

From Our Offices

This month I am thrilled to present our “Alternative Family Living” (AFL) Special Edition. More than a year ago HOMECARE’S Management Team decided that AFLs would be a perfect fit with our mission.

Our first AFL home started in December 2010 with Ashley Brown and AFL Provider Sandy Smith. (Update: Ashley has been offered a job at Cracker Barrel in Statesville. Thanks to Cracker Barrel Manager Cathy Holman for giving Ashley this opportunity!)

AFLs are funded through Residential Supports, which is a CAP-MR Comprehensive Waiver service. Residential Supports provides assistance with acquisition, retention, or improvement in skills related to activities of daily living, such as personal grooming and cleanliness, bed making and household chores, eating and the preparation of food, and the social and adaptive skills necessary to enable the individual to reside in a non-institutional setting.

Habilitation, training and instruction are combined with elements of support, supervision and engaging participation to reflect the natural flow of training, practice of skills, and other activities as they occur during the course of the person’s day.

This service is distinctive in that it includes habilitation and training activities, as well as care and assistance with activities of daily living when the individual is dependent on others to ensure health and safety. Interactions with the person are designed to achieve outcomes identified in the person centered plan.

Support and supervision of the person’s activities to sustain skills gained through habilitation and training is also an acceptable goal of Residential Supports.

AFL Providers have 24 hours per day, 7 day a week responsibility for the individual served and is responsible for supervision and support of the individual when the participant is not engaged in other services.

AFL Providers have a heart for the individuals they support. Jada Castaneda, an AFL provider from our Forest City office, perhaps said it best, “Always go back and remember the reason you wanted to help these awesome people. Your future will be bigger and brighter by allowing the consumers to have a choice and live in a home with a family.”

I am pleased to introduce you to some of our AFL providers and the individuals they support in this special edition of our newsletter.

Happy 2012!

Margaret

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NOTE: Anniversaries will be acknowledged next month.

AFL Spotlight

In November 2007, Ashley Brown of Statesville, was arrested, handcuffed, and taken to the county jail for assaulting three of her family members. Her AFL provider Sandy Smith bailed her out by obtaining a bail bondsman because her mother thought she needed to take some time to think about her actions and she did not want her back in the home due to safety reasons.

The AFL provider that provides Residential Supports for Ashley was her elementary school teacher and she also provided CAP services for Ashley before she decided to be her AFL provider.

Ashley has grown by leaps and bounds from the first day that she was introduced into the program. Ashley was an angry young

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[Read about Corneisha, another HOMECARE AFL Success Story, on page 2](#)

Residential Opportunities

Judy and Mike of Rutherfordton have a warm, inviting home in a quiet, rural area. Yet, they live just a few minutes from town. (Home pictured to the right.) Judy worked for Rutherford-Polk Mental Health for 13



years in the DD/SA Unit and as an Administrative Assistant to the Area Director before coming to HOMECARE Management in 2004. They have no children and adore their only niece and 3-year-old great-niece. They are a very loving and supportive family and have a single level home. Active in their church and community, Judy and Mike are also avid supporters of the Forest City Owls baseball team as well as local college basketball and football. They enjoy visits to the mountains of Western North Carolina, walking, reading, and board games. A mixed-breed terrier and two outside cats also call this home.

Our Catawba County AFL (pictured on the next page) features a beautiful “farm-house style” home on a small farm with horses, rabbits, sheep and a goat. The provider, Terri, works for

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HomeCARE's Have a Heart Week, 2/13-2/17

HomeCARE has designated the week of February 13 to promote the success and potential of our AFL program. Each of HomeCARE's six offices will be participating. The week will include;

Monday, Feb. 13 - Targeted Case Managers and MCO Care Coordinators will receive valuable information about residential opportunities in their area.

Tuesday, Feb. 14 - "Do you have a HEART?" Each office will host a job fair to recruit AFL providers with a "heart".

Wednesday, Feb. 15 - Community Outreach and Educational efforts for local stakeholders on AFL opportunities in their communities.

Thursday, Feb. 16 - Across the state our AFL providers will open their homes to the community to share their passion and heart for providing this valuable service.

Friday, Feb. 17 - "Let's Celebrate our Success". Each office will take the time to review the success and potential we anticipate with our AFL program.

From Boone to Wilmington and all the points in between each office will individualize their "HEART" week so that they will have the maximum amount of contact and exposure for the individuals we support. You will hear more about this effort from your local office.



RESIDENTIAL OPPORTUNITIES (Continued from page 1)
Catawba County DSS as an Educational Specialist. She provides technical assistance to licensed child-care centers, family child care homes and after school programs. Terri lives with her mother, Carolyn. They both enjoy being outdoors and working in their flower garden. Terri also has two adult children and they are a very close and supportive family.

If you are interested in learning more about these opportunities contact your local HomeCARE office.

AFL Spotlight

Corneisha was raised by her grandmother who had become unable to provide the specialized care that she needed. After careful consideration, her grandmother chose an AFL provider. Her goal for her beloved granddaughter was to live in a family environment, be with someone she knew, and with people who would love and care for her as she did. Her grandmother chose Ms. **Roshanda Darden** to be her AFL provider. Ms. Darden has known Corneisha for 10 years and was her Behavioral Technician.



Upon first meeting Ms. Darden you quickly recognize her sincere love regarding Corneisha. She was strong in her convictions and the care she felt Corneisha deserves. She never second guessed her decision to take on this huge responsibility. Ms. Darden is the mother of a teenage daughter and recently acquired two small children. She has a drive and determination to care and provide for those in need and to ensure that all get the care they deserve. Her only question to me was "what do I need to do?"

Since July, Corneisha has enjoyed the full effects of being in a family. She has been on multiple outings to include shopping, eating out at restaurants, visiting the beach, the zoo and attending church regularly. She also recently received a stroller and will be receiving a stroller soon. The stroller will be providing her even more opportunities to have access to her community.

Since moving into this home, Corneisha appears happier, calmer, comfortable and settled. The biggest improvement is that her seizures have decreased from up to four times a month to no seizures since July!

This new happy family is looking forward to many years of vacations, family outings, family dinners and enjoying each other's company.

AFL SPOTLIGHT (Continued from page 1)

lady that did not know how to express herself and she never gave you direct eye contact. Since she has been with her AFL family she has learned how to appropriately express herself, look you in the eye during a conversation and has become a loving individual.

Ashley is currently attending the Compensatory Education program where she has an opportunity to socialize with her peers, learn independent living skills, occupational skills, and computer skills. In July 2011 she completed the Culinary Arts Training Program where she has already received the Instructor Choice Award and the Preparatory Award.

Ashley has been actively looking for jobs that will allow her to utilize the skills she obtained in the culinary arts program. Ashley had an interview with Cracker Barrel Restaurant and is waiting to hear if she got the job. Hopefully, she will be employed soon. Having a job and being able to access her own money would be a huge boost to her self-esteem.

In her spare time she enjoys spending time with her AFL family, visiting her biological sisters on the weekends, and hanging out with her friends. Ashley has a great personality and a loving spirit, these qualities shine through the moment she steps into a room. It has been a great experience working with Ashley and HomeCARE is looking forward to more of her successes.