

# **Independent Living Services & Supported Living Services**

Helping Adults with Developmental Disabilities  
Build Independent Lives



# Agenda

- Welcome and Introductions
- Training Agreements
- Independent Living Services (ILS)
- Supported Living Services (SLS)
- Responsibilities
- Know Your Rights
- Questions & Wrap up



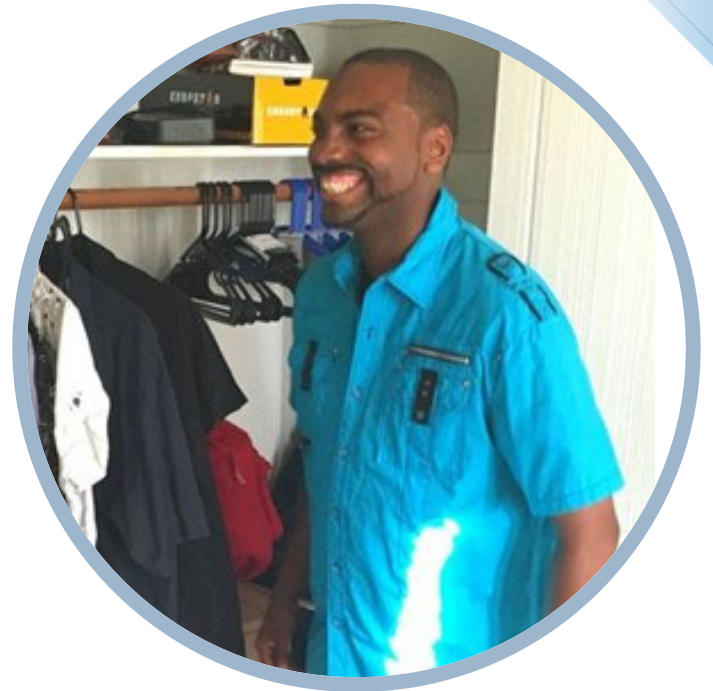
# Training Agreements

We agree to:

- Be respectful of each other
- End the session on time (1.5-hours)
- Ask our questions at the end of topic
- Stay on topic and maintain privacy
- Avoid repeating questions already answered unless clarity is needed



# **Independent Living Services (ILS)**





## What is ILS?

- Training for individuals to learn and improve community life skills
- Services may be provided in the individual's home or a residential facility



## Who is ILS For?

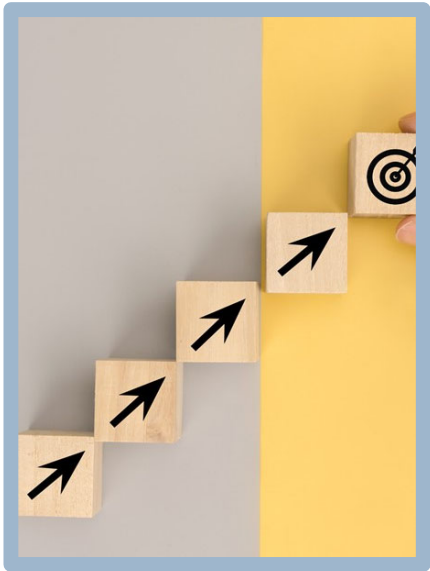
- Adults (18+) with developmental disabilities
- Individuals living with their family
- Those who want to build daily living skills



## **ILS Include:**

- Community access and participation
- Cooking and nutrition education
- Money management and budgeting
- Shopping and laundry skills
- Hygiene and personal care training





# How to Access ILS

1. Contact your Service Coordinator
2. Request an ILS assessment
3. Your SC will review available ILS agency options with you
4. Your SC will make the referral
5. The agency will contact you to schedule an assessment
6. Complete your assessment and develop goals



# Questions

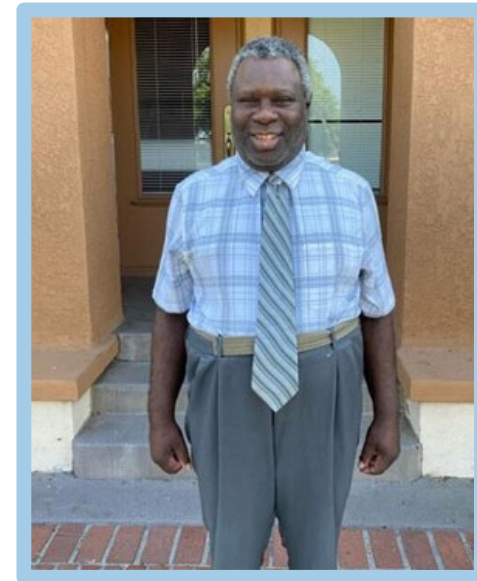


# **Supported Living Services (SLS)**



# What is SLS?

- Services for adult individuals who live on their own who need up to 24-hour support
- Intended to ensure their success with living on their own
- The goal is to help individuals live safely in homes of their choosing



# Who is SLS For?

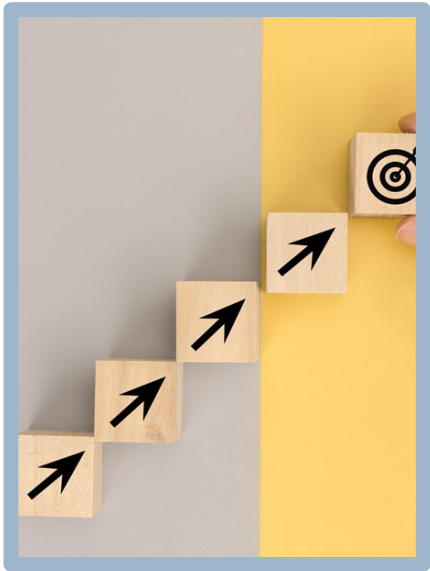
- Adults (18+) with developmental disabilities
- Individuals who want to live independently
- Those who need ongoing support with daily life skills



## **SLS Include:**

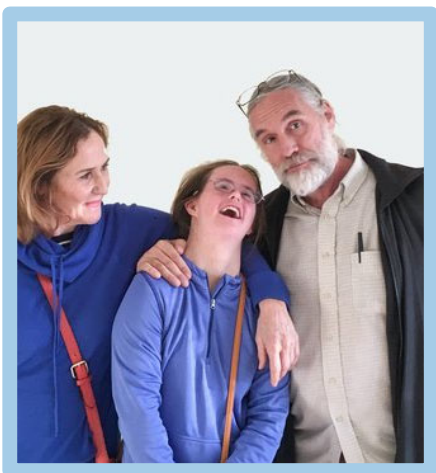
- Daily living skill training and support
- Money management and budgeting
- Housekeeping and shopping
- Cooking and meal preparation
- Assistance with self-care tasks
- Help finding and moving into your own home





# How to Access SLS

1. Contact your Service Coordinator
2. Review your cost of living and budget
3. Your SC will review available SLS agency options with you
4. Your SC will make the referral
5. The agency will contact you to schedule an assessment
6. Complete your assessment and develop goals



# Individual & Family Responsibilities

- Participate in the ILS/ SLS assessment to identify needs, strengths, and develop goals
- Provide information as requested
- Connect with your ILS/SLS agency to schedule services
- Participate in services
- Communicate with your SC about progress and challenges



# Questions





## Additional Resources

Ask your SC about:

- CalFresh (formerly known as food stamps)
- In-Home Supportive Services (IHSS)
- Low-Cost Utilities
- Dial-a-Ride
- Bus Pass
- ACCESS

# Your Rights



## Timelines:

- Within 5 days, Harbor will acknowledge your request
- Within 10 days of Harbor's acknowledgement, we will provide a response (either a decision or notice that we are continuing to assess)
- Within 5 business days of deciding, we will provide a Notice of Action (NOA) or Good Faith Letter, if applicable

# If you disagree with a decision:

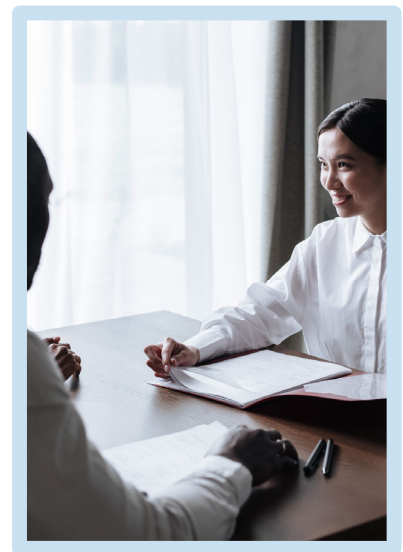
You have the right to file an appeal:

There are 3 parts to the appeal process (You can request any or all of them. You can change your choice later in the process):

1. Informal Meeting
2. Mediation
3. Fair Hearing

Appeals & Complaints:

- CA Department of Developmental Services
- Office of Clients Rights & Advocacy





**HARBOR**  
REGIONAL CENTER

**Questions?**

**THANK YOU!**