



# INSIDE WESTSIDE

## SERVICES & SUPPORTS AGES 23 AND OLDER

**As adults, many individuals strive for independence. You might attend a day service, work, plan to move into your own home or look forward to other possibilities.**

**This is not a complete list, as assessments may identify additional needs and services. Services must be requested through the Individual Program Plan (IPP) process. Contact your service coordinator to discuss access.**

### **Case Management**

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

**Generic Resources, Private Resources, and/or Natural Supports** must be explored prior to WRC funding. Examples include health insurance and other state/county services.

**Services** are based on need and must be requested through the Individual Program Plan (IPP) process. Please contact your service coordinator to discuss access to services.

### **Respite Services**

Parents and caregivers can receive intermittent or regularly scheduled non-medical care and supervision to provide relief to family members.

### **Social Recreation Services**

WRC offers social recreation services to assist individuals with social interactions and peer relations in a community setting.

### **Coordinated Family Support (CFS) Services**

Coordinated Family Support is available for adults ages 18 and over who choose to live in their family home. CFS assists with developing skills in the home, coordinating services, and helping individuals access their community.

### **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 your service coordinator for further funding details.*

### **Behavior Intervention Co-Pay Assistance**

WRC may be able to assist with behavior intervention insurance co-payments, co-insurance, and deductibles (Welfare & Institutions Code 4659.1).

### **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).

### **Social Skills**

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

### **Conferences**

WRC may be able to provide funding for conference registration fees. Ask your Service Coordinator for more information.

### **Day Services**

Individuals can participate in a day program of their choice. Programs may focus on improving independent living skills, vocational training, volunteering, performing arts, or technology. Programs are site-based or community-based with a few exceptions.

### **Employment**

Individuals can receive job coaching, supported employment, or customized employment assistance based on their needs, along with referrals to the Department of Rehabilitation (DOR) for extra support.

### **Paid Internship Program (PIP)**

PIPs helps individuals build job skills and experience through paid internships. The goal is to gain skills for future employment or transition into a paid position at the same job.

### **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.

***It is WRC's mission to support people with developmental disabilities, their families, and communities of choice by facilitating access to person-centered, culturally responsive services and resources.***

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

**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.

**ILS** enables adults to live independently in their own homes in the community, or to increase independence while living in the home of a family member or caregiver. ILS can offer training in the following areas: cooking, cleaning, shopping, meal preparation, mobility, and others.

### **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)**

FHAs provide an option to live with a mentor/family, who will support them in building their independence and achieving their life goals.

### **Personal Assistance Services**

Personal Assistance Services are used to assist a person with a disability in completing typical tasks that are necessary for daily living.

### **Self-Advocacy Groups**

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

### **Parenting Skills and Support**

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

### **Transportation**

WRC offers various transportation services and supports: mobility training to help individuals use public transportation safely, funding for monthly bus passes or specialized/vendored transportation companies, and help accessing public transit agencies.

### **Driving Lessons/Driver's Education**

Driver's training may be an option for individuals receiving WRC supports who pass a written driving test and have access to an insured vehicle. The individual or their family will be responsible for the first 15 hours of classes. WRC may assist with funding of additional hours.

### **Incontinence Supplies\***

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

### **Medical Equipment\***

Families can access medically necessary equipment through referrals to Medi-Cal, private insurance, or other generic sources such as California Children Services (CCS).

### **Written Translations and Interpretation**

WRC offers written translation services for all documents when the family's preferred language is not English. Interpretation services for IPP or service planning/review meetings are also available.

### **Coordinated Career Pathways (CCP)**

A service designed for individuals exiting work activity programs, subminimum wage settings, or within two years of exiting secondary education to achieve or advance in competitive Integrated employment (CIE).

### **Crisis Prevention and Support**

WRC has a crisis response team to support individuals who are experiencing serious emotional or behavioral concerns.

UPDATES TO THESE FLYERS PAID FOR BY LANGUAGE ACCESS AND CULTURAL COMPETENCY FUNDING.