



Independent and Supported Living

IN SAN DIEGO AND IMPERIAL COUNTIES

JUNE 2000

A Guide for Individuals with
Developmental Disabilities,
Service Providers, and
Family Members

Community Living

Success Stories

Common Themes of Success

Starting Services

Where & How to live

Community Resources



Section VI Community Resources **43**

Section 8 Rental Assistance 45

In-Home Supportive Services 46

Appendices 47

Roommate Questionnaire 49

Questions to Ask While Looking for Your Home 51

Tips for Renters Seeking Housing 55

Housing Availability Checklist 56

Household Items to Consider 57

Section 8 Rental Assistance Information 61

Supported Living Agencies 62



Preface

This guidebook has been made possible through an Incentive Funds Grant to Community Interface Services from the San Diego Regional Center for the Developmentally Disabled. Community Interface Services, a nonprofit organization founded in 1983, assists adults with developmental disabilities in becoming as involved and independent in their communities as possible, by delivering services in people's own homes and neighborhoods, and on the job.

In order to assist adults with developmental disabilities in reaching their individual potential for community participation and independence, the Mission of Community Interface Services is to provide quality, individualized, community based support and training in employment, housing, community living, and other related services.

Community Interface Services has long been committed to the ideal that all persons, including those with developmental disabilities, have the right to make the important decisions that affect their lives. Some of these most basic decisions are how, where, and with whom to live—decisions which many persons without developmental disabilities simply take for granted.

Persons with developmental disabilities have not always had the option of deciding how they would live. Historically, residential settings included state developmental centers, hospitals and other institutions, or the family home. These living arrangements were deemed necessary for the protection of the individual with the disability—as well as for society.

By the mid-1960's, the practice of segregation began to change. Legislation enacted by President Kennedy shifted the residential focus from large institutional settings to smaller, community based homes where persons with disabilities could become more a part of society. With the support of family and service providers, people with disabilities began taking control of their lives, learning new skills, and making their own choices.

Today, people with developmental disabilities have many choices about where to live. In fact, because there are so many living options to choose from now, the process of deciding how, where, and with whom to live can be overwhelming. Choice, with its many benefits, also brings with it some confusion and uncertainty, a lot of responsibility, and some degree of risk.

While no single resource can supply all the answers to questions about independent living and supported living, through this guidebook we hope to provide a starting point for individuals and their families who are interested in learning about community based living options.



Glossary

Independent Living Skills Service (ILS) A support model for adults with developmental disabilities who live in their own homes. ILS provides functional skills training to enable individuals to establish and maintain an independent living situation in the community. The amount of support provided ranges from several hours per month to several hours per day dependent upon need. Services are funded by the regional center.

Individual Support Plan (ISP) A written plan developed by the service provider, service recipient, and team members specifying objectives an individual will work on and how s/he will be supported to meet those objectives. An ISP is usually for six to 12 months and can be modified as life circumstances and support needs change.

Individual Program Plan (IPP) A Regional Center document specifying objectives and supports for an individual service recipient.

In-Home Supportive Services (IHSS) IHSS provides in-home assistance to disabled individuals so that they can live safely in their own homes. IHSS is funded by the County of San Diego Aging and Independence Services rather than the regional center.

Person Centered Planning or Personal Futures Planning An approach to determining, planning for, and working toward an individual's preferred future. A framework for planning and making decisions, not a collection of methods or procedures. Services are planned by/with, not for, the person being served.

Planning Team A group of people, including the service recipient, family members or friends, the regional center service coordinator, and others identified by the service recipient, who work together to help the individual plan and achieve objectives.

San Diego Regional Center (SDRC) The San Diego Regional Center is one of 21 private, nonprofit regional centers in California, established to provide diagnostic counseling and service coordination for people with developmental disabilities.

Service Coordinator (SC) A service coordinator is a regional center staff person that arranges services for regional center service recipients.

Supported Living Services (SLS) Services and supports provided by a vendor to enable a service recipient to live in his/her own home, to participate in community activities to the extent appropriate to one's interests and capacities, and to realize individualized potential to live an integrated, productive, and normal life. Services may be provided up to round-the-clock. Supports are tailored to the individual's needs, and may be provided through a live-in support person, rotating staff, In-Home Supportive Services, or any combination of support structures. Services, except for IHSS, are funded by the regional center.

Vendor or Service Provider A service agency funded by the regional center to directly provide a variety of authorized services to an individual with a developmental disability.



Section | Community Living

Introduction

Independent Living Skills

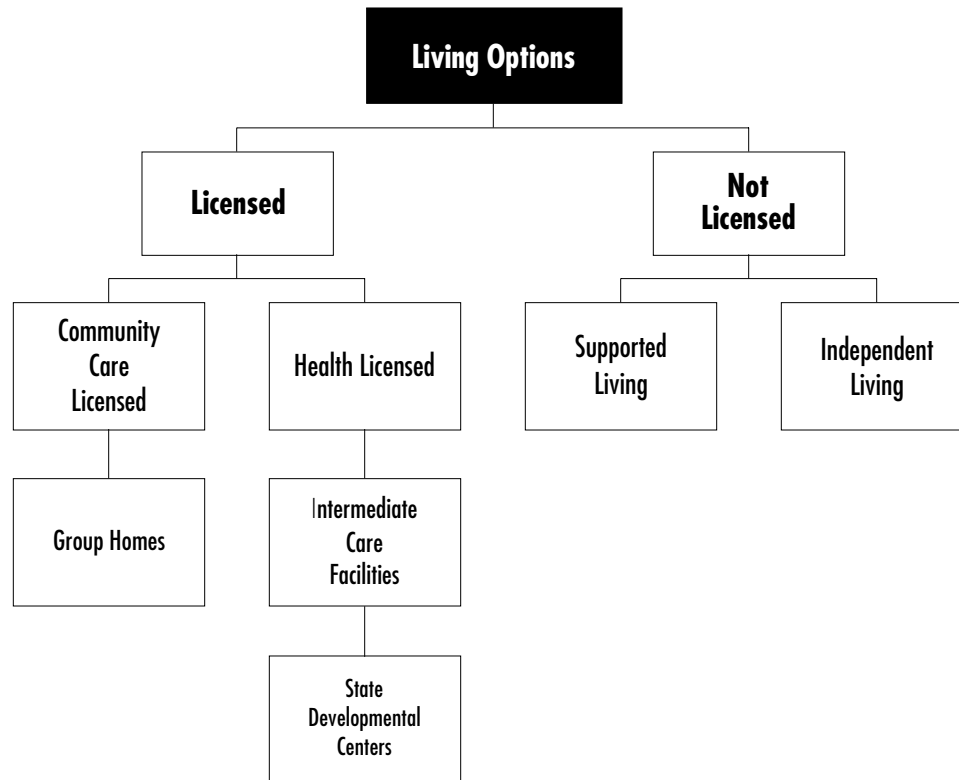
Supported Living Services

Choice



Introduction

In California, living options for persons with developmental disabilities can be broadly categorized as either “licensed” or “not licensed”:



Residential facilities are licensed by either the Department of Social Services, Community Care Licensing Division, or by the Department of Health Services, Licensing and Certification Division. Licensed facilities are inspected by the appropriate licensing agency and must provide supervision for their residents 24 hours per day.

Licensed facilities include large state developmental centers, residential care facilities for elderly, intermediate care facilities, and smaller, more homelike neighborhood group homes. Licensed facilities come in all sizes from as large as hundreds of beds to six beds or sometimes fewer. While residents of licensed facilities have many rights, they have very little control over who they live with, who their round-the-clock support staff is, and other aspects of their living environments.

Unlicensed living options include Independent Living Skills and Supported Living Services, and they are unlicensed because people live and receive services in their own homes. Independent Living Skills and Supported Living Services are similar in that the individual chooses where and with whom to live, and controls the living environment. Services are provided to accommodate and support the individual's chosen living option, rather than the living setting being chosen based on the support that the individual needs, as may be the case in licensed settings.

While licensed and non-licensed settings both have advantages and disadvantages, this guidebook focuses on the non-licensed living options: Independent Living Skills and Supported Living Services. A common theme of both Independent Living and Supported Living is flexibility. These service styles do not rely upon a "set" support structure. The amount and type of support provided is tailored to the individual's needs, and it changes as service needs inevitably change—without the individual having to move, as may be the case in the licensed residential system.

The goal of this guidebook is to help individuals decide if Independent Living or Supported Living will meet their individual needs, and then to assist individuals and family members to make informed choices regarding which type of support approach is the best match to individual dreams, desires, and needs.

In discussing Independent and Supported Living, it is important to remember that both services have different meanings in different areas of the state, and indeed, across the nation. What is considered Supported Living in one regional center may be considered Independent Living in another. Here, we will discuss Independent Living and Supported Living as they are generally practiced in San Diego and Imperial Counties.

Supported Living Services

Like Independent Living Services, Supported Living Services are provided to adults in their own homes, tailored to individual needs, focus on increasing independence and participation in the community, and are funded and monitored by the regional center. The degree or intensity of support provided in Supported Living is generally greater than that typical of Independent Living. In addition to the services funded by the regional center, many Supported Living service recipients are also eligible for augmentative In-Home Supportive Services (IHSS). **See page 46 for further information on In-Home Support Services.**

In Supported Living, staff configurations take many forms, such as home health care assistance on an as-needed basis, living with a paid or unpaid roommate, or living alone with 24 hour on-call staff available. Generally, the paid support person assists with daily tasks such as bathing, dressing, cooking, cleaning, and shopping. Supported Living Services are used by people who are physically unable to provide for their own safety around-the-clock for such situations as needing to get out of bed and their house in the event of a fire or earthquake.

Supported Living Services are able to provide a high level of ongoing personal care and safety assistance so that individuals that might otherwise only be able to live in licensed facilities can live in, and control, their own homes. In addition to personal care and safety support, Supported Living Services encourage independence in tasks for which the individual has the skill and/or ability.



Choice

Special thanks to Michael W. Smull for his extensive work and writings in the area of choice.

What does it mean for a person with a developmental disability to live in the community? There are probably an infinite number of answers to this question, but the central theme to most of the answers would likely involve the concept of choice. The word “choice” is used a lot today in the developmental disability service system, with a lot of different meanings and implications. According to Michael W. Smull, a leading expert in the field, choice really includes three closely related concepts:

Preferences include a person’s likes, desires, and dreams. Examples of preferences are favorite foods, favorite people, preferred activities, and favorite places.

Opportunities are the available array of options, such as: What are the activities available at any given time? What food is available for dinner? Who is available to spend time with?

Control is the ability to use an opportunity to satisfy a preference.

While preferences reflect what a person wants, opportunities reflect what is available to that person. Unfortunately, preferences and opportunities are not always the same. Like the song says, “You can’t always get what you want.” All too often for persons with disabilities, control is the missing ingredient. For example, a person might love to go swimming. Swimming is a clear and well-known preference for this individual. There is a good opportunity to satisfy this preference, as a community pool is located just a few miles away which is open several evenings a week and on weekends. But in order to exercise control, this individual needs to be aware of the pool, have the self-confidence to go there, be able to get to the pool at the open times, be able to interact with others while there, be able to change in and out of the appropriate clothes while at the pool, etc.

A key concept of community living is supporting choice by helping a person with a developmental disability to bring together individual preferences, opportunities, and control. In this way, persons with developmental disabilities can be assisted to enjoy lives similar to persons without disabilities.

Sometimes, support persons tend to resist choice out of fear that an individual will choose unrealistic or unaffordable options. But in reality, what people really want is typically modest. There must be some distinction made between what a person really wants and what would be nice to have. Often, support staff must strive to uncover these differences.

Responsibility and Risk

With choice come responsibility and risk. Once individuals have the power to make informed choices, they must accept responsibility for the consequences of those decisions. For example, an individual's choice to move into the community means taking on the responsibility of paying bills. If an individual chooses to spend grocery money on videos and compact discs, that individual may need to take responsibility for going to the food bank to get enough food to eat until the next check arrives.

Often the choice of moving into the community involves venturing into uncharted territory and poses risks. Perhaps the move will not go smoothly. The first neighborhood a person moves into may turn out to be a poor match. The person may accidentally get on the wrong bus going home and be temporarily lost.

People who are thinking about Independent or Supported Living should keep in mind that there is no such thing as a "risk-free" life. However, risk can be minimized through preparation and support. Skydiving, for example, is one of the riskier activities one can participate in. But prior to ever getting on the jump plane, a beginning skydiver goes through many hours of training and practice. On the first several jumps, the beginner is accompanied, literally held on to, by two experienced instructors, one on either side, ready to assist if the beginner "loses it". All equipment, including a spare parachute, is checked, double-checked, and triple-checked. In this way, the risk is minimized so that, to the participant, the benefits of the activity outweigh the risks.

The risk of living in the community may pale compared to skydiving, but the parallels are relevant. For both, preparation and support are used to bring risk down to a level that is acceptable as defined by the participant and family. Risk should be kept manageable and in context, and balanced with the benefits that community living may bring. Independent and Supported Living strive to provide just that—services which support an individual's right to choice, independence, self-empowerment, and community involvement while helping the individual to balance safety, risks, and responsibilities.



Section || Success Stories

Mike D.

Bruce M.

Mark K.



Often, when individuals with developmental disabilities or their family members first think about “moving out,” they are filled with mixed emotions and many questions. If the individual’s only prior living situation was the family home or a licensed residential facility, there may be a great deal of doubt about the feasibility of Independent or Supported Living. Can this person “make it on his or her own”? And there is fear. Will s/he be taken advantage of, lost, lonely, hungry? Will s/he get needed medical attention? Will s/he remember to turn off the stove, lock the door at night, and pay the rent on time?

A child’s—even an adult child’s—move into the “real world” is stressful for both family and child. Mixed emotions are normal whether there is a disability involved or not, and there are certainly no easy solutions. To get a better understanding of what individuals and their families experience as they live through the process of “moving out,” we asked some of the people we have worked with over the years to share their stories. With their permission, we pass along their stories in this section.

Readers are cautioned to avoid making direct comparisons to the people in the stories. One can look at a person’s successful experience and think “Sure, it works fine for Bob there, but my Joe can’t do X, needs Y, and will never understand Z, so it would never work for Joe.” Certainly, all individuals are very unique, with specific needs, likes, dislikes, skills, and abilities, so it is impossible to say that what works for one person with a developmental disability can work (or is even desirable) for another person with a developmental disability.

The point of these stories is to show that it is possible for persons with developmental disabilities to live successfully in the community with control over their own homes and lives, and to show that each situation is different, and that supports differ accordingly.

Mike D.

Mike is 47 years old and he has spent most of his adult life in state hospitals and developmental centers in California and Massachusetts. He uses a wheelchair and has cerebral palsy, and he has bipolar affective disorder and clinical mood disturbance. Although Mike longed for more control and freedom in his life, circumstances prevailed to keep him in Fairview Developmental Center for many years. Finally, through a special state project to move people from the developmental centers to the community, Mike began working toward his dream of moving into his own apartment—a place where he could have privacy, his own space, and real control over his life.

Mike is said to have “intense” needs. Mike’s cerebral palsy affects his mobility and dexterity; he has a history of psychiatric episodes, and takes a lot of medications. Mike’s support team at the developmental center, his Regional Center service coordinator, and his sister, Jacqueline, worked intensely with Mike to help him decide just how he wanted to live in the community and what supports he would need. Needless to say, there was great concern for his safety. How would he handle emergencies? How would he get out of the apartment if there was an emergency in the middle of the night? How would he make meals, do laundry, and take care of all of the other mundane tasks of daily living?

Mike chose Community Interface Services to help him with the big move. Together, Mike and his team agreed that a live-in support person would best meet his needs. Finding a live-in support person is often difficult and time-consuming. The support person and the individual with the disability must be compatible in terms of geographic preferences, lifestyles, and personalities. In Mike’s case, it took over a year to find a good match! Finally, in July 1997, Mike moved from Fairview to a comfortable two-bedroom apartment in Oceanside, and for the first time in his life Mike had a home where *he* was in charge. Mike decided where the furniture went, what he ate for dinner, and who came and went in his home. He proudly carried his own key on his keyring, and he quickly learned to lock and unlock the door himself. Mike’s apartment complex even added a ramp to make it easier for him to pass through the door with his wheelchair.

The changes in Mike’s living environment, while very positive, did take quite a bit of getting used to for Mike and his support team. Even positive change can be stressful, and it took time for Mike to settle in and get comfortable in his new surroundings. During this adjustment time, Mike experienced some psychiatric difficulties that required emergency trips to the hospital. His support staff found a psychiatrist in the



community that was able to work effectively with Mike and help him stabilize by discontinuing several conflicting medications and beginning a new, more appropriate medication.

During the first few months, it was common for Mike to ask things like “Can I listen to the radio?”, “Can I go to bed now?”, “Can I have a peanut butter and jelly sandwich for lunch?”, and “Can I call my sister?” At first, these questions were surprising to the people that worked with Mike, but one had to remember that Mike was not used to being able to make these simple choices for himself. The small personal freedoms which most people without disabilities take so much for granted, were completely unfamiliar to Mike.

Now, living with a roommate in the community, Mike is able to decide for himself what he will have for dinner, when he will go to bed, and when he will call his sister. His roommate helps him go to the beach, eat out at McDonald’s, or go to movies when he wishes.

It has now been almost three years since Mike moved into his own home, and everybody who knew him before cannot help but notice the changes in him. Mike is truly relaxed and comfortable in his own home, and he has become much more accustomed to exercising his power of choice. Mike and his roommate have adapted well to each other, and now work together like a well-oiled machine.

There were many hurdles and rough spots for Mike to overcome in his quest to have a home of his own, but his support team and his support staff pulled together with Mike to get through it and make community living work.

Bruce M.

Bruce is a middle-aged man who has overcome hurdles that few people can even imagine. Born with mild cerebral palsy, Bruce lived with his family while growing up and as a young adult. He was very independent and active in the community, learning to drive and working several jobs. One of his jobs was in his father's auto repair business where Bruce was able to work while indulging his enthusiasm for engines and mechanical things.

In October of 1992, Bruce was involved in a dune buggy accident which almost cost him his life. He was in a coma for nine months. He became quadriplegic and lost the ability to speak. He was left with partial use of his left arm, which he uses to control an electric wheelchair and to point to words and letters on a communication board. After the accident, Bruce needed intensive support for all of his personal care, and the only place where he could receive this level of ongoing care was a nursing home, so Bruce was transferred to a convalescent hospital in December of 1993.

While the nursing home was able to meet Bruce's physical needs, it was far from an ideal environment for him. Bruce, a formerly active and robust young man, was suddenly living in an institution with people much older than he. Other than the rare occasions when his father was able to load him in a van, Bruce was not able to get out into the community to enjoy the activities that he had known all of his life. When we met him, Bruce desperately wanted *out*—out into the community, where he could again have some control over his life.

Bruce receives services from San Diego Regional Center, who assisted him in selecting Community Interface Services for an assessment of needs for community living. Community Interface began working with Bruce while he was still living in the nursing home, getting to know his likes, needs, and abilities. Bruce's team worked extensively with him to determine what supports he would need to live safely and successfully once he moved back into the community. Ultimately, Bruce's team agreed that Supported Living Services and a live-in support person were the best solution to Bruce's needs.

Many months were spent looking for the roommate, but perseverance paid off, and Bruce finally moved into an apartment of his own in El Cajon along with his new roommate. During his first few months in the new place, he and his roommate made up for some lost time going camping, barbecuing, cruising to the beach, out to concerts, and, with Bruce being the ladies' man that he is, out to check out the scenes at quite a few nightclubs. Bruce's new life stood in stark contrast to life at the nursing home!



Now, Bruce has been living in the community with Supported Living Services for over two years. During that time, Bruce has experienced many changes. He has struggled to work out lasting relationships with roommates, and he has moved twice. Again through perseverance, he has acquired a new and much safer electric wheelchair, a new shower chair, an amazing computerized communicator that translates his typed input into spoken words, and a TTD so that he can communicate over the phone by typing his words.

By far the most significant change in Bruce's life has been his renewed involvement in his community and his personal happiness. Bruce's freedom is heightened by his new found use of public transportation, and he has learned important community and home safety procedures so that he can spend time on his own. With these new found skills, Bruce can now go to Balboa Park by himself to participate in one of his favorite pastimes, chess, and to El Cajon Speedway to enjoy the races.

Bruce has made many new friends since moving back into the community. He is one of those rare people that seems to always have a smile on his face. He is always eager to meet new people, and he is always in a good mood, despite whatever hurdle may be in his way. Bruce has been an inspiration to every one that works him, and he continues to be a living example of the ideals of Supported Living.

Mark K.

Meeting Mark today, it is hard to believe that there were ever major doubts about him living on his own. Making dinner, walking with his girlfriend, or riding the bus 25 miles to work each day, he seems very independent and capable. And indeed, he is. But it wasn't always this way.

Mark, now in his forties, lived at home with his parents prior to moving out on his own. According to Mark's parents, who have continued to remain very involved and supportive in their son's life, it never occurred to them that Mark could make it on his own. They didn't really think he was capable, and Mark tended to go along with their assessment. It wasn't until Mark was in his late twenties that he and his parents began to consider other living options. His parents started to realize that it was doing a disservice to Mark for him not to have the opportunity to live on his own and be around people his own age, and Mark started to feel the need to "spread his wings" a little and get his own place.

Once Mark and his family decided to go for it, his Regional Center service coordinator arranged for Independent Living Services. An Independent Living staff person began working with Mark to identify his strengths, needs, and preferences. Around the same time, Mark also found out that a friend of his was looking to get an apartment in the same area. After talking things over, Mark and his friend decided to get an apartment together and to share expenses.

Once Mark moved out with his friend, his support staff began working with him more frequently. Over time, and with assistance from his parents and staff, Mark mastered many necessary skills for living independently in the community. He learned to cook, do laundry, grocery shop, budget, pay bills, handle his banking, clean his apartment, ride the bus, get along with a roommate...all the "nuts and bolts" that go along with living independently.

For both Mark and his parents, the change was stressful at first, and they called each other frequently. Mark learned to do most tasks successfully, to the surprise of his parents. As he learned new skills, he and his support staff would shift their attention to additional skills which Mark and his team felt were important.

Mark has now lived independently for 13 years, and it is hard for him to imagine living any other way. As he has learned more skills and become more independent, the support that he needs has tapered off to the point where now he only needs Independent Living Services for a few hours a month to stay on top of things. Mark has lived with many different roommates and in many different apartments over the



years, not unlike most young adults. Throughout it all, Mark's supports have adapted to fit his changing needs, and Mark has thrived on his independence.

Looking back on his experiences, both Mark and his parents agree that it was a great thing for Mark to move out on his own. As Mark said, "It's been a really neat experience, a lot of fun!" Certainly there have been stressful times, but the benefits have more than made up for the difficulties. Mark lives his own life as he sees fit, and his parents help out as they can (and as Mark allows!). Mark's parents are comforted in knowing that Mark will have the support he needs to remain successful at independent living even when they are no longer able to help him.



Section **|||** Common Themes of Success

Motivation

Communication

Teamwork

Planning



The individuals whose stories were just presented came from different backgrounds, and they had different strengths, different support needs, and different desires. Yet they all are prime examples of how Supported Living and Independent Living work. This section explores some of the common themes of just what made it work for those and other individuals. What did the people involved do right to make sure that things worked out, regardless of the hurdles encountered?

Motivation

Many, if not most, of the people now living successfully with Independent Living Skills or Supported Living Services at some point wondered if it was all worth it. Being responsible for paying bills every month, cooking, cleaning, doing laundry, trying to find a suitable roommate, or a decent, affordable apartment can get pretty trying for anybody, with or without a disability.

Driving the whole process of successful community living is the motivation to succeed. To even start the process with Regional Center, an individual must have the expressed desire to live in the community with Independent Living Skills or Supported Living Services. But given the hurdles that must be overcome, success takes more than just simple desire. A strong drive to be as independent as possible and to participate to the greatest extent possible in the community are key motivators for success.

Communication

In planning a move to Supported Living Services or Independent Living Skills, there is much to consider in the realm of communication. Often, people and agencies that have not worked together before are suddenly thrust together on a support team, dependent on each other to each do their own particular job, while each staff member may not fully understand the other person's job or the true nature of the various services being provided.

Among service providers who work everyday providing Independent or Supported Living Services, there may be a tendency to "gloss over" certain details that seem obvious. Unfamiliar terms and concepts can be thrown about with the incorrect assumption that others know what they mean. Service providers must remember that this is a new world to the people they are working with and take the time to explain the system, what their job is, what they can and can't do, etc. On the other hand, individuals and family members must not hesitate to ask questions when they are unsure of what is meant or what can be done. Complete and open communication is

a must, and any information that can be provided to team members lessens the chances of misunderstandings and difficulties, and promotes successful community living.

When all members of the team are not communicating well, community living can really unravel. For example, without proper information, a service recipient may think that once he or she is receiving services, the service provider is responsible for paying his or her rent and bills. Or a family member may think that the service provider will write menus, prepare meals, and ensure that the individual gets to bed by 9:00 p.m. every night, while the provider thinks that the service recipient will handle these tasks independently. Conversely, unless information is provided, the service provider will not know in what geographic area a person has always dreamed of living, and will not be aware of important details like a past history of seizures, or a tendency to oversleep, and so on.

When community living is first being explored, it is critical that all team members develop a clear understanding of the individual service recipient's needs, wants, and desires. A service provider cannot do its job properly if it does not have all the pertinent information from the individual and the family, even when the information is sensitive and difficult to discuss. (Service providers in this field are required by law to keep all information regarding service recipients confidential. Specific information can only be released with the signed consent of either the individual or the individual's conservator.)

The sooner in the planning process that open communication can be established, the better. Once all members of the team know each other and are comfortable with one another, planning can flow much more smoothly. Sometimes, one simple phone call between the service provider, the individual, and/or the family can make all the difference.

Teamwork

Supported Living Services and Independent Living Skills services only work when everybody works as a team. No one can do it all alone. The service recipient must always be at the center of the team, but surrounding him or her, every other member of the team must do his or her part. In this way, unproductive finger-pointing can be avoided. Instead of "What are you going to do?", people can ask "What are we going to do?"



Section **IV** Starting Services

San Diego Regional Center Eligibility and Funding for Services

Choosing a Service Provider

Person Centered Planning

Assessment

Procurement of Services



The service delivery system for persons with developmental disabilities in California is large and complex, and the path to community living is not always clearly marked. This section presents a brief outline of how Independent Living or Supported Living Services are typically established.

San Diego Regional Center Eligibility and Funding for Services

For San Diego Regional Center (SDRC) to fund Independent Living or Supported Living Services for an individual (some agencies will accept private pay arrangements for services), that individual must have an active case with SDRC. If an individual does not have an active case with SDRC, one must complete the eligibility determination process. Once someone is determined eligible, a SDRC service coordinator will be assigned and s/he will meet with the individual and family members to discuss available services and options.

Attending a Supported Living Orientation, jointly sponsored by SDRC and Supported Living vendors, is the first step to receiving Supported Living Services. Interested individuals can get the quarterly orientation schedule from their SDRC service coordinator. There is no orientation process for Independent Living Services. Requests for Independent Living or Supported Living Services must be documented in the Individual Program Plan and SDRC must agree to fund the desired service.

Choosing a Service Provider

Individuals interested in pursuing Independent or Supported Living will be provided information on how to contact the various agencies that provide the services. All of these agencies are funded by the Regional Center and may also be called vendors or service providers. It is up to the individual (and/or any involved family members) to contact, interview, and choose the agency. **For a list of Supported Living vendors, see page 62.**

Once an agency has been decided upon, the SDRC service coordinator will contact the agency directly and make what is called a "referral." A referral typically involves passing along the initial information on the individual to the agency, after which point the agency and the individual and/or family can begin discussing the apparent support needs and the range of services needed. Agency representatives may ask to meet the individual face-to-face, and they will provide service description information, answer questions, and gather more background information. Now, it is time for the support team to begin working toward planning for successful community living.

Person Centered Planning

Before any individual begins working toward living on his or her own, there are a lot of decisions to make. Is Independent Living or Supported Living even the right way to go? Does the individual want or need a roommate? Where do they want to live? What can they afford? Obviously, none of these decisions can or should be taken lightly.

Person centered planning (also known as personal futures planning or individual centered planning) is a way of helping a person to figure out where he or she is going in life, and what support is needed to get there. Rather than a specific procedure, person centered planning can be more accurately thought of as a mindset or a method, something that is ongoing as opposed to done once and completed. Really, person centered planning is never completed; it follows the individual through his or her life and helps to guide supports as individual needs change.

In the not so distant past, services for individuals with developmental disabilities were planned almost totally by the “professionals.” Little or no attention was paid to individual wants or desires. Instead, support was dictated based on prescribed, standardized therapies, or what support could be most efficiently provided to a large group of persons with developmental disabilities. Thanks largely to advocacy efforts by and on behalf of persons with developmental disabilities, over the last decade or so, the focus of service planning has shifted much more to the individual being served. Now, instead of supports being planned for the individual, supports are planned by and with the individual. While terms like “person centered planning” may be relatively new, they represent some basic, old concepts—like asking questions and listening to people about their preferences.

To do it effectively, person centered planning requires getting to know the individual by spending time doing things together, asking questions and listening, and observing behavior. Ideally, person centered planning should result in knowledge about:

- Hopes and dreams—where does an individual want to go with his or her life?
- Supports and services—what help will the individual need to achieve his or her hopes and dreams?

The support staff working with the individual may use one or more “tools” to help guide and document the planning process. Despite the tools used in the process, it is important to remember that person centered planning is far more than just a piece of paper to fill out, or one planning team meeting. These are simply starting points, and should be used to help provoke a deeper and more thoughtful consideration of what a person really wants and needs.



Assessment

Typically within the first 30 to 60 days of service, the Independent Living or Supported Living vendor will be funded to do an “assessment” of the service recipient. An assessment is somewhat similar to the person centered planning described earlier; in fact, person centered planning may be done as part of the assessment, and vice versa. One difference with an assessment is that it focuses more on determining what an individual’s skills and abilities currently are, so the individual and members of the team can best decide what supports are most needed.

During the assessment process, much time is spent with the individual, many questions are asked of the individual (and family members, if applicable), and the individual may be asked to complete some tasks to demonstrate skill level. The assessment usually is conducted over several meetings, and may take place in the individual’s home or in various community locations such as banks, stores, and restaurants.

The assessment is considered by SDRC as a separate, preliminary step that must be completed before actual support services begin. The assessment helps determine whether Independent Living or Supported Living Services are more appropriate. By approximately the 30–60 day point, the planning team meets to review the results of the assessment and person centered planning.

The information gathered during the assessment will be used by the individual and the team to develop goals and objectives to focus on. Often, there may be quite a few skill areas to work on, and the assessment can help to prioritize needs so the most important and critical matters are addressed first. In Independent Living Skills services, service outcome objectives will be developed and written on an Individual Support Plan (ISP), a document that clarifies what the objectives are and what will be done to meet them. At that point, funding can be requested, and once received, services can commence. In Supported Living, the results of the assessment are documented in a Supported Living Plan, which outlines in detail, exactly what supports the individual will need to live in the community and how these supports will be provided. Funding is then requested for “Procurement of Services.”

Procurement of Services

For an individual that will be receiving Supported Living Services, the time between the completion of the assessment and when he or she actually moves out into the community is called “procurement.” Procurement involves “procuring” all the necessary items for a successful transition to the community such as:

- Saving money for an apartment.
- Finding a roommate.
- Exploring transportation options to and from work and social events.
- Finding an apartment.
- Planning for the move, including making arrangements with friends, family, and movers.
- Gathering needed household items and furniture.
- Establishing relationships.
- Setting up safety plans.

Obviously, there are a lot of things involved in the procurement of services, and the process typically takes from three months to a year. When all of the pieces come together funding for ongoing Supported Living Services can be requested, and once received, the individual can move and services can commence.



Section V Where & How to Live

Budget

Roommates

Geographic Preferences

Furnishing a Household



Once an individual decides to begin living in the community with Independent Living or Supported Living Services, one of the biggest decisions to be made is where and how to live. Most people have strong preferences in this area, for example, doesn't a large house in La Jolla, overlooking the ocean and staffed with a butler and cook, sound nice? Unfortunately, people can't always get what they want. More than almost any other area discussed in this guide, a heavy dose of reality is very necessary when considering the specifics of where and how to live.

Budget

Whether disabled or not, probably the primary factor determining how anybody lives is what s/he can afford. Unfortunately, persons with developmental disabilities are often on very low fixed incomes, so their choices may be severely limited. It is also important to keep in mind that when an individual is living in the community, he or she is fully responsible for his/her personal living expenses, such as rent, utilities, groceries, and spending money. The San Diego Regional Center and support agencies are not able to help individuals pay personal expenses, so individual's must live within their means whether one's income is from Social Security, Supplemental Security Income, Social Security Disability Income, a trust, wages from a job, or any combination of these. Financial assistance may be available through Section 8 rental assistance, which helps low income persons with disabilities to pay rent, but Section 8 is not connected with SDRC or any support agencies, and there is a long waitlist.

See page 45 for information on Section 8 rental assistance.

As part of the assessment process for both Independent Living and Supported Living Services, the individual and his/her support staff will closely examine the individual's budget to figure out just what he or she can afford.

Roommates

Some persons moving into the community may have a friend or two that they would like to live with. Moving in together with friends can be a great arrangement—not only does it save money but there is the added advantage of companionship from people who are already known and liked.

For others, the question of whether or not to live with another person may be connected to budget considerations. Many people would prefer to live on their own so as to have freedom, space, and privacy, but living alone is often not financially feasible. Most of the time, two people can live together more cheaply than separately.

Support needs also help answer the roommate question. Many persons receiving Supported Living Services need a live-in support person for health and safety reasons, so in these cases a roommate is a necessity, not only for financial reasons but also for support purposes.

Regardless of why two people decide to live together, the choice of who to live with is very important. Every person is unique—we all have our own likes and dislikes and moods and preferences. Some people like to stay up late, while others are in bed by 8:00 p.m. Some people must watch all the games on TV each weekend, and others prefer soap operas. Some people love to cook, while others would rather order pizza or go out to McDonald's. Some people tend to be very neat and tidy, and others are...well, not quite so tidy.

Living habits and preferences may seem insignificant when discussed separately or briefly, especially when the issues may be overshadowed by the excitement of the impending move. But people considering living together must give serious thought to the long-term. Sure, the fact that a potential roommate has some strange habits may not seem like a big deal at first, but how about after a couple months of dealing with those strange habits every single day? Then things may become unbearable. Before deciding to live with anybody, potential roommates really should spend a good deal of time getting to know one another. **For a list of important questions to ask potential roommates, which may help to determine compatibility, see page 49.**

In spite of how much thought and planning goes into the roommate decision, there will be times when things simply don't work out. Differences that were not apparent or did not seem important at first may become big problems. Or one roommate may simply decide that s/he would rather live somewhere else or with another person. Roommate changes are inevitable as are address changes when one is a renter. Whether a person has a developmental disability or not, it is perfectly normal for people living on their own for the first time to experience a variety of different living situations. It is all part of learning how to live in the community independently.

Furnishing a Household

As anyone who has ever set up a household for the first time can attest, it requires a lot of stuff! Furniture is obviously a big consideration. But so are all of those smaller things, like pots and pans, a telephone, lamps, rugs, a toaster, things to hang on the walls...the list is endless.

Most folks will not be able to just run out and buy everything at once. In order to not get overwhelmed by everything that is needed, it may be helpful to make a list prioritizing what is most important. Things like a bed, a chair, a telephone, and a few lamps are pretty high priority. Other things, like an answering machine, posters, extra chairs, and a VCR, are not quite so urgent and could possibly be put off a few months. When beginning to plan for moving into the community, it is a good idea to start asking around among friends and relatives for any donations or loans of furnishings. It may be surprising just what unused treasures people can pull out of attics and garages. Other sources for furnishings are local thrift stores and garage sales—again great sources of affordable hidden treasures. **For a checklist of items that are typically needed in a household, see page 57.**

While trying to pull together all that is needed, the focus should remain on the overall goal of living independently. For most folks, coordinated furniture and a matching set of dishes is not the objective. Establishing a life of his or her own is truly what matters.



Section VI Community Resources

Section 8 Rental Assistance

In-Home Supportive Services



There are many resources in the community to become familiar with, things like libraries, hospitals, recreation centers, community colleges, and emergency services. This section provides information on some of the more critical community resources. A separate and more comprehensive *Community Resources Directory* can be requested by contacting Community Interface Services at (760) 729-3866.

Section 8 Rental Assistance

The major program for assisting very low income families, people with disabilities, and the elderly to rent decent, safe, and sanitary housing is called Section 8. The Section 8 program provides money to local housing authorities, who then use rental vouchers to help pay the rent for qualified individuals and families.

Section 8 is what is known as “tenant-based” assistance, which means the assistance goes with the tenant—it is not limited to a particular rental project. Section 8 is a complex program, and the rules may vary slightly from one jurisdiction to another. In general, once approved for Section 8, the tenant pays about 30% of the household income for rent, and the housing authority pays the remainder directly to the landlord. For example, consider an individual that has income of \$600 per month. Living in a \$500 per month apartment without Section 8, he or she would be responsible for the full \$500 rent. However, with Section 8, the same individual would pay only 30% of their income, or about \$180 for the rent, and the housing authority would pay the remaining \$320. So in this case, the tenant would be saving \$320 per month.

Sounds like a good deal, right? Well, it is, which partially explains why Section 8 can be very hard to get. In most areas, there are long waiting lists for Section 8 assistance—sometimes as long as three to five years. Fortunately, persons with disabilities do get priority, so they will typically receive assistance quicker. Some cities also have Section 8 set aside specifically for persons with disabilities.

In order to apply for Section 8 assistance, an individual must first determine which housing authority to deal with—there are nine different housing authorities in San Diego and Imperial Counties which operate Section 8 programs. A person should apply to whichever housing authority serves the area where he or she lives and/or works. **For a list of the local Section 8 programs, see page 61.**

In order to receive assistance in the shortest possible time, a person will need to be proactive. This means contacting the appropriate housing authority with any change of address or information, so that housing authority staff can notify the applicant when he or she reaches the top of the list.

In-Home Supportive Services

In-Home Supportive Services, or IHSS, provides assistance to eligible disabled individuals who need assistance to live safely in their own homes. IHSS is provided through the County of San Diego Aging and Independence Services. Many individuals with disabilities who receive Independent Living Skills or Supported Living Services may also qualify for IHSS. IHSS provides assistance with basic personal care, health, and safety needs in an individual's home, as an alternative to living in a facility such as a nursing home.

IHSS may seem somewhat similar to ILS and SLS in that the services are intended to help individuals with disabilities to live in their own homes, but there are some important distinctions. IHSS are only provided in the home, and do not allow for any support for an individual to learn how to do a task. Independent and Supported Living Services can be provided anywhere in the community, and focus on assisting the individual to become as independent as possible.

IHSS may pay for a personal assistant to cook meals, do laundry, and vacuum for an individual while Independent Living or Supported Living Services would focus on helping that same individual learn, to whatever extent possible, to cook, do laundry, and vacuum. Independent Living and Supported Living Services also seek to increase quality of life through involvement in community activities and building relationships, areas which IHSS cannot provide support.

In order to receive IHSS, an individual first contacts the local IHSS office. In San Diego County, there are four offices handling IHSS applications:

North County (760) 480-3424

East County (619) 401-3914

South Bay (619) 476-6200

Downtown San Diego (619) 338-2558

Initial applications are taken over the phone. Once the initial application is made, an IHSS caseworker will schedule a home visit within 30 days to assess for individual eligibility and needs. Individuals receiving Independent Living or Supported Living Services are encouraged to ask their support staff for tips on how to effectively request IHSS services.



Appendices

Roommate Questionnaire

Questions to Ask While Looking for Your Home

Tips for Renters Seeking Housing

Housing Availability Checklist

Household Items to Consider

Section 8 Rental Assistance Information

Supported Living Agencies



Roommate Questionnaire

Name of potential roommate

Phone number where you can be reached _____ Sex _____ Age _____

YES NO Have you ever lived on your own before?

Where would you like to live? _____

How much rent can you pay? _____

What utilities are you willing to split:

Cable TV Internet Telephone Gas and Electric Water

YES NO Do you know how to write checks and pay bills?

YES NO Do you have a job?

Where do you work? _____

YES NO Are you in school?

What do you do in your spare time? _____

Where does your family live? _____

YES NO Do you smoke?

YES NO Do you drink alcohol? How often? _____

YES NO Do you use any recreational drugs?

YES NO Have you ever had any mental health or behavioral issues?

YES NO Have you every hit anyone before?

YES NO Do you have medical concerns I should know about?

YES NO Do you have any allergies?

YES NO Do you take any medication?

YES NO Do you have any pets? What kind? _____

YES NO Are you willing to live with pets?

YES NO Are you interested in doing things socially together?

YES NO Do you cook?

Which of the following household responsibilities would you like to share:

- Menu Planning Cooking Grocery Shopping
 Laundry House Cleaning Dishwashing

What kind of music do you listen to? _____

What kind of TV programs do you like? _____

How many hours a day do you watch TV? _____

What time do you usually get up in the morning? _____

What time do you usually go to bed? _____

YES NO Do you have frequent visitors?

How many at a time? _____ How often? _____

YES NO Will any of your guests be staying overnight?

How often? _____

YES NO Are you gone a lot?

YES NO Do you have kids?

How many? _____ What are their ages? _____

How would you describe yourself (check all that apply):

- Outgoing Reserved Active Homebody Busy Tidy
 Relaxed Quiet Social Shy Organized Sloppy
 Private Easygoing Tense Emotional Talkative Introspective
 Introverted Solitary Fun Loving Responsible _____ _____

What are your pet peeves? _____

What major household items do you have (see *Household Items to Consider*)? _____

What household items are you willing to share? _____



Questions to Ask While Looking for Your Home

About the Neighborhood

- YES NO Is a bus line nearby?
- YES NO Is there shopping that you can and wish to access nearby?
- YES NO Is your bank close?
- YES NO Is it close enough to your family, friends, and other natural supports?
- YES NO Is it close enough to places in the community that you like or would like to go, such as your church, a recreation center, your job, the movies?
- YES NO Is it a quiet and safe neighborhood?

What is the neighborhood like? _____

About Accessibility

- YES NO Do doors permit a wheelchair to enter, i.e., are they at least 32" wide?
- YES NO Are there ramps on the complex grounds (including entrance to rental if needed)?
If so, what are their locations? _____
- YES NO Is there adequate handicapped parking and accessibility to the rental from the parking lot?

How many floors does the complex have? _____

- YES NO If there is more than one floor, are there elevators?
- YES NO Are kitchen and bathroom cabinets at a level that will allow wheelchair access and/or parking underneath?
- YES NO Is there a roll-in shower?
- YES NO Is there a hand-held shower head with ample hose?
- YES NO Are there grab bars in the bathroom (toilet and tub)?
- YES NO Will the carpet permit a wheelchair to operate freely?
- YES NO Are there accessible (entry and equipment) laundry facilities?
- YES NO Are there accessible recreational facilities?

-
- YES NO Are the hanging rods in the closet lowered?
 - YES NO Do the doors have handles that you are able to use?
 - YES NO Is there a level approach to the apartment?
 - YES NO Is there an emergency call system in the bedroom?
 - YES NO Is the surrounding neighborhood accessible?
 - YES NO Are the electrical controls and outlets accessible from a wheelchair?
 - YES NO Are there audio and visual smoke detectors for safety?
 - YES NO Are there single-level water mixer faucets?
 - YES NO Is there enough space in kitchen and bath for a wheelchair to make a 360° turn?
 - YES NO Do the cabinets have lazy Susans and pull-out features?
 - YES NO Are there front controls on the stove?
 - YES NO Is the refrigerator side-by-side?

About the Property

- YES NO Are there any special rules that you would have a problem with?
 - YES NO Is there a washer and dryer in the unit or complex?
 - YES NO Is there a laundromat nearby?
 - YES NO Is it furnished?
- How much furniture do you need to buy? _____
- YES NO Can you afford the needed furniture?
 - YES NO Is there a refrigerator?
 - YES NO Does the refrigerator work?
 - YES NO Do the stove and oven work?
 - YES NO Is there a counter on which to fix food?
 - YES NO Are there cupboards to store dishes, pots, and pans?
 - YES NO Is there space to store food?
-



-
- YES NO Is there a dishwasher?
- YES NO Does the kitchen sink have hot and cold water?
- YES NO Are there any signs of roach or mice infestation?
- YES NO Are there enough bedrooms?
- YES NO Are there enough bathrooms?
- Is the apartment downstairs/upstairs? _____
- YES NO Are the rooms large enough?
- YES NO Is there enough closet space?
- YES NO Is there a fireplace?
- YES NO Is there a yard?
- YES NO If so, do you have to maintain it?
- YES NO Is there a patio?
- YES NO Is there a pool/jacuzzi?
- YES NO Is there a recreation room?
- YES NO Are pets allowed?
- YES NO Are waterbeds allowed?
- YES NO Is the unit clean?
- YES NO Are there good locks on all the doors leading outside?
- YES NO Do the ceilings and walls look good? (Don't accept holes, cracks, or peeling paint.)
- YES NO Are there permanent lights in every room?
- YES NO Is there at least one outlet (plug in) in every room?
- YES NO Are the floors in good condition? (Don't accept holes, missing tiles, or torn carpets.)
- YES NO Are the windows in good repair? (Don't accept broken windows.)
- YES NO Are there good locks on all the windows?
- YES NO Do the windows open easily?
-

-
- YES NO Does the heat work?
- YES NO Is there air conditioning?
How much will it cost to run each month? \$_____
- YES NO Is there a smoke alarm that works?
- YES NO Do the bathroom sink and bathtub or shower have both hot and cold water?
- YES NO Does the toilet work?

About Finances

- YES NO Is there a credit check?
- Who pays for the credit check? TENANT LANDLORD
How much? \$_____
- How much is the rent? \$_____ PER MONTH PER WEEK
- YES NO Can you afford it?
- The rental agreement is: MONTH-TO-MONTH LEASE (_____ months)
- YES NO Lease required?
- How much is the security/cleaning deposit? \$_____
- YES NO Is it refundable when you move out?
- How many roommates do you want/need? _____
- How much will each roommate's rent be? \$_____
- Who pays for the water? TENANT LANDLORD
How much? \$_____ per month
- Who pays for the gas and electricity? TENANT LANDLORD
How much? \$_____ per month
- Who pays for the cable T.V.? TENANT LANDLORD
How much? \$_____ per month
- YES NO Are start up deposits required on any of the utilities?
How much? \$_____
-



Tips for Renters Seeking Housing

Just because there is increasing demand for rental housing does not mean that units are not available. These tips are designed to assist renters with finding housing, even in a highly competitive market.

1. Approach your rental housing search like you would a job search. Be organized, serious, professional, and make sure you stand out as the best applicant.
2. Let all your friends and associates know that you are looking and what you are looking for. Explore newspaper classified ads, renter magazines, and the Internet for listings. Post notes on bulletin boards at public places you frequent.
3. Know what you really want and don't want. Be flexible with the rest of your criteria. Be prepared to decide on the spot to leave a deposit and/or credit check fee.
4. Remember, the early bird gets the worm! Check the listings first thing every day, and call early. Respond quickly when a landlord calls you back. If you have a cellular phone, leave that number and have it on while you are out looking at other apartments.
5. If you leave a message on an answering machine, be sure to speak clearly and slowly, and repeat your name and phone number. Be available to accept or return calls, and state in your message when you will be available.
6. Keep your credit in good standing. Obtain a free copy of your credit report, correct any errors, and make sure what you say in the rental application is consistent with what the landlord will see on the credit report.
7. Be prepared with all the information you need to complete a rental application: Prior addresses, bank account and credit card numbers, a list of references. Landlords may not respond to incomplete applications.
8. Contact your references ahead of time to be sure your information on them is current and they are aware that you have used them as a reference.
9. Consider preparing a renter's resume. You may have to repeat the information on the application, but you will stand out as well-organized and prepared.
10. Make a good impression. Demonstrate that you will be a good steward for the landlord's property.

(From the San Diego County Apartment Association)

Housing Availability Checklist

Name of Complex _____ **Date available** _____

Address _____ Rent \$ _____ Deposit \$ _____

Contact _____ Number of bedrooms _____ Number of bathrooms _____

Phone _____ Wheelchair accessibility Pool A/C Washer/dryer

Comments _____

Name of Complex _____ **Date available** _____

Address _____ Rent \$ _____ Deposit \$ _____

Contact _____ Number of bedrooms _____ Number of bathrooms _____

Phone _____ Wheelchair accessibility Pool A/C Washer/dryer

Comments _____

Name of Complex _____ **Date available** _____

Address _____ Rent \$ _____ Deposit \$ _____

Contact _____ Number of bedrooms _____ Number of bathrooms _____

Phone _____ Wheelchair accessibility Pool A/C Washer/dryer

Comments _____

Name of Complex _____ **Date available** _____

Address _____ Rent \$ _____ Deposit \$ _____

Contact _____ Number of bedrooms _____ Number of bathrooms _____

Phone _____ Wheelchair accessibility Pool A/C Washer/dryer

Comments _____

Name of Complex _____ **Date available** _____

Address _____ Rent \$ _____ Deposit \$ _____

Contact _____ Number of bedrooms _____ Number of bathrooms _____

Phone _____ Wheelchair accessibility Pool A/C Washer/dryer

Comments _____



Household Items to Consider

Kitchen

Utensils

- silverware (at least 4 place settings)
- serving spoons
- wooden spoons
- paring knives (2)
- utility knives (several sizes)
- can opener (manual)
- bottle/can opener (punch-type)
- cork screw
- vegetable peeler
- rubber spatula
- plastic spatula
- metal spatula
- wire whip
- ladle
- slotted spoon
- tongs
- colander/strainer
- measuring cups and spoons
- rolling pin
- meat and candy thermometers
- potato masher
- meat tenderizer
- pizza cutter
- basting brush
- ice cream scoop
- manual juicer
- egg slicer
- cheese slicer
- nut chopper
- cookie cutters
- _____
- _____
- _____

Pots and Pans

- sauce pans (4) 2 or 3 sizes with lids
- large nonstick finish frying pan and lid
- small nonstick finish frying pan and lid
- tea kettle
- 9" cake pan (round or square)
- 13" x 9" cake pan (2)
- cookie sheets (2)
- loaf pan (2)
- muffin tins (24 cups)
- pie pan
- casserole dishes (1 and 2 qt. with covers)
- pizza pan
- tube pan
- wok
- egg poacher
- _____
- _____
- _____

Dishes

- 4 large plates
- 4 small plates
- 4 cereal bowls
- 4 coffee cups or mugs
- 4 small glasses
- 4 large glasses
- mixing bowls (3 or 4 sizes)
- sugar bowl and cream pitcher
- serving bowls
- platter
- _____
- _____
- _____

Kitchen

Appliances

- microwave oven
- toaster/toaster oven
- blender
- electric mixer with beaters
- electric mixer with beaters
- food processor
- popcorn popper
- electric can opener
- kitchen clock
- juicer
- crock pot
- electric frying pan
- bread maker
- _____
- _____
- _____

Furniture

- table
- chairs (4)
- _____
- _____

Washables

- dish towels (6)
- dish cloths (3)
- pot holders—mitt-type (2)
- nylon pot scrubbers
- sponges
- table cloth/placemats
- apron
- curtains (if not furnished)
- _____
- _____

Paper/Plastic Products

- garbage bags
- plastic wrap
- plastic food storage bags
- aluminum foil
- napkins
- paper towels
- paper plates
- _____
- _____

Miscellaneous

- step stool
- cookbook(s)
- microwave cookware
- cutting board
- salt and pepper shakers
- kitchen timer (or use stove timer)
- large wastebasket
- dish drainer and tray
- silverware tray
- 2 quart pitcher and cover
- food storage dishes (pint size are good)
- bulletin board and push pins
- canister set
- wall decorations
- paper towel holder
- bun basket
- bread box
- cookie jar
- ice cube trays
- _____
- _____
- _____



Bedroom

Furniture

- bed frame
- mattress and box springs
- dresser or chest of drawers (or both)
- mirror (full length if possible)
- curtains (if not furnished)
- night stand(s)
- chair
- chair
- desk
- _____
- _____

Bedding

- mattress pad
- sheets (2 sets)
- pillow (s)
- pillowcases
- blankets (2 or 3)
- bedspread/comforter
- _____
- _____

Miscellaneous

- alarm clock or clock radio
- wastebasket
- laundry basket
- hangers
- throw rugs
- electric fan
- pictures or wall decorations
- _____
- _____
- _____
- _____

Living Room

Furniture

- couch/davenport
- chair(s)
- end tables (2)
- lamps (2)
- coffee table
- bookshelves
- TV stand
- stereo cabinet
- hat rack/clothes tree
- _____
- _____

Floor/Window Coverings

- door mat
- throw rugs
- rug (if not furnished)
- curtains/draperies (if not furnished)
- _____

Home Entertainment

- radio/stereo
- CD/tape player
- television
- VCR
- _____

Miscellaneous

- telephone
- pictures or room decorations
- plants
- ashtrays (if you intend to allow smoking)
- _____
- _____
- _____

Bathroom

- bath towels (4 or more)
- hand towels (4 or more)
- wash cloths (4 or more)
- bath mat
- no-slip strips for tub
- shower curtain and rings (if not furnished)
- window curtains (if not furnished)
- soap dish or dispenser
- soap
- toilet paper
- facial tissue (e.g. Kleenex)
- wastebasket
- toilet bowl brush and holder
- plunger
- first aid kit
- personal grooming supplies
- toilet tank and lid covers
- scale
- room decorations
- _____
- _____
- _____
- _____

Clothing Care

- laundry detergent
- pre-wash spray
- fabric softener
- non-chlorine bleach
- ironing board
- iron
- sewing kit
- _____
- _____

Cleaning and Maintenance Needs

Equipment

- vacuum cleaner
- extra vacuum bags
- broom
- sponge mop
- dust mop
- dust pan
- bucket
- rubber gloves
- sponges
- dust cloths and cleaning rags
- _____
- _____

Supplies

- oven cleaner
- rug shampoo
- drain cleaner
- all-purpose, household cleaner
- window cleaner
- nonabrasive cleanser
- toilet bowl cleaner
- furniture polish
- dish soap
- dishwasher soap (if you have one)
- _____
- _____

Tools

- hammer
- screwdrivers (Phillip's head and regular)
- scissors
- picture hangers
- light bulbs (60 watt or as needed)
- _____
- _____



Section 8 Rental Assistance Information

Calexico

Calexico Housing Agency
1006 E. 5th Street
Calexico, CA 92231
(760) 357-3013

Carlsbad *(includes La Costa)*

City of Carlsbad Housing Agency
2965 Roosevelt Street, Suite B
Carlsbad, CA 92008
(760) 434-2810

Encinitas *(includes Leucadia, Cardiff, and Olivehain)*

City of Encinitas Housing Department
505 S. Vulcan Avenue
Encinitas, CA 92024
(760) 633-2723

Imperial Valley *(includes El Centro, Brawley, Imperial City, Holtville, Calipatria, and Westmorland)*

Imperial Valley Housing Agency
1401 D Street
Brawley, CA 92227
(760) 351-7000

Branch Office (serving El Centro)
1690 W. Adams Avenue
El Centro, CA 92243
(760) 337-7500

National City

Community Development Commission
140 E. 12th Street, Suite B
National City, CA 91950-3312
(619) 336-4257

Oceanside

City of Oceanside
Housing Department
321 N. Nevada Street
Oceanside, CA 92054
(760) 966-4585

San Diego City

San Diego Housing Commission
P.O. Box 620279
San Diego, CA 92162-0279
(619) 702-3096

San Diego County *(includes Chula Vista, Coronado, Del Mar, El Cajon, Escondido, Imperial Beach, La Mesa, Lemon Grove, Poway, San Marcos, Santee, Solana Beach, Vista, and the unincorporated areas of the county)*

Housing Agency
of the County of San Diego
3989 Ruffin Road
San Diego, CA 92123-1890
(619) 694-4890

Vista

City of Vista Housing Department
City Hall
600 Eucalyptus Avenue
Vista, CA 92085
(760) 639-6193

Note: The Housing Commission also operates the Aftercare program, which is Section 8 rental assistance set aside for persons with disabilities. However, as of April 2000, the Aftercare waiting list is closed and is not accepting new applications. Watch for an announcement that this waiting list has been reopened.

Note: Although the Section 8 program for Vista is administered by the County, Vista has a separate program for Vista residents called "Tenant Based Rental Assistance," which is basically the same as Section 8.

Supported Living Agencies*

Career Development Program

Serves San Diego and Imperial Counties
5520 Ruffin Road, Suite 108
San Diego, CA 92123
(619) 576-1384

Contact:

Katherine Orozco

Community Interface Services

Serves all areas in San Diego County
2621 Roosevelt Street
Carlsbad, CA 92008
(760) 729-3866

Contact:

Darcy Dahlen

Creative Support Alternatives

Serves San Diego to East County
5850 Hardy Avenue, Suite 112
San Diego, CA 92182
(619) 594-2462

Contact:

Mary Ellen Sousa or
Deborah Tweit-Hull

P.R.I.D.E. Inc.

*Serves Mira Mesa south to San Ysidro,
San Diego coastal to East County*
3655 Ruffin Rd.
Suite 335
San Diego, CA 92133
(619) 467-6840

Contact:

Gill Cavness or
Mary Ellen Stives

Toward Maximum Independence

*Serves South Bay north to Carlsbad, east
to El Cajon*

4740 Murphy Canyon Road, 3rd Floor
San Diego, CA 92123
(858) 467-0600

1900 Sunset Drive, Suite E
Escondido, CA 92025
(760) 839-5255

Contact:

Deborah Callahan

*All of the above Supported Living agencies also provide Independent Living Skills services. There are other Independent Living Skills service providers in addition to these. Your San Diego Regional Center service coordinator can provide you with a current list of Independent Living Skills service providers.



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