

Resource Information

Supplemental Security Income

SSI is a Federal income supplement program funded by general tax revenues (*not* Social Security taxes). It is designed to help aged, blind, and disabled people, who have little or no income; and it provides cash to meet basic needs for food, clothing, and shelter. People who eligible for SSI in CA, are also eligible for Medi-Cal. Special rules make it possible for people with disabilities receiving Social Security or Supplemental Security Income (SSI) to work and still receive monthly payments and Medicare or Medicaid. Social Security calls these rules "work incentives." <http://www.ssa.gov/ssi/>

Department of Developmental Services

The California Department of Developmental Services is the agency through which the State of California provides services and supports to individuals with developmental disabilities. These disabilities include intellectual disability, cerebral palsy, epilepsy, autism and related conditions. Services are provided through state-operated developmental centers and community facilities, and contracts with 21 nonprofit regional centers. The regional centers serve as a local resource to help find and access the services and supports available to individuals with developmental disabilities and their families. <http://www.dds.ca.gov/>

Regional Centers

Regional centers are nonprofit private corporations that contract with DDS to provide or coordinate services and supports for individuals with developmental disabilities. Alta Regional Center serves Yolo County. To be eligible for services, a person must have a disability that begins before the person's 18th birthday, be expected to continue indefinitely and present a substantial disability as defined in *Section 4512* of the *California Welfare and Institutions Code*. Eligibility is established through diagnosis and assessment performed by regional centers. www.dds.ca.gov/RC/ProgramSvcs.cfm

SERVICES PROVIDED BY REGIONAL CENTERS

Regional centers provide diagnosis and assessment of eligibility and help plan, access, coordinate and monitor the services and supports that are needed because of a developmental disability. There is no charge for the diagnosis and eligibility assessment. Once eligibility is determined, a case manager or service coordinator is assigned to help develop a plan for services, tell you where services are available, and help you get the services. Most services and supports are free regardless of age or income.

Some of the services and supports provided by the regional centers include:

Independent Living Skills Training: ILS is a service provided to adults with developmental disabilities that offers functional skills training necessary to secure a self-sustaining,

independent living situation in the community and/or may provide the support necessary to maintain those skills. Individuals typically live alone or with roommates in their own homes or apartments. Independent living programs, which are vendored and monitored by regional centers, provide or coordinate support services for individuals in independent living settings. They focus on functional skills training for adults who generally have acquired basic self-help skills or who, because of their physical disabilities, do not possess basic self-help skills, but who employ and supervise aides to assist them in meeting their personal needs.

Supported Living Services (SLS) consist of a broad range of services to adults with developmental disabilities who, through the Individual Program Plan (IPP) process, choose to live in homes they themselves own or lease in the community. SLS may include:

- Assistance with selecting and moving into a home;
- Choosing personal attendants and housemates;
- Acquiring household furnishings;
- Common daily living activities and emergencies;
- Becoming a participating member in community life; and,
- Managing personal financial affairs, as well as other supports.

SLS is designed to foster individuals' nurturing relationships, full membership in the community, and work toward their long-range personal goals. Because these may be life-long concerns, Supported Living Services are offered for as long and as often as needed, with the flexibility required to meet a persons' changing needs over time, and without regard solely to the level of disability. Typically, a supported living service agency works with the individual to establish and maintain a safe, stable, and independent life in his or her own home. But it is also possible for some individuals to supervise their services themselves, to secure the maximum possible level of personal independence.

Day Programs and Work Services Programs: Day programs are community-based programs for individuals served by a regional center. They are available when those services are included in that person's Individual Program Plan (IPP). Day program services may be at a fixed location or out in the community.

Types of services available through a day program include:

- Developing and maintaining self-help and self-care skills.
- Developing the ability to interact with others, making one's needs known and responding to instructions.
- Developing self-advocacy and employment skills.
- Developing community integration skills such as accessing community services.
- Behavior management to help improve behaviors.
- Developing social and recreational skills.

There are many different types of day programs that provide a diverse range of opportunities for persons with developmental disabilities. If you are interested in learning more about day program services, ask your regional center representative for assistance.

The Work Services Program addresses the employment needs of persons with developmental disabilities. The Work Services Program provides work and community integration opportunities through Supported Employment Programs (SEPs) and Work Activity Programs (WAPs). These programs are available to Regional Center clients. E-mail: work.services@dds.ca.gov.

Department of Rehabilitation

The Department of Rehabilitation (DOR) assists Californians with disabilities to obtain and retain employment and maximize their equality and ability to live independently in their communities. Services are tailored to each individual to ensure a greater chance of success. A vocational rehabilitation team works closely with each job seeker to establish the best combination of services and resources necessary to prepare for, find and retain employment. <http://www.rehab.cahwnet.gov/>

DOR services may include:

- Career assessment and counseling
- Job search and interview skills
- Independent living skills
- Career education and training
- Assistive technology

In-Home Support Services Program

The IHSS Program is run by the counties. IHSS will help pay for services provided to you so that you can remain safely in your own home. To be eligible, you must be over 65 years of age, or disabled, or blind. Disabled children are also potentially eligible for IHSS. IHSS is considered an alternative to out-of-home care, such as nursing homes or board and care facilities.

The types of services which can be authorized through IHSS are housecleaning, meal preparation, laundry, grocery shopping, personal care services (such as bowel and bladder care, bathing, grooming and paramedical services), accompaniment to medical appointments, and protective supervision for the mentally impaired.

ELIGIBILITY CRITERIA FOR ALL IHSS APPLICANTS AND RECIPIENTS:

- You must physically reside in the United States. You must also be a California resident.
- You must have a Medi-Cal eligibility determination.
- You must live at home or an abode of your own choosing (acute care hospital, long-term care facilities, and licensed community care facilities are not considered "own home").
- You must submit a completed Health Care Certification form.

To apply for IHSS, complete an application and submit it to your local county IHSS Office.

<http://www.cdss.ca.gov/agedblinddisabled/pg1296.htm>

MIND Institute: Think Transition Workshops

This series of workshops is for youth, families, and educators who are working with and supporting youth with disabilities in their transition to adulthood. There is no charge for the workshops, however reservations are required and can be made by e-mailing ddcenter@ucdmc.ucdavis.edu, or by calling Diane Larzelere at (916) 703-0268.

Disability Rights California: Your ally when there are roadblocks to services

<http://www.disabilityrightsca.org/>

Tuesday, April 21, 6-8 pm
MIND Institute Auditorium

Transitioning health care from pediatrics to adult medical providers

Tuesday, May 19, 6-8 pm
MIND Institute Auditorium

For webinars of past transition-related workshops, go to:

http://www.ucdmc.ucdavis.edu/mindinstitute/videos/video_transition.html

Community Activities, Sports and Advocacy Groups

City of Davis Alternative Recreation – Individuals with developmental disabilities who are 18 and over can participate in a variety of weekend outings. Alt Rec also has a program for teens that primarily involves group activities in Davis. There is a charge for these activities but support staff are provided as well as transportation.

<http://community-services.cityofdavis.org/inclusive-recreation> Email: jelliott@cityofdavis.org

Team Davis – A non-profit organization, mostly run by volunteers, that sponsors athletic, social, cultural and recreational activities for people with disabilities in Yolo County. We serve as the Davis area's Special Olympics team. www.team-davis.org Email: info@team-davis.org

UC Davis Best Buddies – Best Buddies pairs late teens and adults with disabilities with college students for one-to-one friendships as well as group activities.

Email: ucdbestbuddies@gmail.com

Yolo People First – Yolo People First is a self-advocacy organization that meets once a month at the Senior Center in Davis. www.supportedlife.org/sacp/sacp.asp?pageID=pfYolo