

Planning for the Future with Heart Havens



Thinking ahead can bring
peace of mind.

Heart Havens partners with
individuals and families –so
when the time comes, the
transition to adult living feels
supported, thoughtful, and
right for each person.

When Should We Start?

Many families begin exploring residential options during the teen or young adult years. Early planning helps reduce stress during major life transitions, ensure services along with long-term goals and build familiarity and trust over time.

Our Residential Options

**Group Homes - Best for those who enjoy living with peers
and a more social environment**

- Located in welcoming neighborhoods
- Typically 4 residents per home
- 24/7 trained staff support that feel like family
- Support with daily living skills, health needs, and routines
- Encourages independence, friendships, and community involvement
- Residents learn life skills, build relationships, and participate in everyday community life.

**Sponsored Residential Services - Best for individuals who
prefer a smaller setting**

- Live with a carefully matched host provider
- No more than two individuals per home
- Highly individualized, one-on-one support
- A calm, nurturing environment that feels like family
- Residents learn life skills, build relationships, and participate in everyday community life.
- Continued engagement in the community
- Licensed to ensure top-tier care and compliance

No matter the setting, Heart Havens is committed to person-centered planning; respect, dignity, and choice; community engagement and inclusion; supporting growth toward independence; strong communication with families.

You are not alone. Heart Havens was founded by parents asking the same question many families ask today:

“Where will my child live when I can no longer care for them?”

We're here to help you explore options, ask questions, and plan with confidence.

Next Steps Checklist

Use this checklist as a guide—there's no required order and no set timeline. Starting the conversation early creates more options, stronger partnerships, and greater peace of mind.

☐ Start the Conversation Early

- Talk with your child about future goals, preferences, and independence
- Begin conversations with teachers, case managers, and transition teams

☐ Learn About Residential Options

- Explore the differences between Group Homes, Sponsored Residential Services, Independent Living with Supports, Shared Living, Supported Living, & In-Home Supports
- Consider your child's personality, routines, and support needs

☐ Understand Eligibility & Funding

- Connect with your local Community Services Board (CSB)
- Learn about waiver services, eligibility requirements, and waitlists
- Ask about realistic timelines for planning ahead

☐ Build Independence Now

- Encourage daily living skills and choice-making at home
- Support community involvement, hobbies, and social activities
- Celebrate progress—big and small

☐ Keep Planning Flexible

- Revisit plans as your child grows and goals evolve
- Remember that transitions do not have to be rushed
- Know there is no one-size-fits-all timeline

