

FOR MORE INFORMATION

If you would like additional information about living options for yourself or a family member, contact your service coordinator. He or she will be able to answer your questions about options available to you in your area. We have eight offices serving our ten-county area.

If you are not sure who to contact, call our Sacramento office at (916) 978-6400. The Sacramento office is located at 2135 Butano Drive, Sacramento, California, 95825.

A Guide To Living Options

Alta California Regional Center

www.altaregional.org



March 2004

**2135 Butano Drive
Sacramento, CA 95825**

LIVING OPTIONS

Choosing a place to live is important. There are many things to consider. Alta California Regional Center is here to assist you in planning to meet your needs. Your service coordinator is the key ACRC staff person who will help you throughout the process: from identifying your needs to matching you with the best possible arrangement for your choice of residence.

Information found in this pamphlet will help define some options you may wish to consider. Each person and family is unique in their particular situation. It is very important to consider the following needs when discussing living options with your service coordinator:

- Personal
- Social
- Medical
- Recreational
- Employment
- School/Day Program
- Closeness to family
- Transportation



THE REGIONAL CENTER

Alta California Regional Center is a private non-profit corporation operating under contract with the California Department of Developmental Services. We are one of a network of 21 regional centers in California established by the Lanterman Mental Retardation Services Act of 1969.

ACRC currently provides supports and services to approximately 11,000 individuals with a developmental disability and their families in the following counties: Alpine, Colusa, El Dorado, Nevada, Placer, Sacramento, Sierra, Sutter, Yolo, and Yuba.

The Lanterman Act defines developmental disability as a disability attributable to mental retardation, cerebral palsy, epilepsy, autism, or other handicapping conditions found to be closely related to mental retardation or to require treatment similar to that required for individuals with mental retardation. Such a disability must occur prior to age 18, continue or be expected to continue indefinitely, and constitute a substantial handicap for such individuals.



INDEPENDENT LIVING SERVICES

Independent Living Services (ILS) provides instruction in critical skill areas such as cooking, cleaning, shopping, menu planning, money management, mobility, use of community resources, and self-reliant behavior that consumers need to live in an independent living arrangement in the community. Adults receiving ILS may experience support in their own home, apartment, or transitional living situation.

The intent of ILS is to provide ongoing minimal supports/develop natural supports which will allow an individual to live independently in the community.

- Plan service WITH the consumer, instead of FOR the consumer
- Design service delivery systems from the consumer's perspective
- Access and coordinate the many services available to all members of the community.

SUPPORTED LIVING SERVICES

Supported Living Services (SLS) provide an array of available services which support the adult consumer's efforts to: 1) live in their own home, 2) participate in activities associated with normal community settings to the extent appropriate to each consumer's interests and capacities, and 3) realize their individual potential to live lives that are integrated, productive, and normal (ACRC POS Guidelines, 5/03). The primary goals of SLS includes:

- Increase the consumer's competence and empowerment
- Enhance the consumer's productive contribution to community life
- Enhance the consumer's integration into the mainstream of life
- Assist the consumer in building an informal circle of support



RESIDENTIAL SERVICES

Sometimes called "placement," residential services offers personal care, supervision, protection, assistance, and guidance, according to the needs of the individual, in a home or facility that is licensed by a state agency (California Department of Social Services, Community Care Licensing). Most of the residential facilities are vendored with ACRC to provide services to individuals with a developmental disability. The exception to this are Intermediate Care Facilities (ICFs) which are licensed by the California Department of Health Services. Here is a listing of residential services options:

- **Small Family Home** - a licensed facility in the licensee's family residence for six or less children. These homes are vendored by ACRC.

RESIDENTIAL SERVICES CONTINUED...

➤ **Foster Family Home** - a family setting in the licensee's family residence for not more than six foster children, exclusive of members of the licensee's family. These homes are either licensed or certified and vendored by ACRC.

➤ **Group Home** - a licensed facility for children in a structured environment with such services provided at least in part by staff employed by the licensee. These homes are vendored by ACRC.

➤ **Foster Family Agency/Family Home Agency** - an organization that is licensed to recruit, certify, train, and provide professional support to certified parent(s) or in finding homes for placement of children/adult who require that level of care as an alternative to a group home or small family home. The foster family agency/family home agency is vendored by ACRC.

➤ **Adult Residential Facility** - a licensed home for adults, ages 18 to 59. The homes are vendored by ACRC.

➤ **Residential Facility for the Elderly** - a licensed home for adults who are 60 years of age and older. These homes are vendored by ACRC.

Where you live is important to you and to us. We hope that this pamphlet has helped you understand a variety of options available to you. If you have any questions, please contact your service coordinator.

OPTIONS

Your service coordinator will help you determine which option is best for you, and he or she will provide you with the opportunity to visit various identified choices. The community living option that is best suited for the individual is determined through the Person Centered Planning IPP/IFSP process. Some of the living options currently being used include the following:

- Own Home
- Independent Living Services
- Supported Living Services
- Residential Services.

OWN HOME

For children, remaining at home with their parents/caregivers is a high priority. Often with the assistance of in-home and out-of-home respite this can be accomplished. Other supports may need to be provided, such as behavioral support and training. Many adults choose to remain at home with their parents/caregivers when this is an identified decision of the individual. Like supports for children, there may be additional services that make this possible.

Close communication with your service coordinator will assure that your needs are being met.

