

Ramping up for Independence

What is ILS?

East Bay Innovations – Independent Living Services

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What is Independent Living Services? aka ILS

- ILS is a teaching a training service designed for people with developmental disabilities ranging from cognitive and or intellectual delays, autism, mental health disabilities and who are individuals of the RCEB, to maximize their independence.
- We support people who may be living in the home and preparing to live independently or people who may have already secured independent housing.
- Our services are available to people who need up to 40 hours or less per month of help to live safely and successfully in their own home. Individuals must be able to tend to their own imminent needs. (Identify Emergency, respond to emergency, safely administer their own medications, etc.)
- Typically services consist of one on one teaching in the person's home with a Direct Support Professional or ILS instructor. With EBI ILS program specifically, ILS Coordinators/Directors do provide an added layer of support and oversight to ensure individual needs are being successfully met.
- Goal of the direct support work is to help people remain independent as possible and empower the people that we serve to make their own healthy choices as well as provide them with options and possible consequences to decisions they may be required to make.

What services are offered with ILS ?:

Budgeting & Money Management:

- Creating/implementing a monthly and weekly budget that works
- Set up online banking, balancing system, automatic bill pay
- Learning how to write checks/ Use ATM
- Assistance in managing spending control (lockbox)
- Understanding money concepts, problem-solving
- Rep payee, or other special arrangements

Benefits Management/Maintaining

- Applying for and maintaining benefits (SSI/SSDI, Medi-cal, Medicare)
- Paystub reporting, income tracking, etc.
- CalFresh (SNAP) (food assistance program)

Medical & Dental Management:

- Navigating healthcare systems, HMOs, Medi-Cal/Medicare, health clinics, coveredca.com ADA, etc. Choosing adequate providers.
- Staying up to date with routine appointments (annual physical, eye exams, dental, ob/gyn, mammograms)
- Support in learning to communicate with doctors (self, advocacy, what questions to ask, getting your questions answered in a way that makes sense to you, taking notes, follow up instructions, next appointment, prescriptions or medication changes/dosage changes, explaining symptoms, etc.)
- Medication management; refills, medication lists (not all doctors communicate about meds)

Grocery shopping & meal planning:

- Taking inventory
- Making a meal plan (weekly)
- Creating a shopping list
- Discussing ways to stay within your budget
- Finding the best deals
- Proper exchange of money and counting money
- Understanding nutritional information
- Determining special diets, food allergies, or chronic conditions like diabetes.
- Assisting with practice and reminders on kitchen and food safety, along with cleaning out the refrigerator weekly.

Organization, Paperwork, & Correspondence:

- understanding mail
- sorting important mail from junk mail
- necessary correspondence
- disposing of junk mail safely (scams/identity theft)
- keeping and organizing important documents

Household Maintenance

- Establishing cleaning routines
- Learning how to clean (identify areas, specific tasks, use of products, etc)
- Importance of household maintenance

Affordable Housing:

- Searching for affordable opportunities within the community
- Applying for affordable opportunities (HCEB, SECTION 8, PBV, BMR)
- Determine type of housing that is best (roommate, single, etc)
- Tracking waitlist placement
- Planning a move

Transportation:

- Public Transit travel training
- (BART/Bus), Dial-a-ride, AC Trans/Wheels, paratransit, RTC discount, bicycle safety courses, car seat training, etc.
- Community awareness and safety

Socialization:

Researching programs like RADD, Go Group, community centers, public bulletins, library programs, senior center, etc.

Integrate in the community

Crisis Intervention – Helping individuals deal with difficult situations or the aftermath of poor decisions, victimization, abuse, exploitation, etc. Prepping for an emergency.

What works and what doesn't? What helps vs. hinders ILS progress?

- Parents want ILS but individual does not (not motivated). Only agreed to ILS to please parents
 - Discuss with your adult child the benefits of ILS prior to beginning of service.
- Expectation to finding affordable housing immediately.
 - It can take several years before an affordable opportunity is available.
 - Be open to surrounding areas. The wider the search the more opportunities one has for housing.
- Parents that want to be involved in every aspects of decision making.
 - Hardest part of parenting is letting go.

Things for parents to consider now:

- You won't be around forever, preparing your son or daughter to be independent is a journey, start now!
- Mistakes will be made, inevitable
- Being there to support while learning to let go
- Collaborating (we want to work with families to provide the needed support, not in place of them)
- Expectations – Your adult child will surprise with what they're capable of!
- ILS needs to be a different type of relationship than family members can have. We need to build trust and respect their rights as adults.
- Things you can do now (chores, responsibilities, income, housing)
- Waitlist? Consider all factors that influence waiting list
- ILS is not an emergency on call support. Is ILS the right support for my son/daughter?

FAQ-Frequent Asked Questions:

- **How do you access ILS?**

- Reach out to your adult child's Regional Center Case Manager and meet to decide if ILS services are the best services available.
- Your Case Manager will forward your collateral packet to ILS agencies.
- Once an agency has your collateral packet, they will review and reach to schedule an intake meeting.

- **What is a collateral packet? What does a collateral packet will contain?**

- Most current Regional Center IPP (Individual Program Plan)
- Health care checklist
- Social and Psych evaluation
- CDER – (individual Development Evaluation Report)
- Most recent AR (Annual Review)

FAQ-Frequent Asked Questions:

- **Is there a waitlist?**
 - Yes, however we strive to meet the needs of everyone who has a desire to access our services.
- **Does ILS provide supervision or respite care?**
 - No – ILS is not intended to replace respite care hours and ILS is not a supervision service. Cost? No cost Who pays for the services? RCEB
- **Is it required that you utilize all ILS services offered or can you pick and choose what services work for you?**
 - No, you can pick and choose what works for you!
- **Does ILS help to locate jobs?**
 - No, there are other services offered such as SES services to support individuals with employment related services.
- **Is training provided to staff? Discuss hiring process.**

~Q&A from audience~