

A note about responsibility

Living on your own means that you are in charge. You will be able to make a lot of choices about your life and you will have real-life responsibilities. You will have to pay for your own rent, utilities, and food. You will need to stick to a budget.

Your income will help to pay the bills. Income will be from your wages (if you have a job) and Supplemental Security Income (SSI), a government payment for people with disabilities. If you can't afford to live alone, you might need to find a roommate to share expenses. You will also have to provide your own furniture and household items.

A note about quality

You choose who will give you support. If your service providers or other people are not doing a good job, you have the right to get services from someone else. It's safe to speak up! You will still receive the services you need, even if you decide to change service providers.

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.

If you have questions, do not hesitate to ask your service coordinator.

resources

Resources

NLACRC has a library with 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.

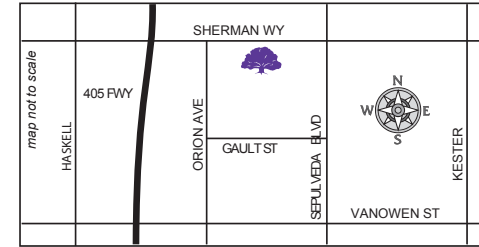
In accordance with the Lanterman Act, NLACRC provides assistance in accessing services and supports for consumers and their families. The Lanterman Act is the law in California that says people have the right to services and supports as determined through the IPP process and based on individual needs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

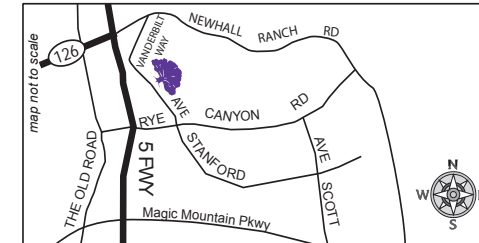
Be sure to visit the NLACRC Web site for current news and information. www.nlacrc.org

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

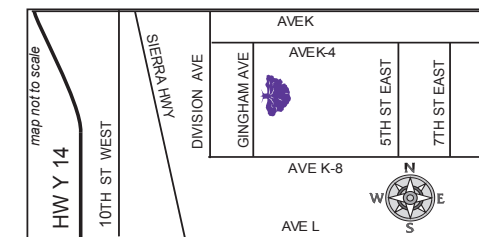
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24-hour / after-hours phone line (818) 778-1900
Urgent issues only. Medical emergencies dial 9-1-1

Living On Your Own

Supported Living Services



You can live on your own

Have you ever thought about living on your own? North Los Angeles County Regional Center (NLACRC) give you the support and help to be successful. Although you will be living on your own, you will not be alone.

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.

An Individual Program Plan (IPP) is the plan that talks about what you want for your life and how you will achieve your goals. The IPP will discuss where you will live, what you will do each day, and your dreams for the future.

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 on 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

Living on your own is a big decision. 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. Supports will be based on what you need.

Your life, your choices

Living on your own gives you the chance to make big choices about your life. These choices include:

- 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

These decisions can be exciting and scary at the same time. Remember, you're not alone! Your Regional Center service coordinator, your "circle of support," (people who know and care about you), and service providers can work with you to make sure you make the best decisions for YOU.

- Eating
- Dressing
- Daily living skills
- Personal attendants
- Personal care
- Staying safe at home

Decisions, decisions!

One of the best things about living on your own is that you get 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.

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

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

These services are available for you as often and as long as you need them. Supported living services are not available to consumers who live with a parent or an authorized representative.

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

Your Regional Center service coordinator will help get you the assistance and services you need. These services and supports may come from many different places including:

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

Supported living services

Supported living service providers will give you the assistance that you need. You may receive services and supports in:

- Bathing
- Cooking
- Daily living skills
- Dressing
- Eating
- Personal attendants
- Personal care
- Staying safe at home

Household

- Adaptive devices
- Budgeting/bill paying
- Finding a home
- Habilitation services
- Homemaking
- Paid roommates
- Twenty-four hour emergency assistance

Community

- Creating a circle of support
- Setting and keeping medical appointments
- Staying safe in the community
- Taking the bus
- Work training

Many other supports are available to you. Your supports will depend on what you need for your life. Your service plan will be put together just for you. If your needs change, the plan will change too.

Speaking up for yourself is important

Speaking up for yourself is an important part of a successful supported living plan. We call this **self-advocacy**. Supported living services will teach you to speak up for what is important to you.

You will learn how to speak up for what is important to you.

