

Join The Arc

Be Counted

Be Heard

**Advocates for
Change**



The ArcTM

Illinois

Lunch Time Webinar

Monthly Webinars

Welcome!

Missy Kichline, Outreach
Coordinator

Illinois Life Span Program of
The Arc of Illinois

- Designed with family members in mind
- A broad general look at an issue or topic
- Will cover a variety of topics over the course of the year
- No CEUs are provided for these events

Thank you for joining us!



Agenda

- What is The Arc?
- Upcoming Events
- Presentation “**Living in My New House**”,
Presented by Samantha, Missy, and Brian Kichline
- Questions – Please add to Questions Box



The Arc of Illinois Mission:

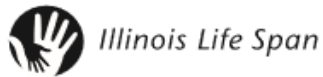
The Arc of Illinois is committed to empowering people with disabilities to achieve full participation in community life through informed choices.



This Is What We Do

- Public Policy Advocacy
- Support Progressive Legislation
- Improve Funding Streams
- Education & Training
- Advocacy Systems Coordination, Training and Empowerment
- Information, Resources & Linkages
- Supporting people with systems navigation
- Supporting those transiting out of institutions

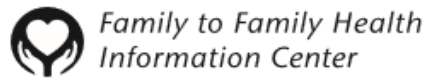




Information & resources across the life span

The **Illinois Life Span Program** provides information and resources on advocacy, supports and services for individuals with intellectual and developmental disabilities of all ages, their family members, and other stakeholders across the state via website and toll-free help line.

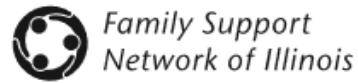
Deb Fornoff, Director
www.thearcofil.org/illinoislifespanspan
illinoislifespanspan@thearcofil.org
800.588.7002



Information & resources for families of children under 22

The **Family to Family Health Information Center**, the Illinois affiliate of Family Voices of Illinois, provides information and resources specifically for families of children and youth with any disability, special needs and/or chronic illness. We focus especially on healthcare and benefits issues.

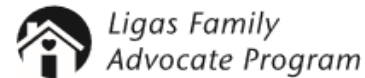
Faye Manaster, Director
thearcofil.org/familytofamily
familytofamily@thearcofil.org
Toll Free: 866.931.1110 (English) /
800.588.7002 (Español)



Support for individual & family advocacy

The **Family Support Network** supports individuals and families advocating for individual funding, services and community resources that meet individual needs and are key for independent living.

Shirley Perez, Director
www.thearcofil.org/familysupport
familysupport@thearcofil.org
708.331.7370



Information & support for the PUNS waiting list

The **Ligas Family Advocate Program** works with the State of Illinois Independent Service Coordination agencies and providers to ensure that information about all available options for services reaches consumers over 18 years of age and their families.

Shirley Perez, Director
www.thearcofil.org/ligasfamilyadvocates
ligasfamilyadvocates@thearcofil.org
708.331.7370



Support in transitioning to community living

The **Family Transition Project** supports individuals and families who want to explore the possibilities of community living, for those currently living in large institutions.

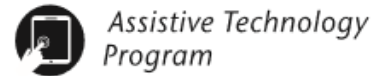
Katherine Hamann, Director
thearcofil.org/familytransition
familytransition@thearcofil.org
708.465.2827



Stipends to attend conferences

The **Consumer and Family Stipend Program** provides financial assistance so that individuals or their family members can attend a conference of their choice – provided the conference is related to intellectual and developmental disability issues.

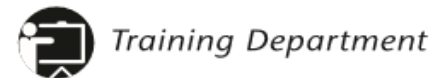
Lee Ann McQuen, Director
www.thearcofil.org/stipend
stipend@thearcofil.org
815.464.1832



Assistive technology access

The **Assistive Technology Program** funds the purchase of assistive technology for individuals with intellectual and developmental disabilities who have an evaluation from a qualified provider and do not qualify for AT through Medicaid, Medicare or private insurance.

Janet Donahue, Director
www.thearcofil.org/assistivetech
assistivetech@thearcofil.org
815.464.1832



Training in advocacy

The **Training Program** offers educational conferences and trainings for self-advocates, family members, and professionals.

Janet Donahue, Director
www.thearcofil.org/training
training@thearcofil.org
815.464.1832

If You Want:

- Information and resources regardless of age → Illinois Life Span Program
- Information and resources specifically for children/youth with health/medical concerns → Family to Family
- Information, resources and support for individuals who have been pulled from the PUNS waiting list → Ligas Family Advocates
- Further support for advocacy issues → Family Support Network
- Family to family support for transition from institutional to community setting → Family Transition Project
- Attend Training/Conference → Consumer Stipend
- Make connections and gather information → Arc Conferences and Trainings



Upcoming Trainings/Events

Our February 12th Webinar will be presented by University of Illinois at Chicago Specialized Care for Children. Participants will learn about the statewide services provided and eligibility requirements.



Today's Webinar – “Living in My New Home”, with Samantha, Missy, and Brian Kichline

Samantha (Sam) Kichline is a 28 year old woman who was selected from the PUNS waiting list in 2012. She moved from her parents' home into her “new” home in 2015. And she loves her new home.

Samantha lives in Community Integrated Living Arrangement (CILA) Host Family – Shared Living model of support in the St. Louis Metro-East area.

Moving from the family home to a new home is a unique journey for each individual and family. In this webinar Sam and her parents, Brian and Missy, will share their personal experiences; how they prepared, what worked, what was learned, how life is now and what is hoped for the future.

Please note that there are no CEUs offered for our Lunchtime Webinars.



Who we are



What we'll talk about

1. Sam & our journey to moving out
What we think helped &
What didn't work so well.
2. Sam will share pictures of her “new house.”
3. Life after moving out
A few unexpected experiences
Where we are now &
Where we hope to be.

Journey to moving out . . . What we suspect helped

Long Term

- The importance of a DREAM – Learn to think long term.
- Open, Honest Communication – Including Sam.
- Work to do before PUNS selection.
- Connecting – Believe this became a critical element.

Journey to moving out . . . What we suspect helped

After PUNS Selection

A clearly articulated written goal for moving out.

For Sam to move into her new home and keep her life, as she knew it, the same.

- To live in the town she grew-up in. Where her supports existed.
- To continue her community routine as she was currently living. Non-negotiable!
- Close to a bus station. This was very important because . . .
- Her own bedroom.
- One or two other roommates.
- Explore Separation of brick & mortar from services & supports.

Journey to moving out . . . What we suspect helped

After PUNS Selection

- ISC – Stay in close contact
- Home Base v.s. CILA?
- Began in to look at local housing stock.
- Provider Forum
- Developmental Disability Provider Agency & CILA model
- Proposal for Flexible Day Services

Journey to moving out . . . What we suspect helped

After PUNS Selection

- Frequent visits to “new house”
- Practice walking to bus station from new house. And home again.
- Moving furniture to new house.

Journey to moving out . . . What didn't work so well

Long process

Puns Selection

October 2012

Proposal & House Complete

December 2014

Move In Day

August 2015

Then one day Sam said:

“I’m not really moving out, am I?”

Samantha



I live in Alton. This is where I live. I like getting the mail.

I have my
own key.

This is my
backdoor.





This is my bedroom. I like Hollywood.



This is my living room.



Kitchen and laundry area.

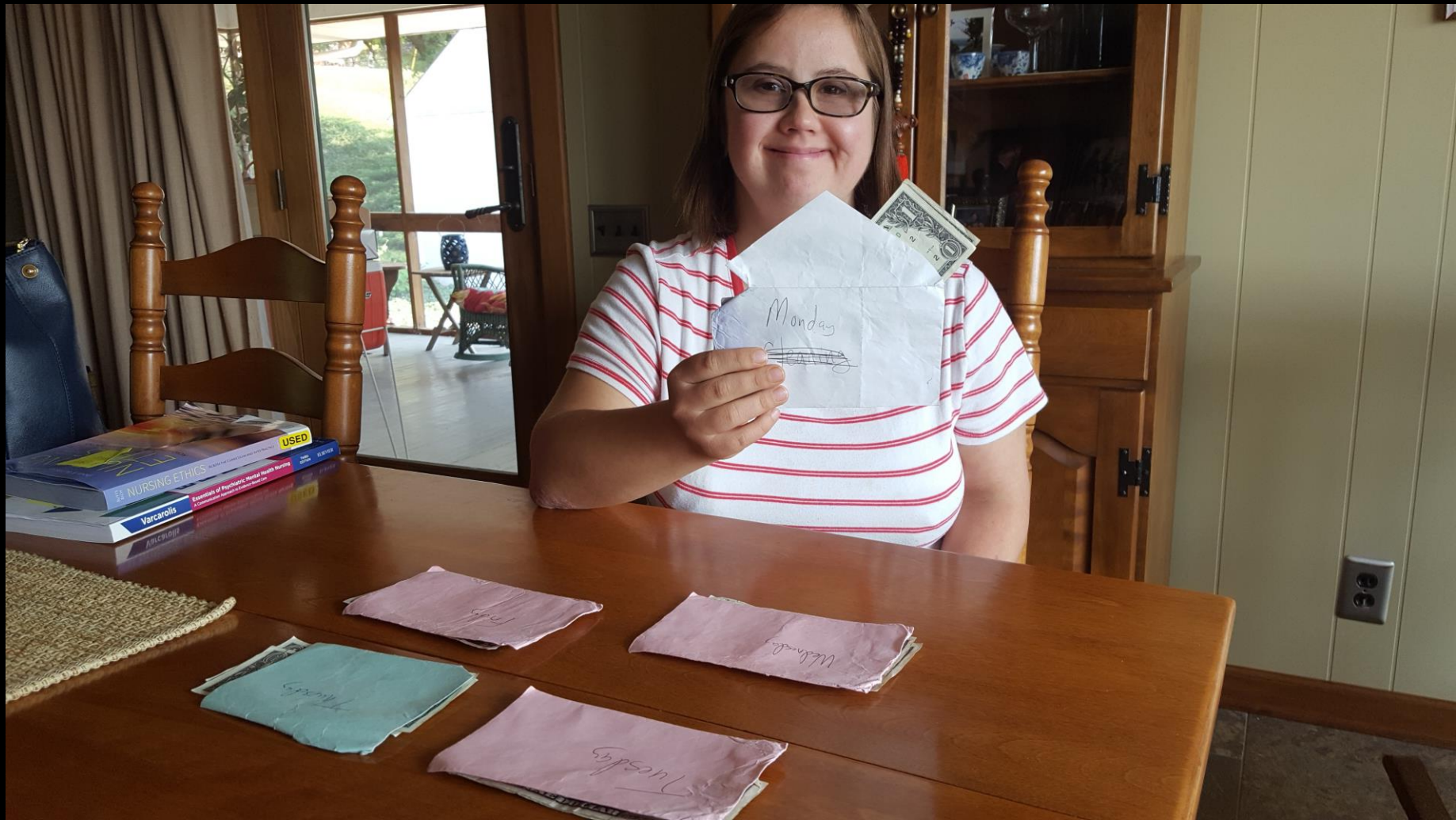




This is me starting my laundry, microwaving a dinner, taking the trash out before leaving.



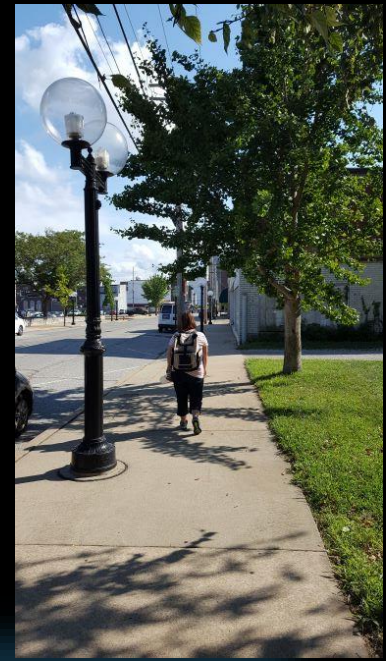
This is Marcia. She supports me.



I am learning how to budget. I have an envelope for each day of the week. Sometimes I can save a little money!



I ride a bus 5 days a week to get to where I need to go.

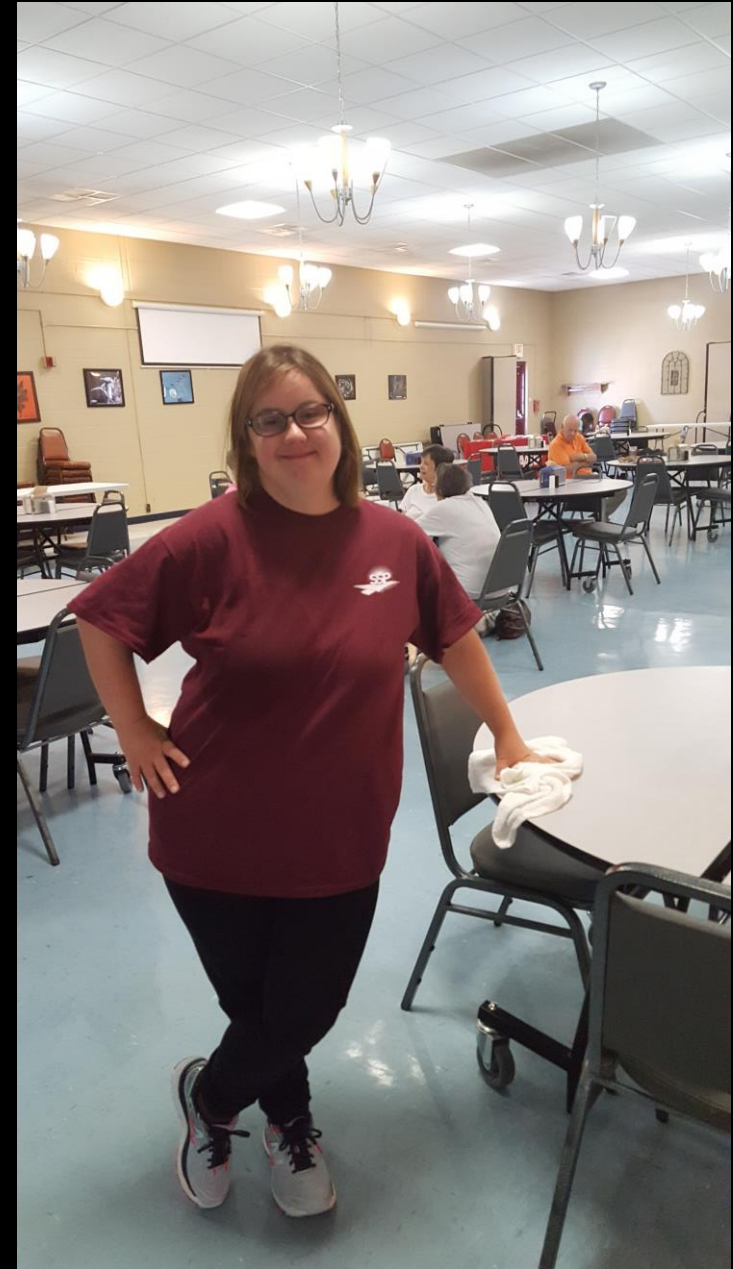




I have volunteered at Senior Services Plus for 9 years.

I work in the School House Grill.

This is Shawn, the chef.





I attend L&CCC College for Life. Here are some of my friends.





I also volunteer at church activities. Michelle and I serve the drinks.



I am learning to be a self-advocate.





I have given blood 12 times. I have helped 36 people with my blood.



I am learning how to talk to my doctors, how to eat healthy, and many more things.





This is my boy
friend Joe at my
house at
Christmas.

I love my new
house and all I am
learning.

Life after moving out . . . My “new home”

- Experienced a few unexpected issues to work through
- Discovered skills we didn't know Sam possessed
- Brian & My transition with Sam moving

Life after moving out . . . My “new home”

Where are we now

The transition issues are behind us now.

Sam loves her new home.

Working on many new things in Sam’s live.

Just as involved in Sam’s life now, only in a different way.

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Be a Responsible Risk Taker

“Only those who will risk going too far can possibly find out how far one can go.”

T.S. Elliot

“Nobody succeeds beyond their wildest expectations unless they begin with wild expectations.”

Ralph Charell

Dare to DREAM

“Begin with the End in Mind.”

S. Covey