





Supportive Housing: Choices and Opportunities

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The Arc of North Carolina



Statewide, non-profit organization, founded 68 years ago

Dedicated to ensuring that people with intellectual and developmental disabilities (I/DD) and their families have the support and services they need to be fully engaged in their communities

Legislative and individual advocacy

Medicaid b(3) and Innovations Waiver-funded supports, supported employment, supportive housing and corporate guardianship

450 housing projects for people with I/DD and/or SPMI

Group homes, small apartment buildings, duplexes & condominiums

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Shifts Toward Inclusive Housing



National Thinking

- Olmstead Decision (1999)
- Home and Community Based Services (HCBS) Final Rule (2014)

North Carolina Developments

- TCLI Settlement (2012)
- Samantha R. et al. v. North Carolina (2020)

Future of Housing for People with Disabilities:

- Congregate care reserved for those with most intense needs, or a personal desire for communal living
- Shift from staffed housing to supportive housing
- Unique plans incorporating affordable housing and individualized services

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Balancing Choice, Needs & Opportunities



Level of Independence

24 Hour Supervision, Drop-In Support, On Call

Financial Resources

SSI + Work + Voucher + Family Support = ?

Housing Availability

Single Family, Apartments, Shared Living, Group Homes

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Skilled Nursing Facilities (SNFs)



A medical health facility (or distinct part thereof) that provides daily licensed nursing care and on-site physician services

Licensed by NC DHSR & owned/operated by private agencies

Funded by Medicaid/Medicare

Medically necessary – FL2 form from doctor

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Intermediate Care Facilities (ICFs)



Congregate setting, between 6-30 beds

Comprehensive residential service for Individuals with I/DD or related condition with complex medical and/or behavioral support needs

Awake staff 24-7, planned, active treatment/training

Licensed by NC DHSR, operated by private agencies

Funded by Medicaid

Admissions coordinated through LME-MCOs



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Adult Care Homes/Assisted Living



Designed to serve the elderly (DOJ agreement regarding people with MI)

Adult Care Homes – as large as 100 residents

Family Care Homes – up to 6 residents

24h staffing, supervision and assistance with activities of daily living but NOT required to provide habilitation, community participation or transportation to work/day program

Room and board is paid for by SSI and Medicaid Special Assistance

Licensed by State & owned/operated by private agencies

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Licensed Group Homes



24-hour residential service for individuals with IDD or mental illness

3-6 residents per home

Supervision and assistance with activities of daily living

Designed to increase/ maintain the person's life skills, maximize self-sufficiency, and to be active participant in his/her community

Licensed by NC DHSR (5600A or 5600C) and operated by private agencies

Room and board typically paid for by Medicaid Special Assistance and resident's SSI or SSDI

Support services funded through the LME/MCOs with Medicaid and State funds



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Alternate Family Living (AFL)



Person resides with a family other than their own to receive habilitative care

Licensed by the State if more than one adult in same home

Only for individuals with IDD

Paid for with SSI and Innovations Waiver

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Supportive Housing



Supportive housing combines affordable housing assistance with wrap-around supportive services for people with disabilities

Promotes independence for people with disabilities

Supportive housing NOT STAFFED Housing



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Making Housing Affordable



According to the Department of Housing and Urban Development, housing is affordable at 30% of an individual's income.

\$773 = Avg. rent statewide for a 1 BR unit*

\$262 = 30% of SSI (\$794/month)

Rental subsidies in affordable housing are designed to bridge the gap between income and rent for individuals with limited income.

*National Low Income Housing Coalition, Out of Reach 2020

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Types of Rental Subsidies



Housing Choice Vouchers (Section 8 Vouchers)

- Rental subsidy transfers with the person
- Tenant pays 30% of their income for rent
- Funded by US Dept HUD
- Operated by local Public Housing Authority

Mainstream Vouchers

- Type of Housing Choices Voucher
- Specialized subsidy for people with disabilities
- Funded by US Dept HUD

VASH Vouchers

- Specialized Section 8 Vouchers for veterans
- Funded by HUD and VA
- Contact local Veterans Administration (VA)



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Types of Rental Subsidies



North Carolina Key Subsidies

Subsidy stays with the unit
 Rent is 30% of resident's income
 Partnership NC DHHS and NCHFA
 Must be referred by an approved referral agency

TCLI Housing Subsidies

Subsidy transfers with the person
 Tenant pays 30% of their income for rent
 Only for participants in TCLI program



Project Based Housing Subsidies

Subsidy stays with the unit
 Rent is either 30% of resident's income or are set according to certain income levels
 Apply at each individual affordable housing property – nchousingsearch.org

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Supported Apartments



Independent apartment units targeted specifically for persons with disabilities

These are not licensed facilities and only have drop-in staff

Tenant usually pays 30% of income

Owned/operated by private agencies



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Scattered Site Apartments



Unit is within a typical apartment complex

Could be in an affordable housing complex
(rents set at specific income levels)

Could also be in private market with a
Housing Choice Voucher that the individual
can use to make that unit more affordable

Supports are brought in specifically for that
individual.



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Getting Supports in Place



Social Security
(SSI, SSDI)

Medicaid/
Medicare

Rental subsidy

Transitions to
Community
Living (TCLI)

Money
Follows the
Person (MFP)

NC
Innovations
Waiver

CAP/DA

State funded
supports

Personal Care
Services

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Money Follows the Person



Program to help Medicaid-eligible North Carolinians who live in inpatient facilities (hospital, SNF, ICF) move into their own homes with supports

Priority Access to Community-Based Services (Innovations Waiver, CAP/DA, PACE)

Transition “Start Up” Funding (security deposits, furniture, accessibility modifications, staff training)

Funded by Medicaid and NC DHHS

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Community Alternatives Program for Disabled Adults (CAP/DA)



Adults with disabilities 18 years of age and older who are at risk of institutionalization

Includes adult day health programs, in-home aides, home accessibility & modifications, meal preparation & delivery, medical equipment & supplies, and case management

Funded by Medicaid

Contact local CAP/DA case management entity in the applicant's county of residence



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NC Innovations Waiver



Medicaid-funded package of home and community-based services

Individuals with intellectual or development disabilities (I/DD) who meet the requirements for Intermediate Care Facility level of care

Includes 1:1 skill building and personal care services, crisis services, day supports, supported employment, residential supports, assistive technology, home and vehicle modifications and more

May be used in the individuals own home, family home, group homes with 4 or fewer residents, and the community

Managed by LME/MCOs (waiting list 10+ years in some counties)

New TBI Waiver pilot launched in 2018 (Triangle)

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PACE Program



Program of All-Inclusive Care for the Elderly

Frail elderly living in the community

Dually eligible for Medicaid and Medicare

Meet criteria for nursing level of care

Comprehensive medical and social services provided by interdisciplinary team

Includes certified adult day health program, case management

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Medicaid Personal Care Services (PCS)



Hands-on assistance with activities of daily living (ADLs) including eating, dressing, bathing, toileting and mobility

Provided in both private living arrangements and licensed residential facilities

Funded by NC Medicaid

Initial eligibility and annual reassessments conducted by Liberty Healthcare

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Mental Health Services



Assertive Community Treatment Team (ACTT) - Interdisciplinary teams who help adults with severe and persistent mental illness live in their homes instead of institutions. Service includes helping individuals find and maintain safe and affordable housing, crisis intervention and delivering daily medications. ACT is available 24/7. Medicaid or State funded.

Community Support Team (CST) - Community-based mental health and substance abuse rehabilitation services. Reduce symptoms, restore daily living and interpersonal skills, crisis intervention, linkage to community resources. CST is available 24/7. Medicaid or State funded.

Funded primarily through Medicaid. Access through the LME/MCO.

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Challenges to Supported Housing



- Public stereotype: people with disabilities are dangerous, risk to community
- Discrimination against people with disabilities looking for housing
- People with disabilities are vulnerable and need to be protected
- Lack of knowledge about opportunities for community integration and community-based services
- Political obstacles

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Rethinking Supportive Housing



- Shifting from staffed housing to supportive housing
- Needs change over time
- Balancing health and safety, personal choice, inclusion and meaningful lives



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