

THE LUTHERAN HOME
ASSOCIATION



A PLACE TO CALL HOME

YOUR GUIDE TO DISABILITY HOUSING

The Lutheran Home Association

337 South Meridian Street, Belle Plaine, MN 56011

info@tlha.org | tlha.org | (888) 600-TLHA

WHAT IS DISABILITY HOUSING?

A disability housing community provides around-the-clock care for adults with intellectual, physical, or developmental disabilities. These communities are committed to providing a comfortable homes for individuals with intellectual and developmental disabilities, no matter what levels of care they require.

Person-centered care is tailored to meet the unique needs of each individual; focusing on his or her own personal growth and enrichment. Our experienced and compassionate team members are trained in the latest advances in care and can adapt services as needed.

From social activities to recreational programs, we provide the type of supportive environment that allows individuals to increase their self-sufficiency, be active members of the community, and develop meaningful friendships.



TYPES OF DISABILITY HOUSING SETTINGS

Regulated housing settings are sometimes called group homes.

- **Adult Foster Care (AFC):** Housing for one to five individuals with disabilities and seniors who live in their own bedrooms and receive services from an on-site caregiver. AFC is licensed by the Minnesota Department of Human Services (DHS).
- **Board and Lodge Facilities:** Housing for five or more people who may have individual or shared bedrooms depending on the facility. Other spaces, such as living rooms, dining rooms, or cafeterias, are shared. A Board and Lodge is licensed by the Minnesota Department of Health (MDH).
- **Housing with Services Establishments:** Housing that includes services such as meal preparation and help with medications. The services are sometimes described as “assisted living.” Housing with Services can be in individual apartments or be shared living units that are also regulated as AFC or Board and Lodge. Housing with Services establishments are registered with the MDH.
- **Intermediate Care Facilities for Persons with Developmental Disabilities (ICF/DDs):** Residential long-term care facilities that provide services to people with developmental disabilities or related conditions. Long-term care facilities are licensed by the MDH, and most are certified to accept Medical Assistance as payment.

AMENITIES & SERVICES *Amenities and services vary by location.*

- Scenic patios, landscaping, and picnic grounds
- Access to outside vocational opportunities
- Recreational programs and social activities
- Continuum of care
- Access to medical clinic
- Access to activities and fitness center
- Sensory room
- Nautilus-equipped wellness and rehabilitation center
- Occupational, physical, and speech therapists
- Specialized nursing care and dental services

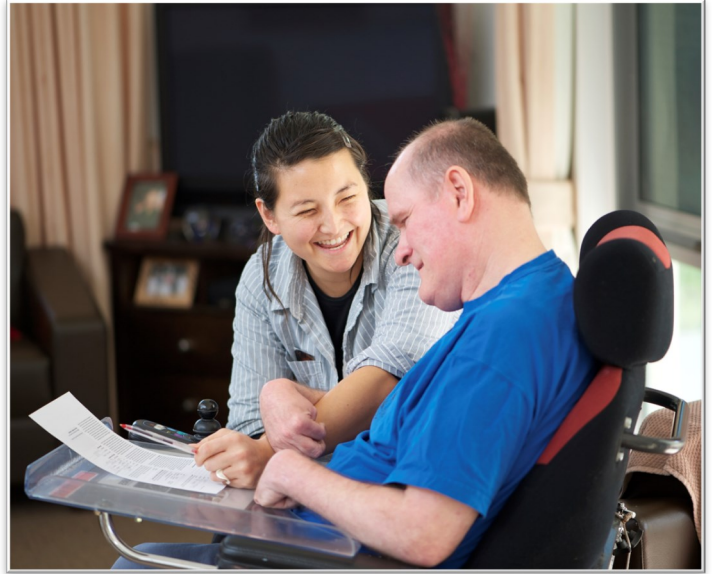


*For more information on disability communities,
be sure to visit community websites and social media sites.*

QUESTIONS TO ASK WHEN CONSIDERING DISABILITY COMMUNITIES

Here are some important questions and answers to help you if you are considering a home for yourself or a loved one.

- **What is the living situation like?** This can vary widely, including shared or private bedrooms. Most include kitchenettes, dining areas, and family rooms. These spaces may or may not be shared.
- **What community amenities are offered to residents?** While on the tour, pay attention to community spaces, including sensory rooms, outdoor spaces, or activity rooms. Other common amenities include glider swings, bird sanctuaries, or fitness equipment.
- **What sorts of activities are available?** Ask to see a current activity calendar. Activities often vary between in-house individual and/or group activities held within the care community, and individual and/or group outings.
- **Is therapy available within the community?** Many communities include onsite occupational, physical, and speech therapies or have easy access to it.
- **Are there options for living arrangements for family members interested in living nearby?** When the disability community has a partnership with a senior housing community, options may be available for family to reside nearby.
- **How are meals served?** Although each community is different, meals are commonly served family style in a dining room area.
- **How does the pricing structure work, and what is included?** Residents who qualify for Medical Assistance through the State of Minnesota will have their daily rates paid for by the State. If a resident receives Social Security (outside of the allowable personal needs amount), it will be applied toward the resident's monthly spenddown. If residents do not receive and/or qualify for Medical Assistance through the State of Minnesota, the resident and/or family can pay the daily rate privately. All residents are billed the same daily rate.
- **Do residents have access to work opportunities?** Many communities partner with or assist in finding vocational opportunities.



SPIRITUAL CARE

Most disability housing communities welcome people of all faiths. The Lutheran Home Association's (TLHA's) care communities offer Christ-centered environments. All residents, regardless of their religious affiliations, are invited to participate in chaplaincy services. An ordained pastor visits regularly and provides Bible classes, devotions, and one-on-one spiritual counseling, if desired.



Always take photos and notes when touring care communities. It can be helpful when comparing communities after seeing multiple communities and making decisions.

BENEFITS OF DISABILITY HOUSING

Several advantages are worth considering when you are seeking a home for a loved one in a disability living community. The ideal care community supports overall health and wellness.

Keep these benefits in mind when researching care communities:

- Safety and peace of mind
- Increased activities
- Assistance in daily living activities
- Ability to age in place



Disability housing communities enable individuals to enjoy social contact, security, and support while still maintaining their independence.

TLHA DISABILITY HOUSING COMMUNITIES

- **Hope Residence, Belle Plaine, Minn.:** Provides an extensive array of services to support and enhance the lives of residents with intellectual or developmental disabilities or other related conditions, such as Down syndrome, cerebral palsy, autism, ataxia, and epilepsy.
- **Faith Residence, Belle Plaine, Minn.:** Offers independent living for individuals [between 18 and 62] with disabilities. Eligibility is subject to income requirements prescribed by the United States Department of Housing and Urban Development (HUD).
- **High Island Creek Residence, Arlington, Minn.:** Located in a residential neighborhood to offer residents the comfort of home with onsite team members to meet their care needs.

Learn more at tlha.org, or call 952-873-2142 to schedule a tour.

THE LUTHERAN HOME
ASSOCIATION



tlha.org | (952) 873-6000



TLHA.MH.091820