

A note about responsibility

The choices you make also bring responsibility. It is your responsibility to pay for your own rent, utilities, and food. You will need to budget your income. Your income may include your wages (if you have a job) and your Supplemental Security Income (SSI). SSI is a government payment for people with disabilities. You will also have to provide your own furniture and household items.

A note about quality

You have the right to choose who will give you support. If the people who are giving you support aren't doing a good job, you have the right to get services from someone else. It's safe to speak up! If you decide to change your service provider that does not mean that you won't get the services you need.

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 or the Department of Developmental Services (DDS) Web site at www.dds.ca.gov for additional information.

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resources

Resources

North Los Angeles County Regional Center (NLACRC) has a library with brochures, books, DVDs, videos, brochures, and many 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 (DDS).

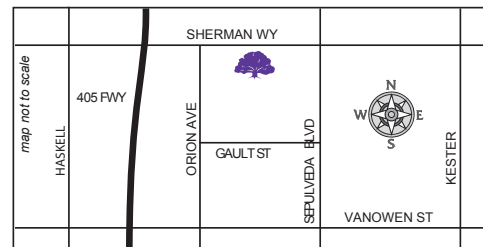
In accordance with the Lanterman Act, NLACRC provides assistance in accessing services and supports for consumers and their families. The Lanterman Act is the law in California that says people have the right to services and supports as determined through the IPP process and based on individual needs 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.

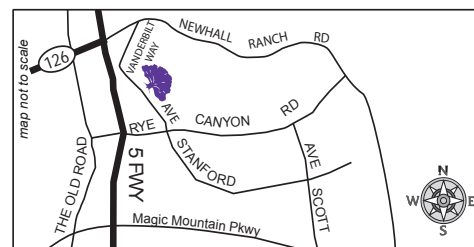
Be sure to visit the NLACRC Web site for current news and information. www.nlacrc.org

NLACRC Offices 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

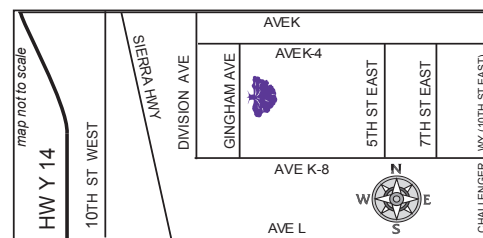
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24-hour / after-hours phone line (818) 778-1900
Urgent issues only. Medical emergencies dial 9-1-1

Living On Your Own

Independent Living Services



nlacrc

NorthLosAngelesCountyRegionalCenter

Getting ready to live on your own

Have you been thinking about living on your own? When you think about living on your own are you excited or even scared? Maybe you have mixed feelings. Although you will be living on your own, you will not be alone. You will receive the help you need.

The IPP & person-centered planning

Choosing a home is part of the person-centered planning process. Person-centered planning is about creating an Individual Program Plan (IPP) to help you live the life YOU want to live.

Your IPP is written just for you. The plan talks about where you want to live, what you will do each day, and your dreams for the future. The plan will also discuss how you will achieve your goals.

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 might consider include:

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

If you need to learn something, someone will teach you while you are already living on your own. Depending on your personal needs, you may receive a little or a lot of support from the Regional Center.

The help you receive will be based on your life goals and needs. First, it's important for you to decide what you can do for yourself and what help you need.

Two types of services can help you live on your own:

Independent Living Services (ILS) are for people who can live on their own with some help. These services will help prepare you to do more things for yourself. You can even have independent living services if you live in your family's home.

Another independent living option is apartment training. This detailed training will teach you what you need to know to live more independently.

Supported Living Services (SLS) are for people who can live on their own but need some help, or a lot of help.

Independent living

Think about what you want for your life. Let's say you want to live in your own apartment, have a job, and make friends who like the same things you do.

You can do it! You already know how to do many things for yourself. Maybe you can do everything for yourself. Maybe you need to learn a few things so that you can live successfully on your own.

First, think about the things you can do for yourself

For example, let's say you:

- Know how to care for yourself
- Can clean house, wash clothes and do other household chores
- Make friends easily
- Are organized
- Are a hard worker

Now, think about things you need to learn

For example, you may need to learn how to:

- Budget your money
- Cook healthy meals
- Find an apartment
- Find a job
- Stay safe at home and in the community
- Take the bus

Many people are available to help you learn the things you need to know to live on your own with success.

Your IPP will talk about who will help you learn the things you need to know. The people who can teach you might include:

- Your family
- Your friends
- People in your community
- Your service providers
- Your Regional Center service coordinator

The IPP will also discuss who can help you when you need help.

Your Regional Center service coordinator will assist you in getting the help and services that you need. These services may come from many different places including:

- Your family
- The community
- The government
- Professional service providers

Speaking up for yourself is important

We call this self-advocacy. Independent living services will train you to be a self-advocate. You will learn how to speak up for what is important to you.

Decisions, decisions!

One of the best things about living on your own is that you will be able to make a lot of big choices about your life. You will decide:

- Where to live
- Whether to live alone or with someone else
- How to decorate your home
- How to spend your free time
- Where to work

Your planning team will work with you to make sure you make the best decision for yourself.

Think about the things you can do for yourself.

