



*Prepared for the 2018 Housing First  
Partnerships Conference*

## **Autism and Homelessness: Strategies for Identification, Support, and Examples of Innovation Across the Country**

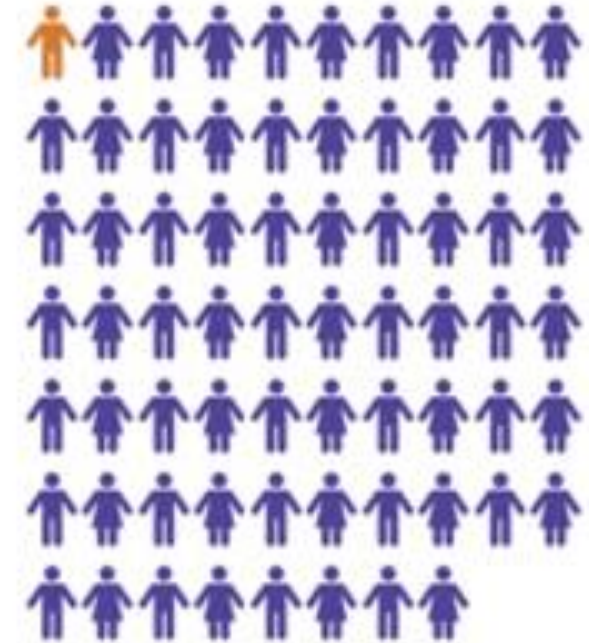


Presentation prepared by Desiree Kameka  
Presented alongside Brian Be, self-advocate  
[Dkameka@MadisonHouseAutism.org](mailto:Dkameka@MadisonHouseAutism.org)  
[beartswellness@gmail.com](mailto:beartswellness@gmail.com)

# Setting Expectations

- i. Overview: What is Autism?
- ii. Experiencing Autism through the Autistic Lens
- iii. Tools for Identification
- iv. Innovative Projects
- v. How the Autism Housing Network Can Help You Meet the Needs of Autistic Citizens

NUMBER OF CHILDREN  
IDENTIFIED WITH ASD



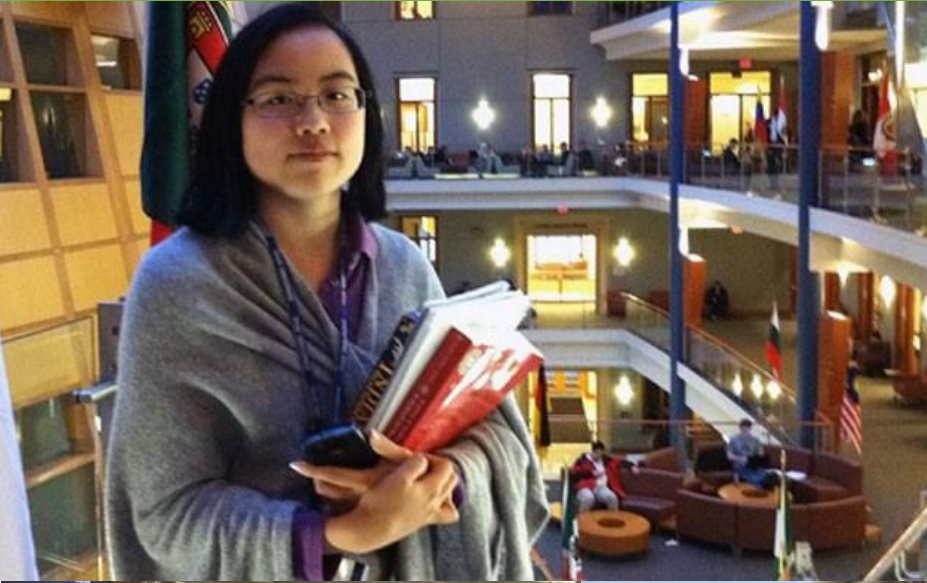
**1 in 68**



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention



# Who is on the autism spectrum?



# Medical Model: What is Autism?

## Table 1: DSM-5 Diagnostic Criteria for Autism Spectrum Disorder (ASD)<sup>1</sup>

### Diagnostic Criteria of Autism Spectrum Disorder (ASD)

**Severity** is based on social communication impairments and restricted, repetitive patterns of behavior

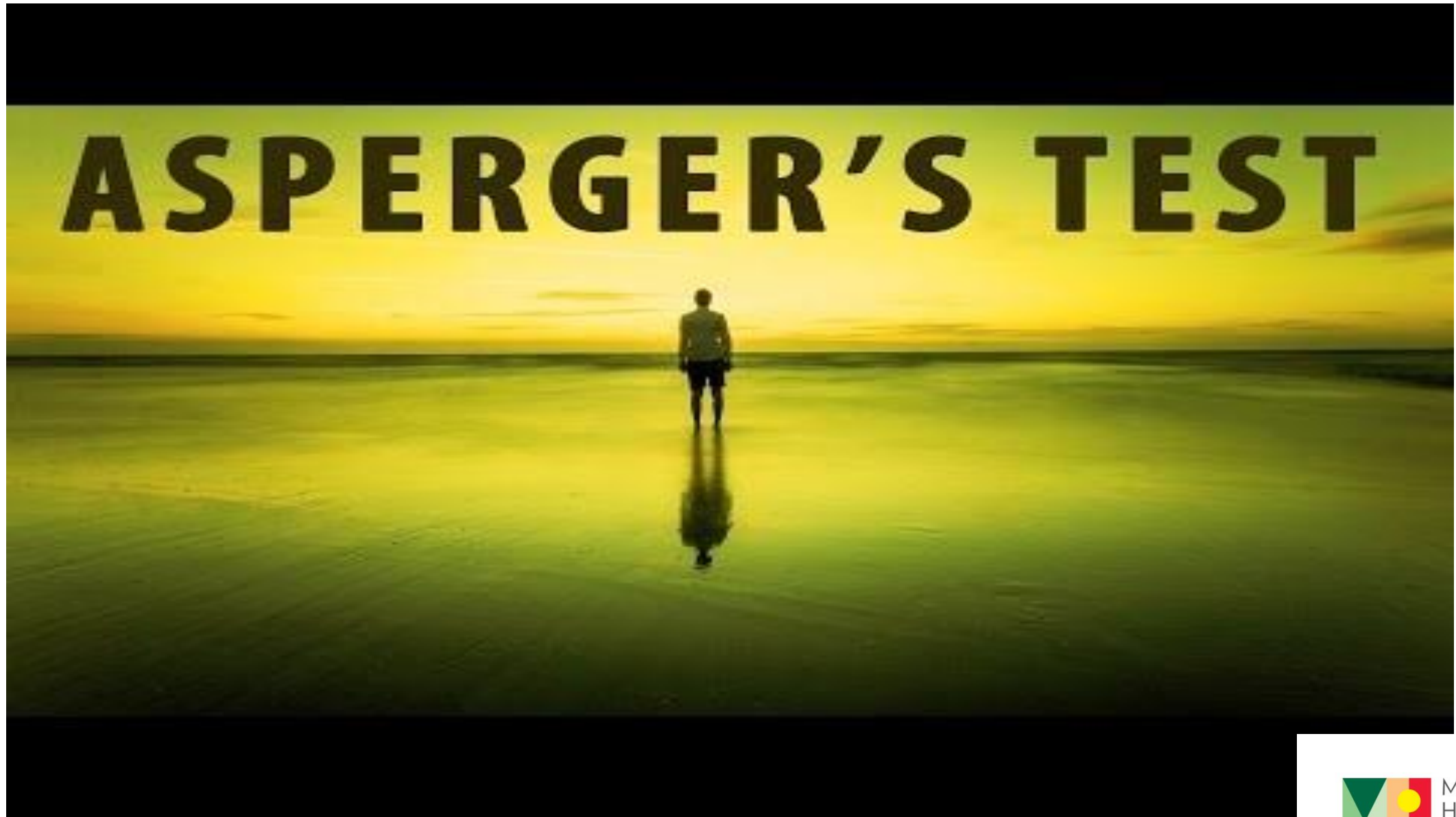
- A. Persistent deficits in Social Communication and Social Interaction across multiple contexts
- B. Restrictive, repetitive pattern of behavior, interests or activities
- C. Symptoms must be present in the early developmental period (may be masked by learned strategies in later life)
- D. Symptoms cause clinically significant impairment in social, occupational or other important areas of current functioning
- E. These disturbances are not explained by intellectual disability (intellectual developmental disorder) or global developmental delay

Specified further:

- With or without accompanying language impairment
- With or without accompanying intellectual impairment associated with a known medical or genetic condition or environmental factor
- With catatonia



# #ActuallyAutistic: What is Autism?



# Social Model: What is Autism?

different...



not less.

autism acceptance

"NEVER underestimate someone with Autism because there could be brilliance struggling to get out."

Stuart Duncan

Drum Balance of Encino, CA

For us, autism is not simply an add on to our personhood, but is in fact, foundational to our identity.

Judy Endow



**Autism**  
Is not a tragedy.  
Running out of bacon is.  
Also ignorance.  
But mostly the bacon thing.

Nourish the bacon

"If you've met one person with autism, you've met one person with autism."

-Dr. Stephen Shore



What not to say to autistics:  
<https://www.youtube.com/watch?v=d69tTXOvRq4>

# Interactive Activity: The Autism Experience


1. Grab a writing utensil and some paper.
2. Think about your client processes and environment.
3. Watch one of the videos that follow.
4. Write down ways in which you think your processes or environment may be barriers to autistic clients.
5. After we watch all of the videos, we will discuss ways we can better support autistic clients.





# Interactive Activity: The Autism Experience

The way the world looks, sounds, feels and smells can be difficult to navigate.



*Firstly. We are more sensitive  
to light so everythings brighter*



# Interactive Activity: The Autism Experience

A change in routine or schedule can cause extreme anxiety leading to maladaptive response.



# Interactive Activity: The Autism Experience

Building social relationships is hard. 80% have been victims of “mate-crime.”



[https://www.youtube.com/watch?v=\\_WSQLXVtTQg](https://www.youtube.com/watch?v=_WSQLXVtTQg)

# Interactive Activity: The Autism Experience

Social norms and nuances do not come naturally.



<https://www.youtube.com/watch?v=ZsRdpPMAvfs>




# Interactive Activity: The Autism Experience

Multiple factors build upon each other exponentially, may lead to a “meltdown.”



<https://www.youtube.com/watch?v=PhXgUbWfSN8>

Behavior may look like:	May Mean:	 <div>MADISON HOUSE AUTISM FOUNDATION</div>
Not making eye contact	It hurts to look into your eyes, but I am listening	
Being blunt and saying something rude	Just facts, social norms or figurative language is difficult	
Rocking back and forth, flapping hands, biting or hitting oneself, walking on toes	I'm becoming overwhelmed by sensory input/enviroment, I'm just stimming to cope or really excited	
Refusing to enter certain spaces	Places with lots of noise, people bumping into me, fluorescent lighting, or just new places are scary	
Being unable to speak or not responding to commands	I'm becoming overwhelmed and processing is taking longer	
Becoming overly angry or sad when schedules change, plans fall through, or things are different than what was told	After trying really hard to visually and mentally prepare, this unexpected change completely throws off my preparation and now I don't know what to expect making me anxious	
Not laughing at jokes or being quite serious all the time	I am fun, I just have a difficult time understanding sarcasm	
As I am walking away, you ask "Do you need a hand?" and I respond "No!"	Of course I don't need another extremity! I wish you would have asked if I needed help finding some decent housing!	

# Autism-Specific Supports

What modifications do you think could make your program more accessible to people with autism?

- ASK THE PERSON how you can be of more assistance.
- Offer to read aloud and/or fill in forms as reading and handwriting can be difficult.
- Offer breaks more often or give permission to take voluntary breaks as needed.
- Create a quiet, less cluttered, non-fluorescent lighted place for someone on the spectrum to regulate or complete needed tasks.
- Ask very specific questions or describe information without figurative language.
- Allow time for the individual to process information, count to 10 in your head before interrupting.
- You may need to use written lists, drawings or pictures as many people on the spectrum are visual thinkers.
- Develop a relationship with your Developmental Disability Agency if not already established.
- Do not touch, embrace, or take belongings without asking first.



# How Can I Help Clients Explore If They Are Autistic?

## Short Autism Screening Quiz

\*4 Minutes to Complete\*

Find quiz here:

<https://psychcentral.com/quizzes/autism-quiz/>

RAADS-14-Screen, developed by JM Eriksson, LM Andersen & S Bejerot is an abridged version of Ritvo Autism and Asperger Diagnostic Scale-Revised (RAADS-R); Ritvo et al, J Autism Dev Disord. 2011;41:1076-89.

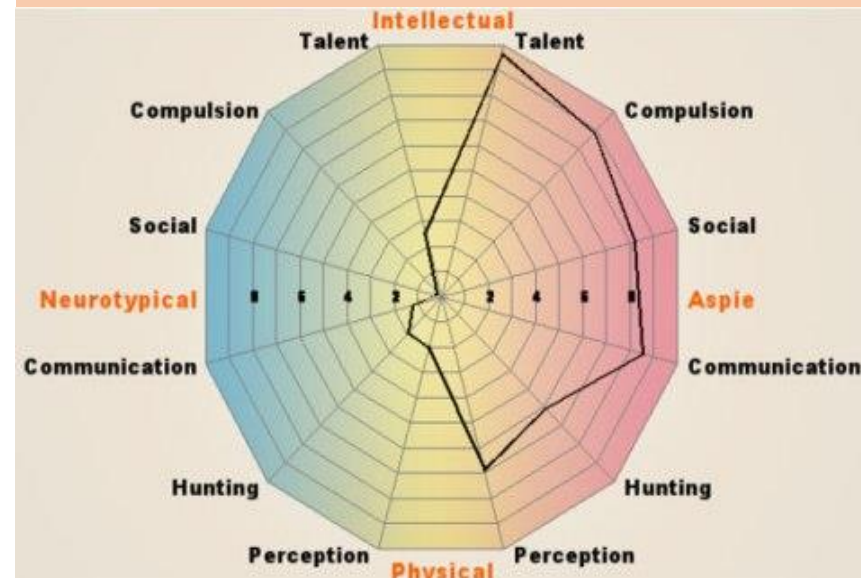
## Aspie Quiz

\*20 Minutes to Complete\*

Find quiz here:

<http://rdos.net/eng/Aspie-quiz.php>

Copyright Leif Ekblad, 2004-2018



These are NOT diagnostic tools! They can be used to make informed decisions to seek autism-specific support.

# How Can I Help Clients Explore If They Are Autistic?

		True Both Now and When I Was Young	True ONLY Now	True ONLY When I Was Young	Never True
1	It is difficult for me to understand how other people are feeling when we are talking.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
2	Some ordinary textures that do not bother others feel very offensive when they touch my skin.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	It is very difficult for me to work and function in groups.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	It is difficult to figure out what other people expect of me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
5	I often don't know how to act in social situations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
6	I can chat and make small talk with people.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	When I feel overwhelmed by my senses, I have to isolate myself to shut them down.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	How to make friends and socialize is a mystery to me.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	When talking to someone, I have a hard time telling when it is my turn to talk or to listen.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
10	Sometimes I have to cover my ears to block out painful noises (like vacuum cleaners or people talking too much or too loudly).	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	It can be very hard to read someone's face, hand, and body movements when we are talking.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
12	I focus on details rather than the overall idea.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	I take things too literally, so I often miss what people are trying to say.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	I get extremely upset when the way I like to do things is suddenly changed.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

*RAADS-14-Screen, developed by JM Eriksson, LM Andersen & S Bejerot is an abridged version of Ritvo Autism and Asperger Diagnostic Scale-Revised (RAADS-R); Ritvo et al, J Autism Dev Disord. 2011;41:1076-89.*

# Innovators Across the Country

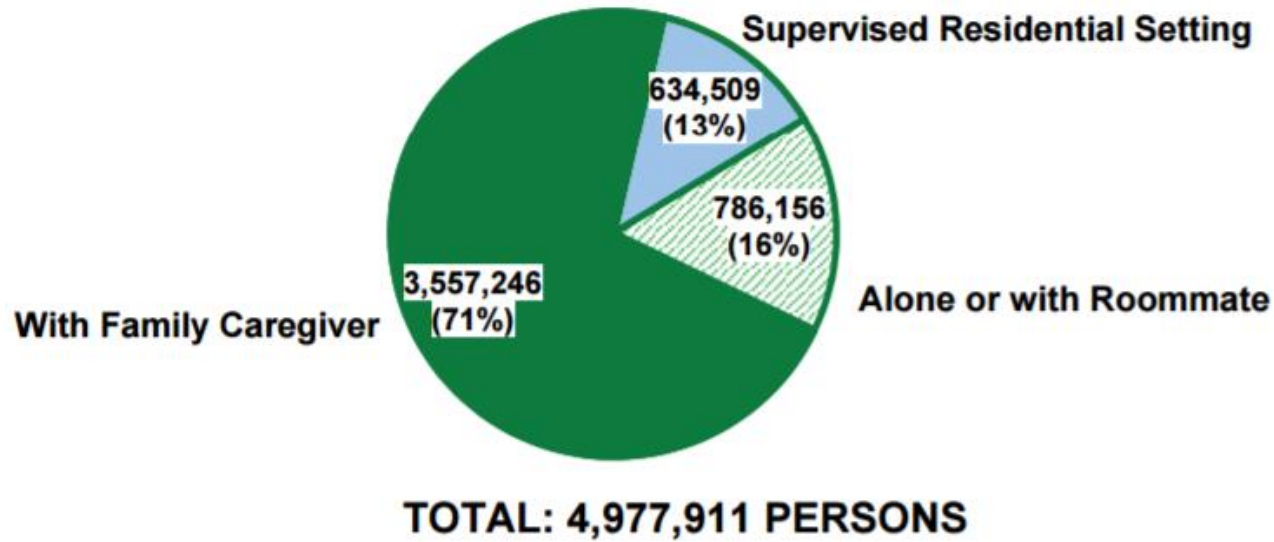


“A home is more than a roof over one’s head or a financial investment. It affects the quality of a person’s general well-being, one’s confidence, relationships, and even one’s health. It can provide a sense of security and comfort, or elicit feelings of frustration, loneliness, and fear.”

-Charles Durrent, *The Senior CoHousing Handbook*

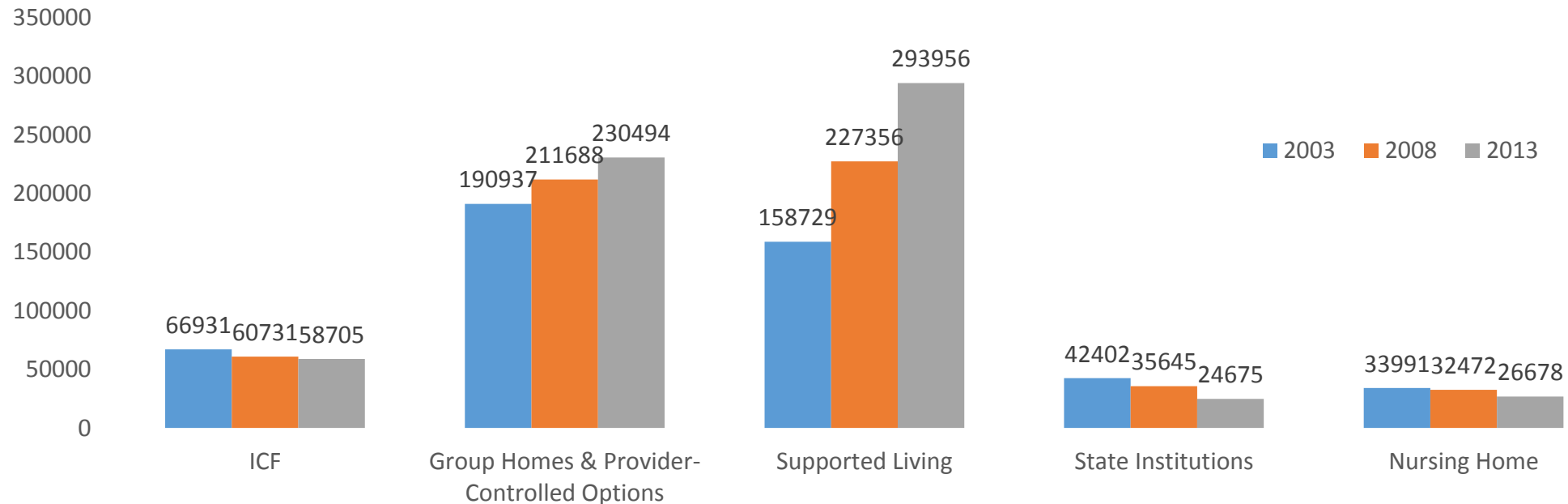


# Where do individuals with I/DD live?

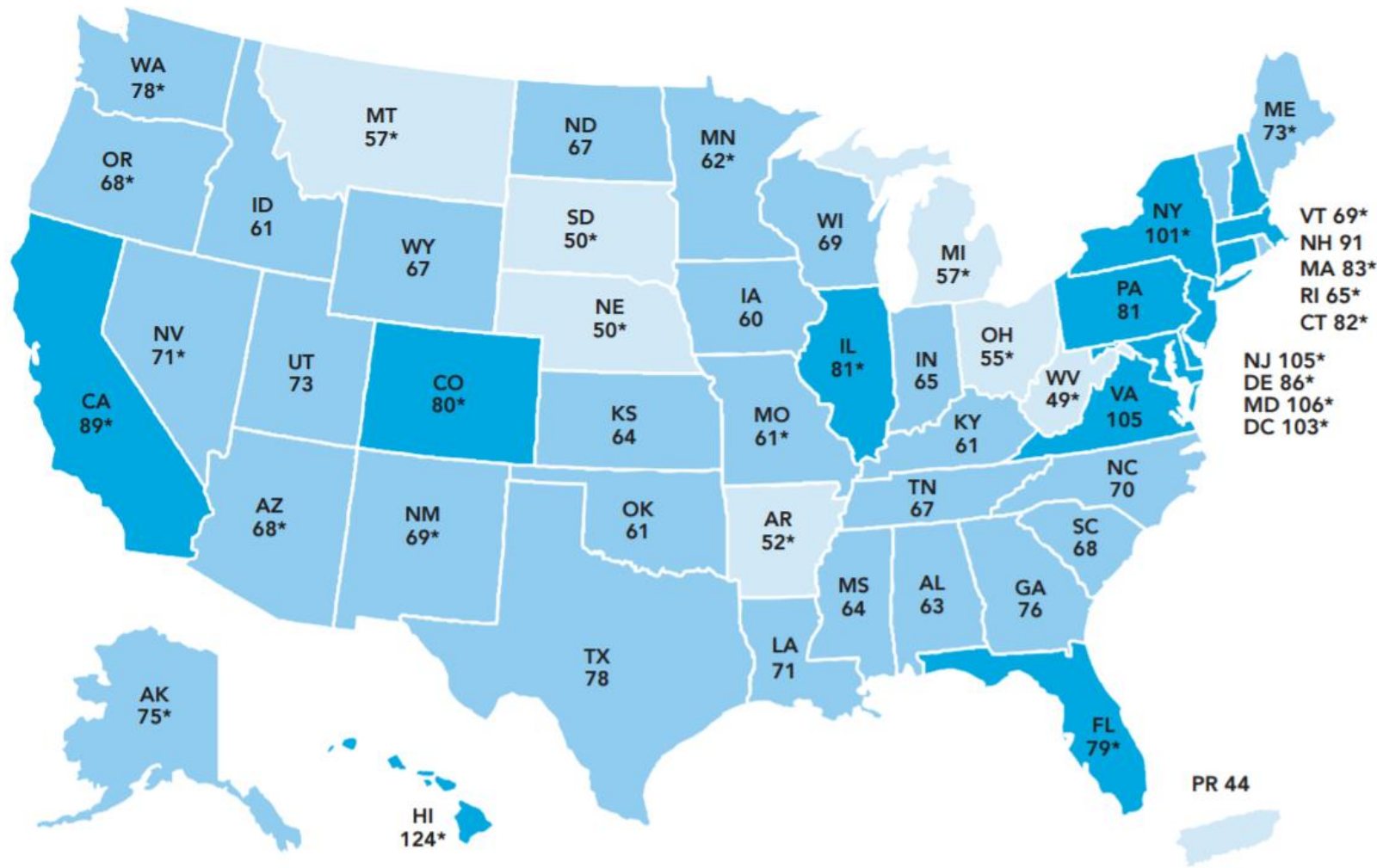


**STATE OF THE STATES**  
IN DEVELOPMENTAL DISABILITIES

Source: 2015 Report



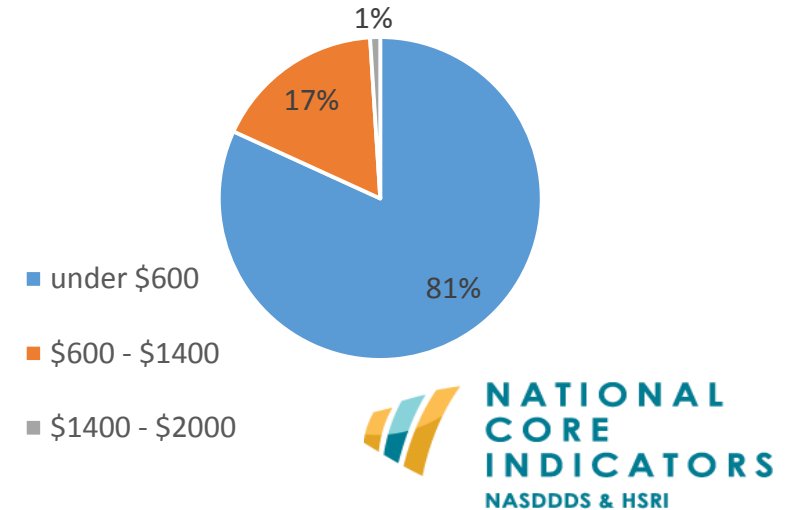
# Individuals With I/DD Can Not Afford Housing



**Hours needed at minimum wage to afford a one-bedroom unit**

60 hours per week or less    61 to 78 hours per week    79 hours per week or more

## Monthly earnings of individuals with I/DD in Community Jobs



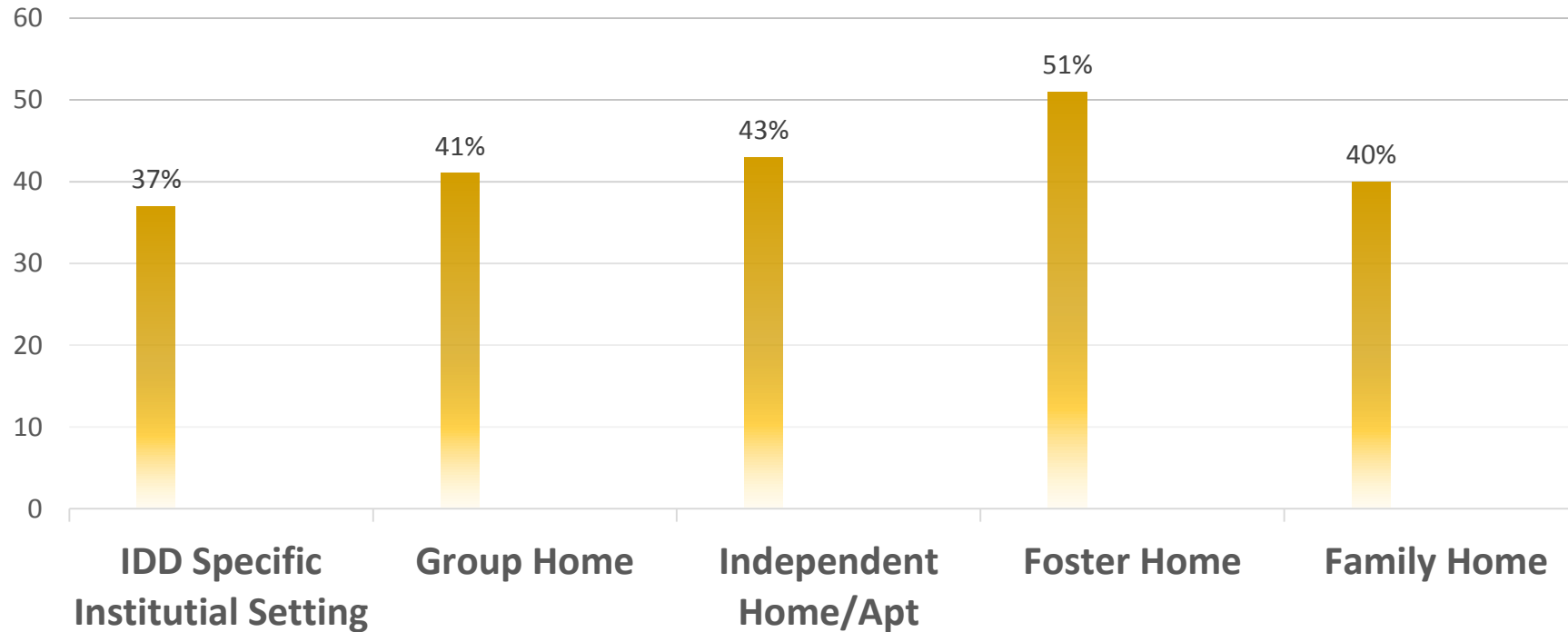
**Jobs in the community and SSI/SSDI are still not enough to afford market-rate rent.**



Source: NLIHC 2015 Report

# Do individuals have a satisfying social life?

## INDV. WITH I/DD WHO 'SOMETIMES' OR 'OFTEN' FEEL LONELY BY SETTING (2012-2013)

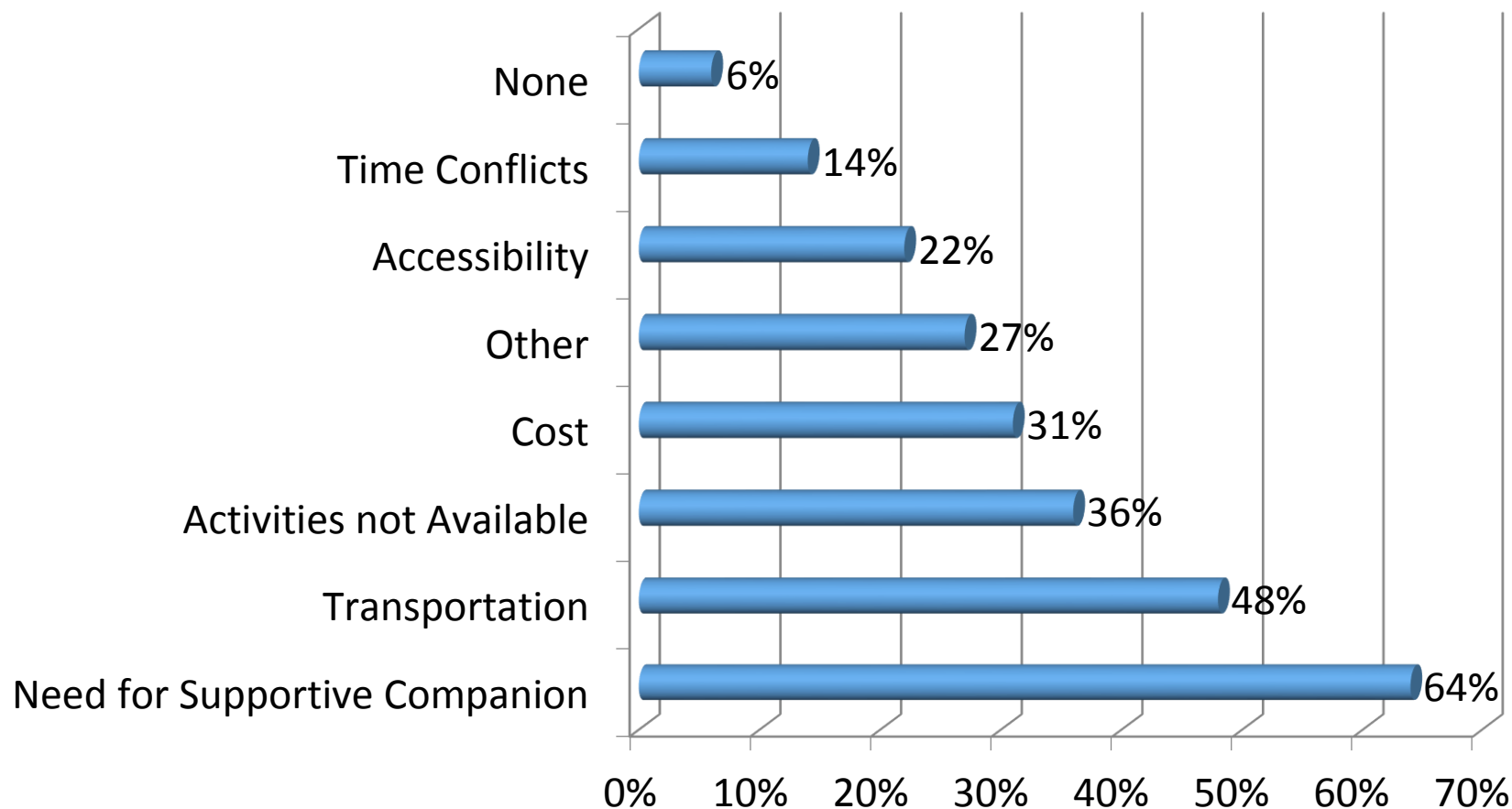


**“Loneliness and the feeling of being unwanted is the most terrible poverty.”**  
**–Mother Teresa**



# What are the barriers to accessing community?

**According to the 2008 UM-NSU CARD survey, these were the specific obstacles to community participation:**



# The Arc Village

# The Arc Village (Jacksonville, FL)



## Living accommodations

- 68 one-bedroom, one-bath apartments
- 29 two-bedroom, two-bath
- Features:
  - Living and dining spaces
  - Full kitchens and laundry
  - Bedrooms and bathrooms designed for maximum accessibility
  - Wide porch that invites gatherings
  - Wide sidewalks to encourage walking





# The Arc Village (Jacksonville, FL)



- Land was owned by the state, an ICF and state DD Agency are neighbors.
- LIHTC funded as well as fundraising from Arc Jacksonville.
- New community development has risen around it.
- Residents can choose any Medicaid or private-pay provider for residential services.
- Arc Jacksonville provides additional amenities, group activities and transportation. (All non-Medicaid funded)



	1-Bed (low)	1-Bed	2-Bed	2-Bed Shared
Rent	\$250	\$525	\$700	\$350
Utilities	\$125	\$125	\$175	\$88
Food	\$350	\$350	\$350	\$350
Personal	\$200	\$200	\$200	\$200
Total	\$925	\$1,200	\$1,425	\$988





# The Arc Village (Jacksonville, FL)



The Arc Village utilizes the following partnerships to minimize costs to residents:

- Encourage development of natural supports
- Community partnerships and faith-based organizations host events
- AmeriCorps volunteers and college mentors
- Local hospital provide nurses

Local culinary school provides a dining option as well as work options or culinary school for residents





# Neurodiverse Cohousing: Northstreet Neighborhood (Durham, NC)



- Families from a local church partnered with a developer to create their own neurodiverse neighborhood
- Each of the 17 homes looks similar on the outside, but inside every one is unique based on the configuration of residents:  $\frac{3}{4}$  parents and siblings with adjacent studio for son/brother with autism, Friendship House partnership with Duke University, supported living and apartments for adults with I/DD, etc.





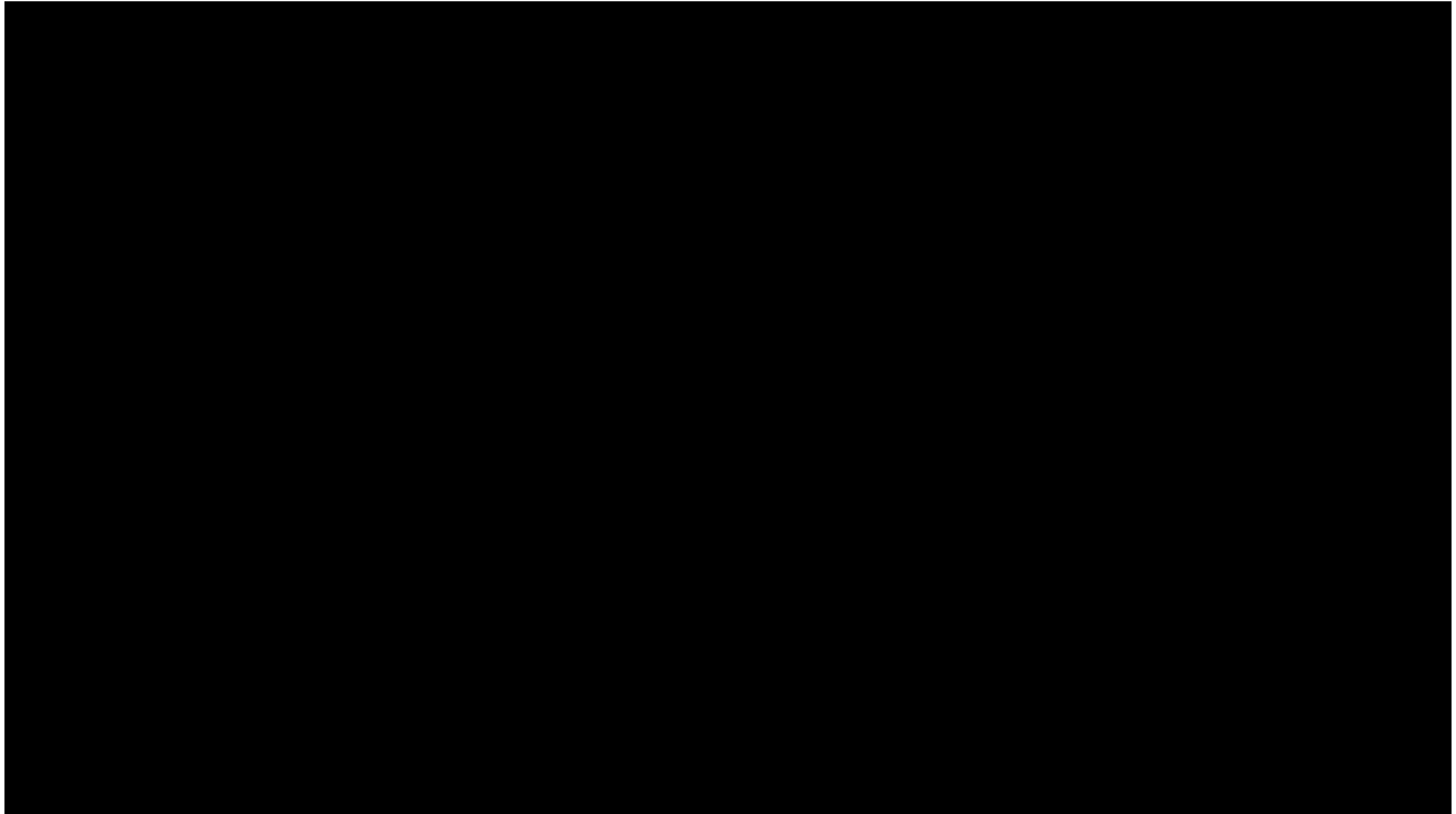
# Neurodiverse Cohousing: Northstreet Neighborhood (Durham, NC)



- Slay who used to live in his own apartment shares what it means to be a Northstreet Neighborhood neighbor, “Not just sharing sugar...”
- Sloan who has decreased his medications significantly attributes it to: “Good Food. Good Friends. Good Music.”
- Ripples of relational community extend into greater community through community garden and half court



# Northstreet Neighborhood (Durham, NC)





# Seniors & Autistic Residents: 29 Palms (Phoenix, AZ)

- Southwest Autism Research & Resource Center (501c3) partnered with a senior affordable housing developer to create a housing community for seniors and young adults with autism participating in a transition program.
- Designated “supportive neighbors” sign people in/out, act as a point person for challenges, or just someone safe to vent.
- Seniors value the assistance and friendship of young residents. (Hear what senior residents say about the project in the video below)





# Autism-Friendly Design: Sweetwater Spectrum (Sonoma, CA)



Pedestrian-oriented community with common recreational spaces that offer residents spaces where expectations are more consistent and they don't have to "wear a mask."





# Autism-Friendly Design: Sweetwater Spectrum (Sonoma, CA)

## Design features:

- Lots of counter space
- Office space for staff
- Private wings for rooms/noise
- Nooks
- Storage for less clutter





# School Transition: Faison Residence (Richmond, VA)



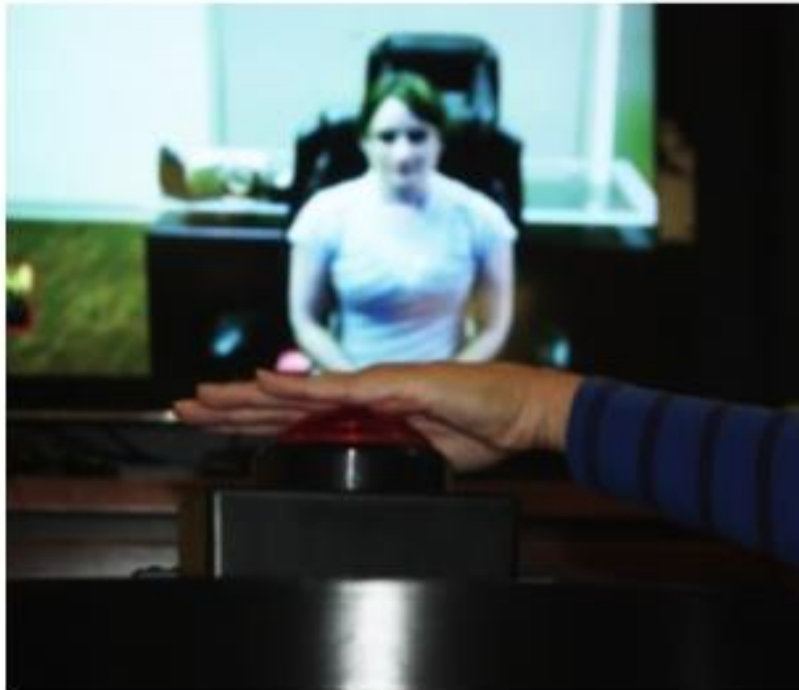
## Example: Compassionate Community (Richmond, VA)

- Developed by school from lack of options for Faison School graduates.
- 1/3 of the 45 units are set aside for those with I/DD
- Amenities include a gym, community center, 24-7 on-demand supports
- Day support services is waiver or privately funded (off-property)
- Retail space is rented to community businesses: Firehouse Subs, Shine (blow-dry bar), urgent care clinic
- Key-card entry with monitored video cameras



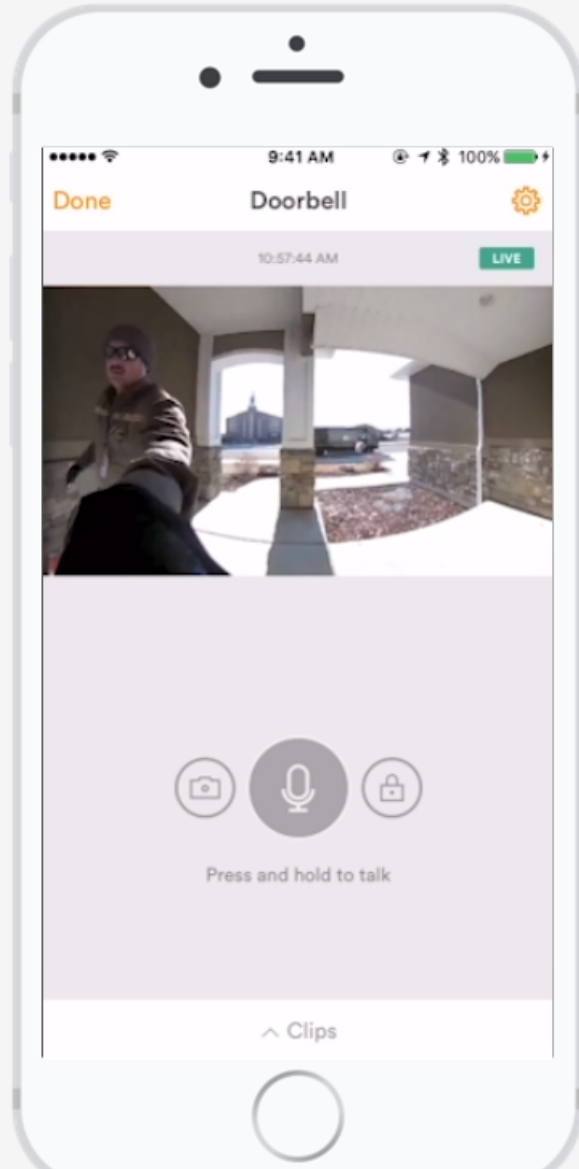
# Technology: Faison Residence (Richmond, VA)

- HomeLink is virtual and on-demand help system that allows individuals to be supported without a person always being present in their home.
- Residents can request support and end 'call' at their discretion
- Residences can be checked on remotely by 'knocking'



# Technology: Faison Residence (Richmond, VA)

I want my home to **show me who's at my doorstep**

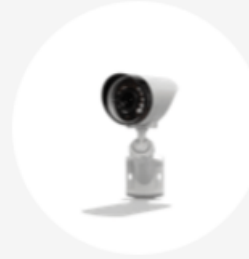


Doorbell Camera



[Learn more](#)

Outdoor Camera



[Learn more](#)

Ping Camera



24x7 Video Recording



Smart Locks



[Learn more](#)

Element Thermostat



[Learn more](#)



# Autism Housing Network: Explore. Learn. Connect. Build.



Sign up to save your favorite resources, housing options, and chat in the forum!

[www.AutismHousingNetwork.org](http://www.AutismHousingNetwork.org)





# Autism Housing Network: Explore. Learn. Connect. Build.

## HOUSING DIRECTORY



Learn about the array of existing and emerging housing models.

SUBMIT A LISTING

Use the filter to refine your search!

map view

list view



Search...



State(s)

start typing

Property Types

Support Models

- ☐ Adult Foster Care / Family Host Home [i](#)
- ☐ Consumer-Owned / Controlled Setting [i](#)
- ☐ Intentional Community [i](#)
- ☐ Provider-Owned / Controlled Setting [i](#)
- ☐ Shared Living / Roommates [i](#)

Payment Options

Lifestyles

Support Levels



# Autism Housing Network: Explore. Learn. Connect. Build.

## RESOURCES



Spanning topics from housing design to staff development, use filters to refine your search or submit a resource to help others!

SUBMIT A RESOURCE

20 of 252 Results Shown

Search...

Abuse of People with Disabilities  
Victims and Their Families Speak Out



### Abuse of People with Disabilities: Victims and Their Families Speak Out



Spectrum Institute

A report of the 2012 National Survey on Abuse of Individuals with Disabilities. The mission of this study is to identify ways to reduce the...



CMS Final Rule Implementation  
State Transition Plans



Prepared and  
Reviewed by  
Madison House Autism Foundation

### CMS Final Rule Implementation & State Transition Plans



Madison House Autism Foundation

The presentation was prepared by Desiree Kameka and presented at the 2016 ACCSES Conference in Washington, DC. It contains: Where to find direct information about...



Transition to  
Adulthood

GUIDELINES FOR INDIVIDUALS WITH  
AUTISM SPECTRUM DISORDERS

### Lifespan Transitions Center



Ohio Center for Autism and Low Incidence

The Lifespan Transitions Center offers resources, training, technical assistance, and consultation to support the successful transition of individuals with autism and multiple disabilities throughout their...



Objectives



Topics



- ☐ Assistance with Living Expenses
- ☐ Assistive / Smart Home Technology
- ☐ Employment & Entrepreneurship
- ☐ Financing Housing Development
- ☐ Fundraising & Awareness Raising
- ☐ Legal & Financial Planning
- ☐ Person-Centered Planning Tools
- ☐ Postsecondary Education / Collegiate Life
- ☐ Project Formation
- ☐ Sensory-Friendly Design & Architecture
- ☐ Staff Development
- ☐ Surveys & Assessment Tools
- ☐ Tiny Homes / Accessory Dwellings
- ☐ Tools for Life Skills

Advocacy



Audience-Specific Content



Media Types

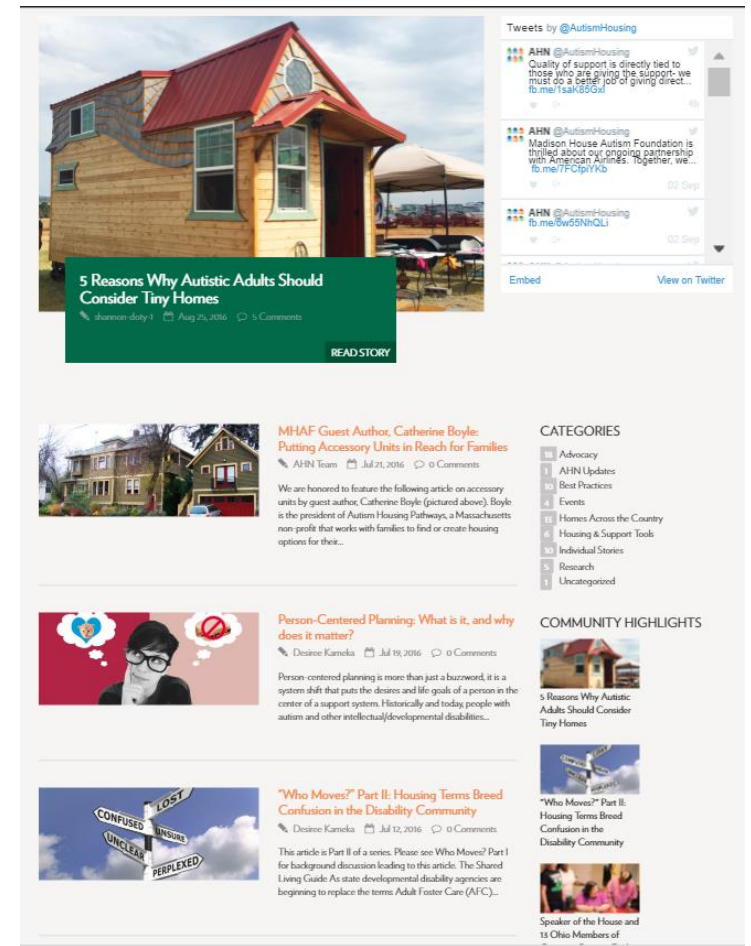


CLEAR FILTER

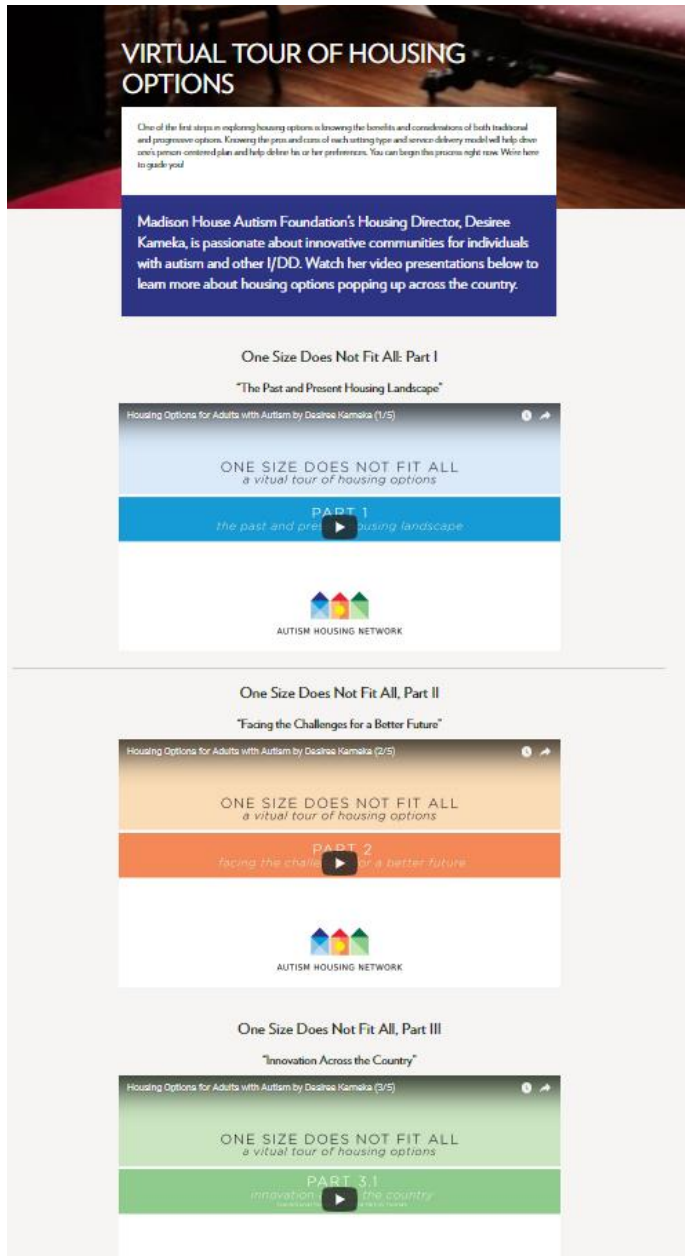
# Autism Housing Network: Explore. Learn. Connect. Build.



Find statistics and  
checklists on the AHN  
Education page or  
read about hot topics  
and homes I have  
visited in the AHN  
Stories section!



# Autism Housing Network: Explore. Learn. Connect. Build.



The AHN Virtual Tour of Housing and Support Options features the benefits and considerations of 18 different models!


We also offer direct consultations for \$100 a session.



**SCHEDULE A CONSULTATION** | DONATE | SUBMIT A LISTING | MY FAVORITES | LOGIN | SIGN UP | Search...

**AUTISM HOUSING NETWORK** | ABOUT | HOUSING | RESOURCES | EDUCATION | DISCUSSIONS | OUR STORIES | CONTACT US

### Schedule a 30-minute Phone Consultation with Desiree

 Housing situations can get a little complicated and sometimes require one-on-one support. For those cases, the Autism Housing Network offers 30-minute phone consultations with Desiree Kameka, Director of Community Engagement and Housing Network. She can help with all kinds of issues, including finding housing opportunities and project planning.

We ask for a \$100 donation to Madison House Autism Foundation per 30-minute consultation.

Because of Desiree's busy schedule, we are taking people on a first come, first serve basis. Fill out the form on this page to get started.

Full Name:

Email Address:

Street Address:

Address Line 2:


City:  State/Province:

Zip/Postal Code:  United States:

Phone Number:

Please provide a brief overview of your situation here:

I understand that a \$100 donation is requested for this consultation ☐

☐ I'm not a robot 

**SUBMIT**

A platform for sharing great housing options and resources for autistic adults and others with intellectual or developmental disabilities

Receive useful resources & updates  
Your email address:

**SUBMIT**

A Project of Madison House Autism Foundation | Privacy Policy | Terms | My Favorites

Web Design by Jordan Cronin



# Autism Housing Network: Explore. Learn. Connect. Build.

4 Million adults with I/DD live with family...  
Where will they find their home?



**None of us  
can do this  
alone...**

**Working  
together,  
solutions are  
possible!**

