

Life Sharing: An Option for an Everyday Life for Individuals and Families



Pennsylvania
Department of Human Services

Agenda



Today's Topics:

- What is Life Sharing?
- Definitions/Terminology
- Life Sharer Information
- Finding a Life Sharer
- How to Begin Life Sharing
- Oversight & Guidelines
- Benefits to Life Sharing
- FAQs
- Other related services
- Resources

What is Life Sharing?



▶ What is Life Sharing (continued)?

“The service is built on the individual engaging in lifelong learning. The Life Sharer will assist the individual with general areas of self-care, health, supportive decision making, home management, personal resources, communication, etc. – everything needed in an everyday life.”
– ODP Waiver Definition

You will be sharing your life with the individual, and the individual will be sharing their life with you

Definitions / Terminology

- **Provider:** The Life Sharing agency that oversees the Life Sharing home
- **Individual:** The person who is receiving the Life Sharing service
- **Life Sharer:** The person who is providing the Life Sharing service to the individual
- **Host Family:** The other person(s) who lives in the home with the Life Sharer and individual

What is Life Sharing (continued 2)?



- One of the 3 Residential Services in ODP's waivers.
- Everyday living options – Life Sharing may happen in a variety of settings such as in a home that is rented or owned by the individual or in the homes of relatives and friends.
- Person-centered

What Does
Life Sharing
Really Look
Like?



What Does Life Sharing Look Like (continued)?

Life Sharing **does not** replace the individual's family – it *expands* their support network.

Families and loved ones are encouraged to be part of the entire process and continue to have close relationships with those who choose the Life Sharing service.

Life Sharing is an Everyday Life

- Trips / Vacation with Life Sharing Family
- Life Skills – such as learning how to budget or spend money
- Everyday tasks like grocery shopping
- Everyday routines, such as sharing meals
- Being involved in the community



Life Sharing ranks as having the highest satisfaction for having an everyday life.

-IM4Q data

Who would be Successful in Life Sharing?



Who?

- **Who would be successful in RECEIVING Life Sharing:** Anyone who is interested in the Life Sharing service and is eligible for ODP's waivers
 - For individuals with Intellectual Disabilities, Developmental Disabilities, and/or Autism (including individuals with a medically complex condition)
- **Who would be successful in PROVIDING Life Sharing:** Anyone who is qualified and willing to share their life with the individual.



Who can be the Life
Sharer, What are the
Responsibilities, &
Where can Life
Sharing Happen?!



Who can be a Life Sharer:

- Relatives
- Legal Guardians
- Someone who is unrelated to the individual (i.e. community members, friends, acquaintances, etc.).

Where can Life Sharing occur:

- In the individual's own home, or
- In the home of a relative or in a home of someone listed above.

▶ Life Sharer's Responsibilities

Developing and maintaining relationships in the home and community:
Platonic & romantic relationships, friends, family involvement, acquaintances, etc..



Assist the individual with personal goals, like finding a job or volunteering



Transportation

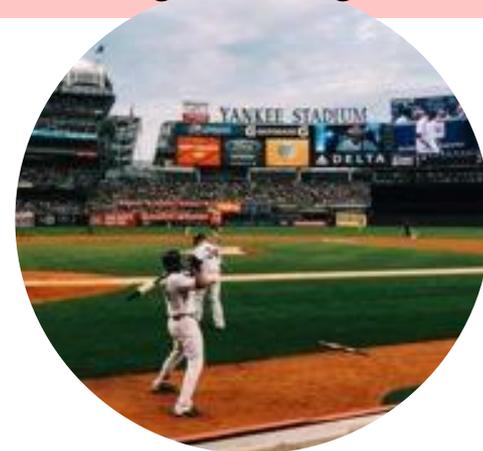


Life Sharer's Responsibilities (continued)

Helping with management of medical appointments & medical needs



Developing personal interests & participating in their personal interests / activities



Helping with supportive decisions & empowering personal preferences



Life Sharer's Responsibilities (continued 2)

Helping with
communication



Helping with daily
living activities –
personal care &
maintaining their
home



If I don't have a Life Sharer in mind, how do I find one?

▶ You can start by...

1. Talking to your Supports Coordinator about Life Sharing. They will help give you options of Life Sharing Providers

- Performance Based Contracting Residential Directory: [Performance-Based Contracting Residential Provider Directory | Department of Human Services | Commonwealth of Pennsylvania](#)

2. Talking to your Life Sharing Provider who will then help you find a Life Sharer

How do I get Life
Sharing? How do we
start?

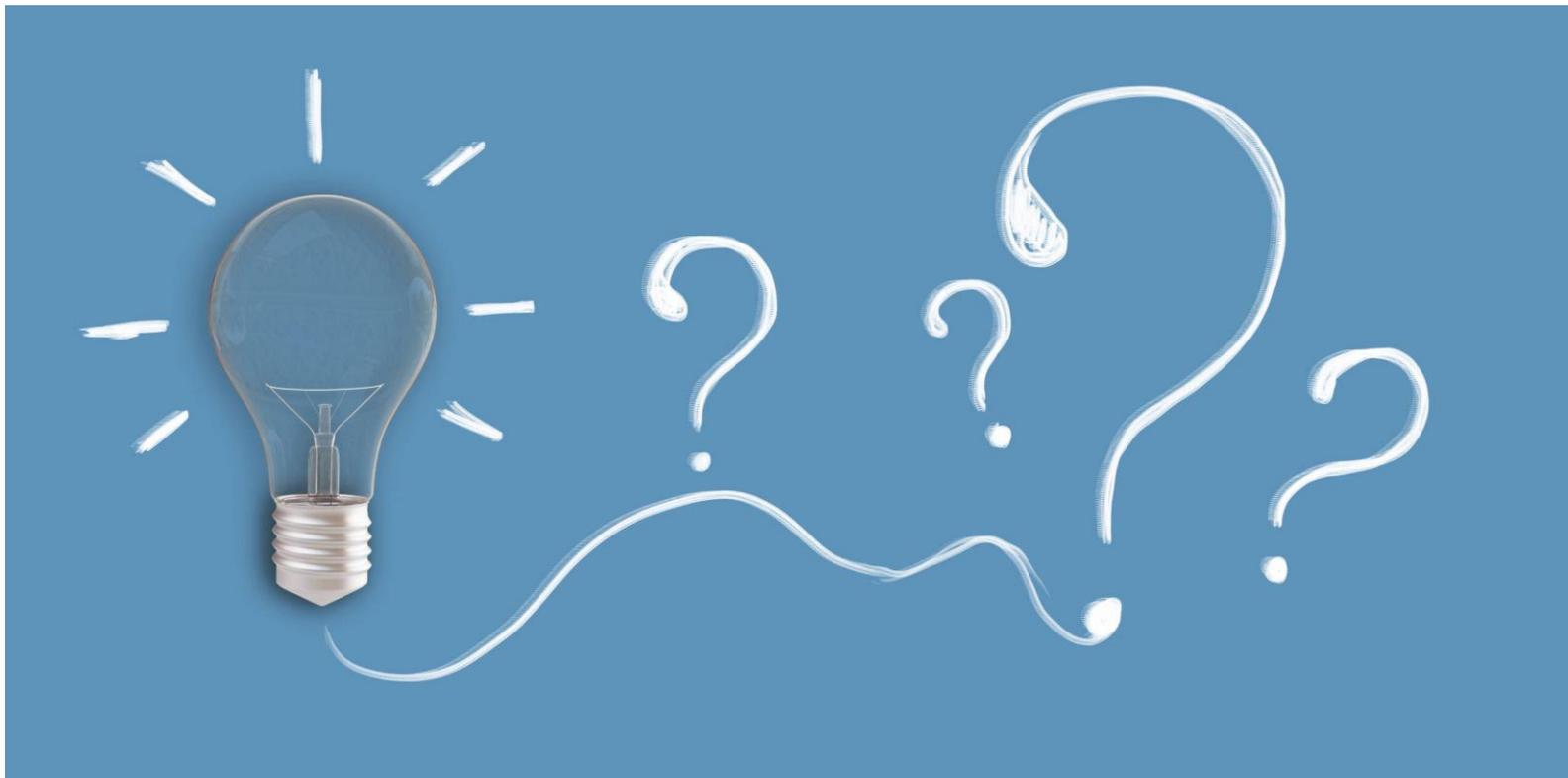


To begin

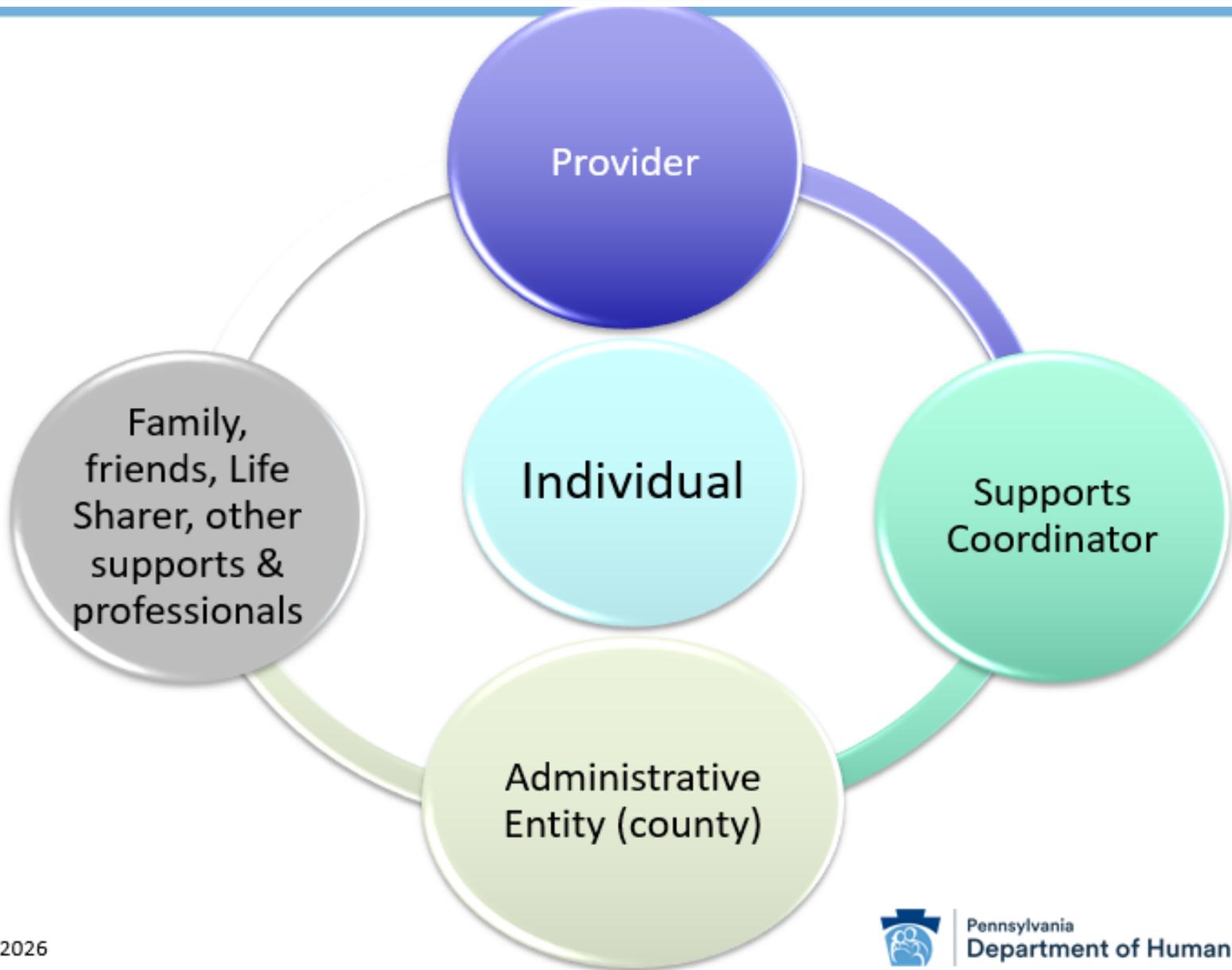
1. The individual can have a conversation with their Supports Coordinator (SC) about their interest in receiving the Life Sharing service.
2. The SC will offer choices of Life Sharing Providers.
3. The Life Sharing Provider will help carefully match the individual with a potential Life Sharer through multiple visits, time spent together, etc..

Reminder: Life Sharing does not replace the individual's family. Families and loved ones are encouraged to be part of the matching process.

Who is Involved? What about Oversight & Guidelines?



Who Is Involved? The Individual's Support System



Oversight & Related Guidelines

Waivers

[Waivers | Department of Human Services | Commonwealth of Pennsylvania](#)

List of Waivers in PA

Waivers Home

Adult Autism Waiver

Community Living Waiver

Consolidated Waiver

Infants, Toddlers, and Families Waiver

Person/Family Directed Support Waiver

Regulations

[Pennsylvania Code - Title 55 Human Services](#)

- Chapter 6100. Services for Individuals with an Intellectual Disability
- Chapter 6200. [Reserved] 
- Chapter 6201. County Intellectual Disability Services 
- Chapter 6210. Participation Requirements for the Intermediate Care Program 
- Chapter 6211. Allowable Cost Reimbursement for Non-State Operated Residential Facilities for Individuals with an Intellectual Disability 
- Chapter 6250. Commitment and Admission Procedures for Individuals with an Intellectual Disability
Subpart D. Nonresidential Agencies/Facilities/Services
Article I. Licensing/Approval [Reserved]
Article II. Funding
- Chapter 6350. Family Resource Services 
- Subpart E. Residential Agencies/Facilities/Services
Article I. Licensing/Approval
- Chapter 6400. Community Homes for Individuals with an Intellectual Disability
- Chapter 6401. [Reserved] 
- Chapter 6500. Family Living Homes 
- Chapter 6600. Intermediate Care Facilities for Individuals with an Intellectual Disability



What are the Benefits of Life Sharing?



BENEFITS

Benefits of Life Sharing



Ongoing Provider Support



Living in your own home



Individualized Support



Consistency & Longevity



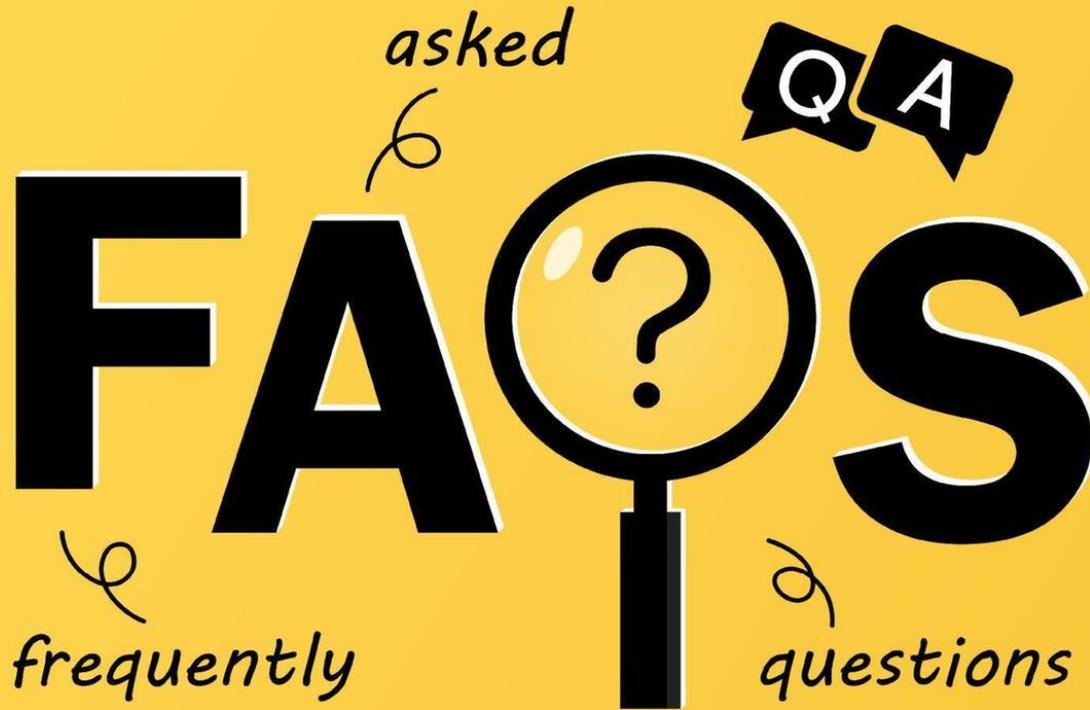
Choice of where you live



Choice of who you live with



Respite



FAQ 1

1. How do I start the Life Sharing process? What does the transition look like?

1.
Your Life Sharing Agency will help set up meet & greets with potential Life Sharers

Overnights, day visits, etc. will also be set up to ensure the new Life Sharing relationship is compatible!

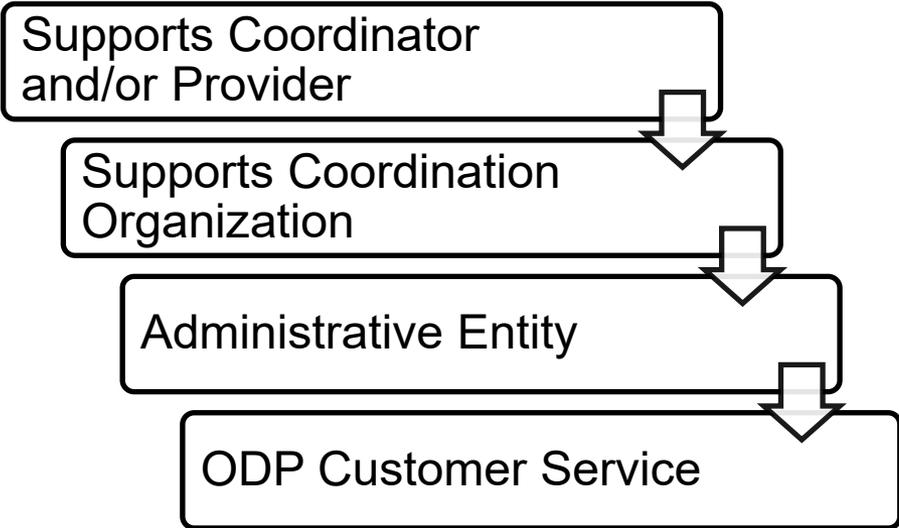
2. Do I have to own my own home to receive Life Sharing?

2.
No, you can rent, lease, etc., it just can't be a provider's owned home (see slide 13).

FAQ 2

3. Who do I talk to if I have concerns through my Life Sharing journey?

4. What if I want to change my Residential Services?



4. Team discussion & planning.
Individual always has the right to change services and supports

FAQ 3

5. What happens if my Life Sharer and I don't work out?

5. Before it gets to this, hopefully conversations have been had with team to problem solve issues.

Team will help plan for necessary next steps

6. Where can I find more information on Life Sharing?

6. The following link is a webpage just for Life Sharing: [Life Sharing – MyODP](#)

FAQ 4

Is Life Sharing only for individuals who do not need a lot of support?

6.
No, Life Sharing is really for anyone; person-centered.



Are There Other
Services That an
Individual Could
Have with Life
Sharing?

Life Sharing & Examples of Other Allowable Services on ISP

Assistive Technology

Respite

Therapy Services

Employment Services

Community Participation Support

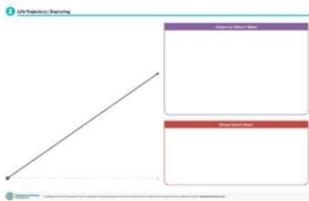
Resources

- ODP Listserv: [Subscribe To ODP Listservs – MyODP](#)
- DHS Waivers: [Waivers | Department of Human Services | Commonwealth of Pennsylvania](#)
- Individual Support Plan Manual: [Bulletin 00-22-05](#)
- Gold Book: [ODP Reissues the Gold Book – MyODP](#)
- Myodp: [MyODP](#)
- County Contacts: [County Mental Health/Intellectual Disabilities \(MH/ID\) Offices | Department of Human Services | Commonwealth of Pennsylvania](#)
- PA Family Network: [PA Family Network - Vision For Equality](#)
- ODP Customer Service: [1-888-565-9435](tel:1-888-565-9435)

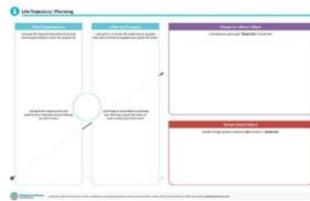


▶ Additional Resources

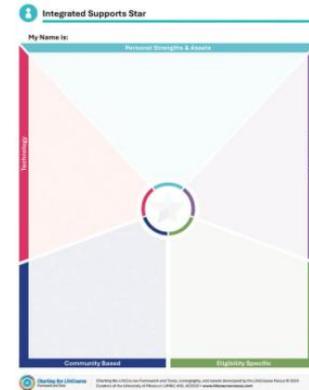
- **LifeCourse Tools:** [LifeCourse Framework - LifeCourse Nexus](#)
 - ODP’s Training on Life Sharing and how to use LifeCourse to brainstorm about services: [Life Sharing 101 and LifeCourse](#)
- Networking – Life Sharing Coalition, Regional Supporting Families Collaboratives, Conversations with Support Coordinators & Administrative Entities



Trajectory for Exploring



Trajectory for Planning



Integrated Supports Star



Special Thanks

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