

Vendor name	Kainos La Vista, Triplex and Adult Beginnings
Vendor number(s)	H10442, H12082 and H12230
Primary regional center	Golden Gate Regional Center
Service type(s)	Level 3 Adult Residential Facilities
Service code(s)	915
Number of consumers currently serving	42
Please describe your person-centered approach ¹ in the concept development process; how did you involve the individuals for whom you provide services?	This concept was informed by many meetings with consumers discussing HCBS guidelines and changes in services that are happening at Kainos. In discussions it has become very clear that consumers do not feel a full sense of autonomy or control over their services, plans or in a sense their lives. There is a sense that other stakeholders including families, case managers, service providers and system advocates have more say or control in how programs, services or plans that impact consumers will develop. The purpose of this proposal is to take a deep dive into a personal centered methodology that will aim to put the locus of control in planning and service development with the individual consumer. WE believe that extensive training of consumers as well as all other stakeholders is necessary for this change to take place in action as well as in words.
Does the concept address unmet service needs or service disparities? If so, how?	We believe that this proposal addresses a number of unmet needs in our service area. There is a significant need for training for many stakeholders in our system on the concept of person centered planning and services. While many stakeholders (including providers, families, consumers and advocates) voice support for person centered planning, most have not, for a variety of reasons, had a thorough training in the concepts and processes that lead to a more person centered approach. Additionally, in our service area there is a high weighting of licensed care providers and an underrepresentation of supported living services. We believe our proposal will lead to a greater interest in and investigation of those services by families and consumers.
Barriers to compliance with the HCBS rules and/or project implementation	After completing the Provider Compliance Evaluation, Kainos has identified that we are not in compliance with Federal Requirements 2, 4 6 & 7. The biggest barrier to HCBS compliance for Kainos' three residential homes La Vista, Tri-plex and Adult Beginnings is the lack of privacy that comes from the number of residents living together in each home. Residents are involved in choosing their rooms and

¹ A person-centered approach emphasizes what is important to the individual who receives services and focuses on personal preferences, satisfaction, and choice of supports in accessing the full benefits of community living. For more information regarding person-centered practices, please visit <http://www.nasdds.org/resource-library/person-centered-practices/>

	<p>potential roommates but if each resident requested their own room, we could not accommodate their preferences due to the amount of rooms in total versus the 42 residents. While these homes were an innovative model when they opened, large group homes have since been replaced by residents living in smaller settings with a higher degree of individualized attention and better access to the kind of lifestyle (including privacy) most non-disabled adults living in their own homes are afforded with. Though Kainos would like to downsize, the Bay Area real estate market is prohibitively expensive. It is extremely difficult to find affordable housing for consumers who desire to move to a smaller, more independent setting. Additionally, Kainos owns and operates these residential homes and clients sign an admission agreement upon moving in. It does not offer the individual the legal rights of a lease. We believe there is a solution that would address both of these challenges.</p>
<p>Narrative/description of the project. Identify which HCBS federal requirements are currently out of compliance; include justification for funding request</p>	<p>Kainos' proposal is to request funding from DDS for the purpose of becoming more compliant with HCBS guidelines, to gain and disseminate expertise on richly implementing a Person-Centered Planning approach and exposing various stakeholders to the possibility of Supported Living Services as an alternative to licensed residential care that would afford greater autonomy and independence in making life choices. The funds would be used to fund 1.25 FTE positions to become in-house trainers for HCBS guidelines and Person-Centered Planning and to do outreach to consumers and their families about the practical considerations when assessing a supported living environment in contrast to a licensed residential care model. We envision the trainers to include a tenured professional in the ID/DD community and a strong self-advocate who is a consumer of the Regional Center system, preferably served by Kainos. These trainers would not only ensure that staff members within Kainos are trained and implementing HCBS guidelines and Person-Centered Planning practices in-house, but will also reach out to clients, families and other stakeholders to ensure they are educated on these practices as well. Kainos believes that all individuals served should receive a person-centered planning approach and currently strive to achieve this goal. Kainos recognizes that a sincere interest in providing such an approach and fully realizing a person centered perspective are very different things. Without a significant investment in training for consumers, families, direct care staff, supervisors, managers and board members, a person centered approach may exist nominally but not in the true spirit of the concept. It is a process to ensure that all parties working with an individual understand how to implement this approach; this includes Kainos staff, individual's external caregivers, family members, social workers, etc. Due to so many parties engaging with an individual when a short-term or long-term decision is made,</p>

	<p>Kainos believes it is important to have everyone on the same page in offering choices and supports to ensure an individual is making a choice they truly desire and need. In order to achieve this, it is important for Kainos to offer a trainer to develop materials, lead trainings and be apprised of all the current studies and regulations facing individuals served.. The plan is to send Kainos Community members, ideally a staff person, a board member, a consumer and/or family member to a “train the trainer” training to give them these skills. Kainos will then have the bandwidth to provide these trainings to not only Kainos staff, individuals served, families, etc., but also to stakeholders in the community who would like to have a greater understanding of the Person centered planning process and HCBS guidelines. As more members and individuals are coached and trained on the person centered planning approach, the opportunities and choices will align with HCBS guidelines. We believe there will be very tangible, measurable deliverable results from this approach. We believe that consumers will be afforded more autonomy and independence in making life choices. Privacy and access to private spaces will receive a higher priority among all stakeholders. We believe more consumers and their families will seek out and explore supported living services, as evidenced by the measurable objectives we have set forth in our timeline.</p>
<p>Estimated budget; identify all major costs and benchmarks — attachments are acceptable</p>	<p>The proposal requests \$96,000 for one full-time staff member, a client and the cost of the “train the trainer” training to become a trainer on person-centered planning and HCBS guidelines for Kainos’ individuals served, staff, families and partners in the community.</p>
<p>Requested funding for 2018-2019</p>	<p>\$96,000.00 (see budget attached)</p>
<p>Estimated timeline for the project</p>	<ul style="list-style-type: none"> • April 30, 2018, agreement with GGRC and DDS • May 30, 2018, the full-time staff member and client will be identified (potentially hired if not an in-house staff) • July 31, 2018, a train the trainer training will be identified to send both staff, client and/or a board member and family member • September 30, 2018, training materials will be developed • September 30, 2018, first training for staff and clients held • October 31, 2018, first training for families and partners held • November 30, 2018, 8 Follow-up trainings and workshops developed and sent out for 2019 • December 15, 2018, 3 residential councils will convene and propose changes to house rules and program designs • February 28, 2019, 8 families of clients will tour SLS programs • March 31, 2019, 5 consumers will visit SLS programs • April 30, 2019, 3 consumers will have SLS evaluations

HCBS BUDGET (PERSON CENTERED PLANNING)

<u>TRAININGS</u>	<u>COST</u>
Person Centered Planning "Train the Trainer" Training	\$ 21,000.00
<u>STAFFING</u>	
1 FTE Kainos Staff Member Person Centered Planning Trainer	\$ 65,000.00
.25 FTE Kainos Client Person Centered Planning Trainer	\$ 10,000.00
TOTAL	\$ 96,000.00