

# INSIDE WESTSIDE SERVICES AND SUPPORTS

## AGES 18 TO 22

You are entering a new phase in adult life. When adults supported by WRC exit the school system with a certificate of completion or diploma, they can access employment or, in some cases, day programs. We encourage you to read the [Transition from High School to Adulthood](#) booklet for helpful information. WRC also hosts an annual Transition Fair that you may be interested in attending to get more information about your options and meet various service providers.

Available services are listed below with a brief explanation of each support. Individuals may be eligible for services based upon need related to the nature of the qualifying developmental disability as identified and agreed to by the interdisciplinary planning team. This is not a complete listing. Other needs identified by assessment may identify other services. Services must be requested through the Individual Program Plan (IPP) process. Please contact your service coordinator to discuss access to services.



**Generic resources, private resources and/or natural supports must be explored prior to WRC funding.**

### **Case Management**

A service coordinator (SC) will be assigned to develop an Individual Program Plan (IPP) and assist with arranging appropriate services.

### **Crisis Prevention and Support**

WRC has a crisis response team to support individuals who are experiencing serious emotional or behavioral concerns. We recommend exploring ongoing support and wellness checks before concerns escalate.

### **Respite Services**

Parents and caregivers can receive periodic assistance with the constant care and supervision of individuals receiving WRC services to relieve family stress or cope with family emergencies.

### **Day Care Supports (also called Specialized Supervision)**

Parents who are working or in school full-time may be eligible for assistance to provide supervision primarily during after-school hours and/or during school breaks.

### **Behavior Classes**

These classes are for parents and caregivers to learn techniques for developing and implementing positive behavior strategies. Classes may be offered at WRC.

### **Behavior Intervention Services**

Services are provided by specialists who offer training and instruction to assist families, individuals, and caregivers in developing positive strategies and techniques to manage behaviors. For those families with private insurance and Medi-Cal Managed Care, funding of behavior services will be based on current state/federal laws and regulations \*\*\* (See service coordinator for further funding details). Parent/caregiver participation is required.

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## **Behavior Intervention Co-Pay, Co-Insurance, and Deductibles**

If you or your family member receives behavior intervention funded by insurance, WRC is able to assist with insurance co-payments, co-insurance, and deductibles should your family meet income requirements (Welfare & Institutions Code 4659.1).

## **Social Skills**

These time-limited classes help to improve interpersonal skills, social interactions and pragmatic language. Parent/caregiver participation is required.

## **Westside Family Resource and Empowerment Center (WFREC)**

Our parent-run center offers support groups, trainings, community resources and referrals to generic resources. Call 310-258-4063 or visit [www.wfrec.org](http://www.wfrec.org).

## **Support Groups and Training Opportunities**

WRC has many support groups and training opportunities for individuals and families. Visit [westsiderc.org](http://westsiderc.org) for a list of groups and training events.

## **Conferences**

WRC may fund for tuition or conference registration fees up to a maximum of \$300 for ONE training or conference ONCE per year. For adults receiving WRC services, funding may include lodging and/or transportation costs when authorized. Funding for parents or caregivers does not cover the cost of lodging or transportation.

## **WRC Education Support Services (ESS) Team**

A referral to our education advocacy specialists can be made for families who need assistance with the Individualized Education Program (IEP) and/or accessing appropriate services through the school districts.

## **Day Services**

Individuals can participate in programs suited to their needs and preferences, such as improving independent living skills, vocational training, volunteering, performing arts, and technology.



## **Employment**

Individuals can get help with job coaching, supported employment, or customized employment based on individual needs. We also often refer individuals to the Department of Rehabilitation (DOR) for additional support.

## **Internship & Apprenticeship Programs**

Internships provide on-the-job training and education in regular work settings. Individuals can explore different careers, build a resume, and develop employment readiness and workplace social skills. Paid opportunities are available.

## **Tailored & Individualized Services**

Tailored services offer individuals opportunities to choose and customize day services to explore post-secondary education, employment, or volunteer activities. Individualized services offer options for those with extensive support needs, requiring greater behavioral or medical/personal assistance.

## **Post-Secondary Education & Employment Readiness**

WRC partners with post-secondary programs and supports to assist individuals with continuing education, employment readiness, and career matching. This may include assistance in obtaining vocational certification, a degree, or specialized training in a job field.

## **Supported Living Services (SLS)**

SLS is an individualized service that provides staff to assist and train individuals living on their own in all aspects of their lives. SLS is required to provide 24 hour a day emergency assistance in addition to on-going supports. Individuals are eligible for SLS as long as they have the funds for rent, food and utilities.

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## **Residential Services**

WRC has options for licensed residential homes that provide specialized care and staffing depending on the individual's needs.

## **Family Home Agencies (FHAs)**

Family Home Agencies (FHAs) provide an option to live with a family. Individuals can move into the home of a certified family with supports. Certified families receive ongoing training and supports to include an individual as a member of their "family."

## **Personal Assistance**

Some individuals require assistance with daily living activities such as bathing, dressing, and meal preparation. WRC can offer these supports through Personal Assistance services.

## **Healthy Lifestyles**

The Healthy Lifestyles Program helps individuals improve their health and wellness through a healthy diet and positive lifestyle changes. The groups that meet 3 times per week at WRC also provide an opportunity for adults to socialize and network.

## **Peer Mentor Services**

WRC offers adults "peer-to-peer" training through the Peer Mentor Agency. Peer mentors are trained and employed to offer mobility training and independent living support to other individuals receiving WRC services.

## **Lotus Project**

The Lotus Project is a trauma and recovery program serving both women and men with developmental disabilities who are victims of abuse and violence. Services are also available to those at risk of victimization and focus on sexual health and safety.

## **Parenting Skills and Support**

For individuals receiving WRC services who are parents, Specialized Parenting Skills agencies offer trained staff to provide support and on-going training for new parents or parents-to-be with information on pregnancy, delivery and care for a baby.

## **Transportation**

### **WRC offers various transportation choices:**

- For adults who wish to travel independently within the community, mobility training may be available to help clients use public transportation safely.
- Individuals able to use public transportation may request funding for the cost of bus passes.
- WRC may fund commercial transportation to and from the primary, regularly scheduled daytime activity for individuals who exited the school system. It must be determined that there is no other source of transportation via generic public services or natural, paid or unpaid, resource systems.
- Driver's training may also be an option for individuals receiving WRC supports who pass a written driving test and have access to an insured vehicle. The individual or his/her family will be responsible for the first 25 hours of classes. WRC may assist with funding additional hours.

## **Self-Advocacy Groups**

Consumer Advisory Committee (CAC) hosts a number of self-advocacy groups located throughout WRC's service area. Visit [westsiderc.org](http://westsiderc.org) for dates and locations.

## **Incontinence Supplies \*\*\***

Referrals can be made to assist individuals with securing supplies available through Medi-Cal, private insurance or through WRC funding when no other generic source is available.

## **Medical Equipment \*\*\***

Families can access medically necessary equipment through referrals to Medi-Cal, Medicare, private insurance, or other generic sources. WRC, as payer of last resort, may also provide funding for equipment needs as determined through consultation with WRC specialists.

## **Written Translations and Interpretations**

WRC offers written translation services for Individual Program Plans (IPPs) when the family's primary language is not English. Interpretation services for IPP or service planning/review meetings are also available.

\*\*\*Please note that current legislation and regulation may require families to access their private insurance or managed care plan within Medi-Cal to obtain funding for these services. Your service coordinator will inform you about this process and will provide support as needed to obtain these insurance/managed care benefits.