

DID YOU KNOW?

Regional Center can provide adult clients with services that can help them reach a higher level of independence.



We all need a little help to live on our own. We count on people like our family, friends, and neighbors, and sometimes pay for that help like gardeners, plumbers, and paid caregivers.

There are two main services regional centers can pay for to help people live more independently - Independent living skills (ILS) and Supported living services (SLS).

About Independent Living Skills (ILS)

You can get ILS if you live in your parent's home, a relative's home, a licensed facility, or your own apartment.

For those who may already have basic self-help skills but still need training in certain areas to be more independent.

Some examples of services include learning:

- How do you manage money
- Planning meals
- Cooking meals
- Doing Laundry
- Shopping
- Health/medical care
- Advocacy

To ask about either of these services, email your Regional Center caseworker.

About Supported Living Skills (SLS)

You can only get SLS if you live alone in a home, you own or rent.

This service is for people who need more than training to be independent. SLS usually includes more direct services. These services can help individuals make meaningful choices toward their personal goals in relationships & the community.

Some examples of services include learning:

- Selecting a home
- Choosing personal attendants
- Choosing housemates
- Managing personal financial affairs
- Moving into a home
- Acquiring household furnishings
- Participating in community life
- Preparing for emergencies
- Develop a "circle of support."
- Get medical care & other supports you need to be integrated into your community, and
- Develop employment goals.



CLASE

COMUNIDAD DE PRACTICA :

Colaboracion, Liderazo, Abogacia, Servicio y Education

September 2023

ieautism.org/clase/