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SOLUTIONS FOR ADULT INTERDEPENDENT LIVING

SAIL Connect



January 2022

News from SAIL

One of SAIL's goals is to connect people to people and people to resources. Since October, when the SAIL website was officially launched and the Friendship Connect and SAILing Lessons initiatives came to fruition, SAIL has exceeded its membership goal! The need to develop creative and innovative housing solutions for individuals with IDD is overwhelming but as a community, we will develop solutions.

Plato famously wrote "our need will be the real creator" and for the community of parents and guardians who are entrusted with finding sustainable housing solutions for an individual with IDD, this quote says it all.

With a new year upon us, I encourage you to plan the steps to take to start the journey for your loved one. SAIL hopes to inspire you and support you in any way we can. The SAIL Board of Directors wishes you a very healthy, happy, and productive new year.

-Kathy Remski
SAIL President



Friendship Connect Holiday Event

Friendship Connect

Friendship Connect is SAIL's initiative to connect people to people through live events and SAIL's online portal. Whether you are looking to grow your loved one's circle of friends or hoping to find a compatible roommate, Friendship Connect is a great start.

Friendship Connect held its second successful event on December 3, 2021 with games and crafts. SAIL will be hosting another Friendship Connect Event for adults with intellectual disabilities on Friday, February 4. We

will again have games, including valentine-themed bingo, candle decorating and Valentine's card making. For those families who might struggle to bring a loved one to an event like this, we invite you to attend and join other families in similar situations for conversation.

If you are interested in attending the Feb. 4 Friendship Connect Event, please RSVP to info@sailhousingolutions.org.



SAILing Lessons Nov. 2021

SAILing Lessons- Planning, Dreaming and Working Together

The SAILing Lessons initiative provides a forum for families to encourage and empower one another to develop a

plan to launch their loved one into a happy, fulfilled, interdependent life and living situation. SAILing Lessons follows the SAIL Roadmap with lessons focused on one of the steps in the roadmap.

After a brief hiatus because of a COVID surge, SAILing lessons will ramp back up on March 9 when we will hear about some existing and emerging housing models in our area. We will learn how some parents thought “out of the box” and developed their own unique housing solution for their loved ones. Please join us for some inspiring discussion and the chance to ask questions. Table discussions will follow, allowing the chance to meet other parents and maybe even find partner families! Keep an eye on your email, the event page on the SAIL website and our [Facebook](#) page for more information!

“Good company in a journey makes the way seem shorter.”

-Izaak Walton, Author and Environmentalist

Rochester Housing Solutions Offers Family Training

Rochester Housing Solutions (RHS) is working with the builder, Three Oaks Communities (TOC), to create three inclusive communities in Rochester Hills by 2024. Families that join the communities participate in a training program through RHS.

The comprehensive training program, based on the work of Center for Independent Futures, equips families with tools to help their loved ones find a place to call home. The training supports families as they explore various housing options and decide which one best meets their needs. Families participate in several training modules that cover the process of building community, identifying assets such as community connections, exploring housing options, identifying support needs and how to fulfill them, preparing your loved one to move,

and taking the next steps toward finding a home.

“Most importantly, these training sessions allow families to work with other families who share the same goals, gaining knowledge, insight, and tools to ensure success,” said Heather Mingle, training coordinator for RHS.

Currently, members of RHS committed to the TOC model are participating in the training.

“However, RHS can adapt this training to fit the housing model your loved one is interested in pursuing, empowering every family to join a team to make their dreams a reality,” she said.

For more information, visit the RHS website at www.rochesterhousingsolutionsmi.org/



Families Zoom to learn more about SAIL

MEMBERSHIP CORNER

SAIL's Friendship Connect and SAILing Lessons events epitomize our mantra, “connecting people to people and people to resources.” But SAIL has much more to offer you! By becoming a SAIL member for \$30 a year, you and your loved one will reap many great benefits. Join the nearly 30 new families who have started to take advantage of their SAIL membership in the few months since SAIL's public launch.

SAIL Membership benefits include:

1. Housing Roadmap & Resources: This section of the website includes a comprehensive guide to help you through the process of launching a loved one, written by parents for parents.

2. Friendship Connect Live Events: These events are SAIL's effort to connect people to people for both friendship and possible future

roommates. As a member, you have free access to these events.

3. Friendship Connect Website Portal: This portal provides a platform where parents can create a personal profile for their loved ones and search other profiles to find potential friends and roommates.

4. SAILing Lessons: These in-person events are parent gatherings that follow the Housing Roadmap, where resources, success stories and information are shared to help families develop their solutions. As a member, you have free access to these events.

New this year, SAIL is hosting Zoom meetings to answer general questions about SAIL, explain membership benefits, and provide a tutorial on how to navigate the SAIL website, <https://sailhousingsolutions.org/events/>. RSVP is appreciated but not required at Info@sailhousingsolutions.org.

Find SAIL upcoming events on the SAIL Calendar at <https://sailhousingsolutions.org/events/>

Join SAIL today. <https://sailhousingsolutions.org/register/>

We look forward to helping you as you create your solution. We are excited to have you come aboard!

FAST FACTS

87% of the 5.4 million Adults with Autism in US Live with Parents

Current estimates suggest that over 5.4 million adults with autism live in the United States, and approximately 87% of them live in their parents' homes. According to the US Government Accountability Office (GAO), 500,000 youth with autism will enter adulthood by 2025. They concluded that current service systems in the United States are not adequate to address the needs of this emerging population.

Source: *Neuro Diverse Living*, website neurodiverseliving.org



Sunday School at First Presbyterian Church

On My Own of Michigan Aspires to Bridge Housing Gaps

A year ago, [On My Own of Michigan](#) (OMO) announced plans to transform itself to meet two identified gaps: the cliff that occurs when students with disabilities complete their public education; and the shortage of affordable housing.

OMO plans to launch **Independence Village** in the next several years, a multi-unit, affordable, inclusive housing community with right-size, life-long support services. "The Village will offer one and two-bedroom apartments, supports coordination, some direct care services like transportation and medication management, financial and advocacy services, and technology support – hopefully everything an individual needs to live independently for as long as they can," said Jennifer Roccati, Executive Director of OMO, located in Troy.

To prepare young adults to live more independently, OMO will also launch **Independence College**, a two-year residential, college-style training program for people with disabilities who have completed high school but are still living at home. The goal of Independence College is to give students a head start on independent living, to flatten the learning curve and ensure that individuals are set up for long-term success.

"We want to give students a similar experience to their peers who are going off to college, and help them transition to living on their own sooner," Roccati said. "Come live independently in a very supportive environment that includes housing and the support you need to do your

laundry independently, make your meals independently, grocery shop and get around independently."

OMO expects to hire an education director soon, with the goal of launching Independence College in 12 to 18 months.

Currently, OMO offers four programs to help people gain and maintain independence. It offers a **Skill Building** program that includes six classes or activities a week addressing issues like employment, money management, home organization and more personal issues such as wellness, mental health and healthy eating. Participants can also join social activities on Fridays and Saturdays.

Today, OMO provides **Independent Living Support** for 28 individuals, most of whom live in Somerset Park Apartments and who participate in the Skills Building program. Support includes service coordination, a 24-hour emergency phone line and weekly one-on-one meetings. Individuals needing additional support typically receive direct care using Medicaid funding and an outside service provider.

The nonprofit launched two other programs recently targeting its new goals, including an overnight program for students in high school through age 26 to practice independent living, called **Independence Prep**. Students will stay for a weekend, supervised by OMO staff, who will teach skills like doing laundry, meal preparation, cleaning, accessing transportation and grocery shopping. The first Independence Prep session was in January 2022.

OMO also now offers **One-on-One Family Consulting**, designed to help families develop a plan to achieve independent living for a son, daughter or sibling. After three sessions for \$150, families will graduate with a fully customized plan.

OMO focuses its efforts on enabling individuals to live as independently as possible. But its target population is not limited to people sometimes referred to as "high functioning" or with "mild intellectual disabilities." Roccati said OMO may not be the perfect solution for someone who

needs intensive, round-the-clock care, but they can help most families.

Most parents of adults with disabilities worry about what will happen when they can no longer care for their son or daughter; yet frequently individuals continue to live at home long after completing school. The newer programs OMO is developing will present opportunities for people to transition to greater independence earlier and more successfully, Roccati believes. She also said that Independence Village can answer many parents' worry and anxiety about the long term, after they're gone.

"We'll be here -- we've got them. They're going to be supported; they're going to be safe; they're going to be happy; they're going to have a community around them," she said.

OMO is seeking at least two acres of land in Oakland County to be donated or purchased at a reasonable price. Roccati welcomes questions and input at jennifer@onmyownofmi.org.



OMO provides opportunities for Individuals to stay connected

JARC and Integrative Neighborhoods of Oakland County Form Partnership

JARC and Integrative Neighborhoods of Oakland County (INOC), two area nonprofits that serve people with disabilities, announced a new partnership in October 2021. JARC will support INOC in its effort to sustain their intentional communities or PODS in Oakland County where adults with disabilities can live inclusively, supported by "community builders." A community builder is an individual who provides overnight monitoring and organizes social events for the residents, both within the residential

and broader communities. JARC plans to hire a Director of the Integrative Neighborhoods Program, who will oversee the partnership, development of new communities and hiring of community builders.

INOC currently has several individuals living in an apartment complex and supported by a community builder, according to President, Melanie Cohn. JARC serves close to 150 people with disabilities, either in group homes or other residential settings.

Individuals in INOC's neighborhood pods – or their families -- would continue to be responsible for the cost of housing, food and support services, typically using government benefits. For now, JARC will provide organizational support. In the future, JARC may provide direct care services to these communities.

"We see this partnership as filling a need for people who choose not to live in group homes. It's an opportunity to serve a more diverse population, and yet without purchasing more property," said Shaindle Braunstein, JARC's Executive Director. "I also believe the Integrative Neighborhood model can be adapted for individuals with higher needs than it currently serves."

For more information, contact Jacob Gottlieb at JARC at jacobgottlieb@jarc.org or 248-940-2751.



Working at Simply Good Kitchen, Birmingham.

Volunteer Opportunities at SAIL

Do you have skills that you can share with a growing organization? Do you have a legal background? A marketing background? Grant writing experience? Or are you able to volunteer at any of our events to help SAIL grow and inspire families? If so, SAIL could use your help.

If you are interested in getting involved, please email SAIL at info@SAILhousingSolutions.org. Let SAIL know your preferred area of expertise or interest.



SAIL Members volunteer at Friendship Connect Event

ACKNOWLEDGEMENTS

SAIL would like to thank First Presbyterian Church for graciously allowing us to host events at their church.

SAIL would like to thank Cheryl Loveday, Cindy Merten and Joanne Blair for their unwavering support and guidance for the past 2 years.

SAIL VISION

We dream of a day when all individuals, with their unique abilities and talents, can enjoy lives of interdependence, empowerment, and purpose in the community of their choice

FOUNDING MEMBERS

Susan Chaplin and Dan Brake
Don and Barbara Courtright
Sara Fentress-Gannon
Dave and Heather Mingle
Isidor and Yolande Mueller
Tom and Diane Mueller
Susan and Jack Nanry
Jim and Kathy Remski
Leslie Tons
Dennis and Ro Varley

Calendar of Upcoming Events

Feb. 4, 2022
Friendship Connect Event, First Presbyterian Church, Birmingham.
TIME: 6:30 pm

Feb. 9, 2022
SAIL New Member Zoom Call
6:30 pm
Video call link:
<https://meet.google.com/zvt-zgek-bct>
Or dial: (US) +1 573-930-0004 PIN:
795 621 782#

Mar. 9, 2022
SAILing Lessons, First Presbyterian Church, Birmingham.
TIME: TBD

April 1, 2022
Friendship Connect Event, First Presbyterian Church, Birmingham.
TIME: TBD

April 13, 2022
SAIL New Member Zoom Call
6:30 pm
Video call link:
<https://meet.google.com/zvt-zgek-bct>
Or dial: (US) +1 573-930-0004 PIN:
795 621 782#

JOIN SAIL today and enjoy the benefits of membership!

"There will be obstacles. There will be doubters. There will be mistakes. But with hard work, there are no limits."

-Michael Phelps, Olympic Swimmer