



Pro-Social
Accommodation Model
via Individual Living
Options

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What is prosocial ILO?

In 2017 Muru Pathways identified a significant barrier to many participants that are hospitalized or transitioning from corrections whilst living with a disability.

Many whom were transitioning had very little options in the way of safe and stable accommodation, often transitioning into social housing without the development of the skills required to maintain accommodation safely, this led to a high proportion of participants transitioning from these facilities becoming homeless without significant assistance offered to maintain their tenancies, appointments and develop skills.

As such, in 2017, after transitioning several participants into private shared accommodation or social housing and identifying the ongoing behavioral and/or incidental difficulties many faced, Muru Pathways developed a model of support with the understanding of pro-social supervision and assistance being at the heart of the program. Since this time, Muru Pathways has been assisting participants with NDIS funding who have transitioned from corrections or hospital in our accommodation models with many of them then going on to live independently in their own homes after developing skills and stabilizing their supports and home environment.

Muru Pathways utilizes a Pro-social modelling style of support and supervision rather than a specific program often seen in Supported Independent Living accommodation models (SILS). The basis of the style has been developed based, in part, on the research by Dr Chris Trotter and enhanced for the disability sector by Muru Pathways based on the quantitative and qualitative data collected since its inception. It is an integrated intervention model which involves helping clients to understand the role of the worker and the Participant in the supervision process, it involves the worker identifying and reinforcing the pro-social things that participants say and do, appropriately challenging participants and working collaboratively with participants to address their needs. These skills are offered as part of a respectful approach by the worker.

Since 2017, Muru Pathways has been able to develop and extend this project with significant success identified by data collected daily to identify all areas of development, not simply the negative impacts such as incident reports, but positive impacts such as capacity building.

Muru Pathways has developed a comprehensive tool that identifies these area's of support and provides clear qualitative and quantitative data to show progression and independence and capacity building utilised in the below case study.



How does it look?

Muru Pathways utilised an Assets Based Community Development approach (ABCD) to the model, engaging real estates and accommodation landlords to understand the model and the provisions provided by Muru pathways to develop a long-standing relationship that promotes a learning environment.

Muru Pathways then enhances the property by way of improving the layout and aesthetics of the property as well as social activities and programs participants can engage with if they choose. Some programs are specifically Muru Pathways based but not limited to accommodation participants. These programs can be accessed by any participant wishing to develop skills such as Art and Gaming programs, with many being community-based programs external of funded supports such as Street soccer and Men's sheds, all of which have a long-standing relationship with Muru Pathways to ensure participants can engage in the programs without barrier.

How is it funded?

Muru Pathways is a NDIS funded organisation that utilizes funding with a participants NDIS plan to engage.

Participants funding is often fluctuating in nature and requires significant data and reporting to ensure participants are funded adequate to their needs and reduce wasteful spending.

Muru Pathways has developed a funding chart that specifically addresses a participant need based on levels of support required to simplify the referring process and understand the funding requirements to put forward during the NDIS planning process.

Level 1

This level is generally for participants that can manage most day-to-day task without much prompting, this level is based on a participant working with the accommodation support to actively look and engaging in finding their own accommodation and employment whilst being living skills in their home environment. The aim is that the participant is engaged in the accommodation for a maximum of 6-12 months. Participant should be able to manage most tasks with general prompting and low behaviours of concern.

Level 2

Participant is engaged in the accommodation for a maximum of 48 months with the aim to reduce to level 1 over this time. The plan would be to support the participant in finding activities in the community and managing medication and support needs with moderate engagement. Participant should be able to manage some tasks with prompting and low to moderate behaviours of concern but may require moderate to high support managing food, meals, money, and budgeting. Participant should be able to have some nights without support and can function in a home environment without support for periods of the day.



Level 3

Participant requires a high level of support to manage their home environment including behaviours of concern such as history of property damage, tenancy barriers and/or difficulties managing their relationships with family, friends, other residents or supports. Participant is unable to be left alone for extended periods of time (Max 1-3 hours per day) and may require their own worker for periods of time that are considered more specific to their needs (food prep, medication and medical appointments, family engagement). The aim is to reduce the level of support from level 3 to Level 2.

Rental contributions

Accommodation support within the NDIS is often grouped into the category of SILS and ILO.

Both have their advantages and disadvantages.

SILS often utilizes 75% of the income + 100% of Rent assistance to engage both Board and Lodging within the agreements. In this model, all aspects of home living such as food, utilities and supplies for home are provided to the participant (excluding medications and personal hygiene products).

This model ensures participants are provided meals and lodging with limited exposure to risk.

Unfortunately, this model can also limit capacity building for a participant as they are often disengaged from the cooking and shopping aspects of the support which are done via a entire house model, thus decreasing potential independent living skills as all aspects of their care are provided to them via the service provider. Participants often have choice in the creation of the shopping list and may also attend the shopping centre to purchase items, but the actual budgeting and management of meal prep are provided externally from the participant, limiting potential growth to be self-sufficient.

Muru Pathways utilizes an ILO approach to rental contributions. Providing the participant with a lease agreement for rent and utilities included but does not budget the lodging aspect into the rental agreement. This means that participants pay a standard rental amount and then work with support staff on site to budget their own money each week, shop for their own items with support workers if they choose to and generally begin to organize their own daily routine to increase independence.



Basic budget

For a single participant on DSP, the budgeting per fortnight is as followed (average)

Total DSP \$ 900 . 80

Total rent assistance \$ 145 . 80

The cost breakdown associated with each model is as below.

SILS (Fortnightly)	ILO (fortnightly)
Board and lodging = \$821.40	Rent Average \$500 (depending on room size)
Total rent assistance = \$145.80	Nil (rent assistance included in rent)
Food and general house supplies (Included)	Food and supplies (budgeted usually up to \$200 per fortnight)
Utilities (Included)	Utilities (Included)
Medication (\$20 per fortnight average)	Medication (\$20 per fortnight average)
General hygiene products (\$25 per fortnight)	Hygiene included in shopping budget
<u>Total Living expenses</u>	
\$1012.20	\$720
<u>Total remaining for savings/additional expenses</u>	
\$33.60 per fortnight	\$326.60 Per fortnight

The ILO model allows for greater autonomy on financial independence and as such, many of the costs associated with SILS are reduced as the participant can choose to shop where they wish and choose items that fit within their budget and increase or decrease the amount spend.

The model also allows for participants to save money to purchase items they would like such as beds, fridges, tv's...etc that they would like to take with them if they move.

How data is identified and collected

Data is collected based on informal and formal areas of need for each participant in the accommodation and models on specific area's both the participant wishes to see growth as well as area's where growth is required to move forward into independent living. This data is then provided to specialists such a behaviour clinicians and occupational therapist that are independent of the accommodation that can be implemented into Behaviour support plans or functional assessments for further needs assessments.



Baseline (Green Line)

Base line is general in nature and specifically focuses on the areas of living with

others, they specifically focus on 5 domains.

- Engaging in activities with staff
- Engaging in activities with other residents
- Engaging in conversation with staff
- Engaging in conversation with other residents
- Joking around and/or asking questions

These are the basic foundations of pro-social modelling, ensuring participants are developing rapport and able to live and engage with others positively, development and progress in these domains are pivotal to ensure managing conflict developing interpersonal skills and working towards more specific tasks will improve.

Low Level Behaviours (yellow line)

Moderate Behaviours (Orange Line)

High Behaviours (Red Line)

These are more specifically designed for each participants area of growth, developed in conjunction with behaviour support plans to ensure information and data are identified in specific areas of need. These can include.

- Shutting off and appearing closed towards others
- Making threats towards staff and/or other residents
- Erratic actions and decision making
- Physical aggression towards staff and/or other residents
- Excessive alcohol consumption and/or drug use
- Sexualized behaviours

Capacity Building (Blue Line)

Capacity Building is a core component of the support provided in the accommodation, it is in this area that skills are developed to increase the likelihood of greater independence and lower levels of support required into the future.

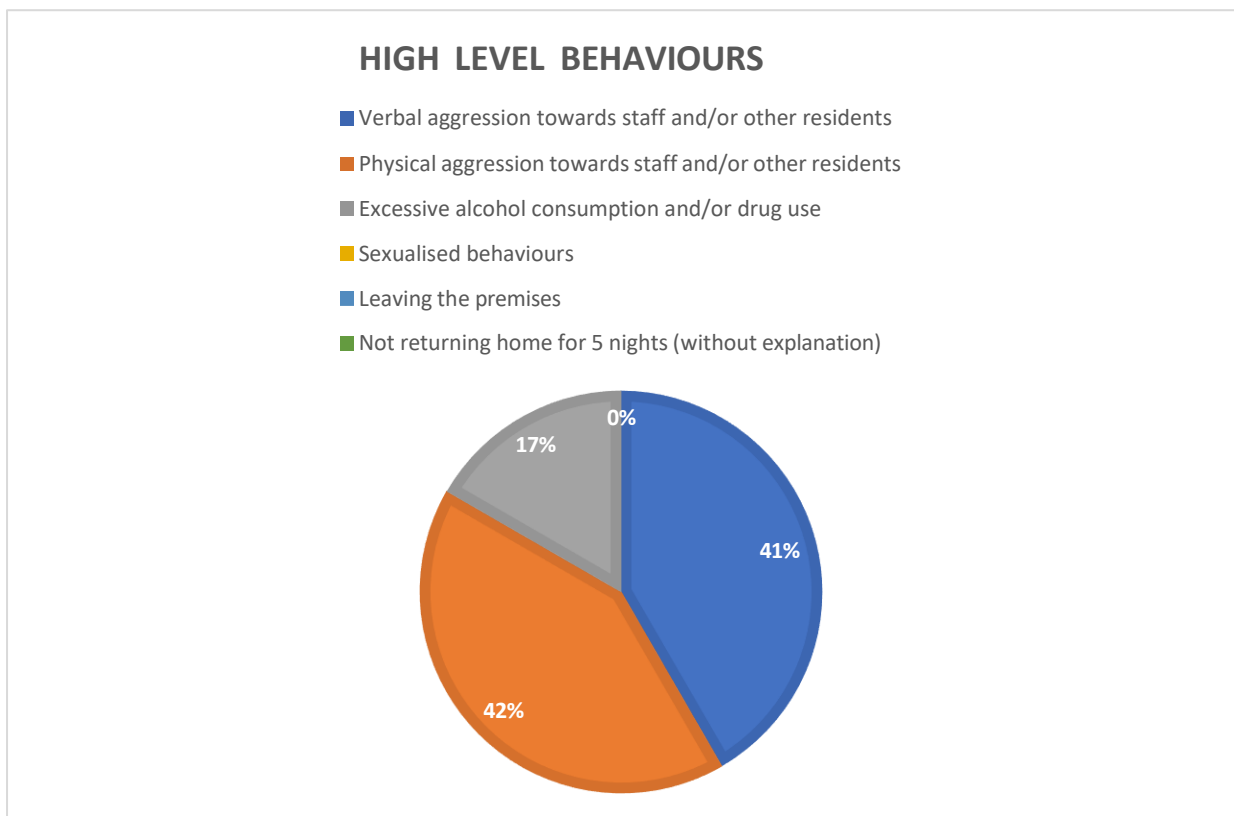
These are developed specifically for each participant based on areas of growth and support required. to build these skills, these can include.



- Engaging in cooking and/or meal prep
- Engaging in cleaning of room/kitchen/common areas
- Maintaining good hygiene
- Engaging in community activities

The data is then collected daily and scored cumulative with specific behaviours identified so as strategies can be developed on specific behaviours that are more prominent and impactful on longevity of tenancy.

Example pie graph for behaviours of a participant below.



For this individual, a focus on interpersonal/anger management is required to see a reduction in behaviours. Drug or alcohol support is also a vital part of the support to focus on and as such, engagement in community-based programs such a rehab or recovery programs can assist in reductions of consumption and potentially improve stability and longevity of accommodation.



It is via this data collection that specific areas of growth can be targeted and supported to improve longevity of tenancy and improve pro social modelling outcomes.

Case study:

NOTE: Participants' names have been changed along with any potentially identifying aspects of their case.

David is a Male in his mid-50's with a diagnosed Acquired Brain Injury and comorbidity factors such as substance misuse and long-term institutionalization via way of correctional and hospitalization stays.

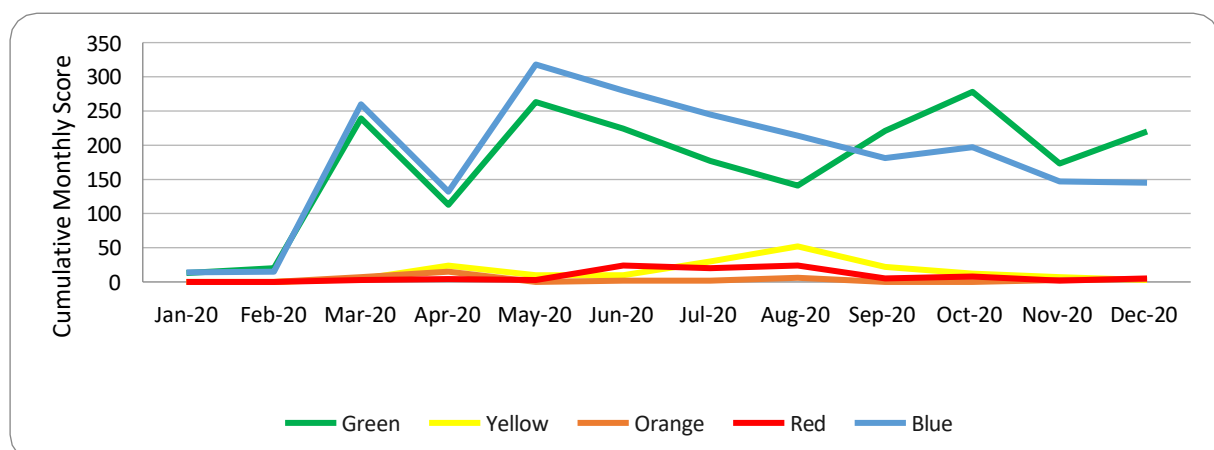
David was engaged with Muru Pathways from August 2019 after being released from corrections via their public Guardian to assist David in engaging their NDIS plan. Upon receiving the referral, Muru Pathways Coordinators attempted to engage with David in the transitional accommodation he was residing in at the time.

David did not meet with Coordinators whilst at this accommodation, despite this, Coordinator had significant dealings with community members and stakeholders, including, landlord, who identified unpaid rent, behavioral outbursts, damage to property and police contact before evicting David after a period of 2 months.

Coordinator also liaises with health services regarding missed appointments and engagement difficulties along with Community corrections regarding missed appointments and ongoing difficulties with engagement. This continued for a period of 6 months before David was re-incarcerated for breach of bail.

Whilst incarcerated, David and his Guardian requested assistance to find suitable accommodation upon his release. David was assisted to transition into The Muru Pathways ILO model in January 2020 upon his release from corrections.

Level of Engagement & frequency of behaviours:





As per the previous graph, David’s engagement in the accommodation was very limited for the first 2 months, often keeping to himself and spending extended periods of time away from the accommodation.

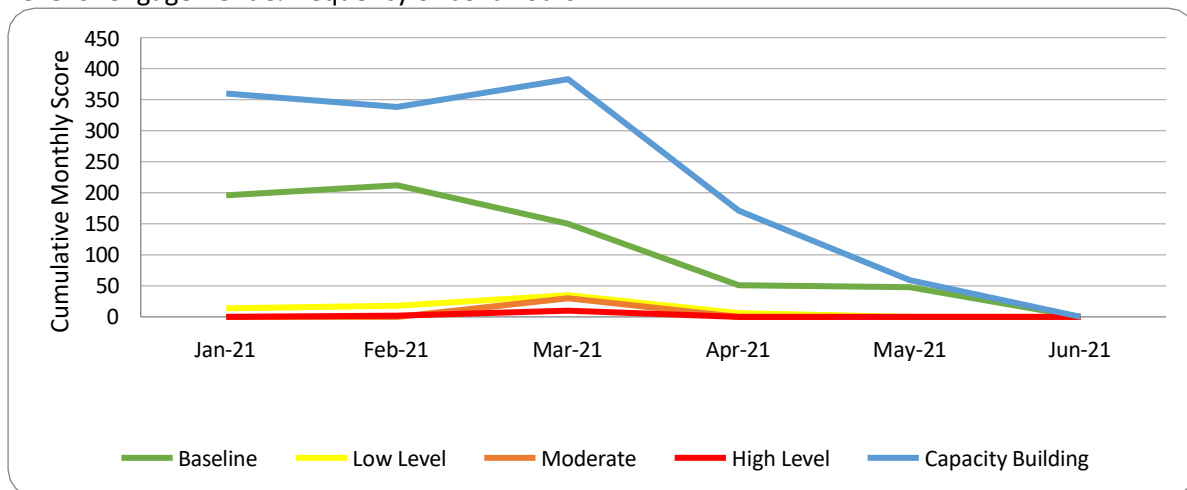
Over a period of 2 months, David’s engagement began to increase, as did the behaviours identified historically within other accommodations, Staff were able to work with David at the critical times of need and support David to return to baseline utilising a prosocial approach. Over time, David began to see the benefits of support workers being available when he required them, often, simply via transport to shops and assistance with shopping before increasing to more emotional and physical supports with attending appointments, engaging with Centrelink, and managing emotions.

David was engaged with Muru Pathways accommodation Until May 2021 when he moved in with a partner he had met in the community whilst residing at the accommodation.

David was then supported by Muru Pathways via support workers check ins until June 2021 to ensure stable accommodation and management of transition.

Data below shows this transition via an engagement drop off over this period as well as a slight increase in behaviours as David navigated and understood a new relationship and the difficulties in traversing this.

Level of engagement & frequency of behaviours:



At time of writing in 2022, David is still living with his partner and has remained out of corrections and hospital facilities.



Why Choose ILO over existing models?

ILO was not developed as a substitute for SILS, many participants require the ongoing assistance and direct supervision pertained with the SILS model.

Yet, a growing number of people within these models feel that they are ready to take the step into greater independence, the difficulty is often, that the next step down from SILS is complete housing independence that many participants are not able to facilitate due to the significant assistance that was afforded to them in the SILS model. This leads to the potential risk of “sink or swim” having participants re-enter the private or social housing models with drop-in support, often rekindling the informal and/or family reliance on managing daily tasks such as budgeting, rental contributions, shopping and or, budgeting for shopping and having enough food to last till next pay day.

Muru Pathways ILO aims to fill this gap via a team of support staff on site with their own facilities to assist participants with those day-to-day tasks when the participant requires them.

Current accommodation

If you are interested in better understanding the models and accommodations currently developed, or wish to learn more about referrals, feel free to review the models below and head to our website for more information.

[Accommodation » Muru Pathways](#)



If you have any questions or require further information, please contact Muru at;

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