

**REGIONAL CENTER OF THE EAST BAY  
PURCHASE OF SERVICE POLICY #3412  
Date Approved: 3/04**

**INDEPENDENT LIVING SKILLS PROGRAM**

**PHILOSOPHY**

Independent Living Skills Programs (ILS) are based on the belief that adults who have developmental disabilities may be able to live independently in a home of their choosing if they receive independent living skills program services and supports. It assumes that the consumer will learn most of the skills to maintain an independent household and that training over time will decrease.

**SERVICE DEFINITION**

ILS provides for training and skill development in all areas necessary for the consumer to live successfully in his/her own home. This training may include but is not limited to such things as finding a suitable living arrangement such as a home or apartment, setting up a household, budgeting/money management, negotiating with a landlord, choosing a roommate, getting along with neighbors, shopping, meal preparation, housekeeping, safety/handling emergencies, use of community services, and caring for a pet.

ILS differs from Supported Living Services (SLS) in that ILS is a training program which starts with the premise that the consumer will live independently or with minimal support in the community in his/her own home following training. This training will vary from one consumer to another depending on the individual consumers needs. While some training may take place in group settings most ILS training will be provided on a one to one basis. With ILS it is assumed that over time the consumer will become more independent and need less support from an ILS provider.

**BOARD POLICY**

The Regional Center of the East Bay Board of Directors supports ILS programing when the consumer expresses a desire to live independently and is motivated to work with an ILS provider in order to gain the needed skills. The Planning Team shall work together to assess and decide if ILS is an appropriate service for the consumer.

ILS services may be started while the consumer is still living in the family home or supervised living arrangement and there is a specific plan to live independently as skills are developed. In some rare instances the plan may not be to move from the family home, but continue to reside in the home assuming greater responsibility and independence such as in the case of an elderly parent where the consumer's presence in the home is considered critical. In instances like these, careful consideration should be given to the needs and desires of the consumer.

## **PROCEDURE**

Case managers will discuss both ILS and SLS as two ways to support consumers to live in their own home. The Planning Team needs to consider which service will be most effective in meeting the consumer's goals.

A needs assessment may be completed by the ILS agencies and a learning strategy developed and a preliminary timeframe for moving should be worked out before ILS services are provided. Assessments should take between four and ten hours to complete.

In general the amount of time for training during the first two years does not exceed 40 hours a month and may be less depending on the need. Should a reduction over time not be possible because of safety issues, an inability to master skills training and/or there is need for long term support, the ID Team may want to consider Supported Living Services as an alternative.

A reduction in training hours is expected over time. After two years of ILS training it is expected that the majority of training has been completed and that the services provided are more for support than training. There are circumstances where the amount of hours may not decrease. At these times a careful assessment of the circumstances should be completed by the ID Team to determine what are the barriers to success and recommend a plan.

All generic resources such as In-Home Support Services and Adult Education Classes will be incorporated into the Individual Service Plan.

## **AUTHORITY**

California Welfare and Institutions Code Section 4512 (b).