



A HOME OF ONE'S OWN

**Meeting the Challenges of Independent Living
With Supports**

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WHAT IS THE POINT?

POINT (Pursuing Our INdependence Together):
a program that assists individuals with developmental disabilities to live independently with supports



AND THE POINT IS ...

- Currently, a community of 30 young adults living among “typical” neighbors
- Apartment-living in several buildings in the city of White Plains, NY, a suburb of New York City
- A collaboration among 2 private agencies and participants’ families
- Staff consisting of managerial, clinical and government resources experts





HOW DID WE REACH THIS POINT?

- Opened in August 2008
- Started with 15 participants
- 1 part-time staff member
- Extensive involvement of families
 - Hands-on work with participants
 - Committees with agency staff



THE STARTING POINT

- Who: a small group of parents of individuals graduating in 2008 from a postsecondary residential program
- What: discuss life after school
- When: spring 2007
- Why: to create a community for young people capable of living independently with supports



POINTS FOR CREATIVITY



GETTING TO THE POINT

○ Tasks:

- Investigating government benefits
- Choosing a location
- Finding housing
- Identifying an agency to run the program
- Determining program components



FAMILIES GETTING TO THE POINT



STRUCTURE

○ Families

- Cover housing either privately or with government funding
- Arrange for medical services
- Pay annual program fee
- Participate in committees

○ Agencies

- Hire and oversee staff
- Identify and support vocational opportunities
- Organize and facilitate daily activities





STAFFING

- Full-time program director
- Program specialists (master's level)
 - 2 full-time; 1 part-time
- 4 part-time staff for activities
- Life skills trainers (funded by government or by families)
- Medicaid service coordinator, who advocates for government benefits (funded by government or optionally by family)



VOCATIONAL SUPPORTS

- Job (internship) development
- On-site job coaching
- Transportation assistance
- Support group meetings to discuss work-related issues
- Assistance with government-funded supported employment



INTERNSHIP AWARD



ACTIVITIES

- Planned by participants and staff monthly
- Hands-on, with focus on fun
- Activities with a POINT
 - Independent living skills—e.g., meal planning, cooking, using public transportation
 - Healthy living—e.g., discussion group on personal hygiene, yoga class, seasonal sports
 - Community-building—e.g., male-only female-only “bonding” activities
- Recreation—e.g., movies, bowling, Wii sports tournaments

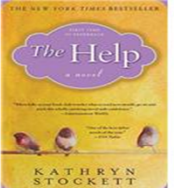


Westchester Jewish Community Services

POINT CALENDAR JUNE 2012

New/easier way to RSVP to POINT activities POINT@wjcs.com or call 914-761-0600 x722

RSVP stands for "Repondez, s'il vous plait." That is French for "Respond if it pleases you." Or more simply, **please respond**. We **must have your RSVP** in order to plan and run activities successfully, with enough food, staff and more. PLEASE RSVP to POINT activities POINT@wjcs.com or call 914-761-0600 x722.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>PLEASE RSVP to ACTIVITIES (new address) POINT@WJCS.COM 914-761-0600 X 722</p>			<p>EMERGENCY ? Call 914-439-9101 available 24/7</p>		<p>1 9 am-12 pm Greenburg Nature Center Internship RSVP Skyler 4-7 pm FOODIES Group PLAN~SHOP~COOK w/DAN RSVP POINT@wjcs.com</p>	<p>2 11 am – 1 pm Outdoor Arts Festival White Plains 333 Mamaroneck Ave. Arts, Crafts & Entertainment RSVP POINT@wjcs.com</p>
3	4	5	6	7	8	9
<p>9:30 am- noon JOIN THE POINT TEAM AUTISM WALK RSVP Valerie Meet at the Gramercy Go with Friends: (1) 7:00 pm Theatre (tkts \$18) 200 Hamilton Ave Midsummer Night's Dream <i>Happy Birthday Ian Aslier!</i></p>	<p>10:30 am-12:30 pm Kids Closet RSVP Kate 6-7 pm LEARN about FIRSTAID W/JON Gramercy/Media Room RSVP POINT@wjcs.com</p>	<p>3:30 – 5 pm LEADERSHIP MOVIE (& great hockey movie) 5-6 pm Barbara's Book Club THE HELP RSVP POINT@wjcs.com </p>	<p>12-3 pm – Food Bank RSVP Skyler 4-5 pm Leadership Wrap-UP w/Pizza! RSVP POINT@wjcs.com <i>6pm Theatre for Action –Members</i></p>	<p>11-1 pm Community Give-Back RSVP Rohan 4-5 pm \$MONEY MATTERS WITH TAMARA Gramercy/Media Room RSVP POINT@wjcs.com 5:00-7 pm Bring your own equipment POINT Softball RSVP POINT@wjcs.com</p>	<p>9 am -12 pm Greenburg Nature Internship RSVP Rohan 3:30 pm Departure RAMAPO TEAM BUILDING WEEKEND ></p>	<p>Go with Friends: * movies * walk * workout * healthy lunch ></p>
10	11	12	13	14	15	16
<p>RAMAPO TEAM BUILDING WEEKEND ></p>	<p>10:30 am-12:30 pm Kids Closet RSVP Kate 5– 6:30 pm WII GAME NITE HOSTED BY DAVID & MAX Gramercy #624 RSVP POINT@wjcs.com</p>	<p>3:30 pm Yoga with Valerie 4:15 pm Vocational Support 6 – 7:30 pm – Men's Club Mini-Golf in Elmsford RSVP Skyler 6 – 7:30 pm – Just Us Girls Dinner at Karamba (cost \$10) RSVP Betsy</p>	<p>12-3 pm –Food Bank RSVP Skyler 5:45 pm Participant Outing Best Pizza Place & Movie "BULLY" (2) RSVP POINT@wjcs.com</p>	<p>5:00-7 pm Bring your own equipment POINT Softball RSVP POINT@wjcs.com</p>	<p>9 am -12 pm Greenburg Nature Center Internship RSVP Skyler 4-7 pm FOODIES Group W/DAN PLAN~SHOP~COOK RSVP POINT@wjcs.com</p>	<p>11 am - 3 pm Rock Climbing RSVP by June 11th POINT@wjcs.com</p>





MIXING MEAT LOAF AT A COOKING SESSION





MEMORIAL DAY BARBECUE



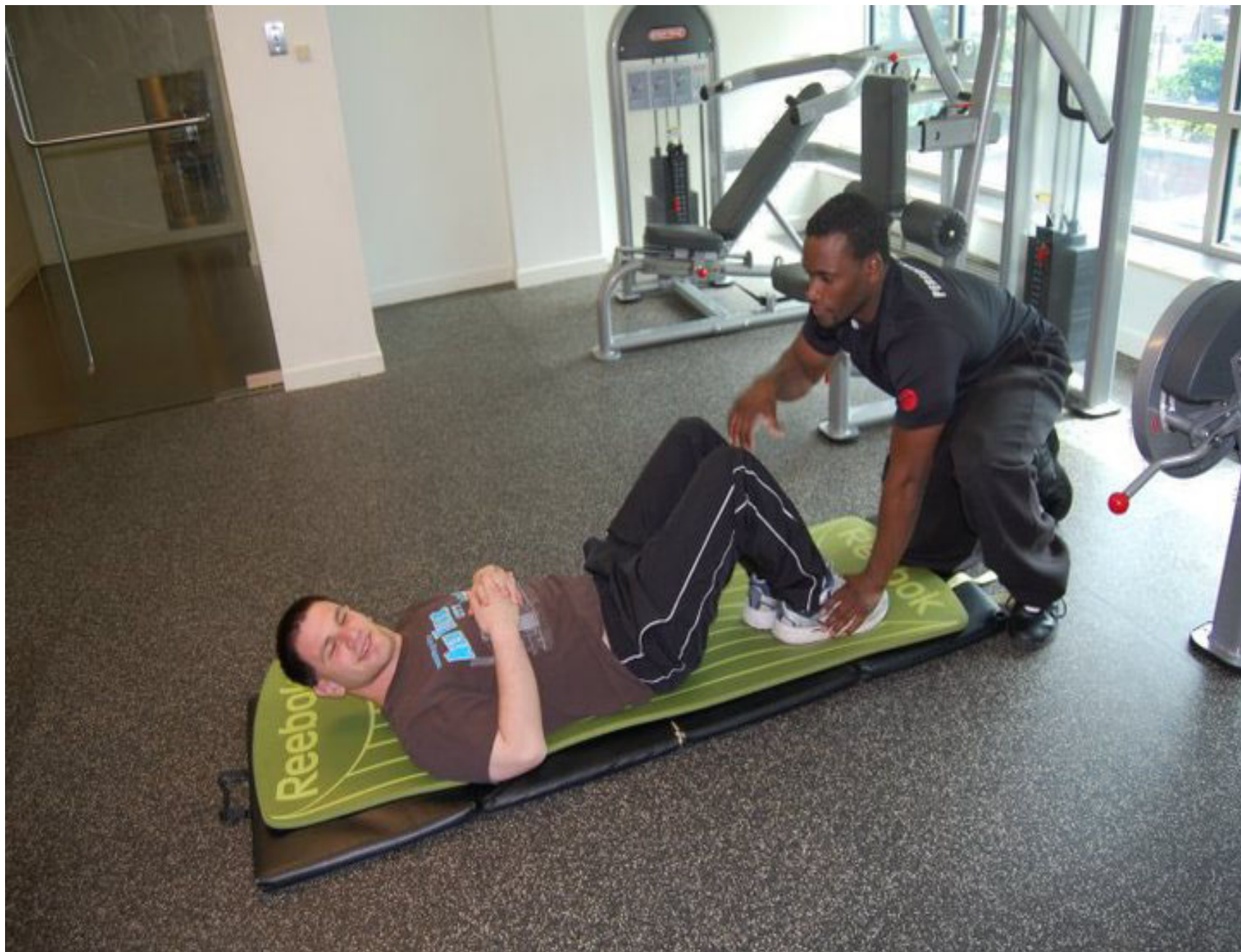
ADDITIONAL SUPPORTS

- Coordinated by POINT
 - Occupational therapy in apartments through a local college master's program at no cost
 - Group counseling with a social worker from one of our collaborating agencies (non-POINT staff)
- Family-driven and family-funded
 - Special Olympics
 - Special Hockey
 - Personal trainers
 - Private occupational therapy



OT-RECOMMENDED FUN: PLAYING WII





SPECIAL HOCKEY



POINTING TO THE FUTURE

- Growth: 60 participants by 2016
 - ❖ Aggressive recruiting schedule
 - ❖ More effective follow-through on recruitment
- Jobs
 - ❖ Staff member dedicated to job development
 - ❖ Vocational advisory board composed of staff and parents



POINTING TO THE FUTURE

- Integrating new members
 - ❖ Leadership workshops for participants
 - ❖ Participant ambassadors
 - ❖ Parent mentors
- Healthy Living
 - ❖ Calendar has fun events for fitness, healthy eating, etc.
- High costs
 - ❖ Fundraise through grants
 - ❖ Work to increase government funding



THANKS FOR GETTING THE POINT

- Independent Living with supports
- Community of peers within a large community of typical people
- Natural supports in addition to the paid staff
- POINT Families and Friends (PFF) very strong advocacy group with many committees
- Collaboration among two agencies and PFF





CONTACT INFORMATION

- anita.inz@gmail.com

- POINT@wjcs.com

- Westchester Jewish Community Services

<http://www.wjcs.com/index.php?src=gendocs&ref=POINTProgram&category=Special%20Needs>

- Jewish Childcare Association of New York

http://www.jccany.org/site/PageServer?pagename=programs_compass_point

