

Valley Mountain Regional Center Service Standards

Living Options: Independent Living Services (ILS)

Valley Mountain Regional Center (VMRC) recognizes and supports the fundamental purpose of Independent Living Services (ILS): giving adult consumers the functional skill training and educational opportunities to secure a self-sustaining, independent living situation in the community and/or provide the support necessary to maintain those skills.

For those consumers planning to live independently, goals and outcomes should be addressed within the context of other services he/she may receive; e.g., day program, residential services, etc.

I. Definition

- A. **Independent Living Services (ILS)** are those training, educational and maintenance services which are identified by the IPP planning team (formerly ID Team) provided by generic community agencies, an Independent Living Specialist (Service Code 635) or an Independent Living Program (Service Code 520). These services shall train/educate and/or offer maintenance services that will assist the individual to:
1. Live independently in his or her own home;
 2. Individuals who reside in licensed facilities should have their needs met by that facility. However, the planning team may recommend that the consumer receive ILS, including an assessment:
 - a. The individual needs specific training in areas that the residential facility does not address in its program design. In most instances the person plans to live in a home of his/her own in the future.
 - b. An evaluation may be completed to identify what training needs to be done by the residential care provider and/or day program so the consumer can eventually live independently. This evaluation would be completed by an ILS provider, but the specific training activities will be done by residential and/or day program provider.
 3. For those individuals living in homes of family members, VMRC will provide services to promote integration into natural communities, functional skills training to encourage independence, and maintenance in areas in which those services are needed. These services can be provided through ILS if generic resources are unavailable or inappropriate. The design of these services will be tailored to the individual's needs as determined through the planning team.

II. Eligibility

Eligibility for ILS:

1. Persons who are 18 years of age or older;
2. The individual expresses (independently or through a personal advocate) a desire to live in their own home or in the home of a family member;
3. A person who resides in a residential facility and who has expressed a desire to live independently, but needs some functional skills training in advance. ILS may be recommended at the request of the consumer as part of the planning team. The planning team must review the facility's program design in order to verify that the provider does not provide those specific services prior to making any decision regarding VMRC funding of such services.
4. The individual's health and safety needs can reasonably be met through ILS;

The following issues are reasonable for the planning team to consider:

1. The person's personal objectives can reasonably be met through ILS;
2. The person will, in the judgment of the planning team, benefit from ILS;
3. The individual receives or is eligible to receive financial resources necessary to pay for rent/mortgage, utilities, food, clothing, and all other typical daily living expenses;
4. Appropriate and available generic resources and supports, including In-Home Support Services (IHSS), have been accessed to the fullest extent possible.

III. Assessment

It is generally expected that persons desiring to live on their own will agree to participate in an assessment by a qualified vendor. This assessment would provide information to the regional center regarding:

- Statement of consumer's strengths and needs related to living independently.
- Health and safety risk.
- Training/educational and skill maintenance needs.
- The person's amenability and motivation to receive services.
- Recommendations for development of a community resource plan (proposed plan for accessing community services).

Although it is recognized that the assessment process is an integral part of ILS and that during this time the consumer and provider begin to develop a foundation of trust and rapport, VMRC may select one vendor to provide the assessment and a different one to provide the identified training/education and maintenance of skills.

The planning team may determine the specific areas to be assessed as well as the number of hours the assessment may take. The total number of assessment hours is generally not more than 24 and, depending on the scope of the assessment, may be less.

The planning team should consider the following when determining the number of assessment hours:

- Consultation with referring SC/historical review.
- Interview of consumer.
- Consumer observation/data collection.
- Interviews, meetings with service providers, significant others.
- Identification of community resources and supports including IHSS that would further enhance the consumer's move towards independence.
- Develop recommendations for a community resource plan.
- Follow-up consultation with SC/planning team.

In addition, the planning team may feel there is enough information to determine need and may forgo a more formalized assessment.

IV. Service Hours

The planning team can agree to the following:

- New referrals: Up to 24 hours for assessments
Up to 25 hours for move planning
- Currently living independently: Up to 39 hours per month
Above 39 hours per month requires an expanded planning team with review by the Program Manager
Up to 25 hours for move planning, one time per calendar year.

V. Service Monitoring and Renewal

The following schedule will apply to all purchase authorizations:

“Title 17--Section 56720

- (a) The vendor shall be responsible for establishing, maintaining, and modifying, as necessary, documentation regarding the manner in which it will assist each consumer served in achieving his/her IPP objective(s) for which the vendor is responsible.
- (b) The following time lines shall be followed in establishing, maintaining, and modifying the documentation required in (a) above.
 - (1) The regional center shall provide the vendor a written copy of the consumer's IPP within 30 days following:

- (A) The consumer's admission to the vendor's program; and,
- (B) Any modification made by the ID Team to the consumer's IPP.
- (2) The vendor shall prepare the documentation required in (a) above within 30 days of receipt of the IPP pursuant to (b)(1)(A) or (B) above.
- (c) Each fiscal year or at least semiannually, the vendor shall:
 - (1) Review the consumer's performance and progress in relation to each IPP objective for which the vendor is responsible; and,
 - (2) Submit written documentation to the regional center which includes all of the following:
 - (A) An evaluation of the consumer's performance and progress based upon the review conducted pursuant to (c)(1) above;
 - (B) Identification of the barriers to the consumer's success in achieving the IPP objective(s) for which the vendor is responsible and how such barriers shall be overcome in the future; and,
 - (C) Whether the vendor's program can continue to meet the consumer's needs as specified in the IPP."

However, each consumer's ILS must be reviewed for progress at least quarterly by the planning team, which includes the service provider.

VI. In-Home Supportive Services (IHSS)

It is important to note that VMRC services cannot supplant those services provided by IHSS, and support services can generally be funded through the IHSS program. Any consumers in need of personal care/home maintenance services **must** be referred to IHSS for an assessment. VMRC will provide temporary emergency services for individuals in ILS for health and safety reasons only. If IHSS is denied or reduced, the planning team must review and determine whether the decision should be appealed.

VII. Exceptions and Appeals Process

As with all VMRC purchased services, if the planning team determines that sufficient support exists to request an exception to these standards, a Purchase of Service Exceptions request should be submitted.

VMRC recognizes that there may be occasions when a decision is made by VMRC that may not satisfy the consumer or his/her legally authorized representative. When the consumer or his/her legally authorized representative believes a VMRC decision is illegal, discriminatory or not in the consumer's best interest, an appeal can be made to challenge that decision. All processes shall be in compliance with Welfare and Institutions Code, Section 4700-4730.