

## What to consider when choosing a home

You have the right to choose your home. It is important to look at more than one home so that you can compare your choices. Here are some things you can do to make sure the home you choose is right for you:

- Think of the things that are important to you in a home.
- Visit the home.

## If you are choosing a group home or health care facility it is also important to:

- Talk with residents and staff. Ask questions.
- Talk with the person who would be your roommate.
- Ask to stay for a meal.

## After you visit, think about the home:

- Did you feel comfortable in the home?
- What did you like about the home?
- What were the things you didn't like about the home?
- Would you be happy living there?

## Questions?

If you have any questions, do not hesitate to ask your service coordinator. You may also want to visit the NLACRC Web site at [www.nlacrc.org](http://www.nlacrc.org) or the Department of Developmental Services (DDS) Web site at [www.dds.ca.gov](http://www.dds.ca.gov) for additional information.



## Resources

North Los Angeles County Regional Center (NLACRC) has a library with brochures, books, DVDs, videos, and many other resources. The Van Nuys library has a computer lab with Internet access and special software programs including Dragon Naturally Speaking, Kurzweil 3000, ZoomText, and Inspiration. Please call to schedule your visit.

## About NLACRC and the Lanterman Act

NLACRC is a nonprofit corporation that provides case management and access to a full range of effective services for persons with developmental disabilities (consumers). These high-quality services are provided in a cost-effective manner. The center operates under a contract with the State of California Department of Developmental Services.

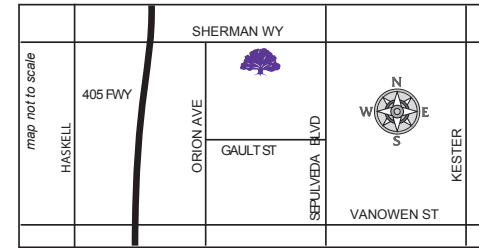
In accordance with the Lanterman Act, NLACRC provides assistance in accessing services and supports for consumers and their families. The Lanterman Act is the law in California that says people have the right to services and supports as determined through the IPP process and based on individual needs and preferences. Services and supports help to expand consumer opportunities and choices in the community. The intent of this law is to empower consumers so that they may lead lives similar to those of people without disabilities.

You can view the Lanterman Act on the DDS Web site at [www.dds.ca.gov](http://www.dds.ca.gov)

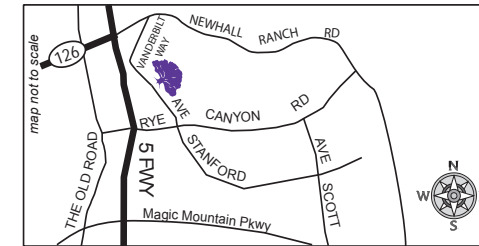
Be sure to visit the NLACRC Web site for current news and information.  
[www.nlacrc.org](http://www.nlacrc.org)

**NLACRC Offices** [www.nlacrc.org](http://www.nlacrc.org)  
Business hours: Mon.-Fri., 8:30 a.m. - 5 p.m.  
Library hours 9 a.m. - 4 p.m.  
Closed on Sat. & Sun. and major holidays

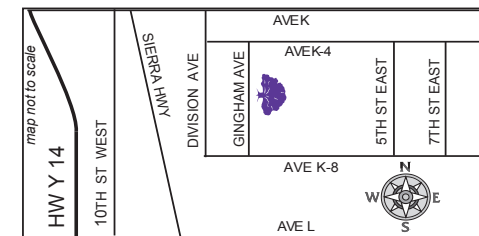
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24-hour / after-hours phone line (818) 778-1900.  
Urgent issues only. Medical emergencies dial 9-1-1.

# Choosing Your Home

## Options for People with Developmental Disabilities



NorthLosAngelesCountyRegionalCenter

# resources

## You have choices

Choosing a home is one of the most important decisions a person makes. Think carefully about what type of home you want before you decide on your choice.

There are many choices available to you. These include:

- Living with your family
- Living with your husband or wife
- Living on your own
- Living with a friend
- Living in another family's home
- Living with a roommate
- Living in a group home
- Living in a home that provides special health services

## The IPP & person-centered planning

Choosing a home is part of the person-centered planning process. Person-centered planning is about creating a plan to help you live the life YOU want to live. This **Individual Program Plan (IPP)** is written just for you!

The IPP will talk about where you will live, what you will do each day, and how you will reach your future goals. Your planning team will create your plan at an IPP meeting.

## Your planning team

You choose who will be part of your IPP planning team. Team members must include:

- You
- Your Regional Center service coordinator
- Members of your family (if you are under 18 years old)
- Your authorized representative (if you have one)

You can decide if you want to include anyone else in your planning team. Other people you may consider include:

- Members of your family (if you are over 18 years old)
- Your friends
- Anyone else who is important to you

## Questions to ask yourself about a home

- Where do I want to live?
- What can I do myself?
- Do I want to live with my family?
- Do I need just a little help?
- Do I need help every day?
- Do I want a roommate?
- Do I want to live on my own?
- Do I need special medical care?

Each home is different. Make sure to choose a home that is right for you. Below are some facts about home choices. Remember, the choice is yours, but you don't have to make the choice alone! Your planning team will help you.

Regardless of your disability, the Regional Center is here to help you get access to:

- A job, day program
- Fun activities
- Learning skills such as how to take the bus and how to budget your money

## Living with your family

You and your family may decide it's best to live together. The Regional Center can help you get access to the services and training to help you reach your personal goals. We can also help you find the type of care that you need.

## Living with another family

You may decide that you want to live in a family setting. A **Family Home Agency (FHA)** will work with you to find a family that is right for you. The family will be trained and each home is "certified." The FHA will also provide you with the services that you need.

- You will be included in family activities.
- Your home may also have one other person with disabilities living there.

## Living on your own

You may decide to live on your own.

- You will choose either to rent or lease a home, or to live in a home you own.
- You will pay for your own rent, utilities, food, furniture, and other home items.
- You may need to have a roommate to help share expenses.
- You will probably go to work, school or a day program.

## Don't worry, you don't have to be "ready"

Depending on your personal needs, you may receive a little or a lot of support from the Regional Center. There are two types of services that can help you to live on your own.

**Independent Living Services (ILS)** are for people who can live on their own with some help.

**Supported Living Services (SLS)** are for people who can live on their own but need some help, or a lot of help. No matter what your challenge, you can live on your own with Supported Living Services.

Regardless of your disability, the Regional Center is here to help you.

## Community Care Facility (CCF) (Group Home)

If you decide on a group home, you have a number of choices. You can choose to live in a family-style home, or in a large or small facility.

- You will have a roommate.
- You will probably work, or go to a program or school during the day.
- Activities will be planned.
- The home will be licensed by Community Care Licensing (a California state agency).

## Intermediate Care Facility (ICF)

If you decide to live in an ICF, your home may have up to five other people with disabilities.

- You will have a roommate.
- You will receive medical care from nurses, doctors or therapists.
- Staff is on duty 24 hours.
- You will attend a day program or activity.
- The home is licensed by the Department of Health Services.

## Funding sources

Funding will be decided on an individual basis. It will also depend on the type of home you choose. The services you need to be successful in whatever setting you choose will be agreed upon at your IPP meeting. Funding sources may include:

- You (your wages, if you work)
- Generic services (SSI, SSA, Medi-Cal, private insurance, etc.)
- The Regional Center

For children under 18 years of age there is also a family-share cost.