

New Futures Initiative: Opening Doors to Independent Living

Center for Enriched Living
October 10, 2023



Center for Independent Futures

Our Work, Vision, & Philosophy



- Evanston non-profit since 2002
- Founded by moms
- Direct Supports
- Training & Consultation
 - My Full Life™
 - New Futures Initiative™

It's Personal



The Full Life Model™

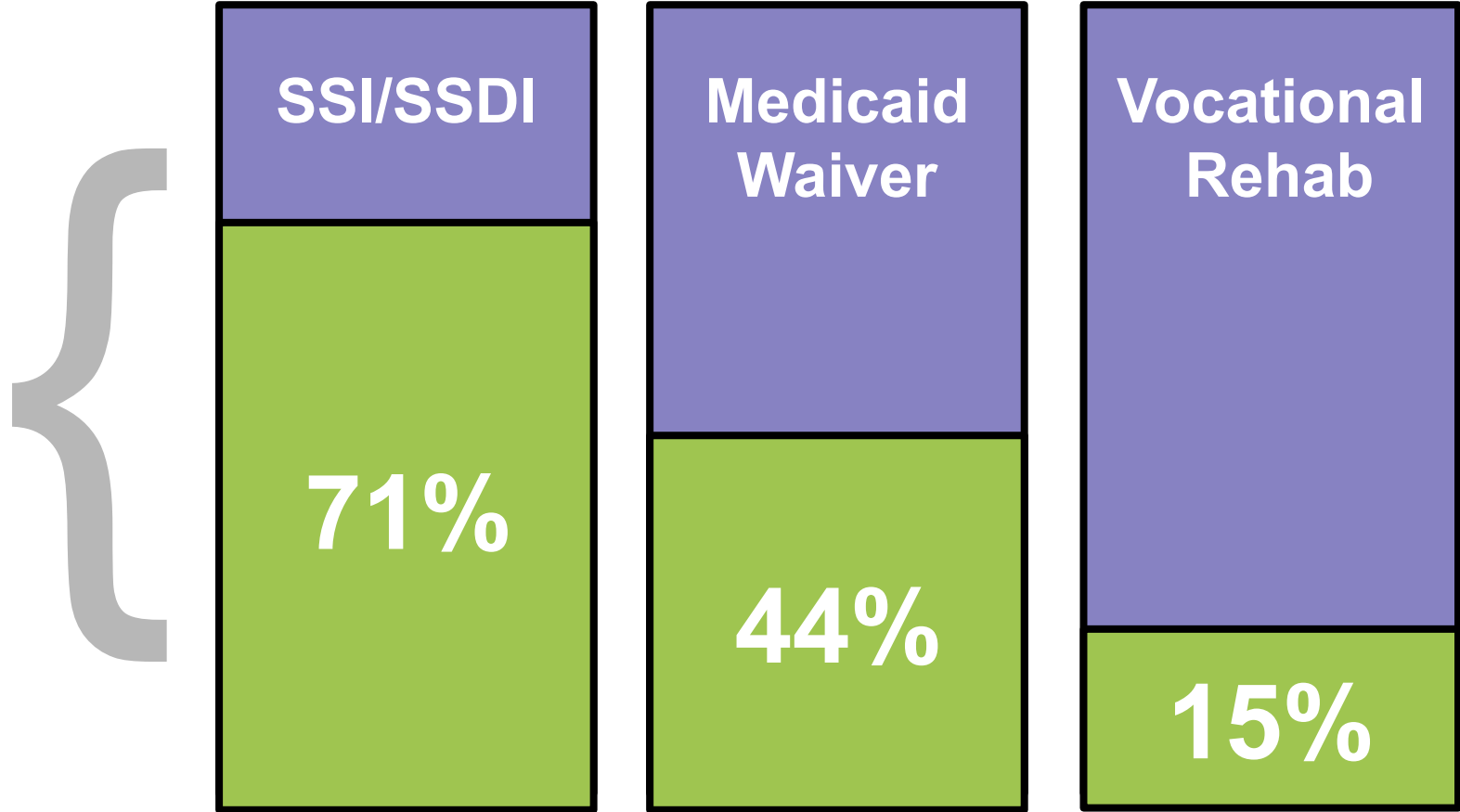
The Pursuit Of A Full Life



Funding Sources

Current Realities

In the U.S. only
25%
of individuals with
disabilities receive
formal services.



Sanderson, K.A., Burke, M.M., Urbano, R.C., Arnold, C.K., & Hodapp, R. M. (2017). Who helps? Characteristics and correlates of informal supports to adults with disabilities. *American Journal on Intellectual and Developmental Disabilities*, 122, 492-510.

Housing Settings

Current Realities

- Shift away from large state-run institutions
- 75% of adults with IDD live with family and most do **not** receive formal supports or services
- Family caregivers are aging:
 - Over half older than 50
 - 10% 75 or older
 - 1.3 million caregivers over age 60



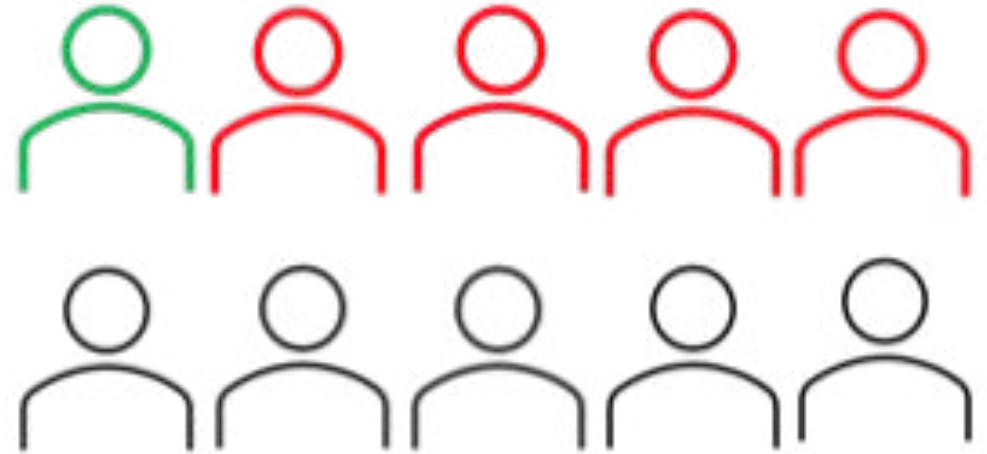
Sibling Plan

Living with Siblings: Plan vs. Reality

Plans: 50%



Current Reality: 10%



Sanderson, K.A., Burke, M.M., Urbano, R.C., Arnold, C.K., & Hodapp, R. M. (2017). Who helps? Characteristics and correlates of informal supports to adults with disabilities. *American Journal on Intellectual and Developmental Disabilities*, 122, 492-510.

The Exception:

Siblings of individuals with Down syndrome

What is New Futures Initiative?

A step-by-step process that gives individuals and their families the ability to create supported living options in their own neighborhoods



CIF Supported Housing Models

Evanston Examples

Center for
Independent
Futures
Evanston, IL



2003



2004



2006

2008

New Futures Initiative™

Success Stories

2006
Intentional
Communities
of Washtenaw
Ann Arbor, MI
(4)



2008

2014



2011

2013

2007
RCL
Schaumburg,
IL



2008

2011
FASD
Platteville,
WI



2012

2011
Community
Choices
Champaign,
IL



2016

2014 – 2017
Inclusive
Living
Opportunities
DC/MD/VA

2015

2016

2017

2018



2014
Our House
Wilmette, IL

2017





2020



The guys at their open house.

2018
Gathering
Resources for
Independent
Living
Palatine, IL

2015-
2022

Oasis/Emerald
Flats
Grand Rapids,
MI



Creative Housing

Examples - Cohousing



2013
Sweetwater
Sonoma, CA
(16 Units)

Creative Housing

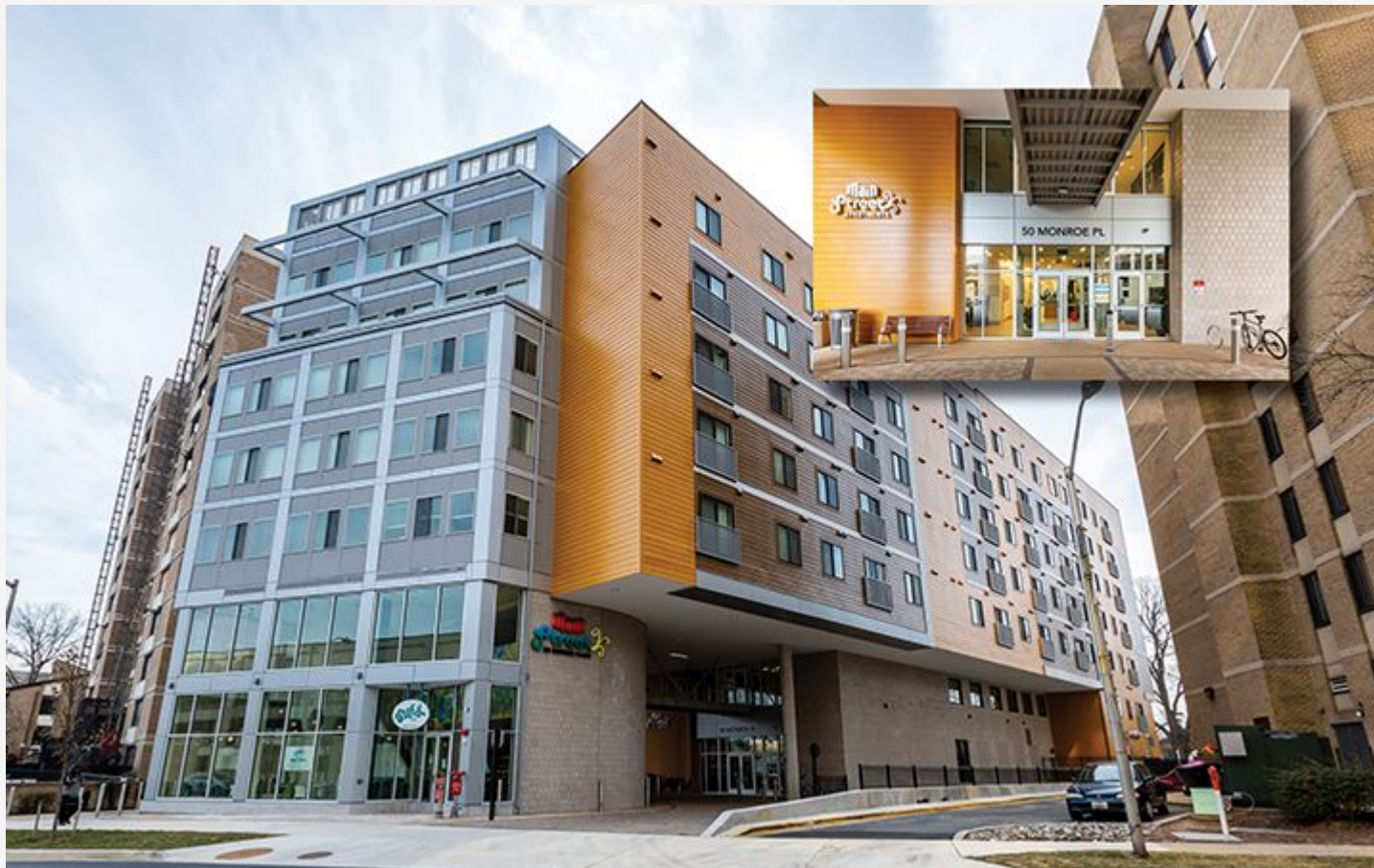
Examples - Cohousing

2019
Luna Azul
Phoenix, AZ
(30 Units)



Creative Housing

Examples - Main Street Connect



Creative Housing

Illinois Examples



2019
Hearts Place
Arlington
Heights, IL

2020
Spruce
Village
Palatine, IL



Creative Housing

Examples - Co-Living

2020
Common
Addams
Chicago, IL
(220 Units)

COMMON ADDAMS

PARTNER

NEIGHBORHOOD

OPEN DATE

CONSTRUCTION TYPE

TRADITIONAL UNITS

COLIVING BEDS

TOTAL BEDS

CITY PADS

PILSEN, CHICAGO

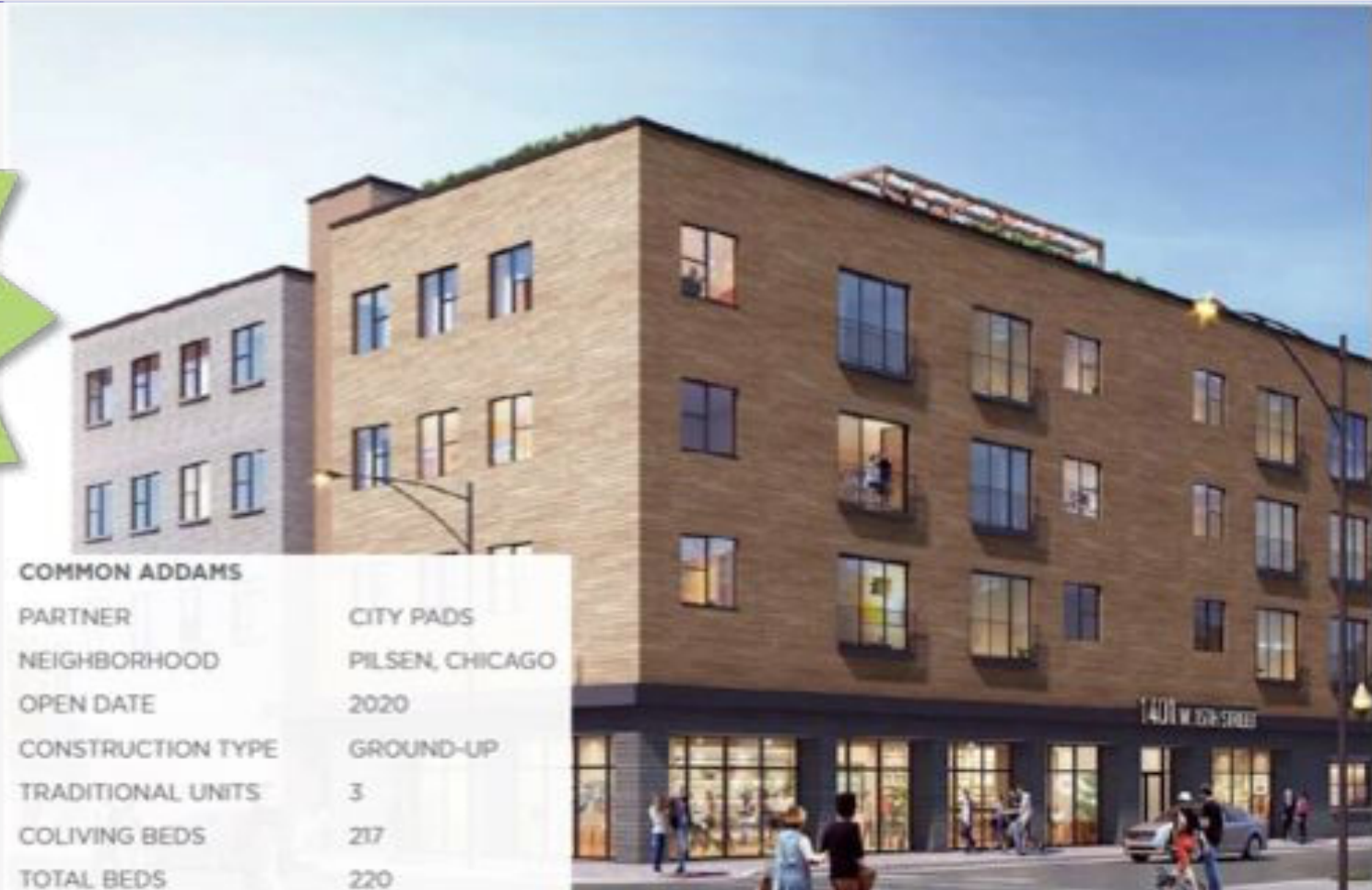
2020

GROUND-UP

3

217

220



Many Different Models



Shared Living

- Lifesharing • Home Sharing

Support Families

- Teaching Homes • Host Homes • Foster Homes

Board and Care Homes

- Single Room Occupancy Living

Group Homes

- Intensive Specialized Group Home

“Supervised” Apartments

Tiny Houses

Supportive Housing

- Permanent, affordable housing

In-home (with family) supports

- Accessory Apartment/ADU

Intentional Communities

- LArche • Camphill • Cohousing

Community Cooperatives

- Farm or Ranch (Gated, secured, only IDD)

Elder Cottage Housing Opportunities (ECHO)

The New Futures Initiative Process

Beginning the Journey

Find your people and build your team

Taking Action

Create your housing vision and research options

Moving Ahead

Build your support systems

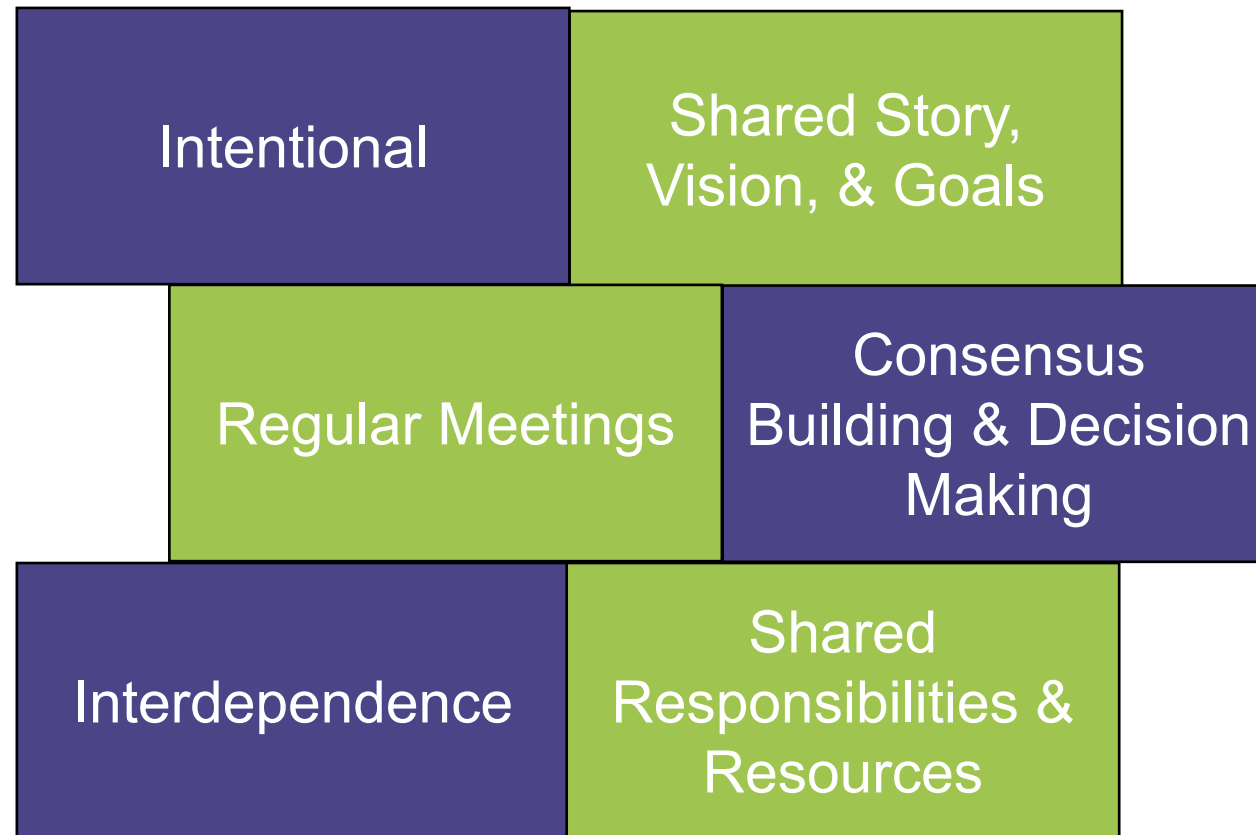
Opening Your Doors

Prepare for and adjust to living independently



Beginning The Journey

Community Development Building Blocks



Discovering Your Community



Taking Action

Finding Housing

Determine

Financial Structure

Ownership Model

Housing Criteria

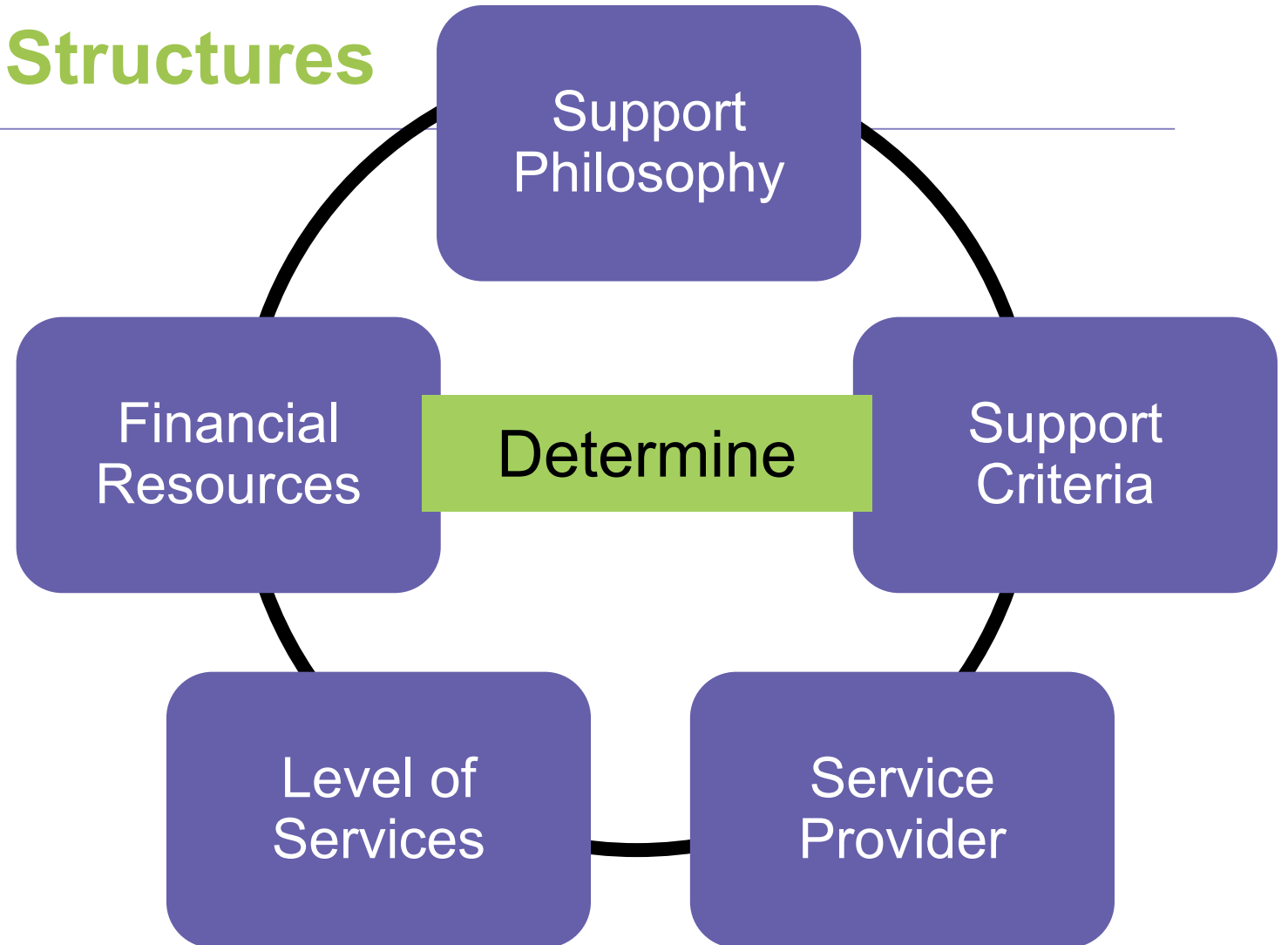
Location

Type of Housing



Moving Ahead

Planning Support Structures





Moving Ahead

Planning Support Structures

Service Provider

- Rest Assured
- SimplyHome
- Night Owl Support Systems, LLC

Natural Networks

Family

Community Networks





Opening Your Doors

Preparing To Live Independently

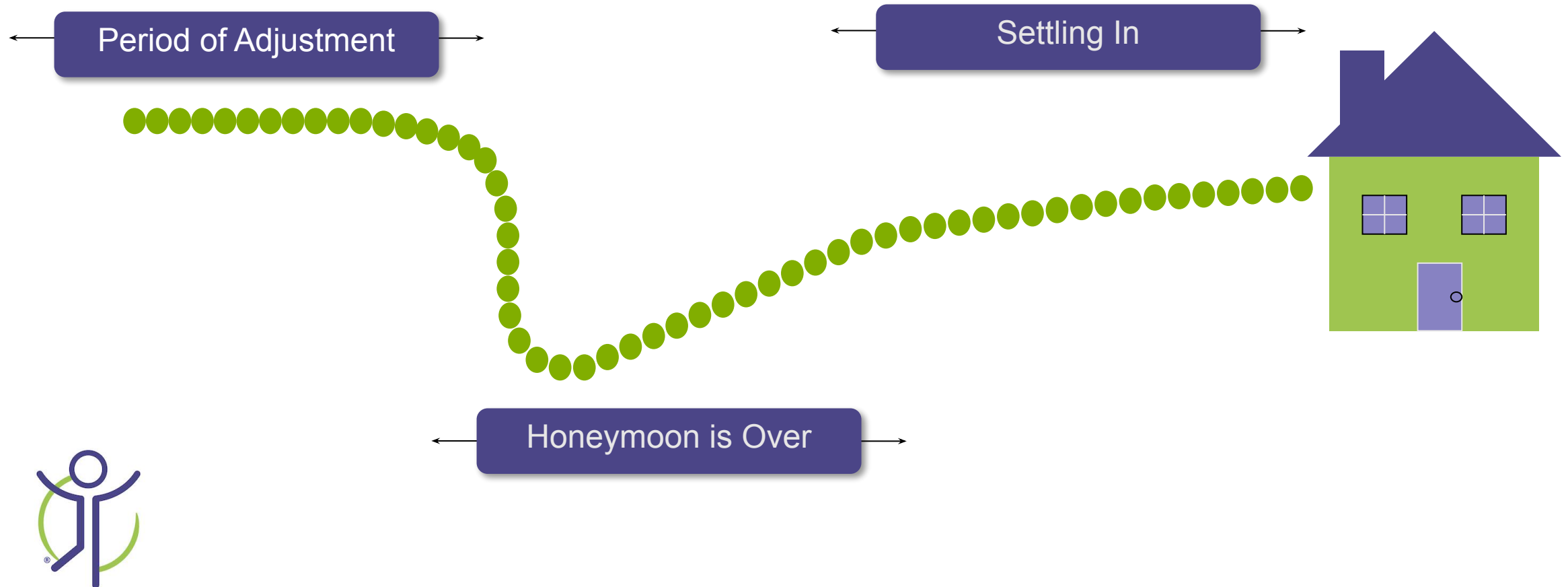
Individual & family readiness

- Meeting the neighbors
- Making the residence a home
- Move-in day
- Handling the day-to-day
- Preparing for the road ahead



Opening Your Doors

Adjusting To Independent Living



Challenges for Families



Learning To Let Go

Asking – making ourselves vulnerable

Opening – creating space and letting go

Believing – being part of a caring community



Actions you can take now



✓ **Initiate or continue planning process**

✓ **Build networks**

- Natural
- Community

✓ **Focus on building life skills**

- Independent Living
- Financial Management
- Self Advocacy

✓ **Research what is out there**

- Visit residential options
- Talk with other families who are creating options



Our Housing Guide

Download at:

<http://bit.ly/CIFHousingGuide>

Created with the support of
The Coleman Foundation

Alternative Housing Options for Individuals with Disabilities

A Guide for Forming and Implementing
Community Partnerships



Let's Connect!

Email Kathy Lyons at

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<https://independentfutures.com>

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Thank you!



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