



MODERN SUPPORT SERVICES, LLC
LIVING OPTIONS

Living Options

- Family Home
- Alternative Residential Model [ARM] 'Group Home'
- Family Home Agency [FHA]
- Adaptive Skills
- Independent Living Services [ILS]
- Supported Living Services [SLS]

□ Note: Although State regulations cover all Regional centers, each Regional Center may have different guidelines for each service as they consider State regulations to be minimum requirements or standards.

Family Home

- Anyone living at home.
- IHSS (County funded program)
- Adaptive skills for individuals who would like to continue living at home.
- ILS services may be obtained for High school to College Transition. (PSE).
- ILS services may be obtained if planning to move out.
 - Varies depending on Regional Center (refer to your service coordinator)

Alternative Residential Model [ARM] 'Group Home'

- CCF = Community Care Facility
- ICF = Intermediate Care Facility
- Size of group homes are usually 4-6 beds.
- Possible levels are: level 2, level 3, level 4, ICF/DD-H, ICF/DD-N etc.
- Staffing ratio.

Family Home Agency [FHA]

- A Family Home Agency (FHA) approves family homes which offer the opportunity for up to two adult individuals with developmental disabilities per home to reside with a family and share in the interaction and responsibilities of being part of a family.
- FHA families go through extensive background check and training.
- FHA providers locate the appropriate home for each individual.

Adaptive Skills

- The general purpose of this program is to promote self-advocacy, community safety & pre-vocational & volunteer opportunities.
- All trainings & supports are 1:1 and will be scheduled no less than 3 hour increments.
- Services may be provided up to 5 days/week including weekends.
- Services are provided to individuals 14 & over.
- Training & supports will be determined by age appropriateness.

Adaptive Skills [cont..]

- Areas of Supports/Trainings include:
 - Self-Advocacy
 - Personal Health/hygiene
 - Medication awareness
 - Mobility training
 - Community Resource Awareness
 - Home/community safety
 - Independent Recreation & Participation in Natural Env.
 - Pre-Vocational/Volunteer Opportunities
 - *Adaptive Skills is not considered a duplicate service to school program.*

Independent Living Services [ILS]

- Independent Living is a service provided to adults that offers functional skills training necessary to secure a self-sustaining, independent living situation in the community and/or may provide the support necessary to maintain those skills. Individuals typically live alone or with roommates in their own homes or apartments. These homes are not licensed. ILS may also be provided while living with parents.
- Services are provided on a 1:1 basis based on individual's needs.
- Depending on the Regional Center, ILS hours may be as little as 5 hours per month to 40 hours per month.
- ILS may also be used as an intermediate step into SLS.

Supported Living Services [SLS]

- Supported Living Services (SLS) consist of a broad range of services to adults who, through the Individual Program Plan (IPP) process, choose to live in homes they themselves own or lease in the community. SLS may include:
 - Assistance with selecting and moving into a home;
 - Choosing personal attendants and housemates;
 - Acquiring household furnishings;
 - Common daily living activities and emergencies;
 - Becoming a participating member in community life;
 - Managing personal financial affairs, as well as other supports.

Supported Living Services [SLS] [cont..]

- These services help individuals exercise meaningful choice and control in their daily lives, including where and with whom to live. SLS is designed to foster individuals' nurturing relationships, full membership in the community, and work toward their long-range personal goals.
- Because these may be life-long concerns, Supported Living Services are offered for as long and as often as needed, with the flexibility required to meet a persons' changing needs over time, and **without regard solely to the level of disability.**

Supported Living Services [SLS] [cont..]

- Typically, a supported living service agency works with the individual to establish and maintain a safe, stable, and independent life in his or her own home. But it is also possible for some individuals to supervise their services themselves, to secure the maximum possible level of personal independence.
- In most situations, SLS may be provided in conjunction with the following services: IHSS, work program, day program, volunteer program, natural supports, etc.

Qualifications of Recipients

General qualifications for Living Options Service Recipients:

- are over the age of 18 with exception for Adaptive Skills.
- are transitioning from high school into college.
- are still living with their family and would like to become more independent.
- would like to move out into their own apartment.
- have children and need family supports.
- are coming out of State Developmental Centers.

Service Request Process

- Ask for a list of SLS, ILS, Adaptive skills, FHA or group home names. Do your research on the vendors you are referred to.

- What makes one agency better over another?
 - All agencies are supposed to follow the same laws and guidelines.
 - The one that would be best for you is "The one that fits your needs."

- Once you have decided the service and the vendor, you can either:
 - Make verbal or written requests. **Make a specific agency request.** Usually an answer should be provided to you within 30 days.
 - OR call an IPP meeting in writing. You have the right to audio tape your IPP with proper notice.

Service Request Process [cont..]

- The IPP is your Ultimate contract.

- Do not sign the IPP or any other forms until you are satisfied about its content.

- Provide your Service Coordinator with enough time to type the IPP at the same time, keep in mind your timelines.

- If you are denied any service, you have the right to ask for a denial letter.

Why MSS as Your Support Provider

- We promote maximum participation in your life at the level at which you are capable and willing.

- Our supports are based on individual needs vs. being a care taker

- Our presence is not intrusive in any way.

- We promote adult status and help you understand responsibilities and choices. Prepare you for your adult life.

- We help you stand on your own two feet.

Reference Websites

- www.dds.ca.gov
- www.aiddservices.org
- www.KTLP.org
- www.supportedliving.com
- www.scdd.ca.gov/losangeles.htm
- www.disabilityrightsca.org
- www.autismspeaks.org/family-services/resource-guide
- <http://blog.ehealthmedicare.com/media-center/infographics/?pid=1>
- http://www.helpguide.org/mental/autism_help.htm
- <http://safesoundfamily.com/p/autism-safety/>

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