

Independent Living & Supported Living



Presented by
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INDEPENDENT LIVING SKILLS

"ILS"



**Functional
Skills
Training
for Adults**

- Cooking
- Cleaning
- Shopping
- Menu Planning
- Meal Preparation
- Money management
- Use of public transportation
- Personal health and hygiene
- Self-advocacy training
- Independent recreation
- Use of medical and dental services
- Community resource awareness
- Home and community safety

Who qualifies for Independent Living Services?

- Must be an adult (over the age of 18)
- Can live alone
- Can live with family
- Must be motivated to participate in skills training
- People who live on their own need to pay their own living expenses





MONICA IS A "TYPICAL" INDEPDNENT LIVING SERVICE RECIPIENT

- Monica loves living in her apartment in Costa Mesa.
- She enjoys dancing, singing , and watching movies.
- She is 29 years old and has been working part-time at Albertson's for 4 years.
- She has job coaching from a supported employment program. The Job Coach helps her request time off and trouble shoot personnel issues.
- She receives 20 hours per month of ILS support in her home. They help her with finances, grooming prompts, weekly cooking classes, and grocery shopping.
- Monica knows how to take public transportation anywhere she needs to go.
- She lives with her cat Mr. Sprinkles.

Most ILS Recipients

- Have some sort of housing subsidy
- Live on a limited or a strict budget
- Can be safe on their own most of the time
- Can read and write (at least a little)
- Can do their own personal care
- Can learn to use public transportation
- Work or attend some type of day program
- Receive ILS training/classes 1-3 times per week
- Make their own choices and experience consequences



Services provided while the individual lives with a parent or conservator

In the past people were not allowed to receive ILS if they lived at home with their parents.

Senate Bill 1093 changed this. The regional center is now able to fund IL skills training for people who live at home with parents. At RCOC, we still consider this an exception for people who may not be ready to move out on their own within a certain time period.

**Supported Living
Services – “SLS”**

**Functional
Skills
Training**

**Personal
Care**

**Safety
Supervision**

- Key principle: you have individual control over your environment
- SLS is designed to meet changes in needs and preferences for support without the person having to move from the home that they rent or own
- Intent: enhance the quality of life of the individual by providing complete community integration and the opportunity to make authentic life choices
- The guiding principles of SLS are set down in Section 4689(a) of the Lanterman Act



Who qualifies for Supported Living Services?

- Must be an adult (over the age of 18)
- Must live independently (not with a parent or conservator)
- Can have any level of need
- Must have the means to pay for his or her own living expenses (rent, food, clothing, utilities, etc.)

Key Differences Between SLS & ILS

- SLS differs from ILS by the level and types of support typically needed
- SLS are more comprehensive than ILS
- People who need continuous support, intense medical support, or intense behavioral support may receive SL services
- Support provided through SL services are highly personalized

Meet Erin

WHAT PEOPLE LIKE AND ADMIRE ABOUT ERIN

Erin loves to be around people—she is a “people person”. She also loves animals and being outdoors. She even loves to be out in the rain. She is rarely in a bad mood, and has a huge smile.

WHAT IS IMPORTANT TO ERIN

Erin needs consistency in her life. She thrives with a structured routine. She loves her father and needs to see him as often as possible. Erin enjoys watching nature shows on TV. She also likes visiting with neighbors.

BEST SUPPORT FOR ERIN

Erin needs staff who are patient and will give her lots of time when she is trying to communicate. She uses a few words, but mostly uses gestures and facial expressions to communicate. She also needs someone who can push her wheelchair, help her with transfers, and help her stay safe. Erin needs SL services at all times.

Supported Living Services

are

“custom made”

to fit the person



HOW DO I GET STARTED?

- If you are ready to take the next step towards independence or just want to talk about some of the services available, please call your Service Coordinator
- Services may be planned through an IPP meeting, a planning team meeting, or just discussed in a phone call
- RCOC has many ILS and SLS vendors to select from
- You will need to make sure that you can pay for your rent and expenses, RCOC recommends placing your name on any and all open Housing Authority Wait Lists which may help with a possible housing voucher subsidy for rent payments