

KEEP THE MACHINE IN GOOD WORKING ORDER: HOUSING, TRANSPORTATION, AND HEALTH MANAGEMENT

In our life journey, we need our body for transportation. Since we have only one body and can't trade it in for a new model, we have to keep it in working order. We have to understand how it works, check it out periodically, and make sure everything keeps working.

All young people should be prepared to protect their machinery! People with physical and health conditions have to be particularly diligent in staying healthy. In this next section, you will set personal health goals, develop a plan for taking care of your self, and learn to monitor your health on a regular basis. In this way you can be as healthy as possible on your journey.

In this unit you will research different housing options, learn about different modes of transportation, and learn how to manage your own health care:

1. Complete the Housing Survey.
 2. Discuss housing options available.
 3. Complete the Transportation Survey.
 4. Learn about public and private travel options.
 5. Complete the Medical Self-Teaching Exam to evaluate your knowledge of your health status.
2. Complete the Healthy Habits Survey to evaluate your personal Self-Care.
 3. Develop a plan to monitor any medications you take.
 4. Prepare plan for making doctor appointments and visits.
 5. Review Insurance Benefits.



Housing Survey

1. Where do you currently live?

2. With whom do you live?

3. What types of modification do you have in your current home or apartment?

4. How much rent do you pay?

5. Do you need any assistance with your medical care (i.e., attendant)?

6. Where do you see yourself living in the next three years (what area of the city)?

7. Where do you see yourself living (house, apartment, at home)?

8. Will you have a roommate or live on your own?

9. How much rent will you be able to afford?



10. What types of modifications will you need to make?

11. How much do you think the modifications will cost?

12. What household items/furniture do you currently own that you would be able to use at your new house/apartment?

13. In what areas, do you feel most comfortable in living on your own (health management, cooking, cleaning, etc.)? Why?

14. In what areas do you feel the least prepared?

15. What steps have you taken to make yourself feel more confident in those areas?

HOUSING

There are many choices to consider and decisions to make relating to your housing. The more knowledgeable you are about the options, the more informed decisions you can make regarding your life. You need to decide for yourself what is the best fit for you.

GROUP ACTIVITY

We will now divide into four groups. Each group will discuss the positives and negatives of one of the following four options and then present the results.

Living at Home

Discuss and list the positives and negatives of living at home with your parents.

Purchasing a House/Condo

Discuss and list the positives and negatives of purchasing a house/condo.

Renting an Apartment

Discuss and list the positives and negatives of renting an apartment.

Having a Roommate

Discuss and list the positives and negatives of having a roommate.



Topic: _____

Positives	Negatives

Fair Housing Act

The Fair Housing Act prohibits discrimination in housing based on a person's disability. It is prohibited to ...

- Refuse to rent, sell
- Refuse to negotiate for housing
- Make housing unavailable
- Deny a dwelling
- Set different terms or conditions for sale or rental
- Provide different housing services or facilities
- Deny anyone access to membership in a facility or service related to sale or rental of housing

Housing Assistance Programs

The following are Housing Assistance Programs that are available through the city of Phoenix. You must complete a pre-application for placement on the waiting lists for housing programs you have chosen. You may apply for more than one program.

Please contact the appropriate Housing Authority in your area for a list of all available housing programs and to complete a pre-application.

Conventional Public Housing

This is a Multi-Family Housing Program. Apartments are provided in the city's public housing developments. Apartments range in size from one to five bedrooms. Each apartment is furnished with a gas stove, refrigerator, and evaporative cooler. Ground floor apartments have both front and back yards. No pre-selection of location is allowed.

Section 8 Housing

The Section 8 Housing Assistance Program is designed to assist eligible lower-income families in renting an existing house or apartment. Under the program, the city may make a monthly payment to the landlord on behalf of an eligible family. The payment is the difference between the rent that the family can afford to pay based on their income and the full rent for the dwelling unit. Families that have been determined eligible and have been certified to receive a Housing Choice Voucher are responsible for finding a place to rent and negotiating a lease with the landlord.

Scattered Sites Housing Program

This Housing program provides home ownership opportunities to qualified **working families of 2 persons or more** who are considered low to moderate income households. Participants in the program select a home that has been purchased by the



city. The families rent the home from the city. Throughout the leasing period, Housing Staff will conduct annual/quarterly home inspections and monthly yard inspections. Properties will be sold to those families who demonstrate an ability to maintain a home, complete the home ownership training, and agree that this home will be their primary residence for at least five years.

Senior and Disabled Housing

Eligible senior or applicants who are disabled are welcome to apply for all Assisted Housing programs. Eligibility requirements are the same for all applicants.

Chandler
480-782-3200

Pinal County
520-868-7203

Cochise County
520-432-9460

Scottsdale
480-312-7717

Douglas County
520-364-8458

Gila County
928-425-0858

Eloy
520-466-7162

South Tucson
520-623-8481

Flagstaff
928-526-0002

Cocopah Indian
928-627-8863

Glendale
623-930-2180

Tempe
480-350-8950

Maricopa County
602-257-1113

Williams
928-635-4717

Mesa
480-644-3544

Winslow
928-289-4617

Nogales
520-287-4183

Yuma City
928-782-3823

Peoria
623-773-7140

Yuma County
928-627-8828

Phoenix
602-261-8671

Mohave County
928-753-0723

Pima County
520-791-4739

Yavapai County
520-774-1895

Graham County
520-432-5301

This information was adapted from the City of Phoenix Housing Applications.

Living on Your Own

Modifications

Now that you have found your own place to live, it's time to make any modifications you may need.

- What modifications do you have in the house/apartment where you currently live?
- What types of modifications will you need to make in your new place?
- Is there any programs who can provide you with assistance for paying for these modifications?

Safety

Safety issues should be a concern for everybody living on their own. Living on your own for the first time is scary for anyone. Be smart and don't do any things that may put yourself in harms way; such as, going out alone late at night, not locking the doors of your house/apartments, not leaving lights on when you will be arriving home after dark, etc. What other things can you think of that will help make you safer, both at home and out?

Here are some general tips:

- Establish a Personal Support Network. Make sure you have someone who knows your schedule and with whom you have regular contact. This person would know to check on you if he/she had not been in contact with you on a daily basis.
- Keep your Smart Card (to be discussed in the Health Management Section) updated and with you at all times. This contains all of your important medical information.
- Keep an Emergency Contact List updated and near your phone at all times. You don't want to have to search for numbers in case there is an emergency.
- Always have a seven day supply of essential medications.



Choosing Your PAR Goal

Select one or two Housing Goals and use PAR to monitor your progress.

PROBLEM/GOAL/HYPOTHESIS	RESOURCES	STRATEGY/DATA
Problem: Goal: Hypothesis:		Strategy: Data:
Problem: Goal: Hypothesis:		Strategy: Data:

