

Harbor Regional Center Independent Living

Independent Living Skills are those abilities/proficiencies which enable one to accomplish **basic** functional daily living skills.

Basic functional daily living skills are defined as:

simple meal preparation, light household cleaning, making simple purchases at local stores (*markets, restaurants, drug stores, etc.*), and using local community resources (*Access Services or public transportation, the post office, the library, etc.*).

Basic functional daily living skills specifically **do not include:**

socialization, self care, academic or vocational skills (*these needs are addressed by other Harbor Regional Center policies and are provided by other Harbor Regional Center service providers*).

Harbor Regional Center believes that if a person wants to live in his/her own home, it is up to the client, his/her family, his/her conservator, the regional center counselor and other members of his/her planning team to help him/her identify what he/she will need in the way of supports and services in order to accomplish this goal. Harbor Regional Center does not believe that the client must possess specific independent living skills or demonstrate that he/she is capable or "**ready**" to move into a living arrangement that does not include a caregiver prior to moving into a supported living arrangement. (*Clients who wish to consider living independently in the community with supports that help overcome or compensate for disabilities which might otherwise require a more restrictive living arrangement, should refer to the Harbor Regional Center [Service Policy #17](#) - Supported Living.*)

Harbor Regional Center recognizes, however, that some clients might choose to strengthen certain "**independent living skills**" prior to moving into a supported living arrangement while continuing to live with a family member or other non-paid caregiver. Training in these independent living skills may be provided as part of a client's adult supported day activity or offered as a generic support such as adult education or community college. If such training is not available from these sources, Harbor Regional Center may purchase "**independent living skills training**" (*in a one-to-one or small group setting*) only if all of the following criteria are met:

1. the client is at least 18 years of age **and** is completing his/her last year of public school or is not longer in public school; **and**
2. the client intends to move, in the reasonably foreseeable future, into a supported living setting or other living arrangement that does not include a caregiver (*i.e. there is an objective in his/her Individual/Family Service Plan*) or the client's caregiver is elderly or infirm; **and**
3. the client's person-centered plan identifies the client's capabilities and strengths as well as those specific areas of basic independent living skills needing development; **and**
4. the client's caregiver agrees to provide follow-up with the client's training objectives; **and**
5. the client is not receiving training in the development of basic functional living skills through his/her school, college, day activity or other program and the provision of such training is not otherwise available through a generic resource; **and**
6. the purchase does not exceed 10 hours per month; **and**
7. the purchase is for a time-limited period which is sufficient to acquire **basic** functional living skills (*as a rule this should be accomplished between one and three years, depending upon the abilities of the client when the service is initiated; if the client has not developed basic functional living skills within this time period, the planning team should investigate other alternatives*); **and**
8. the client's progress in acquiring basic functional living skills must be reviewed at intervals not to exceed 6 months and there must be evidence that reasonable progress is being made in order to continue the service (*Harbor Regional Center can not continue to purchase services from a provider who fails to provide semi-annual progress reports*); **and**
9. the client does not reside in a licensed residential setting.

In addition to the above, Harbor Regional Center will **not** authorize the use of behavioral management techniques, counseling or other therapies under this policy. Such interventions may be provided only under the supervision of appropriately licensed clinicians (see [Service Policy #7](#) - Therapy Services and [Service Policy #11](#) - Parent Training in Behavior Management).

Approved this 15th day of July, 1997
Harbor Developmental Disabilities Foundation, Inc.