

Supportive Housing

Supportive housing is housing that comes with services that help a person stay in their home and live as independently as possible. It is usually restricted to people with disabilities or older adults. Supportive housing can be “bundled,” meaning the support and housing are overseen by the same department or agency and eligibility is determined together. It can also be “unbundled,” meaning the housing and support are overseen by different departments or agencies and eligibility for the housing or support are not dependent on each other. With unbundled supportive housing, a person may have market rate, affordable, subsidized, or public housing.

[You can use the worksheet in our Finding Home guide to keep track of where you plan to search for housing and where you've applied.](#)

people who have a mental health condition

Department of Mental Health

The Department of Mental Health (DMH) serves people who have been diagnosed with a mental health condition who need a high level of support. DMH can provide supportive housing for people who are eligible for their services and need the level of support and structure that supportive housing can offer. DMH offers a continuum of supportive housing options. This includes:

- Supportive services for people living in their own home or with family
- The DMH Rental Subsidy Program, a tenant-based and provider-based housing voucher program for eligible DMH members with limited income
- Intensive group living environments (GLEs), Supervised GLEs, and Supported Independent Environments
- Assertive Treatment and Relapse Prevention (ATARP) and Housing Options Program (HOP) housing first programs
- DMH/DDS Set-Aside Program, an affordable housing program for people with low to moderate income who are eligible for DMH services
- Safe Havens programs, a supportive housing model that provides an alternative to shelter placement

If you're already eligible for DMH services and think you need additional support, you can speak to your case manager or team lead about supportive housing. If you're not already eligible for DMH services, you can learn more about the support that DMH offers and download an application from the links below.

DMH Adult Services Overview

www.mass.gov/info-details/dmh-adult-services-overview

Apply for DMH Services

www.mass.gov/how-to/apply-for-dmh-services



Private Options

There are a number of private supportive housing options for people with mental health conditions. These programs differ in the level of clinical and non-clinical services and supports they offer.

Domus

www.domusinc.org

Ellenhorn

www.ellenhorn.com

Oakdale

www.oakdalefoundation.org

Pillars of Good Health

www.pillarsofgoodhealth.com

Step by Step

www.stepbystepss.org

Wellmet

www.wellmetproject.org

Wild Acre

www.wildacremhs.com

Windhorse

www.windhorseimh.org

people who have an intellectual or developmental disability

Department of Developmental Disabilities

The Department of Developmental Services (DDS) serves people who have an intellectual or developmental disability who need a high level of support. Like DMH, DDS can provide supportive housing for people who are eligible for their services and need the level of support and structure that supportive housing can offer.

DDS also offers a continuum of supportive housing options. This includes group living environments, shared living situations, and supportive services for people living in their own home or with family. DDS also identifies people to participate in the DMH/DDS Set-Aside Program, an affordable housing program for eligible people with low to moderate income who are eligible for DDS or DMH services.

If you're already eligible for DDS services and think you need additional support, you can speak to your case manager or team lead about supportive housing. If you're not already



eligible for DDS services, you can learn more about the DDS application process from the link below.

Apply for DDS Services

www.mass.gov/lists/dds-eligibility-forms

Private Options

There are a number of private supportive housing options for people with intellectual or developmental disabilities. These programs differ in the level of clinical and non-clinical services and supports they offer.

Becket

www.becket.org

Domus

www.domusinc.org

Jewish Family & Children's Service

www.jfcsboston.org/our-services/chai-disability-services/adults-with-developmental-disabilities/supported-housing-transitions-to-independence

Mainstay

www.mainstayliving.org

Oakdale

www.oakdalefoundation.org

Specialized Housing

www.specializedhousing.org

people with traumatic brain injuries

The Statewide Head Injury Program (SHIP) at the Massachusetts Rehabilitation Commission serves people who have an external traumatic brain injury who need a high level of support. SHIP can provide supportive housing for people who are eligible for their services and need the level of support and structure that supportive housing can offer.

Statewide Head Injury Program

www.mass.gov/info-details/statewide-head-injury-program-ship

people living with HIV or AIDS

There are several supportive housing programs for people living with HIV or AIDS in Massachusetts. Some programs are federally-funded through the Housing Opportunities for



Persons with AIDS (HOPWA) program, while others are funded through state, local, and private sources. You can apply directly to these programs.

AIDS Action Committee

www.fenwayhealth.org/aac

A Positive Place

www.cooleydickinson.org/programs-services/hivaids/

JRI Health

www.jri.org/services/health-and-housing/housing

New Beginnings

www.smoc.org/new-beginnings.php

New North Citizens Council

www.newnorthcc.org/housing-opportunities

Victory Programs

www.vpi.org/housing

people dealing with substance use

Sober Homes

Sober homes are programs that offer housing and support to people are in substance use recovery. Many sober homes in Massachusetts are certified by the Massachusetts Alliance for Sober Housing. You can use their website to find sober homes that have been certified.

Massachusetts Alliance for Sober Housing

www.mashsoberhousing.org

older adults and people with disabilities

Congregate Housing

Congregate Housing is a shared living arrangement that combines housing and services for older adults and people with disabilities. It's a good opportunity for people who do not feel comfortable living alone, and need less than 24 hours of care or supervision. You can learn more about congregate care by contacting a provider directly.

Congregate Housing

www.mass.gov/info-details/congregate-housing-eligibility



MassHealth offers a few bundled and unbundled support options for eligible members.

Adult Family Care (AFC - sometimes called Adult Foster Care) is an services for elders and people with disabilities who cannot live safely on their own. Typically with AFC, non-professional caregivers are paid to provide support to the person within their or the person's home. To be eligible for AFC, the person must have MassHealth and need help with at least one activity of daily living. To find out more about AFC, you can contact an AFT provider agency.

AFC Provider Agencies

www.massaafc.org/provider-list

The Personal Care Attendant (PCA) program helps people with disabilities live independently in their community. A PCA can help you with bathing, dressing, grooming, taking medications, eating, toileting, and other daily tasks. You need to be evaluated prior to accessing PCA services. You can contact a Personal Care Management Agency to learn more about PCA services and the evaluation process.

Personal Care Management Agencies

www.mass.gov/info-details/personal-care-management-pcm-agency-list

If you have MassHealth and Medicare, you may be able to access additional in-home support by enrolling in a One Care or Senior Care Option plan, or the Program of All-inclusive Care for the Elderly.

One Care - MassHealth and Medicare plan for people 18 - 64

www.mass.gov/one-care

Senior Care Options - MassHealth and Medicare plan for people 65 and older

www.mass.gov/senior-care-options-sco

Program of All-inclusive Care for the Elderly - for people 55 and older who need nursing home level care

www.mass.gov/info-details/who-is-eligible-for-pace

Assisted Living, Rest Homes, and Nursing Homes

If you need day-to-day supervision or care, a rest home or nursing home may be an option. A rest home provides 24-hour supervision, meals, activities, and more for residents. A nursing home provides these services plus 24-hour nursing care. If you're thinking about a rest home or nursing home, your local Options Counseling program can help you understand these care options and more. Options Counseling is a free program for older adults and people with disabilities of any age and their family members.

Options Counseling Program

www.mass.gov/info-details/options-counseling-program



Directory of Assisted Living Facilities in Massachusetts

<https://massala.site-ym.com/search/custom.asp?id=4531>

MARCH Rest Home Directory

www.maresidentialcarehomes.org/for-family-and-caregivers/find-a-home/

Massachusetts Senior Care Association Directory

www.maseniorcare.org/find-a-facility

people with disabilities

Massachusetts Rehabilitation Commission Home Care Assistance Program

The Home Care Assistance Program provides homemaking services to people with disabilities under 60. A homemaker can help with meal preparation, grocery shopping, medication pickup, laundry and light housekeeping.

Home Care Assistance Program

www.mass.gov/home-care-assistance-program-under-60

older adults

Home Care Services

Home Care Services are designed to provide support people over age 60 to help them remain in the community. Home Care Services can include help with personal care, housework, meal preparation, grocery shopping, laundry, and more. Contact your local Aging Services Access Point to learn more about Home Care Services.

Aging Services Access Point

www.mass.gov/location-details/aging-services-access-points-asaps-in-massachusetts

