



## Day Programs

Day programs are community-based programs for individuals served by a regional center. They are designed to provide interesting activities and training opportunities in a structured setting. The planning team agrees upon the most appropriate program in advance and then the services are included in the 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 support the development of:

- Self-help and self-care skills
- The ability to interact with others, making one's needs known and responding to instructions
- Self-advocacy and employment skills
- Community integration skills such as accessing community services and resources
- Behavior management to help improve behaviors
- 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 Service Coordinator for assistance. Some day programs have waiting lists, so it is important to plan in advance.

## Individual Choice Day Services

Committed to person centered practices, TCRC supports alternatives to traditional day services. We encourage the development of a network in an individual's community in order to find natural and inexpensive resources to support their Individual Program Plan.

## Supported Employment

Adults who wish to become employed may be eligible for Supported Employment services. Supports could include a job coach, transportation, specialized job training and supervision. The decision about whether or not Supported Employment is the right service is made by the planning team. The adult, his or her Service Coordinator, the Department of Rehabilitation and other members of the planning team work together to create an agreement about the supports that might be most helpful.

Supported Employment can be provided in individual or group settings, depending upon the needs, interests, talents and skills of the person.

Program participants learn health and medication management along with community living skills like nutritional cooking, personal hygiene, banking, money management, public transportation, safety and recreational planning.

## Micro-Enterprise

Support for finding a job or developing a business such as a micro-enterprise can be achieved through the IPP process. Micro-enterprise small business ventures are supported by TCRC. These businesses reflect the unique skills and talents of a person. Micro-enterprise loans up to \$1000 are available through the regional center.

## Work Activity Program and Vocational Training/Habilitation

In Title 17, "Habilitation services" means community-based services purchased or provided for adults with developmental disabilities, including services provided under the Work Activity Program and the Supported Employment Program, to prepare and maintain them at their highest level of vocational

functioning, or to prepare them for referral to vocational rehabilitation services. Ask your Service Coordinator for more information on how to participate.

## **Living Options**

Some individuals choose to live independently from family in their own home or in a licensed residential facility. If the person chooses to live in their own apartment, an application for subsidized housing may be appropriate. There is a long waiting list for most subsidized housing options, so an application should be made well in advance. Supported Living Services (SLS) may be provided when an individual chooses to live in the community with assistance. The Service Coordinator can let you know what options might be available in your community.

Licensed residential homes are located in community settings and can be an option for either adults or children. Family Home Agencies can provide similar home-like settings as well. The goal for all residential services is to maintain the highest level of independence possible, while offering the person a safe place to live. Residential services include:

- Licensed Residential Homes
- Adult Family Home Agencies
- Independent Living Services (ILS)
- Supported Living Services (SLS)

### ***Licensed Residential Homes***

Community Care Facilities (CCFs) are licensed by the state to provide 24-hour non-medical care and supervision to children and adults who are in need of personal services, supervision and/or assistance with tasks that are essential for self-protection or to sustain activities of daily living. Based upon the types of services provided and the needs of the persons served, each facility is assigned a level of care designation. Homes are located in neighborhoods throughout the three counties.

Intermediate Care Facilities (ICFs) offer 24-hour personal care, habilitation, developmental, and sup-

portive health services to people with a recurring, but intermittent, need for nursing services. They are licensed by the California Department of Public Health.

### ***Adult Family Home Agencies***

Adult Family Home Agencies coordinate care for people living in homes that have been certified to provide care to non-related adults. The providers offer family-type care to the people living with them, and generally provide care to only one or two adults at a time. The Adult Family Home Agency is responsible for developing, supporting and monitoring the homes, and they work with Service Coordinators to make a good match between the homes and people who are interested in living in a home-like environment.

### ***Independent Living Services (ILS)***

Independent Living Services (ILS) may be an option for an adult who wishes to live independently, yet needs some support to develop skills such as money or household management. Training focuses on areas of daily living such as budgeting, shopping, health care, meal preparation, and use of public transportation. Planning teams agree in advance upon the appropriate level of service and meet regularly to monitor progress. The purpose is to prepare individuals for successful and long-term independent living.

### ***Supported Living Services (SLS)***

For adults who wish to live independently, Supported Living Services may be an option. They are customized for each individual to meet needs that are identified in the Individual Program Plan. Services are determined by the planning team for assistance with common daily living and routine household activities. In some situations, training and habilitation services are provided to increase a person's ability to meet his or her own needs without assistance. These services help a person make progress toward becoming more independent. Some examples of training may include learning about home care, self care, meal preparation and how to access public transportation.

To determine whether SLS is a good fit for an individual, the planning team will consider that person's financial capability, availability of housing, ability to participate in their own support and to communicate their own decisions. The decision to pursue SLS is centered on the person receiving services. For more information regarding the principles that guide the planning team's decision-making and referral criteria and assessments, see the SLS brochure "Are Supported Living Services Right for Me?" created by the People's Advisory Committee (PAC).

## Senior Services

During retirement planning, the planning team recognizes that a person over the age of 60 may need services and supports similar to a senior citizen. However, primary services, funded by the regional center, will continue to be available.

Supports, services and program options provided to a senior may assist that individual to retain his or her ability to function as independently as possible. Goals for seniors include remaining mobile, physically capable and competent in activities of daily living.

Primary program services for seniors include activities which promote the following: age appropriate leisure and recreation opportunities, general health and well-being, social and friendship circles, life review and reminiscence, and adjustment to loss.

## Transportation

A Transportation Access Plan (TAP) will be developed by the IPP planning team. The plan describes how individuals use specialized or public transportation, such as to day services or employment. TCRC may fund transportation to day services when generic resources are not feasible.

With an emphasis on safety, travel training is a program that teaches people with developmental disabilities to access public transit services within their community. The trainees learn to read service schedules and perhaps even learn to route their trip. Common forms of travel include public transit buses,

walking and riding a bike. Although the most popular training destination is from home to program and back, training may be provided to other locations as needed.

## Mission

TCRC provides **person and family centered** planning, services and supports for individuals with developmental disabilities to maximize **opportunities and choices** for living, working, learning and recreating within their **community**

## San Luis Obispo County

### Atascadero

7305 Morro Rd., Suite 101  
Atascadero, CA 93422

(805) 461-7402 *phone*

(805) 461-9479 *fax*

*Parents Helping Parents FRC*

(805) 461-7415 *phone*

### San Luis Obispo

3450 Broad St., Suite 111  
San Luis Obispo, CA 93401

(800) 456-4153 *toll free*

(805) 543-2833 *phone*

(805) 543-8725 *fax*

*Parents Helping Parents FRC*

(805) 543-3277 *phone*

## Santa Barbara County

### Santa Barbara

520 East Montecito St.  
Santa Barbara, CA 93103

(800) 322-6994 *toll free*

(805) 962-7881 *phone*

(805) 884-7229 *fax*

*Alpha Resource Center*

(805) 683-2145 *phone*

### Santa Maria

1234 Fairway Dr., Suite A  
Santa Maria, CA 93455

(800) 266-9071 *toll free*

(805) 922-4640 *phone*

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*Alpha Resource Center*

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## Ventura County

### Oxnard

2401 E. Gonzales Rd., Ste 100  
Oxnard, CA 93036

(800) 664-3177 *toll free*

(805) 485-3177 *phone*

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(805) 485-9643 *phone*

### Simi Valley

2635 Park Center Dr., Ste A  
Simi Valley, CA 93065

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**Tri-Counties  
Regional Center**

**Person Centered in All We Do**

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