



Personal Assistance
(18 and over)

Personal Assistance services are used to assist a person with a disability complete typical tasks that are necessary for daily living. The use of personal assistance services are often the key to a person being able to successfully live in the home of his or her choice.

Westside Regional Center's goal is to support and ensure that individuals live in their least restrictive environment. Westside Regional Center recognizes that individuals may require care and supervision in the absence of a caregiver and that parents/guardians/caregivers may have difficulty in providing constant on going care and supervision due to aging, declining health, and/or other mitigating factors. In such instances, Westside Regional Center may provide personal assistance services when these services are necessary to meet the individual's needs and providing the service will help keep the individual in the home of their choice. In-Home Supportive Services must be explored and accessed where possible prior to Westside Regional Center funding as an exception.

The funding of such services shall be decided on a case by case basis. Westside Regional Center will assess the need, the extent to which other generic options might be available, and the personal circumstances of the family/individual. Families/individuals are asked to provide as much supportive documentation as possible to allow the planning team to make an appropriate determination.

Personal Assistance/Adults

Personal assistance services are to assist adult individuals who require support in the following areas of activities of daily living, including bathing, grooming, dressing, toileting, meal preparation, feeding, and protective supervision. Personal assistance services are intended to provide adult individuals with appropriate care and supervision, for community integration purposes and to assist individuals in maintaining community living arrangements, including a living arrangement in the family home, if that is the individual's preference. **Personal assistance care providers are allowed to provide transportation to the adult individual only when they have the appropriate required vehicle insurance that meets Westside Regional Center's requirements under transportation services when their duties for care and supervision are not compromised.**

Personal Assistance/Children

Personal assistance services for minor children will be considered an exception when the needs of the individual are of such a nature that it requires more than one person to provide the needed care.

Personal assistance services are to assist with bathing, grooming, dressing, toileting, meal preparation, feeding, and protective supervision that is a typical parental responsibility for minor children. There may be exceptional circumstances as a result of the severity and/or intensity of the developmental disability that may impact the family's ability to provide specialized care and supervision while maintaining the child in the family home. Eligibility and/or use of generic services such as In-Home Support Services must be explored and accessed where possible prior to Westside Regional Center funding as an exception. **Under no circumstances are minors transported by the personal assistance provider.** The

primary duty of the personal assistance provider is to assist the individual with the activities indicated above.

Personal Assistance for gaps in Day Program Services

On several occasions, the regional center and families have experienced difficulties with adult individuals transitioning from the school program to a day program/day activities in the community. Westside Regional Center will address instances in which the programs near the home are not able to address the needs of the adult individual, parent(s)/caregiver(s)/guardian(s) and they are not satisfied with the programs near their homes, or the individual does not want to attend a program in the community.

In these instances personal assistance services can support the adult individual and the parent(s)/caregiver(s)/guardian(s) with promoting individual independence and integration into their local community. Personal Assistance hours can support the individual with but not limited to: dressing, good preparation, meal cleanup, feeding and fluid intake, help to participate in work, home or community activities, and demonstration of simple skills, companionship, shopping, facilitation at meetings, at school, assistance with inclusion in social and recreational activities in the community, and assistance with self-advocacy activities. This allows for parent(s)/caregiver(s)/guardian(s) to develop a plan, coordinate, review, and monitor the individual's daily routines in the home and/or in community events.

1. Westside Regional Center will gather information needed at IPP to determine the individual situation(s) and amount of hours required.
2. The individual must be 18 years old.
3. The number of personal assistance hours for adults will be based on the individual's need and available generic and natural supports.
4. Individuals receiving Nursing Services or who require Nursing Respite due to their current medical conditions may be considered to receive personal assistance on an individual needs basis.

Requests for personal assistance services will be considered on a case by case basis and can take into consideration the medical/health/ needs of the individual or the parent(s)/caregiver(s)/guardian(s) and the utilization of generic resources.

Continued Education/College University

Westside Regional Center may fund for Personal Assistance hours to support individuals who are attending local community college/university programs. Any services provided by the school's disability office will be considered when determining the number of hours.

1. Westside Regional Center will require proof of school registration and current schedule of classes.
2. Registration with the school's disability office on campus is required.
3. Personal Assistance for individuals in college/university/continued education is a time limited service and will only be funded while school is in session.

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4. Individuals receiving Nursing Services or who require Nursing Respite due to their current medical conditions may be considered to receive personal assistance on an individual needs basis.

Any exceptions to the criteria above will be considered on a case by case basis and can be considered based on medical/health needs of the individual or the parent(s)/caregiver(s)/guardian(s) and the utilization of generic resources.

In considering what is in the best interest of the individual, the Regional Center encourages families to explore the different options available for the individual and their family (WIC §4646.5).