

LIFE STYLE SUPPORTS

This document provides a summary of selected examples of innovative approaches to lifestyle support for people with disability both within Australia and overseas.

Common elements of the approaches documented include:

- a strong value underpinning
- a focus on one person at a time
- most have a zero rejection: no-one is seen as too disabled with a 'whatever it takes' approach
- providing people with much more control over their homes and their lives
- a focus on relationships, using paid staff in a way that facilitates and supports opportunities for relationships
- a separation of housing and support
- most projects are small in size

The document was prepared by Belinda Epstein-Frisch of Family Advocacy (NSW) and Deidre Croft, Curtin University PhD Candidate (WA) to acknowledge and encourage creative thinking in the development of lifestyle supports that are based around meeting the needs of individuals. The intention is to move community thinking beyond more traditional service models in which support may be based around meeting the needs of groups of people solely on the basis of their disability and/or their support needs.

Many of the examples cited in this document have been sourced from a 2006 discussion paper commissioned by ACROD (now NDS) WA on behalf of the WA Innovation Think Tank (prepared by Deirdre Croft).

A summary of the featured options and their innovative dimensions is presented in the table below. A more detailed description of each option, in the words of the services themselves together with contact details follows.

Model/Agency	Innovative Dimensions
Individualised Options My Place	<ul style="list-style-type: none">• Focus on individual needs and wishes.• Individualised plans are dynamic working to extend the individual in progressing towards life goals.• Service Coordination (based on LAC model) assures strong community engagement and participation.• My Place Foundation operates as trust fund with Public Benevolent Status supporting resourcing flexibility.

Family Care Perth Home Care Services	<ul style="list-style-type: none"> • Supports adults who want on-going family-based care. • Only a small number of WA agencies provide alternative family care. (Perth Home Care Services is reportedly the largest provider).
Co-Residency Lower Great Southern Community Living Association	<ul style="list-style-type: none"> • Provides an alternative to shared care in group home option (i.e. more natural home-living environment). • Opportunity for one-to-one personal support relationship developing over time. • Provides for more spontaneous "normal" lifestyle which may include the "dignity of risk". • Also incorporates a Community Development Program (based on inclusion principles and partnerships with mainstream service providers) as intrinsic to service.
Co-Residency Vemvane	<ul style="list-style-type: none"> • Co-residents are recruited as "flat-mates" and receive subsidized accommodation but no payment • Low cost option allowing on-site support and development of friendships while maximizing independence.
Flexible, individualized Co-Residency Community Living Project	<ul style="list-style-type: none"> • Supports people with high support needs including people who have lived in an institution to live in their own home with a co-resident • Intentional circle of support built around each individual to bring freely given relationships into the person's life.
Flexible, individualized Co-Residency Homes West	<ul style="list-style-type: none"> • Supports people with high support needs to live in their own home, most with a co-resident. • Care and support arrangements are shared between paid support and family and friends. Each individual has some funding which is used to compliment the support provided by people who give of their time freely.
Mobile Attendant Care	<ul style="list-style-type: none"> • Provides personal care assistance between 6pm and 6am at scheduled times for pre-arranged service users and at unscheduled times when the service user calls for occasional or emergency support.
Good Neighbour Program Midwest Community Living Association	<ul style="list-style-type: none"> • Claimed to be the only program of its kind in WA. • Enables provision of support and independent living for people who would not qualify for critical needs accommodation support funding. Without the support of the good neighbour participants in the program would be

	<p>unable to leave the family home.</p> <ul style="list-style-type: none"> • Strong partnership with local branch of Department of Housing and Works enables local development of innovative community based options.
<p>Mutual support Key Ring</p>	<ul style="list-style-type: none"> • People with mild intellectual disability are supported to live in their own homes and be part of a network of mutual support. • A network of 9 people is supported by a community living worker who provides 10-12 hours of assistance to the network per week in exchange for free rent. • Emphasis on mutual support by the people with intellectual disability.
<p>Co-operative community Deohaeko</p>	<ul style="list-style-type: none"> • 7 people with intellectual disability and high support needs are supported to live in a co-operative community of 250 people. • Care and support arrangements are shared between paid support and family and friends. Each individual has some funding which is used to compliment the support provided by people who give of their time freely.

Agency: My Place

Contact	ph 08 6380 2927 myplacewa@bigpond.com.au www.myplace.com.au
Website	www.myplacewa@bigpond.com.au
Innovative Dimensions	<p>My Place focuses on individual needs and wishes (rather than a standard model) incorporating the following features:</p> <ul style="list-style-type: none">• Individualised plans are dynamic working to extend the individual in progressing towards life goals.• Service Coordination (based on LAC model) assures strong community engagement and participation.• My Place Foundation operates as trust fund with Public Benevolent Status supporting resourcing flexibility.
People Supported	<p>Supports approximately 120 people with a range of disabilities to live in the community. My Place consumers include people with intellectual disabilities, autism, cerebral palsy, multiple sclerosis, muscular dystrophy and spinal injury ranging in age from six years to 60 years. About 12 have no verbal means of communication.</p>
Model of Support	<p>Individualised options are based on personal choice including: living in the person's own or family home with support, co-residency, host family and support for self managed funding. About 80% of consumers are supported to live in their own home (renting, purchasing or the family home). The remaining 20%, typically younger people, are supported to live in co-residency arrangements or with a host family.</p>
Key Principles	<p>Key operating principles are based on:</p> <ul style="list-style-type: none">• a Focus on the individuality of the person and person-centred planning i.e. "My Place", "My Plan"• personal choice and control over how the person lives his or her life• extension of abilities and life choices working to life goals• encouragement, opportunities and support for personal and educational development and community and economic participation.
Key Features	<p>Funds are held in trust in the My Place Foundation which operates as a Public Benevolent Institution. The flat management structure minimizes administrative expenses enabling maximum direct care funds to be spent on services for the individual.</p> <p>Service Coordinators at My Place work like Local Areas Coordinators (LACs) coordinating and managing service supports. By establishing a personalized on-going relationship with a clearly defined consumer group, Service</p>

Coordinators provide a fixed point of accountability, expertise and advocacy on individual needs and links with local communities. Service Coordinators supervise the work of direct care staff.

Each person is supported to develop their own plan "My Plan" which outlines their goals in life and how these may be achieved. In consultation with the consumer and, where appropriate, his or her family, the plan is updated regularly.

The office premises in Subiaco include spacious meeting rooms which are also used for community activities organized for or by My Place consumers.

Background My Place was established by Mr Peter Dunn, Dr Gregory Lewis and Dr Phillip Deschamp in 1996 in response to a perceived need for more flexible and individualized approach to provision of support. In 1987, Dr Lewis established the ground-breaking Local Area Coordination program which now has statewide coverage. Peter Dunn was the first Local Area Coordinator in the Lower Great Southern Region. Dr Deschamp has served on the Boards of the former Authority for Intellectually Handicapped Persons and the Disability Services Commission.

My Place has grown rapidly in recent years (from supporting 30 people in 2000 to 120 people at the end of 2004).

People Providing Support My Place employs 160 support workers – called Personal Assistants – to provide direct care support under the supervision of the responsible Service Coordinator.

In host family or co-residency arrangements, (accessed by about 20% of consumers) the person with disability becomes part of the extended family. The aim is to build a relationship based on give and take (rather than dependency) with the goal of moving to greater independence for the person with a disability.

Service Coordinators oversee all the direct care and support arrangements.

Agency Support Provided My Place supports the development of options, application for and management of funding, recruitment, training and payment of direct care staff.

My Place will also support people who wish to manage their own funds and thereby increase resourcing available for direct care. About 7 people have been supported to establish micro agencies under the auspices of My Place to enable direct management of funding in this way.

Benefits The individualized approach offers flexibility, and increased personal choice and consumer control.

Challenges Current challenges include the management and resourcing of changing needs particularly for consumers with degenerative conditions who may

require increasing medical support.

**Sustain-
ability**

The development and expansion of My Place reflects the commitment and dedication of the three founding directors. Succession planning is underway to assure maintenance of the vision and approach beyond the working life of the key players.

**Future
Directions**

A decision has been made to maintain the agency at its existing size to ensure that the personalized nature of service provision, in which Service Coordinators have a direct voice and input, can be maintained.

Agency: Perth Home Care Services

Contact	Marita Walker CEO maritaw@phcs.org.au
Website	Perth Home Care Services: http://www.phcs.org.au/
Innovative Dimensions	<p>Alternative family care options service a niche market meeting a unique need for adults who require and will benefit from on-going family-based care.</p> <p>Only a small number of WA agencies provide alternative family care. (Perth Home Care Services is reportedly the largest provider).</p>
People Supported	<p>Perth Home Care supports 15 people with multiple needs ranging in age from 18 to late 50s who may benefit from more personalized family-based care. A number of those supported have been relocated from institutional care or graduated from wardship under the Department for Community Development. Perth Home Care Services does not consider the Family Care Option it provides to be suitable to people with challenging behaviours.</p>
Model of Support	<p>Under the Alternative Family Care model (i.e. Family Based Foster Care for Adults), the person with disability becomes part of the family and participates in normal family life. Perth Home Care Services also offers a range of other individualized accommodation support options.</p>
Key Principles	<p>Alternate Family Care is based on:</p> <ul style="list-style-type: none">• providing personalised care in family environment• promoting natural family and community connections.
Key Features	<p>The person with disability becomes part of and participates in the life of the family.</p> <p>A respite component is built in (from 2-8 days/month plus 4-5 weeks per annum). Respite takes place at the home of another family specially recruited for this purpose. Other respite options may also be utilized.</p> <p>A carer reimbursement (not a salary) is negotiated with the alternative family carer depending on the level of the support needed by the person with a disability and may range from \$180/week up to \$700/week. The alternative family carer is not "employed" as such and is not therefore covered for workers' compensation or superannuation entitlements.</p> <p>A written agreement spells out the responsibilities of both the carer and the agency (including provision for regular review).</p> <p>The alternative family carer has access to specialist and professional services if required.</p>

Background	Perth Home Care Services was established in 1967 initially as an emergency housekeeping service to provide short term assistance to families in the event of hospitalizations, illness etc. In 1985, funding through the Home and Community Care Program signaled a change of direction with an emphasis on services to enable frail elderly people and people with disabilities to remain in their own home. The first Alternative Family Care options were established in the early 90's for a number of residents moving from larger scale residential care. In 2002-03, Perth Home Care Services reported that it was supporting a total of 1,200 people in the community (including those in Alternative Family Care) with 300 staff providing 239,000 hours of service.
People Providing Support	Alternative family carers come from a variety of backgrounds including single people and families with children. Most alternative family carers have prior exposure to the disability field and many have a pre-existing relationship with the person with a disability e.g. staff from Pyrton and Bristol Hostel, or as foster parents in a wardship arrangement which has now moved into guardianship. There are a number of alternative family care arrangements in the Northam, Toodyay, York area which means the local community is familiar with the concept if additional recruitment is required. For each alternative family carer, a respite family/ies is also recruited.
Agency Support Provided	Perth Home Care supports links to specialist services and community access opportunities. A Service Coordinator maintains regular contact (at least every three months).
Benefits	Support is based on the establishment of a caring personal relationship. The person with a disability is linked into family networks with the opportunity to experience normal family life.
Challenges	Current challenges include: <ul style="list-style-type: none"> • the interface between wardship responsibilities of the Department for Community Development, adult guardianship arrangements and Disability Service Commission responsibility for accommodation support funding. • Carer reimbursements which may have implications for family carers who also receive Centrelink payments. • the small pool of potential family carers available.
Sustainability	The longest arrangement has been in place for 12 years. The level and nature of support required is a significant factor in the longevity of the arrangement.

Agency: Lower Great Southern Community Living Association

Contact	<p>Kathy Hough Executive Officer for Lower Great Southern Community Living Association as well as a co-resident (as of the past 12 years) with a now 50 year old woman with an intellectual disability. lgsccla@iinet.net.au</p>
Innovative Dimensions	<p>The co-residency option offered through Lower Great Southern Community Living Association (LGSCCLA) provides:</p> <ul style="list-style-type: none">• an alternative to shared care in group home option with rostered shifts of support workers and potentially incompatible fellow residents (i.e. more natural home-living environment).• an opportunity for one-to-one personal support relationship developing over time.• for a more spontaneous “normal” lifestyle which may include the “dignity of risk”. <p>A Community Development Program (based on inclusion principles and partnerships with mainstream service providers) is intrinsic to the service provided through LGSCCLA.</p>
People Supported	<p>Eleven people of varying disabilities and needs ranging in age from 18 years to 67 years are currently supported in co-residency arrangements. An additional 15 people are supported through other individualized options. Most have an intellectual or cognitive disability.</p> <p>As a member of the Disability Services Commission’s Challenging Behaviours Consortium, LGSCCLA also has the capacity to support people with challenging behaviours.</p>
Model of Support	<p>Co-residency is based on the person with a disability sharing premises with another person who provides needed support.</p>
Key Principles	<p>The model is based on creating the most natural context in which people can be supported in a home environment with a strong focus on community inclusion and participation.</p>
Key Features	<p>The person with a disability and person providing support reside in same rental premises and share living expenses. To assure security of tenure, the lease is held by the person with a disability.</p> <p>The co-resident is paid a wage including salary packaging for the care provided (usually with one day off/week plus respite available every second weekend and four weeks annual leave).</p> <p>The person with disability participates in day activities (which also provides day-time respite for co-resident) and other community activities based on holistic approach to person’s needs.</p>

Background	<p>Lower Great Southern Community Living Association (LGSCLA) was incorporated in 1991 on the initiative of the then Local Area Coordinator who continued to play an active part until 1994.</p> <p>The agency initially established a co-residency arrangement for two women who had very different lifestyles (one being relocated from large Perth-based institutional care, the other moving from the local family farm). It became apparent that more individualized arrangements were required.</p> <p>Since 1997, LGSCLA has also been accredited by the Disability Services Commission as a service provider for Alternatives to Employment with substantial growth over the past 8-9 years.</p>
People Providing Support	<p>Co-residents come from a range of backgrounds (including students, mature age women, young couples). Most have some personal or professional connection with disability.</p> <p>Personal networks are considered a more effective recruitment strategy than advertising.</p>
Agency Support Provided	<p>Management support is through the Executive Officer and three Coordinators with 24 hour back-up for support workers.</p> <p>Networking and training is provided on how to respond to caring demands including self care.</p> <p>A Community Development Officer employed to support inclusion in mainstream community activities (e.g. is TAFE lifestyle courses, Safety First Training, Consumer Awareness and Protection Courses)</p>
Benefits	<p>Co-residency is considered to provide many benefits including the:</p> <ul style="list-style-type: none"> • development of close personal relationship between the person with disability and co-resident. • opportunity for spontaneity in lifestyle in normal home environment. • community connections through the cohesive local community.
Challenges	<p>Operational challenges include:</p> <ul style="list-style-type: none"> • determining who leaves the home during respite and holiday periods? • managing the process of transition when the existing support worker wishes to move on? • responding to the level of demand – there is wait list for service support.
Sustainability	<p>The average turn-over of co-residents is 3 to 5 years. Longer term arrangements have existed for 8-12 years. Most former co-residents maintain contact beyond their direct caring relationship period. However a process of personal grieving and adjustment is acknowledged.</p>

**Future
Directions**

Following a recent family meeting on how to develop more cost effective options, consideration is being given to the expansion of the co-residency concept in which two people with a disability may be supported by a co-resident particularly where there is a pre-existing friendship/relationship between the people and/or compatibility is assured.

Local Factors

Strong community cohesion and spirit in Lower Great Southern regional WA.

Agency: Vemvane

Vemvane (a zulu term that describes the transformation of a caterpillar to a butterfly) has supported a co-residency arrangement over the past eight years for a now 33 year old man with a moderate intellectual disability.

Vemvane is a small agency based in the outer northern metropolitan area which receives minimal Disability Services Commission funding and draws extensively on support that is "freely given".

With agency subsidized rental accommodation for a three bedroom apartment in Northbridge (within easy walking distance of all amenities and including on-site access to a swimming pool and gym), two co-residents have been recruited through normal advertising for "flat-mates". Only upon application are they advised of the particular additional support requirements of their co-resident. While no formal qualifications are required, the co-residents are required to enter into an agreement on support expectations which may also include the opportunity for access to their own social networks. In return, they receive a rental subsidy and a contribution to their shared living costs. Each resident currently pays \$70/week for full board and lodgings. One of the current co-residents is in a rock band and recently invited his flat mate to join him in a national tour on the basis that he considered him to "be part of the band".

Two paid support workers provide an occasional visiting service while a coordinator maintains oversight of the service. The total agency cost to provide the service is between \$11,000 - \$12,000/year.

The current co-residents, both male, are aged 31 and 28 and have been participating in the co-residency support arrangement for one and two years respectively. The previous co-resident, a female, participated over a four year period and still maintains contact. As the support arrangement has evolved, recruitment of new co-residents has typically been through a departing resident's networks.

In addition to this arrangement, Vemvane also provides independent living support to one other client member.

Other Vemvane services include respite (under the banner of providing a break from everyday routines for the person with a disability), day activities and advocacy. Vemvane has a client member base of 35 people most of whom have an intellectual or developmental disability ranging in age from seven years to 53 years. The agency is supported by family members, friends and their networks. With total Disability Services Commission funding of \$230,000/year, the majority of assistance provided is "freely given".

Agency: Community Living Project (CLP)

Contact	phone: (08) 8384 7866 info@clp-sa.org.au
Website	www.clp-sa.org.au
Innovative Dimensions	<p>10 people with intellectual disability, many of whom have very high support needs live in their own homes, in their communities with an active lifestyle similar to people without disability.</p> <p>Intentional circle of support built around each individual to bring freely given relationships in the person's life.</p>
People Supported	10 people are supported, 4 of whom have very high support needs
Model of Support	Some people live alone and others share their home with a partner, a friend, a lover, a boarder
Key Principles	<p>Home: Home is seen as much more than a house, as a unique environment that gives the person a sense of security, pride, privacy, retreat</p> <p>Relationships: Recognition that people with intellectual disability may need assistance with the complexities of developing and nurturing relationships means that CLP support helps people to sustain existing relationships while also taking the opportunity to build new relationships.</p> <p>Valued roles: (roles that have a status in the eyes of others) CLP strongly believes that with some thoughtfulness about a person's gifts and talents, some careful planning, and with a creative, diligent effort, the CLP can nurture opportunities for any person to move into roles that are afforded a higher status, and subsequently the person concerned is seen as more highly valued in the community.</p> <p>Competencies: CLP believes that everybody has the capacity to learn new things, particularly if the things being learnt have relevance to the person concerned. CLP recognizes that positive expectations, a confident attitude, access to great role models, creativity in teaching processes and having realistic goals, all contribute to and enhance chances for ongoing growth and development.</p> <p>Community Participation and Inclusion: CLP believes that inclusion means being supported to be part of, and contribute to, and be involved in all the same activities, at the same places and right beside all other community members.</p>

Key Features

CLP is managed by a Board of Directors that delegate authority to the Executive Officer.

CLP uses a co-ordinator to manage the supports for 7 individuals and CLP delegates authority to 3 people with disability and their families to entirely manage their own supports. In this situation the CLP assists in the fulfillment of responsibilities of employer.

Background

The Community Living Project (CLP) incorporated in 1985 because of the leadership shown by a small group of parents in the southern region of Adelaide who banded together as the Parents of Disabled. They desperately wanted a service that would support their son or daughter with an intellectual disability and/or multiple disability to continue living in their local community in adulthood. They wanted a service that would secure a lifestyle and future for their son/daughter which was like those of other family members. They also wanted to feel reassured that their lifestyle would continue when they were no longer around.

At the time, no such service existed. hence these parents worked tirelessly to create the CLP.

People Providing Support

CLP employs 33 support workers

Agency Support Provided

CLP is an incorporated association with a Board of Management, a CEO, coordinators and support workers.

CLP provides support to people in their own home and also supports 10 people living in their family home.

Benefits

The individualized approach offers flexibility, and increased personal choice and consumer control.

Agency: Homes West

Contact 07 3278 2378 helend@homeswest.org.au

Website www.homeswest.org.au

Innovative Dimensions Homes West supports 10 individuals with disability and high support needs
Family, community and government resources are harnessed to embed adults with disability in their communities.

The care and support arrangements are shared between paid support and family and friends. Each individual has some funding which is used to compliment the support provided by people who give of their time freely.

The families work as a collective to support each other to develop a home for each of their sons and daughters.

People Supported 10 people with disability and high support needs.

Model of Support Each person lives in his/her own home. Many share their homes with people without disability.

Key Principles People with disability are entitled to a lifestyle which is based on the same rights and opportunities as other citizens, regardless of type or degree of disability.

Regardless of capacity or skill, families have a natural authority and are entitled to influence the direction of their son's or daughter's life.

A home is much more than 'bricks and mortar' – it should enhance a person's personal privacy and security, the development of relationships and intimacy, and the expression of individuality through flexibility and choice.

Community inclusion is much more than living in a house in the suburbs. It gives rise to active and meaningful participation in community life and the development of broader networks.

Families, community and paid service providers can work together in respectful, 'right' relationship to support a person with disability to live his or her life well.

Families do best when they work co-operatively together, sharing their skills, experiences and capacities. With collaboration comes a synergy. The whole is greater than the sum of the parts.

Homes West families assume:

- families want continuing involvement and relationship with the person

with disability;

- families already have some established networks on which they can build;
- a person with disability will continue to grow, learn and change throughout his/her life;
- parents are likely to die before their children;
- little that is worthwhile happens without planning and thought;
- funding will not be available to meet every person's support needs;
- people who have services dominating their lives are in danger of losing connections with family and friends, and other who would freely give their time, energy and commitment. The larger and more traditional the service, the more likely this will happen.

Key Features

The service is family governed with a collective of families assisting each other to plan for the life of each individual.

There is a clear differentiation between 'family business' and service business' in relation to each individual and Homes West or organisation business.

Family business:

- develops a positive vision for their family member and themselves and to plan for the future;
- establishes the values and standards for their family member's future life, and to safeguard his/ her privacy and integrity;
- helps the person to decide what is negotiable and acceptable within the family's culture, beliefs and traditions; and
- directs the level and type of service the person needs.

Service business:

- builds on and supports what networks are naturally there;
- protects the person and their family from intrusive bureaucratic processes;
- provides accountability for the expenditure of funds;
- employs, trains and supports staff; and
- supports and encourages the families for the long term to do their best.

Homes West business:

- brings families together to govern and direct the business off Homes West to ensure the service does the best for people;
- allows families to make the hard decisions – what is non-negotiable, when to compromise, what is possible and what just can't be done;
- nurtures the spirit, and maintains a willingness to come together to work

for the common good of the families; and

- reaches out to the broader community to place Homes West as an organisation and to find supporters and future leadership.

The day to day management is accomplished by an executive of 4 people.

Major decisions and key initiatives are addressed at the quarterly family meetings.

Homes West employs one co-ordinator and approx 40 support staff.

Each Homes West person has his/her own team of part time workers undertaking specific roles with that person. Each worker supports only one person.

A common process is used by most families but Homes West has no standard model of service.

Right relationships govern Homes West's approach to family business, service business and Homes West business.

Background Homes West was started by a group of parents of people with disability. The organisation gained one-off funding from the Q'ld Government in 1993. By 1996, it had made a long term commitment to 10 people with disability and their families. They were guided by the Community Resource Unit to work out their core beliefs and assumptions.

Homes West supports families through 4 phases so that their son or daughter with disability can plan a lifestyle, establish a home of their own, feel anchored in their community and be safe and secure when their parents are no longer around.

People Providing Support The planning for each person with disability is undertaken by family and informal support networks supported by paid co-ordinator.

40 part time support staff, working in teams (one for each person) who undertake specific roles for each person.

Agency Support Provided Homes West is a parent organisation established specifically for the purpose of supporting 10 people with disability establish homes of their own.

Benefits Each person with disability has a home of their own, even without full government funding.

Each person is firmly embedded in the community through relationships with people who care about the person and seek to spend time with the person.

Sustainability Families and Homes West are continually focused on bring in new people to sustain the network around the person with disability

Agency: Mobile Attendant Care (MAC)

Contact	07 3356 8808 macs@macsinc.org.au
Website	www.macsinc.org.au
Innovative Dimensions	Provides personal care assistance between 6pm and 6am at scheduled times for pre-arranged service users and at unscheduled times when the service user calls in for occasional / emergency support.
People Supported	<p>People with physical disability who need assistance with personal care.</p> <p>The number of scheduled visits by MAC attendants is approx 38 every night of the year with up to 6 call-ins and Vita-calls in addition to regular visits per night (2002).</p> <p>The delivery of the service is across 25 suburbs with each of the 4 attendants driving between 80 and 100 kms/night</p>
Model of Support	Some service users have pre-arranged times for assistance. Others use the service for occasional or emergency support. Attendants drive to the home of service users to provide support.
Key Principles	<p>MAC is based on</p> <ul style="list-style-type: none">• a sound values base about respecting human worth and integrity and valuing diversity;• a commitment to creating service arrangements that allow people with disability to shape how the service is provided;• the importance of people knowing one another, remaining small and operating in a non-bureaucratic way;• leaving personal lifestyle decisions to the realms of each individual service user;• Using open, personalized, flexible approaches to assistance;• holding a shared vision and understanding of good practice, with good relationships and skills to do what is required.
Key Features	<p>Attendant carers drive from home to home providing planned, occasional and emergency personal care assistance between 6pm and 6am.</p> <p>Service users are involved in the development, planning and management of their own support and of MAC.</p>
Background	MAC commence in 1992 in response to a need within the area for a service which provided night time assistance. Service user involvement from a service development, planning, management and review perspective is historically an integral part of MACS. The original objective of "by the people for the people"

continues to underpin the service that has grown and developed in response to changing needs and the changing climate of service provision.

**People
Providing
Support**

Trained attendant carers.

**Agency
Support
Provided**

MAC is a small non government agency operating in 25 suburbs of Brisbane

Benefits

People can lead the lifestyle they wish, coming home when they wish.
Assistance is available for emergencies.

**Sustain-
ability**

MAC has grown from strength to strength receiving very positive evaluations

Agency: KeyRing

Contact inquiries@keyring.org

Website www.keyring.org

Innovative Dimensions People with mild intellectual disability are supported to live in their own homes and be part of a network of mutual support.

The network (with a max of 9 people) is supported by a community living worker who provides 10-12 hours of assistance to the network per week in exchange for free rent.

Emphasis on mutual support by the people with intellectual disability.

People Supported People with mild intellectual disability who have basic self care skills but need either continuing or intermittent support. 35% of KeyRing tenants have lived in some form of shared housing (group homes) prior to joining KeyRing. 42% previously lived with family. Most of the remaining tenants had formerly struggled without formal support, including some who had become homeless.

Model of Support KeyRing services are based on the idea of 'living support networks'. Small networks of up to 9 people with low support needs are established in a particular neighbourhood using ordinary social housing. Each individual has his or her own flat, all within walking distance of each other.

A community living worker is appointed and in return for free accommodation, commits an average of 10-12 hours per week to assist members of the network. The community living worker lives as part of the network in the same neighbourhood as the KeyRing tenants.

Key Principles Enabling people with mild intellectual disability to get and maintain a home of their own.

KeyRing is based on the acceptance that the service cannot control the lives of the tenants – support can be offered and negotiated but not imposed

Key Features The development of mutual support among members of the Living support network

Partnership between the local housing department, the social service department and KeyRing.

The living support worker assists tenants to in dealing with the official world, helping them budget and helping them to access other services as needed.

People Providing Support Living support workers do not have any particular qualifications

Agency: Deohaeko Support Network

Contact	janet@legacies.ca
Innovative Dimensions	<p>Deohaeko enables 7 people with disability to live in co-operative community (called Rougemount) in Ontario Canada. The co-op is home to approx 250 people representing the typical mix of singles, families, single parents living in 100 one, two and three bedroom apartments.</p> <p>Care and support arrangements are shared between paid support and family and friends. Each individual has some funding which is used to compliment the support provided by people who give of their time freely.</p>
People Supported	Supports 7 people with a significant disability (some of whom need 24 hour support) to live as part of the housing co-operative.
Model of Support	<p>People live in their own 1 or 2 bedroom apartments each with their own personal support network made up of family, friends, neighbours and personal supporters.</p> <p>Deohaeko deliberately fosters a spirit of mutual neighbourhood support to develop an intentional community in which everyone is seen as having gifts and contributions.</p>
Key Principles	<p>Key operating principles include:</p> <ul style="list-style-type: none">○ The value and uniqueness of the individual○ valuing community○ overarching importance of relationships○ supportive decision making○ setting standards about age and gender appropriate roles to make a complete day and a valued life○ Gathering with allies to do the work○ learning to listen○ celebrate everything.
Key Features	<p>Deohaeko Support Network (DSN) made a conscious decision to support only a small number of people to live in a cooperative community.</p> <p>The families of the 7 people who live in Rougemount make up the Board (family governed) and support each other to make decisions about their family member.</p> <p>Each family hires the people who assist their family member.</p> <p>The co-ordinator works for DSN as a whole as well as for individuals and their family. She helps set the vision and helps families deal with times of</p>

transition and change. She meets regularly with each person being supported some weekly and some daily depending on need.

DSN sees its role as oversight of the support provided to each individual including: ensuring quality day to day, planning for and recognizing opportunities for new relationships, providing a home that is safe and secure, unique, individual and welcoming to others, ensuring a community presence which is legitimate and valued, occurring on a frequent and regular basis.

Background Deohaeko is a small group of families who came together in 1988 in Toronto, Canada to develop support for their sons and daughters with disability. They received a government grant to design and build a housing co-operative, Rougemont, which became a 6 storey 100 unit housing co-operative. The families did not want a residential service for their sons and daughters with a disability. They were looking to develop an intentional community in which people with a disability would live with people without disability. Rougemont became the 'where'. The Deohaeko Support Network became the 'how' – a Board of families who employ paid workers to work individually with each person with disability, some of whom require 24 hour support.

People Providing Support Each person being supported has his/ her own support network, made up of family, friends, neighbours and personal assistants. The coordinator assists the family to recruit, direct and supervise the personal assistants.

Agency Support Provided Deohaeko Support Network is an incorporated association under a Board of Management made up the families. Deohaeko makes all decisions about allocating all funds received by the families from government according to the support plans for the individuals.

Benefits The people have very rich lives included in a large intentional community of people committed to neighbourly support.

Challenges Ensuring quality support day to day.
Recognizing and seizing new opportunities for new relationships
Future funding
Board membership
Supporting and nurturing the support network
Starting over again with each new supporter

Sustainability Succession planning is underway to assure maintenance of the vision and approach beyond the working life of the key players.

Future DSN has committed to remain focused on the 6 people with disability it currently supports. It provides presentations to support other families.