

Independent Living Services (ILS) and Supported Living Services (SLS)



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Types of Living Options

- If you would like to live on your own and rent, lease or own your own home, there are two types of services available to support you in accomplishing these goals:
 - Independent Living Skills (ILS)
 - Supported Living Skills (SLS)



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Independent Living Services (ILS)

- Designed to enable people with disabilities to live on their own with assistance.
- ILS will assist individuals with acquiring and maintaining skills needed to live independently.
- These services include one-on-one time with an ILS worker.



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Independent Living Services (ILS)

Support services may include:

- Locating a home / finding a roommate
- Money management
- Meal preparation
- Transportation training
- Community safety



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Supported Living Services (SLS)

Designed to enable adults with disabilities who require more involved personal support to live on their own and make fundamental life decisions.

SLS will provide as much or as little help as you need to live on your own based on assessments completed by vendored SLS agencies.

- Up to 24 hours a day, 7 days/week

Services may include:

- Locating a home
- Appropriate supervision
- Assistance with personal care
- Scheduling medical appointments
- Transportation arrangements
- Money management
- Meal preparation
- Community access and safety



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Role of The Agency

To coordinate the individual's "new life"!

This may include:

- Providing a Supported Living assessment
- Assisting in securing housing
- Assisting in hiring, training, and managing/scheduling staff
- Help in coordinating activities of daily living
- Supporting the individual in accessing health services & medication distribution
- Crisis Management & emergency 24-hour assistance
- Annual Individual Service Plan & quarterly updates
- Collaborating with the Interdisciplinary Team (IDT)
- Accessing and coordinating generic resources



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Who is **Eligible** for ILS/SLS?

- Adults 18 years of age or older
- Persons determined eligible for Regional Center services
- Persons wanting to live in their own home
- Persons needing ongoing supports & services to live in their own home
- Persons who may or may not have medical and/or behavioral conditions

NOTE: Being capable of living independently or being employed are **NOT** requirements for supported living services.



What should I Do if I Want SLS or ILS Services?

Contact your Service Coordinator!

- Schedule an Individual Program Plan (IPP) meeting to create goals and objectives for supported living.
- Your Service Coordinator will speak with a liaison for each agency to determine who has vacancies and who is the best fit for your needs.
- We suggest that you interview 2-3 agencies. Ask questions, ask for referrals or home visits.

Download the *Planning for Independent Living* resource guide.

This handout will assist you in:

- Developing a plan for living on your own
- Finding programs that offer financial assistance to low-income individuals (e.g., food, housing, phone, technology, utilities)
- Accessing online search engines to locate places to live



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Frequently Asked Questions



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What Are My Financial Responsibilities?

- **Housing**

- Rent/water/garbage
- Security/cleaning deposit
- Renter's insurance

- **Utility bill**

- Electricity, gas

- **Cable / internet / phone**

- **Household items**

- Furniture
- Kitchenware / Appliances
- Bedding
- Cleaning supplies, etc.

- **Food**

- **Clothing**

- **Personal items**

- **Transportation (situation dependent)**

- **Medical and medication expenses**

- **Recreational activities / vacation trips**



How Can I Pay for Rent?

- Get a part-time or full-time job
- Monthly payments from Supplemental Security Income (SSI)
- Financial support from family or money saved in a CalAble Account
- Housing Subsidy Programs (Housing Choice Voucher or Section 8) to pay for a portion of rent
- Renting property from a family member at an affordable price
- Roommate (to pay 50% of monthly rent)



How to Pay for Living Expenses

- **CalFresh** provides monthly food benefits to individuals and families with low-income
- **Utility User's Tax Exemption** offer senior and disabled citizens an exemption from their electric and other utility bills.
- Free or low-cost internet options
 - Cox Connect2Compete
 - EveryoneOn
 - Internet Essentials from Comcast
 - Internet For All Now
- Free or low-cost phone options
 - California Lifeline Program
 - Federal Lifeline
- Low-cost transportation services
 - Access Los Angeles
 - Dial-A-Ride services
 - Cityride Program
 - MTA Bus Pass
 - Reduced Fare Tap cards
 - Low-Income Fare is Easy (LIFE) Program
 - Universal College Student Transit Pass (U-Pass) Program
- Taxi Coupon Program



Thank you!



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