

Supported Living

A Good Life

Friends & Family



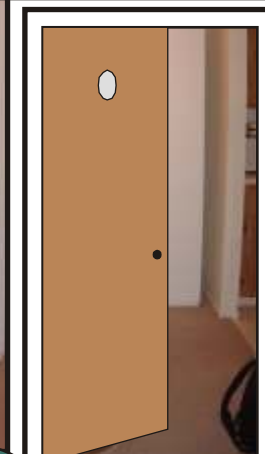
**Doing What You Want
Going Where You Want**



**Support
Just
for You**



**It's Your
Own Place**



**Deciding
for Yourself**

2002

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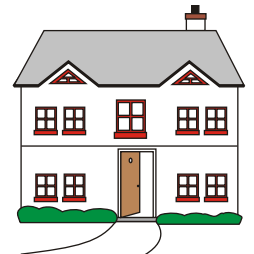
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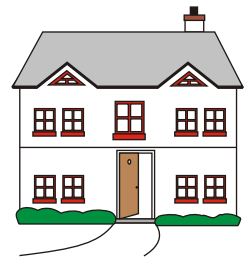
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What This Book Is About

Supported Living Can Be for You	2
It's Your Own Place	3
Deciding For Yourself	6
Friends & Family	9
Support Just For You	12
Doing What You Want — Going Where You Want.....	15
A Good Life	18
How To Get Supported Living Services	21
Saying What You Want.....	22
Your IPP Meeting.....	24
IPP Example	26
If You Get Stuck, There Are Things You Can Do	27
Finding A Supported Living Agency	29
What to Look For	30
A Checklist	31
If You Have Questions, Who to Call	33
The Law Protects You	34



Supported Living can be for you!



If you want to live in your own apartment or house,
Supported Living can be for you.

It is one of many services that your Regional Center can
arrange.

- You don't have to go through a program first
 - You don't have to "get ready"
 - No matter what your disability

***It's living life
instead of being
in a program.***



***Sometimes it's
more work, but
it's worth it.***



It's Your Own Place



Supported Living is different — I'm the boss.

Yeah, I have my own apartment.





- Having your own apartment or house
- Choosing where you live, and who lives with you
- Controlling what happens in your home
- Being safe where you live
- Nobody telling you what to do all the time

It's Your Own Place



- Having your own apartment or house

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- Controlling what happens in your home



- Being safe where you live

- Nobody telling you what to do all the time



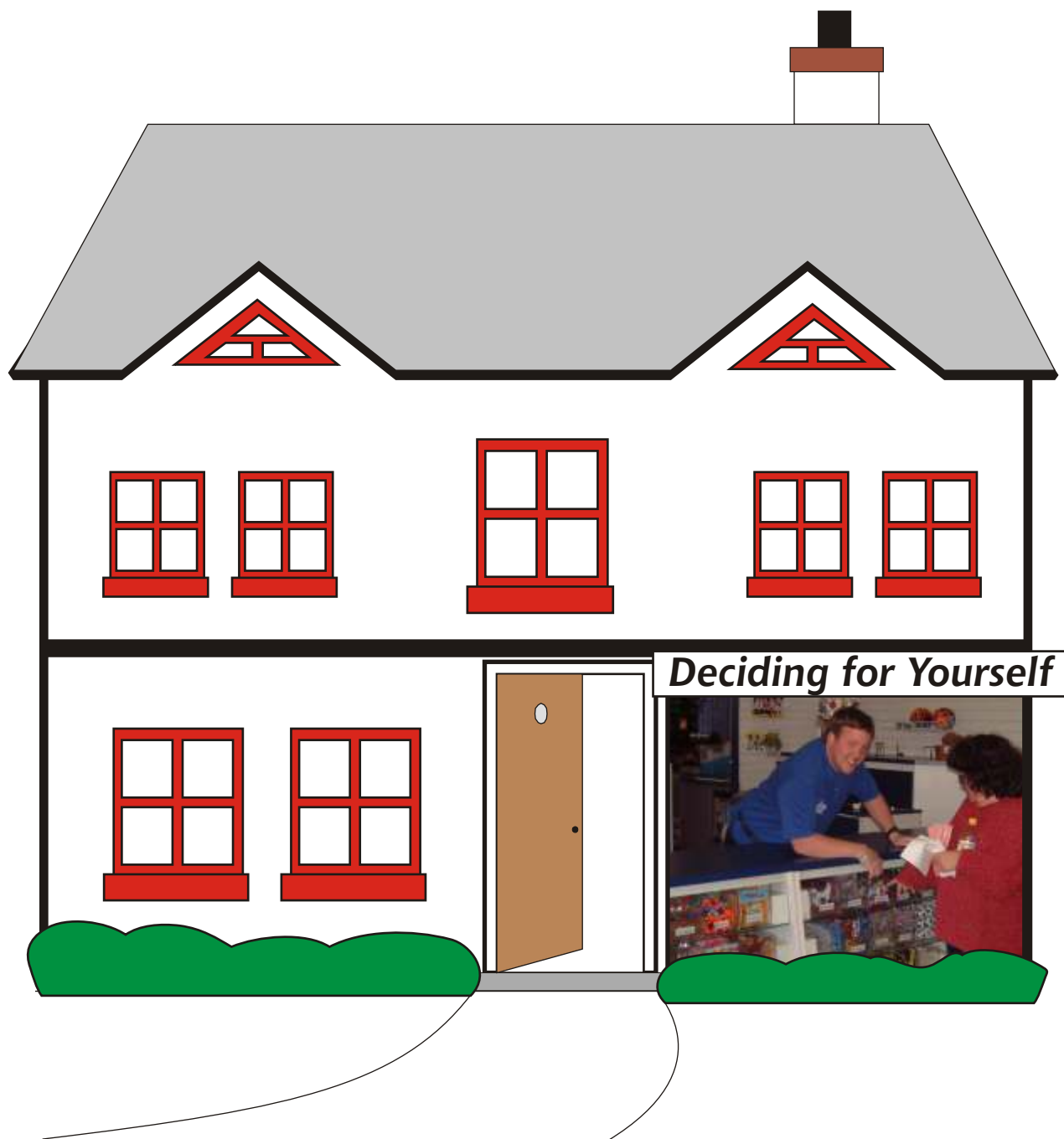
Deciding for Yourself



***I've got choices
I can make.***

***You're right. It's not just
the Regional Center or
staff making all the
decisions.***





- Choosing which agency and staff you want
- Deciding what you want your support people to do
- Deciding what you do everyday
- Making your own plans for the future
- Changing things if you want

Deciding for Yourself

- Choosing which agency & staff you want



- Deciding what you want your support people to do

- Making your own plans for the future



- Deciding what you do everyday

- Changing your mind about things in your life



Friends & Family





- Having family & friends who care
- Getting to know other people
- Having a love life if you want to
- Being safe with people
- Being by yourself when you want to be

Friends & Family



- Having family & friends who care



- Getting to know other people



- Having a love life if you want to

- Being safe with people

- Being by yourself when you want to be



Support Just for You

I have a paid roommate who helps me.



I have someone who comes in to help me in my house.





- Having help to say what you like & want in your home
- Putting together the right support for you by listening to what you have to say about it
- Choosing & managing your support people
- Making sure you are safe and your support people are dependable
- Making sure your support people help you live like you want to
- Changing your support people if you need to

Support Just for You

- Having help to tell people what you like & want in your home



- Putting together the right support for you by listening to what you have to say about it

- Choosing & managing your support people



- Making sure you are safe and your support people are dependable



- Making sure your support people help you live like you want to

- Changing your support people if you need to

Doing What You Want — Going Where You Want



***It's about trying
things and
exploring places.***

***Yeah, I like
this club!***





- Being out & about
- No restrictions
- Having support to do what you want like having a job or going to school
- Joining clubs or groups, being religious, dating, taking vacations, voting in an election, just hanging out
- Having support to use things in the community like buses, stores, libraries, parks, banks, doctors, Social Security office

Doing What You Want — Going Where You Want



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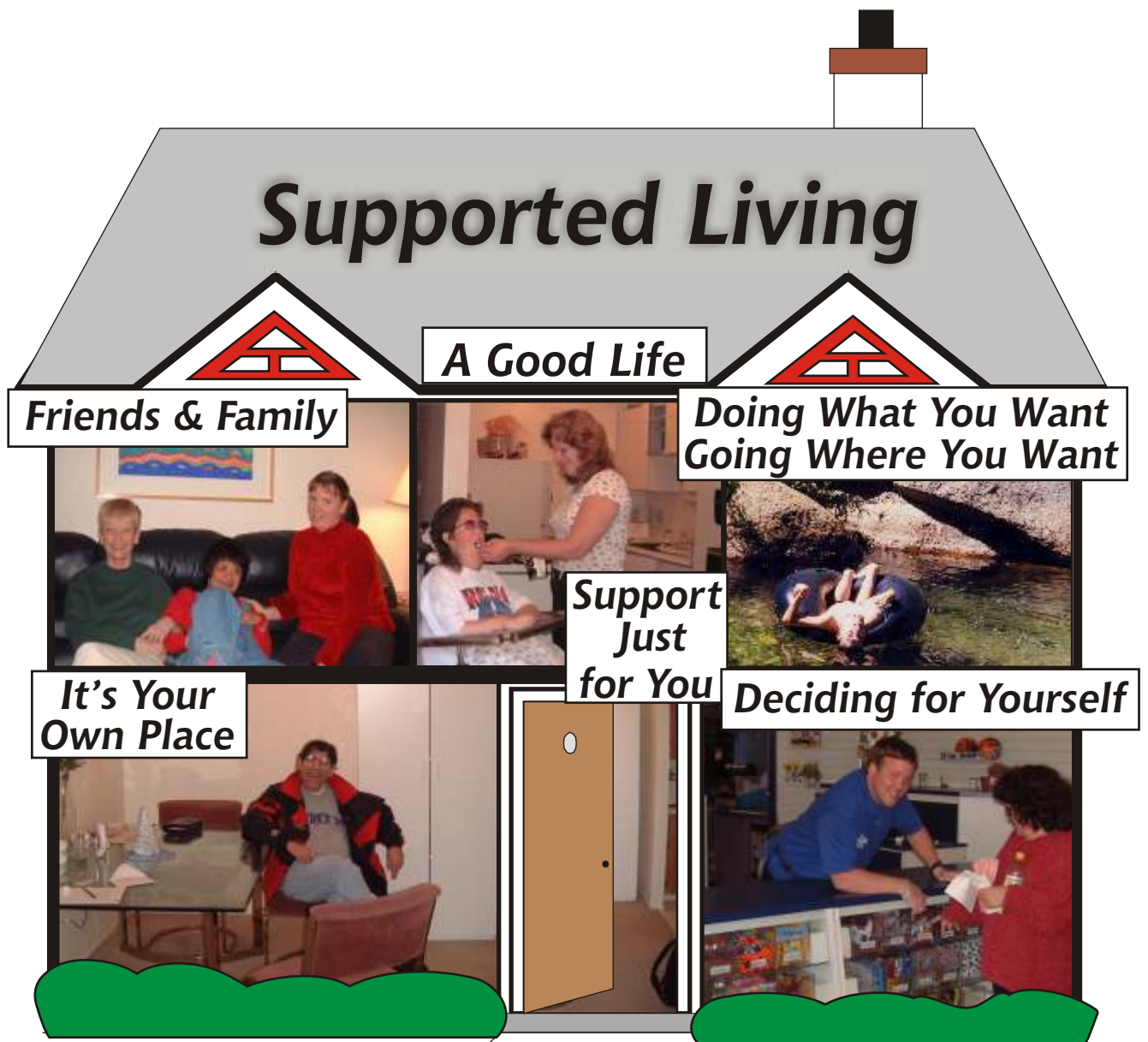


A Good Life!

***It can be rocky
sometimes, but it's
worth it.***



***Yeah, being able to do
our own thing makes
us real people***



- Finding your own life, doing your own thing
- Help to be more independent
- Support that lets you take risks and learn from mistakes
- Knowing more about your rights and taking on your responsibilities
- Being respected and asked for your opinion

A Good Life



- Finding your own life, doing your own thing



- Help to be more independent



- Support that lets you take risks and learn from mistakes

- Knowing more about your rights and taking on your responsibilities

- Being respected and asked for your opinion



How to Get Supported Living Services



Saying What You Want ...



Your IPP Meeting ...



**If you get stuck,
there are things you
can do ...**

Saying What You Want ...



Saying What You Want ...

- Think about your dreams — how you want to live
- Talk to people about what you want to do
- If it's hard to decide, ask people close to you to help you figure it out
- Check out other people who already have Supported Living
- If you want Supported Living Services, tell your Regional Center Case Manager
- Ask for an IPP meeting



Your IPP Meeting ...



Your IPP Meeting ...



- If you want Supported Living Services, it must be written in your Individual Program Plan (IPP)



- Your IPP is put together by listening to what YOU want and need
- So, think about how you want to live and what you want to say at your meeting

- Your family & friends can help you get ready for your meeting and go with you if you want them to



- At your IPP meeting, tell your Regional Center Case Manager that you want Supported Living Services

- Make sure that Supported Living Services is in your IPP before you sign it



Example —

Individual Program Plan (IPP)

Goals:

My goal is to get Supported Living Services so I can live how I want to in my community.

I will make choices and decisions about

- Where I live
- Who I live with
- What I do and where I go
- Support that works for me

Objectives:

With help from the Regional Center, I will choose a Supported Living Service Agency

Target Date:

I will start Supported Living Services on this date _____

If you get stuck, there are things you can do ...



If you get stuck, there are things you can do ...

On the way to Supported Living, some people are stopped because:



They're put on a waiting list

They're told it's not for right them

Plans are put off and never seem to happen

If this happens, you can do these things:

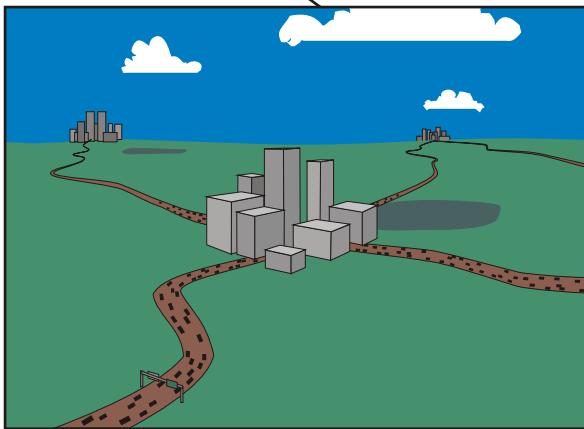
- Keep trying, there's always a way around
- Ask your family & friends to help you speak up for what you want
- Talk to a Regional Center supervisor
- Have another IPP meeting –
(It's your right to have one when you need it)
- Talk to the Client Rights Advocate for your Regional Center
- Ask your Area Board for help



- File an appeal if the Regional Center says, "No"

(An appeal isn't easy;
you should get help from
other people to do it)

Finding the Supported Living Agency that's Right for You



What to Look For ...



The Supported Living Agency ...

- takes time to get to know you
- accepts who you are
- works with you as a partner
- gets together with you to find out how things are going
- helps you live like you want

The Supported Living Agency can help you with ...

- choosing where to live
- making your home be the way you want it
- choosing dependable support people
- training your support people
- being safe & healthy

Questions to Ask A Supported Living Agency

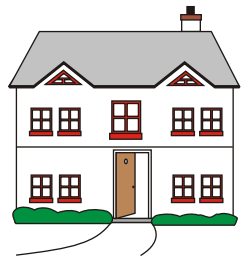
— A Checklist —

1. The Supported Living agency takes time getting to know you
 - Will they listen to what YOU need and want?
 - Will they listen to your circle of support? Friends or family?

2. They accept who you are and work with you as a team member
 - Will they make sure you're involved in all the decisions?
 - Will they help you understand what you have to do to make this work?
 - Will they treat you with respect and support you as a partner, not a "client"?
 - Will they help you make important decisions like choosing a roommate if you want one?

3. They help you choose your support people
 - Can you meet your support people before you start working with them and will you choose them?
 - Can you change your support people if you want?

4. They train support people who are dependable
 - Will they help train your support people to do what you want?
 - Will support people be there for you when you need them?
 - What will they do to make sure you have the support you need?



Questions to Ask A Supported Living Agency

— A Checklist —

5. They help you choose where you live and what you want your home to be like

How are they going to help you find your own place?

Can you look at different places before you decide?

Can you fix up your home like you want to?



6. They help you be safe and healthy

What will they do if there is an emergency?

Is there a backup plan?

Will they help you with your medical appointments?

Will they help you learn more about being safe and healthy?

7. They get together with you to find out how things are going

Will they ask you if you're happy with their services?

If you don't like something, can you change it?

8. They support you to live like you want to

Will they help you do what you want and go where you want?

Will they help you be more independent?

Will they help you with your responsibilities?

***If You Have Questions About
Supported Living, Call:***

Your Regional Center

Your Area Board

**Connections for Information
and Resources on
Community Living (CIRCL)**

(530) 644-6653

or

(818) 752-7484



***If You Have Questions
About Your Rights, Call:***

Your Regional Center

Your Area Board

**The Clients' Rights Advocate
for Your Regional Center**

1-800-390-7032

Protection and Advocacy, Inc.

1-800-776-5746



The Law Protects You

**You have the right
to services and supports
that help you live in the community.**

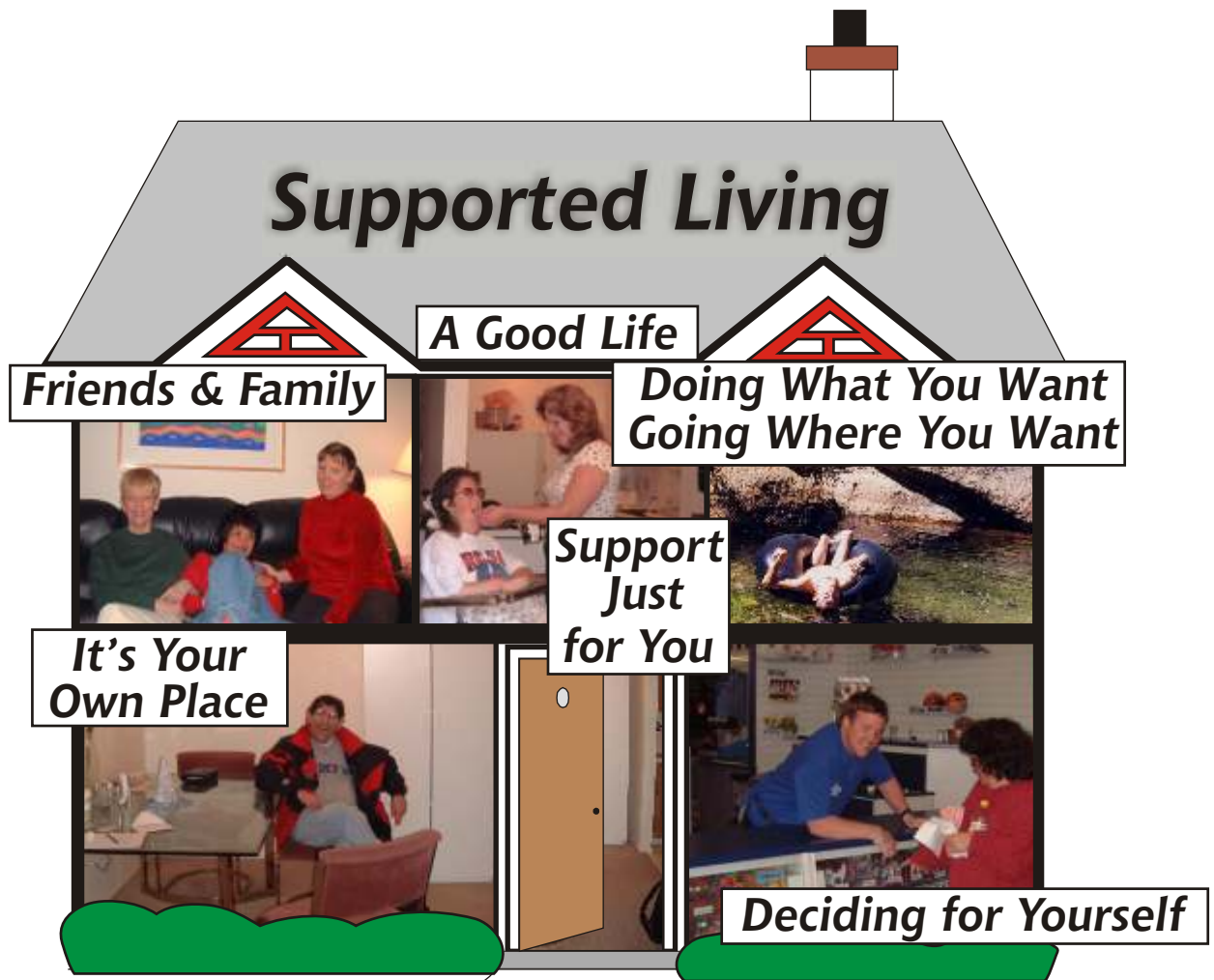


People with developmental disabilities have the right to services that help them live like they want. A state law, the Lanterman Act, says that you can choose Supported Living Services to assist you with living in the community.

The Lanterman Act states that people receiving Supported Living Services have the right to:

- Choose where they live
- Choose who they live with, if anyone
- Decide what their home looks like
- Receive services and supports that change as their needs change without having to move
- Choose & change their Supported Living agency and staff
- Have support that's just right for them
- Have support that helps with choices and making decisions
- Have support to build relationships with the people they want

It's important to know that Regional Center policies & guidelines are their ways of doing things — and are not laws. Regional Centers must follow the law, the Lanterman Act.



*For additional copies of this book
about Supported Living Services
contact:*

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(530) 644-6653
or
www.allenshea.com*