

Where Do I Want to Live?

In concert with its Mission Statement and Vision Statement, Far Northern Regional Center promotes the idea that consumers and where appropriate, their legal guardians or conservators, direct decisions made about their own lives, including where and with whom they shall live. Individuals with developmental disabilities have more options in this regard than ever before and new frontiers of self-determination and possibility are ever expanding!

Other consumers served by the regional center and I have several options from which to choose when considering a “living arrangement” or place to live.

- ❖ I (children and adults) may live with family members and support services may be provided to enable me to live at home.
- ❖ I may live in a home of my own or share my home with one or two other consumers whom I choose and receive Supported Living Services.
- ❖ I may live in my own home and receive Independent Living Services.
- ❖ I may live in **Residential Care** settings of which there are several types including Adult Residential Facilities, Residential Facilities for the Elderly, Group Homes for Children, Small Family Homes, Foster Family Agency homes (adults/children), Intermediate Care Facilities (providing special services to consumers with nursing or self-care and behavioral needs-ICF/DD-N; ICF/DD-H); Assisted Living and Skilled Nursing Facilities.

Far Northern Regional Center values the expectations consumers and their families have of residential care and supports their preferences:

What Do My Family and I *Expect* From Residential Facilities?

- ✓ I want to be *safe*.
- ✓ I want to be *valued, respected and treated with dignity*.
- ✓ I want to *choose my own home and move if I wish*.
- ✓ I want to *make decisions* about everyday aspects of my daily routine:
 - When to get up in the morning and when to go to bed.
 - What clothes to wear.
 - What time to shower or bathe.
 - Which staff will assist if help is needed with personal care and how the staff will assist.
 - What food will be included for meals.
 - Which household tasks to help with.
 - How the home is decorated, including bedrooms and common areas and maybe the yard too!

- House rules.
- How my personal funds are handled.
- Scheduling of activities at home and in the community.
- Creating and maintaining friendships and other important relationships.
- How good health is maintained.
- How and where I spend my day (work and leisure), whether or not I work and if I work, what work schedule I prefer.
- Opportunities for pursuit of personal interests (sports, movies, socialization, hobbies, etc.).
- Opportunities to participate in cultural and/or religious activities of my choice, in the community or at home.

And, My Family and I *Prefer* Residential Settings That:

- Encourage and support me to learn life skills that will enable me to be independent and productive.
- Are located in a neighborhood and close to shopping, entertainment and other resources unless a more rural setting is preferred.
- Have preferably 4 or fewer residents, but no more than 6 total.
- Offer private bedrooms.
- Arrange for me to have a full size bed.
- Encourage and assist me to have friends and family visit.
- Can accommodate persons who use wheelchairs or may in some other way be considered “non-ambulatory.”
- Have *at least* one bathroom for every 3 persons living in the house.
- Are welcoming, clean, comfortably, homey and attractive.
- Have well trained staff and staff and Administrators are easily accessible when needed.
- Have staff who communicate with me not only when some aspect of my daily routine needs to be completed, but also, and more importantly, to get to know me--my likes, dislikes, worries, achievements and hopes and dreams.

Doesn't It Sound Like a Place Where *Anyone* Would Like to Live?