

Residential Options

This section is intended to make suggestions about how to modify your home or choose appropriate housing and to provide information about different housing options for persons with brain injury.

Issues to Consider

When deciding on the best housing option for a person with a brain injury, there are many issues for families to consider. Persons with brain injury and their loved ones should ask:

1. What kind of living situation is desired by and acceptable to the person with brain injury?
2. What kind of funding is required for this program?
3. What kind of living situation is needed to meet the physical, safety, intellectual, cognitive and social needs of the person with brain injury?
4. How will family members be involved in the care and rehabilitation process? What demands on time and energy are realistic and feasible?
5. What potential does the person with brain injury have for improvement and rehabilitation?
6. What kind of living situation will best foster improvement and rehabilitation?
7. How can we create a system in which the person with brain injury is able to live as independently as possible while family members and friends maintain productive lives?
8. Will the housing facility create an environment that is responsive to my cultural needs and values?

There are **three major issues** to consider when attempting to identify and select an affordable and appropriately structured housing option for persons with brain injury.

1. Funding – the first issue to consider when thinking about housing for a person with a brain injury is funding. Most people cannot afford to place their loved one in a residential program without some type of public funding assistance. Placement in most housing options that accept public funding require that you work through the Local Management Entity (LME) in your area. See Section N of this Resource Book for more information about how to sign up for services through your LME. For persons who are able to pay for housing primarily through private monies, you may still have the option of working with the LME, but you may also contact a number of the programs listed below directly.

2. Availability – There are a limited number of residential options available to persons with brain injury in North Carolina that are affordable, provide structured, supervised and individualized programming and then also have staff that have been specifically trained to work with the unique and sometimes complex needs of this population.

Many times families must choose the program that best fits their needs from what is available, and may not be fortunate enough to find an optimal program. In the state of North Carolina, persons with brain injuries are served in housing options with persons that have other types of disabilities, so here again, working closely with your LME is very beneficial. You will need to visit, observe, and interview all possible options provided to you and pick the best fit for your loved one. The better your situation and unique needs are known by the LME, the more likely you are to get a good fit. Also, please note that most programs have an extensive waiting list.

3. Level of Care – Public funding is provided to persons with disabilities who meet a certain criteria and is then based on the level of care deemed required by the person to be served. Persons and programs receive funding based on level of care provided and/or needed. For example, there are a number of ICF (Intermediate Care Facility) level group homes in the state but only one specifically licensed for persons with brain injury. You need to work with your LME to find out what level of care is appropriate for your loved one before knowing which residential options might provide that level of care.

Levels of Care/Housing Options

Many housing providers serve persons with a variety of disabilities, while others work exclusively with brain injury. Any community provider that maintains ongoing appropriate training specific to brain injury and embraces a holistic person-centered approach may be a suitable consideration.

The following housing options listed are organized from most to least independent living situations. In the case that housing outside of the home is determined to be the best for your individual circumstances, there is a list of questions to ask housing providers at the end of this section. Be sure to bring the list when interviewing and selecting a facility.

Living with Family

If the person with brain injury is returning home, alterations may need to be made. For example, a person with brain injury may need a ramp to enter the home, rearranged furniture, wider doorways or a renovated bathroom. There are many contractors with specialized knowledge and skills in this area. There are several home-renovation funding sources, including low- or no-interest loans, that individuals or families may be eligible to receive. For more information about funding sources, contact your local Center for Independent Living. Before you hire someone to work in your home, be sure to check qualifications, experience and references.

Home Care/Personal Care/Attendant Care

Assistance for family members can be provided through Home Health Care agencies, Medicare, Medicaid, waivers and in some cases private health insurance. In-home assistance can also be provided through programs offered through the LME for some persons with brain injury if they qualify.

Respite Housing

The purpose of respite care is to provide short-term care for individuals with disabilities while giving a temporary break to their regular caregivers. Some facilities or home health care agencies may offer respite services on a case-by-case basis. If you are in a financial position to pay for respite care yourself, more options may exist. Respite may also be offered to those who qualify through the local LME.

Renting

Renting is an option for a person with brain injury who can live independently but is not able to perform home maintenance. Living expenses can be minimized if the person with brain injury is willing and able to share housing with one or more individuals. Rent subsidies or assistance may be available through the United States Department of Housing and Urban Development. For more information about eligibility and who to contact, visit their website at www.hud.gov.

Adult Care Homes

These homes were formerly called Domiciliary Homes, Rest Homes, Personal Care Homes, or Homes for the Aged. Some states call this type of housing “board and care.” They must provide 24-hour personal care services (bathing, dressing, grooming, etc.) and supervision. However, this type of home is not required to have nurses on duty within the home. These homes are structured to provide a more social model of care as opposed to a medical model of care. Most offer private or semi-private rooms with private or shared baths. Seven beds is the minimum qualification for this type of home. Under seven beds is considered a Family Care Home (see below). They are licensed by the NC Division of Facility Services. The state contracts with each county Department of Social Services (DSS) to monitor these homes on a bi-monthly basis, but many are monitored monthly. The DSS Adult Home Specialist is responsible for this monitoring process.

Family Care Homes

These are Adult Care Homes that are licensed for two to six beds.

Group Homes

Adults live together in a family-like setting. Corporations run these facilities. Some facilities limit their admissions to a single age group or sex population. Some facilities will focus on brain injury while others will have a more general focus. In many homes, residents contribute to the operation of the house in

terms of chores and meal preparation. In North Carolina, there are different levels of care provided in different group homes.

The two primary levels of care are generally referred to as ICF (Intermediate Care Facility) or DDA (Developmentally Disabled Adult) home. Both levels of care are licensed by the NC Division of Facility Services and programs are monitored by them annually.

Supervised Apartment Programs

This type of housing describes apartments where services are offered to enable residents with special needs to live as independently as possible in a multi-unit setting often with roommates. Supervision is either provided within the apartment or within the apartment complex or both. Sometimes supervision is live-in, but most often not offered 24-hours a day/seven days a week. Residents usually sign a lease and pay monthly rent. At a minimum, one meal a day, housekeeping services and personal care services must be available. These facilities are not required to be licensed, but must be registered with the NC Division of Facility Services.

Adult Foster Homes/Foster Care

A Residence can be licensed to provide personal services for persons with disabilities in private homes. Adult foster homes are very similar to adult living facilities, with the main difference being that adult foster homes are licensed private residences as opposed to corporate facilities.

Assisted Living

According to the North Carolina Assisted Living Organization, assisted living is defined as a special combination of housing, supportive services, personalized assistance, and health care designed to respond to the individual needs of those who need help with activities of daily living. Supportive services are available 24 hours per day, to meet scheduled and unscheduled needs in a way that promotes maximum dignity and independence for each resident. There are two types of reimbursement provided for assisted living, State and County Special Assistance and Medicaid Personal Care Services.

Contact the North Carolina Assisted Living Organization at (919) 467-2486 for programs in your area that may have served persons with brain injury. NCALO, 1306 Annapolis Drive, Suite 120, Raleigh, NC 27608.

Long-Term Care: Nursing Homes/Assisted Living

For a comprehensive list of nursing homes in your area, visit www.medicare.gov, scroll down on the main page and click on “Compare Nursing Homes in Your Area.”

Long-term care refers to a broad range of supportive medical, personal and social services needed by people who are unable to meet their basic living needs for an extended period of time. This may be caused by accident, illness or frailty. Such conditions include the inability to move about, dress, bathe, eat, use a toilet, medicate and avoid incontinence. Care may also be needed to help the disabled with household cleaning, preparing meals, shopping, paying bills, visiting the doctor, answering the phone and taking medications.

Skilled Nursing Facility

Nursing facilities are licensed by the State who determines the number of skilled and nursing home beds in the state as well as the staffing requirements.

Skilled care is the highest level of care and is defined as: 1. requiring every patient to be under supervision of a physician, 2. having a transfer agreement with a local hospital, 3. requiring 24 hour nursing supervision and 4. having a physician on-call for emergency. States also require a higher ration of RNs and aides per patient with skilled than with non-skilled care.

To differentiate them from skilled care, other facilities are often called intermediate care facilities. The on-call requirements, 24-hour nursing and staffing levels are not as stringent for intermediate care. Some facilities, called residential care -- typically 3 or 4 bedroom converted homes – are licensed for room and board only with no formal medical staff. They provide help with activities of daily living (ADLs) but cannot handle medical problems.

In July 1999, the Supreme Court issued the *Olmstead v. L. C.* decision. The Court’s decision in that case clearly challenges federal, state and local governments to develop more living opportunities for individuals with disabilities through more accessible systems of cost-effective community-based services.

The *Olmstead* decision interpreted Title II of the Americans with Disabilities Act (ADA) and its implementing regulation, requiring states to administer their services, programs, and activities “in the most integrated setting appropriate to the needs of qualified individual with disabilities.” The ADA and the *Olmstead* decision apply to all qualified individuals with disabilities regardless of age.

This means that a person does not have to live in a long-term care facility if they chose not to. If you or a loved one currently resides in a long-term care facility you can request *relocation services* through your county of residence. Relocation services provide for the relocation of individuals with disabilities under

the age of 65 from nursing home settings to homes of their choice in community settings. Medicare, Medicaid, waivers or insurance can help pay for Long Term Care.

Questions to Ask Housing Providers

It is important to consider a number of factors when evaluating established housing options. Questions to ask vary depending upon an individual's housing needs.

Potential questions include:

- What are the fees and what will the fees cover? Will there be additional expenses?
- How is this program paid for? (private insurance, governmental assistance, etc.)
- Are the bedrooms and bathrooms private or shared?
- How are physical, cognitive, behavioral and medical challenges handled?
- What is a typical daily schedule for residents?
- What meals are provided? Do residents help with meal preparation?
- How are family members and friends included in a resident's activities?
- Is independence encouraged and supported? Can the services provided be adapted when a client demonstrates an increased level of functioning?
- What are the professional qualifications and experience of the staff?
- What are the ongoing staff training requirements?
- What is the staff-to-resident ratio? What is the turnover rate of the staff?
- How does this facility encourage optimum community involvement?
- What is your crisis plan for situations that have the potential to become unmanageable?

Try to find at least three housing providers to interview before you make a decision. Some options are listed in this Resource Book. While efforts have been made to provide as many options as possible, this is not a complete list. You are encouraged to choose a housing option that allows both the person with brain injury and the family to live as independently as possible.

Be sure to tour any housing option that you consider. Pay attention to cleanliness, safety and security, and overall atmosphere. Observe the manner in which staff members interact with residents.

Residential Options

Programs listed below have provided services to persons with brain injuries. Contact with these programs is required to obtain current information on services provided.



Making a difference for over 20 years

Since 1987, Learning Services has been dedicated to providing specialized services for adults with acquired brain injuries. After twenty years, we remain the leader in supported living and residential rehabilitation in North Carolina. Our programs offer a range of residential treatment and supported living options, which provide supportive environments and flexible care plans that match the individual needs of our residents, families and financial partners.

To learn more about our North Carolina programs call 888.419.9955 or visit learningservices.com.

Durham Program: 707 Morehead Avenue | Durham, NC 27707
Raleigh Program: 5301 Robbins Drive | Raleigh, NC 27610
Neurobehavioral Institute: 800 Recovery Drive | Creedmoor, NC 27522

Building Futures



Creedmoor, NC



Durham, NC



Raleigh, NC



Adaptables, Inc.

3650 Patterson Avenue, Suite B
Winston-Salem, NC 27105-3500

(336) 767-7060

(866) 894-3103

Fax: (336) 767-7090

theadaptables@theadaptables.com

www.theadaptables.com

Mission to encourage independent living for persons with disabilities. The goal of the organization is to help individuals with disabilities become more fully integrated into society rather than being separated from it. We believe that people with disabilities of all ages should have access to the many choices about their personal life as well as taking responsibility for the consequences of those choices. We are actively

engaged in helping to alleviate barriers that deter those with disabilities full participation within their community. We are committed in helping to break the mold of traditional attitudes about those with disabilities. We accomplish this by working together with other service agencies to foster awareness among the general population of the strengths of persons with disabilities (www.theadaptables.com).

Autism Services of Mecklenburg County, Inc.

2211 A Executive Street, Suite A
Charlotte, NC 28208

Carson Breeden (704) 392-9220, ext. 116

carson@asmcinc.com

www.asmcinc.com

ASMC is a private, not-for-profit organization supporting children and adults with Autism, Traumatic Brain Injury, and other Developmental Disabilities. It is our goal to assist and encourage each individual to become more independent in their daily lives, to participate more fully in their community, and to protect their right to be treated with fairness and dignity. Through our ongoing process of Performance and Quality Improvement, ASMC continues to provide quality services based on the needs of each individual and their family.

ASMC offers a range of residential and vocational options, as well as in-home and community services. These include group homes, CAP, Innovations, and Supported Employment available in Mecklenburg, Piedmont and Pathways LMEs. Residential services include Nursing, Psychology, Nutrition, Speech and Language, and other professional services as needed.

Blue Ridge Skilled Nursing

3830 Blue Ridge Road
Raleigh, NC 27612

(919) 420-7432

Charlottetown Manor

3501 East Independence Boulevard
Charlotte, NC 28205-7261

(704) 531-5386

Fax: (704) 531-7348

<http://thecharlottetownmanor.com>

Our goal is to provide as normal a life as possible for individuals with various disabilities. We prepare, where possible, for totally independent living. By promoting independence regardless of disability in our residents, we believe we are the prompting pride and dignity in individuals for their growth and self-esteem (thecharlottetownmanor.com).

Community Alternatives

301 10th St. NW Suite B101
Conover, NC 28613

Contact Mike Penland (828) 466-6023

Fax: (828) 466-6025

www.rescare.com

Has a group home for 3 male TBI clients near Hickory in Hudson, NC. Through our ResCare Premier family of programs, we help people with acquired brain injury to reach their potential. We do this by providing high-quality, effective community-based rehabilitation and residential services (www.rescare.com).

Comprehensive Community Care, Inc.

3308 Chapel Hill Blvd #160
Durham, NC 27707

(919) 402-0323

Fax: (919) 402-9435

A licensed home care agency, which specializes in providing services to developmentally disabled individuals. Offers in home services such as personal attendant care, behavioral and social supports, case management/case support, short-term respite, nursing, community skills training, client behavior intervention, and periodic service.

Country Living Guest Home

3134 Market St. Extension
Washington, NC 27889

(252) 975-1875

Country Living Guest Home is a 6-bed, licensed family care home for ambulatory adults. Country Living Guest Home, Inc. is a licensed 24-hour supervised living facility for adults with mental illness. Country Living, Inc. strives to improve quality of life for residents by providing self-empowerment through the guidance of qualified staff.

Elite Care, Inc.

2000 West Main Street, Suite D
Albemarle, NC 28001

(704) 982-4068

www.eliteservicesofstanly.com

Gaston Residential Services

905-A North New Hope Rd.
Gastonia, NC 28054

(704) 861-9280

Fax: (704) 868-2154

www.grsinc.org

Prefer Gaston County resident.

Golden Rule of Charlotte

4822 Albemarle Road, Suite 100
Charlotte, NC 28205

(704) 532-0566

Fax: (704) 532-0144

www.goldenruleofchar.com

We are a private, for-profit organization dedicated to serving individuals with mental, emotional/behavior, physical, and developmental disabilities. Our staff provides a full spectrum of residential, day/night and periodic services for children, adolescents and adults with disabilities in North Carolina. We also provide support services including: Training and Consultation, Supported Employment, Community Supports, and Diagnostic and Assessments.

These programs provide each consumer a chance to reach his or her maximum physical, social, emotional, intellectual and vocational potential. Since 2001, our "Golden Rule" has been to help each consumer reach their ultimate potential by providing skills that will enable individuality and independence within the least restrictive, but appropriate environments possible (www.goldenruleofchar.com).

Hudson Group Home

Community Alternatives **(828) 466-6023**

233 Elm Avenue
Hudson, NC 28638

Must go through Community Alternatives for placement. Serves people with brain injury 18 years or older.

Independence Home

(336) 924-0637

3722 Crosland Road
Winston-Salem, NC 27106

Independence Group Home is a licensed 3-bedroom home serving adults with disabilities including those with a TBI. The owner has worked with TBI adults for the past 10 years and is a one-time director over several TBI programs in the State of North Carolina. Individuals at the home are encouraged to live as independently as possible while receiving support from the group home staff who also work with community professionals to ensure that they are receiving optimal services and care. This is accomplished by a team approach to providing services, working with all professionals involved with the persons care, effectively communicating those needs, setting goals and working towards their achievement. Acting as an advocate for those with special needs is also at the heart of the care and treatment approach. The ultimate goal of the home is to foster independence and to teach skills needed to help those with disabilities succeed in their daily lives.

Learning Services North Carolina Programs

(888) 419-9955

www.learningservices.com

Durham Program:

707 Morehead Ave.
Durham, NC 27707

Raleigh Program:
5301 Robbins Drive
Raleigh, NC 27610

Learning Services Neurobehavioral Institute-East:
800 Recovery Drive
Creedmoor, NC 27522

As part of a nationwide network of programs, Learning Services' North Carolina offers a comprehensive continuum of services for adults with acquired brain injuries.

In North Carolina, our services include residential rehabilitation, community re-entry and reintegration, group supported living, supported apartment living, intensive residential behavioral management and day activity programs with vocational support. Medical services are provided through physiatry, neuropsychiatry, nursing, and dietary assessments, as well as a full range of professional rehabilitation specialists and case managers. Goal-directed, individualized rehabilitation service plans are provided for every client to assist that person in attaining their optimal level of function.

Lippard Lodge

6590 Rolling Wood Dr.
Clemmons, NC 27012

(336) 785-3813

Contact Melissa Sapp
www.LFScarolinas.org

Lippard Lodge is a long term care group home located in a beautiful neighbor in Clemmons, NC. Lippard Lodge is licensed to house six Traumatic Brain Injury Survivors. Our mission is embracing Christ's call to serve, LFS Carolinas walks with the most vulnerable in our communities toward healing and wholeness. Lippard Lodge is a very family oriented program that promotes independence, self awareness and self esteem while maintaining a strong support system for all residents throughout all their daily transformations (www.lfscarolinas.org).

MENTOR-North Carolina

3125 Poplarwood Ct., Suite 300
Raleigh, NC 27604

919-790-8580

www.nc-mentor.com

The Mentor Network is a group of providers offering a range of service options for people with brain injury. Program options include host home, shared living, and supported living. The MENTOR team assists individuals by developing and implementing an individual rehabilitation plan for successful community re-entry and re-integration. Other offices include Charlotte, Wilmington, and Greensboro (www.nc-mentor.com).

Person County Group Homes, Inc.

202 N. Main Street
PO Box 721
Roxboro, NC 27572-0721

(336) 599-9421

Contact David Forsythe- ext. 103

Fax: (336) 599-7220

Person County Group Homes (PCGH), Inc. operates a variety of residential programs in Person County to serve adults with TBI/ABI. These programs range from individual home ownership to 6-bed ICF/MR Group Homes. Some of the programs are specific to TBI/ABI (i.e. The Farm and Willow Lane), but the majority are programs that serve individuals with DD/MI in which individuals with TBI/ABI are integrated. PCGH, Inc. also operates day services for the elderly and individuals with disabilities, including individuals with TBI/ABI. Vocational/employment opportunities are available to the individuals we serve through Medicaid Waiver Services (i.e. CAP/SE and CSS) and private employers. Individuals served in these programs are also integrated into existing services in the community.

Pitt County Group Homes

560 West Queen Street
Grifton, NC 28530
P.O. Box 9
Grifton, NC 28530

Mary Grace Bright **(252) 758-2395**

Fax: (252) 524-3870

pcgh@greenvillenc.com

Provides quality long term care and support to persons 18 and older with mental retardation, autism and developmental disabilities. There are 5 six-bed group homes. Accepts Medicaid and private pay.

ReNu Life

Street Address: 501 Forest Hill Dr.,
Goldsboro, NC 27534
Mailing Address: P.O. Box 1017
Goldsboro, NC 27533

(919) 734-0266

Fax: (919) 734-9926

www.renulife.org

ReNu Life is a residential rehabilitation program that offers person centered, individualized treatment planning to meet the comprehensive needs of the brain injury survivor. Services include cognitive rehabilitation, community integration, behavioral management, supported living, and case management. ReNu Life offers Community Model rehabilitation, tailoring holistic individual programs to varied funding sources, including programs for private and public (State & Medicaid) funding. All programs focus on self-determination, self-advocacy, and obtaining a meaningful life.

ReNu Life is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) in the program areas of Brain Injury Residential Rehabilitation and Brain Injury Home and Community Based Rehabilitation (www.renulife.org).

RHA/Howell Centers, Inc.

11950 Howell Center Drive
Charlotte, NC28227

Contact: Joyce Hill (704) 545-7200

www.rhahowell.org

Provide many levels of care including DDA Homes and ICF level homes, but none are specifically targeted for persons with brain injury. Serves children and adults.

Sadler Construction

PO Box 3023
Cary, NC 27519-3023

(919) 678-0313

Fax: (919) 651-9052

www.lifestagedesign.com

Specializes in Lifestage accessible housing and Aging in Place homes and renovations. The intent of Sadler Construction's Lifestage design is to simplify life for everyone by making homes more usable by as many people, of as many ages and abilities as possible. We are CAPS certified. Sadler Construction can build a home to suit your needs and price range.

TBI Apartment Program

TBI Apartments
5712 Shattalon Dr. Apt. #47
Winston-Salem, North Carolina 27105

(336) 744-7350

Contact Pamela James

Fax: (336) 744-7351

The TBI Apartments is a community-based program that provides housing and therapeutic supports to adults with traumatic brain injuries. The programs' objective is to provide a safe, stable environment where the focus is independence and sustained community integration. A person centered habilitation plan is created for each resident to identify need and establish individual goals for development. The program is open to anyone with TBI that is in need of housing and habilitation services. While located in Forsyth County, participation in the program is not restricted by residency.

Therapeutic Alternatives

4270 Heath Dairy Road
PO Box 814
Randleman, NC 27317

(336) 495-2700

Contact Jennifer Barbee

www.mytahome.com

Therapeutic Alternatives, Inc. has been providing quality services to North Carolinians since 1958. Our services include: Targeted Case Management, Community Support, Community Support Team, Psychiatric Services, Outpatient Therapy, Individualized One-On-One Support and CAP-MR/DD services. In addition we operate adult group homes and assisted living communities. We are expanding our services to include mobile crisis management, psychosocial rehabilitation and intensive in-home services. To learn more about Therapeutic Alternatives, Inc. and our services visit us on the web at www.MyTAhome.com or contact us at 1-877-MYTAHOME.