Parents With A Plan was founded in 2019 with the goal of creating a scalable housing model that brings the private and public sectors together for real social impact and change.

Registered as a 501(c)(3) organization striving to provide robust, person centered approaches to expanding supportive housing environments, the very beginning of life’s independent journey for neurodiverse adults.

We are a team of parents, families, universities, providers legal and housing professionals committed to fostering change, creating solutions and have a positive social impact on our neurodiverse world.

We have submitted plans to the municipality for needed zoning variances.
WHAT WE STAND FOR

Pioneering: Contribute toward solving major societal challenges and family concerns through an entrepreneurial spirit and a best practices leadership model that impacts policy.

Collaborative: Demonstrate public/private/philanthropic/nonprofit partnership through real estate and community development and committed teamwork.

Integrity: Promote transparency and efficiency in our programs and the highest integrity in our operations.

Happiness: Ensure a positive ethos – fulfilling, memorable and fund experiences – for the people who live and work in our program and family members of our residents.

CORE VALUES

GUIDING PRINCIPLES

Provide access to productive enriching choices that support a life with purpose in four core areas:

Home: Ensure the property provides the comforts and securities of home for all residents.

Bridge to Adulthood: Ease the transition for adults and their families through continues communication, involvement and support.

Person-Centered Culture: Celebrate individuality and neuro-diversity supported by innovations in design, technology, and environment that promote choice, safety, security and greater independence.

Inclusive: Support diversity within the property and outside in the community at large by connecting residents to people and opportunities with shared and complimentary interests.

Visit parentswithaplan.org to learn more
Building & Creating Marketplace Options

Denise Resnick, Founder/CEO First Place AZ & Matt's Mom

“Housing and community options for special populations are today where the senior housing industry started over 60 years ago. We still have much to do to create a marketplace of options, recognizing that, like age, diagnosis alone does not determine and individual’s home needs or preferences.”

Desiree Kameka Galloway, Founder, Neuro Inclusive Housing Solutions & Former Director Autism Housing Network

“For millions of adults with autism ‘the next empty bed’ should not be the only option. By bridging innovation across different industries, we can create an array of neuro-inclusive housing opportunities across the country.”
Rutgers Center for Adult Autism Services, under the leadership of Dr. Christopher Manente, will provide Parents With A Plan and the THRIVE Red Bank community with continuous quality assurance oversight to ensure excellence in clinical/support services and outcomes related to the overall quality of life and community engagement of all THRIVE Red Bank residents. Through an innovative private-public partnership with Rutgers University, THRIVE Red Bank will serve as an ideal setting for training the next generation of service providers interested in a career working with autistic adults in the community. Rutgers University students across disciplines will have the opportunity to receive intensive real-world training at THRIVE Red Bank under the mentorship of university faculty towards the creation of a workforce of highly skilled clinicians interested in a career working in residential settings.
Data Driven Approaches

Research
Key Survey Findings

1. More than 200,000 in NJ have are neuro-diverse or have an I/DD – TWICE THE CAPACITY OF MET LIFE STADIUM

2. 73% of neuro-diverse individuals in NJ are currently living with aging family

3. 74.8% fear loneliness or isolation in the future

4. Lack of transportation was the #1 barrier to access and engagement in their communities

5. Top concern of individuals seeking an independent living situation was finding assistance to connect with people and places
200,000+
People in NJ have an I/DD
Over 2x capacity of MetLife Stadium

73%
Live with family, but their family is aging

38,000
Live with a caregiver over the age of 60

Without housing, they will be homeless or displaced.
METHOD

- Review of Proposed Model
- Collection of Data through Needs & Preferences Survey
- Education of Consumers
- Analysis of State Data and Current Residential Opportunities
- Written Report
WHAT ARE YOUR FEARS FOR THE FUTURE?

- I will be lonely or isolated: 74.8%
- I will be bullied or taken advantage of: 69.6%
- I will not be able to find good staff to help me: 54.8%
- I will have a lack of purpose: 50.4%
- I will be forced to live in a group home or foster care: 48.7%
- I will fall through the cracks and be forgotten: 47.8%
- I will not be supported to reach my goals: 43.5%
- I will become homeless: 34.8%
- My health will fail due to neglect: 30.4%
Top 5 Barriers of Access and Engagement in the Greater Community

1. Lack of transportation
2. Cannot find direct support staff I need
3. Cannot find activities that meet my interests
4. Cannot find activities that I can participate in with only natural supports (unpaid support)
5. Feeling overwhelmed by crowds or unexpected overstimulation of the senses
TOP 5 BARRIERS OF ACCESS AND ENGAGEMENT IN THE GREATER COMMUNITY

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Understanding current barriers to community integration and life course outcomes provides a platform by which the property can include specific amenities to help decrease these barriers and foster community engagement. Not only will this make the property more appealing for its target market, but it will also include value-added enhancements to one’s physical and mental health.
CDC reports that loneliness was associated with higher rates of depression, anxiety, and suicide. It significantly increases a person’s risk of premature death from all causes, a risk that may rival those of smoking, obesity, and physical inactivity. Supportive amenities and proximity to neighbors who desire to live in a neuro-inclusive apartment building may address these life threatening challenges faced by 95% of respondents.
Methods of Transportation

- 71.6%: Friends or Family Drive
- 25.9%: Uber/Lyft Rideshare
- 10.3%: Drive Independently
- 19%: Special Transportation Services
- 19%: Public Transportation
- 6.9%: Learning to Drive
GAPS IN STATE DATA PROJECTING NEED FOR NEURO-INCLUSIVE HOUSING & LONG-TERM SUPPORT SERVICES

WHAT IS DDD?

- HAVE NOT APPLIED
- NO, WILL PAY PRIVATELY
- NO, NOT ELIGIBLE
- OUT OF STATE OR NOT APPLICABLE

- APPLYING TO DDD
- WAITLIST FOR COMMUNITY CARE PROGRAM WAIVER
- YES, ON THE SUPPORTS PROGRAM WAIVER LIST
- YES, ON THE COMMUNITY CARE PROGRAM WAIVER
- YES, I DO SELF-DIRECTION
# Parents With A Plan

## Our Resident

### Who We Are

- Individual & Family Focused
- Neuro-Inclusive
- Research-Based
- Collaborative
- Impact-Oriented
- Pioneering

### Who We Are Not

- For Those With Self-Injurious / Violent Behaviors
- For Those Needing 24/7 Care/Support
- Licensed
- Medical Home
- Assisted Care / Congregate Housing
Our Resident

Support in areas of personal growth

- Budgeting
- Grocery shopping
- Healthy relationships
- Friendships
- Employment
- Transportation
- Health and well-being
- Roommate skills

A "bring your own independence model"

Must be able to complete activities of daily living independently (eating, getting dressed, hygiene, etc.)

Not a licensed care facility
Connected Communities/
Public & Private Partnerships

**RENT** -- Private capital and social impact funds for development construction of purpose-built neuro-inclusive, market rate 32 unit supported apartment building

**AMENITIES** -- Rutgers Adult Autism Services Center innovative partnership for delivery of amenities and standards
Community connectivity for quality of life

**SERVICES** -- Residents tap DDD budgets for LTSS via provider of their choice.

**OUTCOMES** -- Data driven measurement and models for measuring real outcomes and fostering legislative and healthcare change
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DR. CHRISTOPHER J. MANENTE PHD, BCBA
RUTGERS CENTER FOR ADULT AUTISM SERVICES

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