clients, families, advocates and service providers.
- **Train** Service Coordinators
  - How to engage with clients and families about caregiver succession and opportunities for independent living with supports.
- **Implement** Changes to Individual Program Plan
  - Document assessment for risk to housing insecurity and discussion of all living options.



# Storyboard Prototype for ACRC

## Coordinated Future Planning

A regional center initiative to increase housing stability and prevent homelessness for adults with developmental disabilities (I/DD) living with aged caregivers

### *Current Process*



Service Coordinator meets annually with adults with I/DD and aged caregivers to develop an Individual Program Plan (IPP).



An IPP is created that does not address caregiver succession or opportunities for independent living.



Year after year this continues until the aged caregiver is no longer able to provide support.



If the aged caregiver is hospitalized, the adult with I/DD may be admitted with them.



The client is now homeless and requires an emergency placement by the service coordinator, likely into a congregate setting, which may not be their preference.

### *Proposed Process*



During the annual IPP meeting Service Coordinator determines if the primary caregiver is over 70 and if a caregiver succession plan exists.



Service coordinator attends training developed and presented by clients and families with instruction on caregiver succession and planning for independent living.



Service coordinator holds a person-centered IPP meeting which discusses caregiver succession and, if desired by the client, opportunities for independent living.



An IPP is created that indicates who the next caregiver will be and, based on client choice, the steps the client would like to take toward independent living.



When inevitably their aged caretaker becomes unable to support them, there is a plan in place and the client doesn't needlessly have to face homelessness.

# Preparation Phase - Quantifying the Problem



- Annual Individual Program Plan Meetings
- Existing ACRC Needs Assessment Process
- Primary Caregiver 70+?
- Is there a Caregiver Succession Plan?
- Access to Administrative Data - Clients age 52 or Older Living with Family

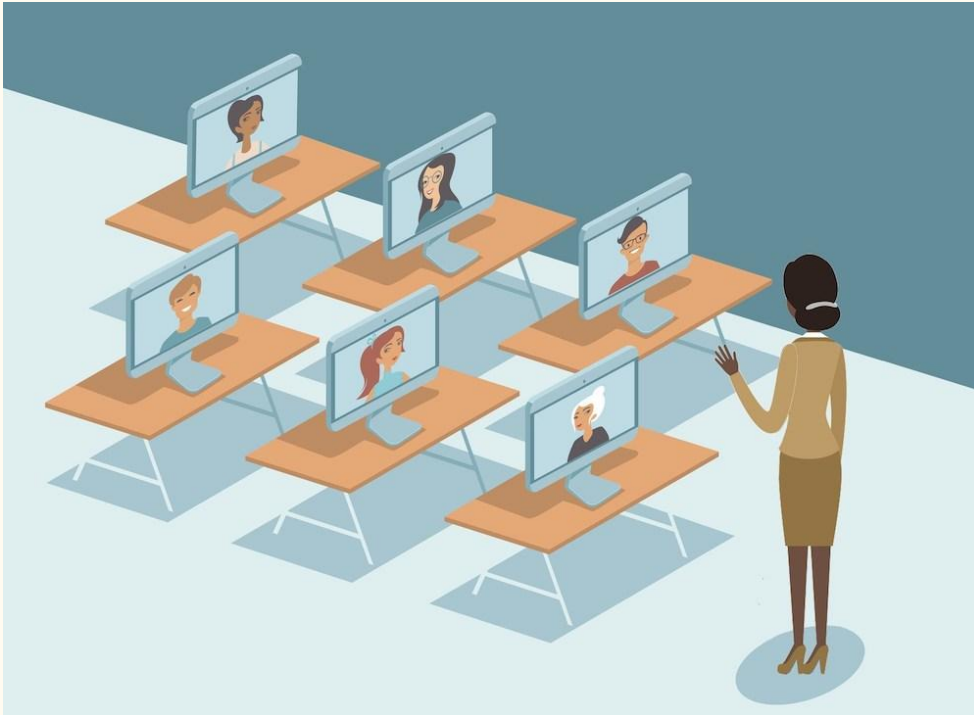


# Develop Trainings

- Creation of CFP Task Force - Modeled on California DS Task Force
- Clients, Family Members, Advocates, Service Providers, and Regional Center Staff - Two sessions of 2-hour Trainings
- Embed Social Role Valorization, Person-Centered Planning, Self-Determination, Supported Decision Making, and Inclusion
- Diversity Considerations



# Train Service Coordinators and Managers



May Occur:

- In-Person
- Via Videoconferencing

CFP Task Force Members

Learning Objectives:

- Social Norms - Impact
- Benefits for Clients and Serv. Coordinators
- Affordable Housing, Independent Living, Developing Caregiver Succession Plans

Managers review IPP Documents

# Implement Changes to Individual Program Plan

Annual IPP Meetings & Quarterly Follow Up

Require:

- Discussion about Caregiver Succession
- Discussion about Adults w/ IDD Regarding a Range of Living Options including Independent Living in Homes of Their Own with Needed Supports
- IPP Documents the Discussion and the Services and Supports Needed to Help the Client Reach Their Goals.

Why is Documenting in the IPP Important?

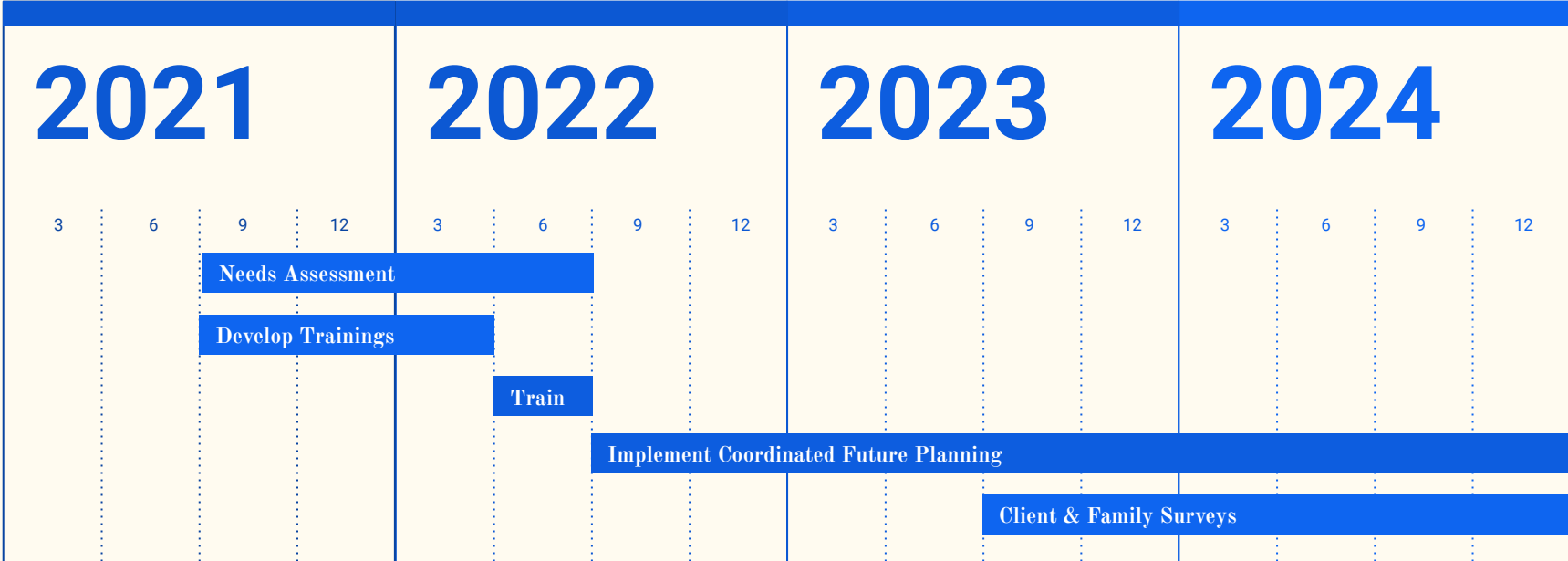


# Activities & Outcomes

Resources	Activities	Outputs	Short-Term	Intermediate	Long-Term
<p>Agency staff</p> <p><b>Stakeholders – adults with I/DD, families, advocates, service providers</b></p> <p>Policies and procedures</p> <p>Modifiable Individual Program Plan (IPP) templates</p>	<p>Housing needs assessment for those living with 70+ caregivers with no succession plan.</p> <p>Training service coordinators</p> <p><b>Discussing caregiver succession planning and a range of living options, including independent living, at IPP.</b></p>	<p><b>500 adults with I/DD and 70+ caregivers assessed for risk to housing insecurity.</b></p> <p>200+ service coordinators trained.</p> <p>500 adults with I/DD offered opportunities for independent living.</p>	<p><b>Improved development and documentation of caregiver succession plans &amp; knowledge about independent living.</b></p> <p>Increased competency discussing independent living, referring to affordable housing resources and assessing for risk of homelessness due to caregiver incapacity.</p> <p>Increased acceptance of independent living as viable option for adults with I/DD.</p>	<p><b>Increased utilization of independent and supported living services in homes of their own.</b></p> <p>Increased understanding of the number of adults with I/DD in need of housing options.</p> <p><b>Reduced crisis/emergency placements needed.</b></p> <p><b>Reduced incidences of housing insecurity.</b></p>	<p><i><b>Adults with I/DD live the most included way possible in a community of their choosing.</b></i></p> <p>Care home placements only used for those that choose to live in them.</p> <p><b>Activities scaled and replicated at the other 20 regional centers in California.</b></p>



# Implementation Timeline



# Process Measures and Outcome Measures

## Client and Family Surveys

Questions Focus on the Competencies in Developing Caregiver Succession Plans as well as Knowledge of Independent Living Options

Evaluations of Service Coordinator Trainings

Mixed Methods- Qual & Quan

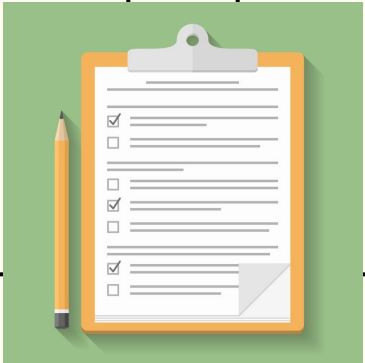
**PROCESS**

## Pre-Test & Post-Test

Planning Teams Queried Before and After Service Coordinators Receive Training

Determine the % of Planning Teams for Adults with Caregivers over Age 70 - Have They Developed A Caregiver Succession Plan

Quantitative Data  
Administrative Data  
Protracted Hospital Stays  
**OUTCOME**



# Questions & Feedback

