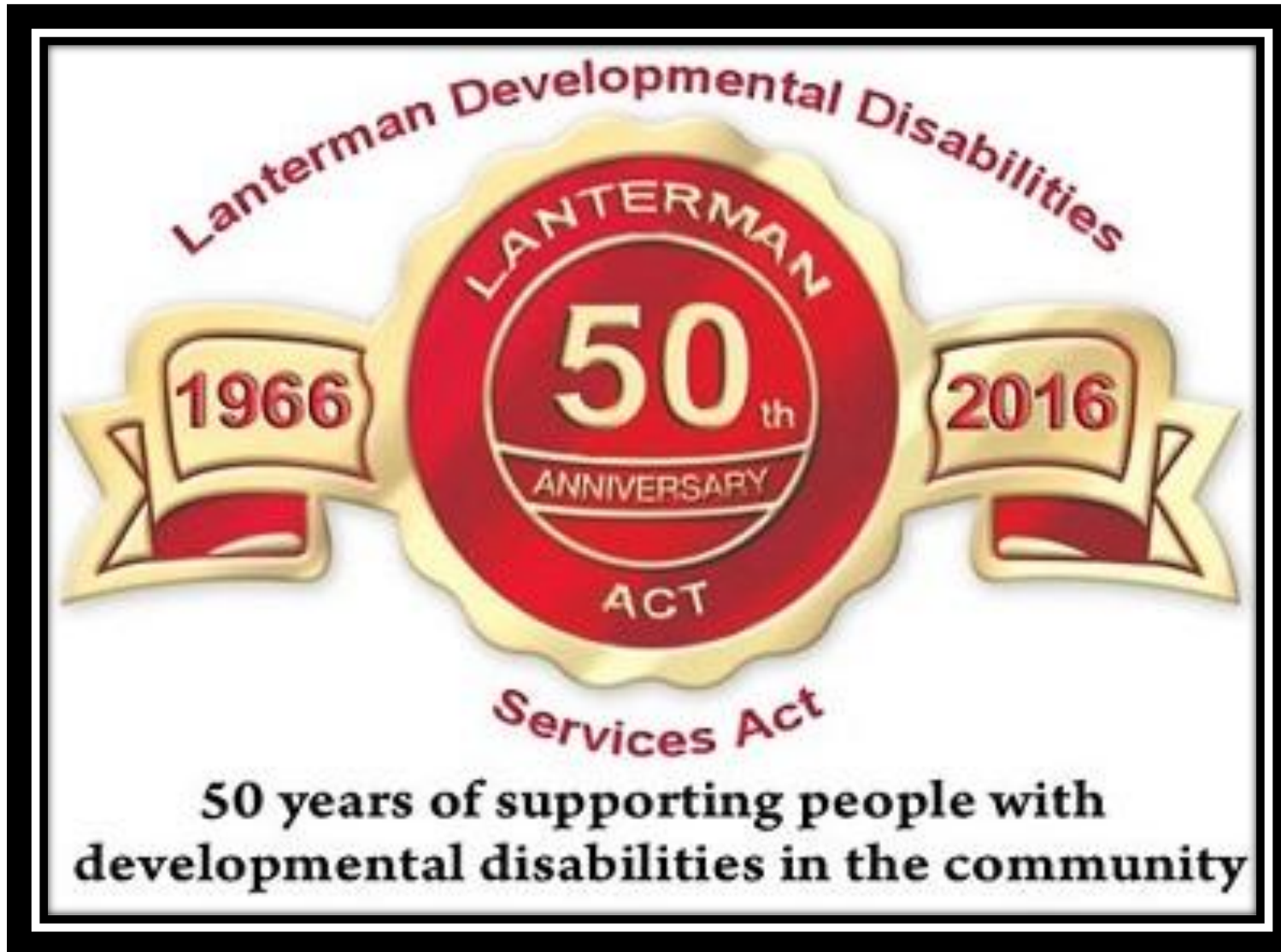


Introduction to Supported Living in California





The Lanterman Act

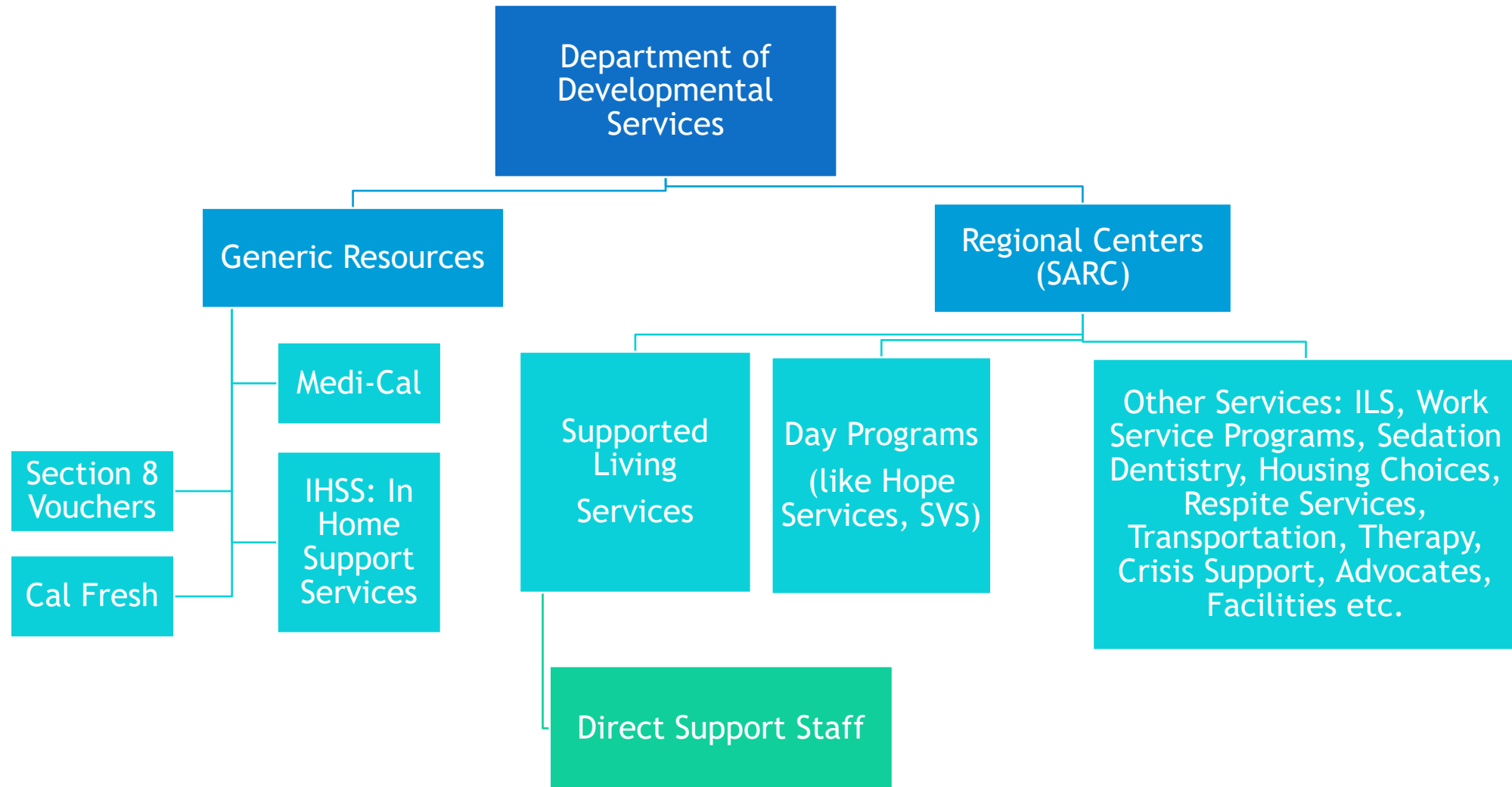
A California Law that promises services and supports to people with Developmental Disabilities and their families.

Ensures the rights to receive services and supports which enables them to make decisions and choices about how, and with whom, they want to live their lives; achieve the highest self-sufficiency possible; and lead productive, independent and satisfying lives.

Declares that persons with developmental disabilities have the **same legal rights and responsibilities** guaranteed all other persons by federal and state constitutions and laws, and charges the Regional Center with advocacy for, and protection of, these rights.



The Big Picture view of DDS Systems



Supported Living -Defined by DDS

Supported Living Services (SLS) consist of a broad range of services to adults with developmental disabilities who, through the Individual Program Plan (IPP) process, choose to live in homes they themselves own or lease in the community. SLS may include:

- Assistance with selecting and moving into a home;
- Choosing personal attendants and housemates;
- Acquiring household furnishings;
- Common daily living activities and emergencies;
- Becoming a participating member in community life; and,
- Managing personal financial affairs, as well as other supports.



Supported Living -Defined by DDS

- These services help individuals exercise meaningful choice and control in their daily lives, including where and with whom to live. SLS is designed to foster individuals' nurturing relationships, full membership in the community, and work toward their long-range personal goals.
- Because these may be life-long concerns, Supported Living Services are offered for as long and as often as needed, with the flexibility required to meet a persons' changing needs over time, and without regard solely to the level of disability.
- Typically, a supported living service agency works with the individual to establish and maintain a safe, stable, and independent life in his or her own home. But it is also possible for some individuals to supervise their services themselves, to secure the **maximum possible level of personal independence**.



Supported Living -Defined by DDS

The guiding principles of SLS are set down in [Section 4689\(a\)](#) of the Lanterman Act. The Department's regulations for SLS are found in [Title 17, Division 2, Chapter 3, Subchapter 19 \(Sections 58600 et seq\)](#) of the California Code of Regulations (CCR).



5 Principles of Supported Living



A Home of One's Own



Choice and Self-directed



Relationships



Community Membership



Flexible, Tailored Supports



San Andreas Regional Center aka SARC

The San Andreas Regional Center is one of 21 Regional Centers for people with developmental disabilities in the State of California.

These centers were originally established to assist people with intellectual disabilities and their families in locating and developing services and programs within their communities.



SARC

- What do they do?
 - Assessment
 - Early Start Programs
 - Contracts with “vendor” agencies to provide direct service to Individuals served
 - Service Coordination
 - Quality Assurance (Inspections in the Homes)



SARC

- How does Supported Living work with SARC?
 - SARC refers individuals needing service to the SLS
 - SARC Vendorized the Agency to provide SLS
 - SLS Agencies bill SARC for the services provided by the Staff.
 - SARC Provides training to SLS managers
 - SARC Service Coordinators visit the homes 4+ times per year to ensure individual wellbeing, home cleanliness, medication protocols, health and safety & quality of services provided.
 - SARC preforms unannounced drop ins to ensure safety & wellbeing.



IPP Individualized Program Plan

- Written & Updated by Service Coordinator at SARC
- Signed by Individual, Family, Conservator, SLS and other circle of support members.

4 Main Areas of Focus



Living



Education & Work



Social



Health



For Each Area Covered the IPP Will...

Track Goals

- Long Term
- Short Term

Define the Supports Needed

- Generic Services
- Family Support
- Friends or Neighbors
- Supports Hired & Paid for by Regional Center



A right to dignity,
privacy and humane
care.

A right to make
choices in their own
lives.

A right to prompt
medical care and
treatment

A right to religious
freedom and
practice

A right to social
interaction and
participation in
community
activities

A right to physical
exercise and
recreational
opportunities

A right to be free from
harm, including
unnecessary physical
restraint or isolation,
excessive medication,
abuse or neglect.

A right to be free
from hazardous
procedures.

A right to go to
school.

A right to have
relationships

Individual's Rights

People with developmental disabilities have the **same basic rights and responsibilities** as all other legal residents of the United States and in the state of California. California law also gives people with developmental disabilities some additional special rights.



To wear their own clothes.

To keep and use their own personal possessions & storage space for private use

To spend their own money

To see visitors each day.

To refuse psychosurgery.

A right to physical exercise and recreational opportunities

Have access to telephones, both to make and receive confidential calls.

Have access to letter writing materials, including stamps, and to mail and receive unopened correspondence.

To refuse electroconvulsive therapy

To refuse behavior modification techniques which cause pain or trauma.

Individual's Rights Continued...



Conservatorship

- A conservatorship is **when a judge appoints another person to act or make decisions for the person who needs help**. The person the judge appoints is called the conservator. The person who needs the help is the conservatee.
- A conservatorship must be the **least restrictive type of assistance** needed to help a person with a developmental disability **lead a life of their choice**. That requirement continues even after a conservator is appointed.



Supported Decision Making

Supported Decision-Making (SDM) allows individuals with disabilities to make choices about their own lives with support from a team of people they choose. Individuals with disabilities choose people they know and trust to be part of a support network to help with decision-making.

Supported Decision-Making is an alternative to guardianship. Instead of having a guardian make a decision for the person with the disability, Supported Decision-Making allows the person with the disability to make his or her own decisions.

<https://supporteddecisions.org>



CIRCLE OF SUPPORT



Circle of Support

A Circle of Support is a **group of people who you invite to give you guidance and support and to help you plan for your future.**

Members usually include:
SLS Managers, Family,
Direct Support Staff, Friends,
SARC Service Coordinators,
other service providers etc.



ISP: Individualized Support Plan

- The ISP is maintained by the Supported Living Agency, updated annually in the month of the individual's birthday.
- Categories Covered: Housing, Safety, Finances, Personal Needs/Hygiene, Household Chores, Health, Nutrition, Transportation, etc.
- This plan will also examine the success of the people it serves in attaining goals and objectives determined in the ISP. Supports and services remain responsive to the individuals' needs and preferences.



Quarterly Reports

- Written/Updated Every 3 months, usually the pattern aligns with the birthday month.
- Medical Update: All Medical appointments during the period will be listed, current weight, & current medication list are attached.
- Usually, the individual's circle of support will meet 4 times per year to review the plans, goals, discuss current challenges, and to ensure the individual's needs are being met.
- What's working, what's not working
- Review Purchase of Service (POS) hours with SARC; utilization of POS hours and IHSS provider utilization.



Report Schedule Sample

- Birthday is in December

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Reports updated by SLS			QTLY			QTLY			QTLY			ISP & QTLY



SPECIAL INCIDENT REPORT FOR ALL VENDORS

TO BE E-MAILED OR FAXED TO SAN ANDREAS REGIONAL CENTER
(Within 24 hours of the incident)

Consumer's Name:	UCI #:	Date of Written Report:
Consumer's Address:	Date of Birth:	
	Sex: ____ Male ____ Female	
Vendor or Agency Name:	Vendor #:	Service Coordinator:
Conservator/Guardian name (if applicable):		CCL Facility Number:
Name of person reporting:		Position at agency:

TYPE OF INCIDENT	
(Check all that apply) Double-click in the box, then select "checked" in "Default Value"	
<input type="checkbox"/> <u>Injuries Requiring Treatment Beyond First Aide</u> <input type="checkbox"/> Burns that require medical treatment beyond first aide <input type="checkbox"/> Medication reactions <input type="checkbox"/> Bites that break the skin/ require treatment <input type="checkbox"/> Internal bleeding <input type="checkbox"/> Puncture wounds requiring treatment <input type="checkbox"/> <u>Medical Need/Accident/Other:</u> <input type="checkbox"/> Fractures <input type="checkbox"/> Injury-Accident <input type="checkbox"/> Lacerations requiring sutures/ staples/glue <input type="checkbox"/> Medication Errors <input type="checkbox"/> Disease Outbreak <input type="checkbox"/> Injury-Unknown origin <input type="checkbox"/> Injury from seizure <input type="checkbox"/> Injury from another consumer <input type="checkbox"/> Injury from behavior episode <input type="checkbox"/> Choking <input type="checkbox"/> Other <input type="checkbox"/> Condition Requiring Medical Intervention	<input type="checkbox"/> <u>Suspected Neglect</u> <input type="checkbox"/> Failure to Provision of Food/ Clothing/ Shelter <input type="checkbox"/> Failure to Assist in Personal Hygiene <input type="checkbox"/> Failure to Prevent Dehydration <input type="checkbox"/> Failure to Protect Health/Safety Hazards <input type="checkbox"/> Failure to Provide Medical Care <input type="checkbox"/> Failure to Provide Care Elder/Adult <input type="checkbox"/> Failure to Prevent Malnutrition <input type="checkbox"/> Alleged Neglect-Other <input type="checkbox"/> <u>Unauthorized Absence</u> <input type="checkbox"/> Missing Person Law Notified <input type="checkbox"/> Unauthorized Absence-Law Not Notified <input type="checkbox"/> <u>Unplanned Hospitalizations</u> <input type="checkbox"/> Involuntary psychiatric admission <input type="checkbox"/> Nutritional deficiencies <input type="checkbox"/> Cardiac <input type="checkbox"/> Diabetes <input type="checkbox"/> Internal infection <input type="checkbox"/> Respiratory illness

SIR Form

Completed and turned into SARC by SLS within 24 hours of the incident.

Used by SARC & CA DDS to track incidents.



- ☐ Injuries Requiring Treatment Beyond First Aid
 - ☐ Burns that require medical treatment beyond first aid
 - ☐ Medication reactions
 - ☐ Bites that break the skin/ require treatment
 - ☐ Internal bleeding
 - ☐ Puncture wounds requiring treatment
- ☐ Medical Need/Accident/Other:
 - ☐ Fractures
 - ☐ Injury-Accident
 - ☐ Lacerations requiring sutures/ staples/glue
 - ☐ Medication Errors
 - ☐ Disease Outbreak
 - ☐ Injury-Unknown origin
 - ☐ Injury from seizure
 - ☐ Injury from another consumer
 - ☐ Injury from behavior episode
 - ☐ Choking
 - ☐ Other
 - ☐ Condition Requiring Medical Intervention
 - ☐ Drug/Alcohol Abuse
 - ☐ Emergency Room Visit
 - ☐ Seizures
 - ☐ Theft by a Consumer
 - ☐ Community Safety
 - ☐ Law Enforcement Involvement
 - ☐ EPS-Psych Emergency Team-No Hospital Admission
 - ☐ Pregnancy
 - ☐ Planned Hospitalization
 - ☐ Voluntary Psych Admission
- ☐ Suspected Abuse/Exploitation
 - ☐ Alleged Consumer Financial Abuse
 - ☐ Alleged Physical Abuse
 - ☐ Alleged Sexual Abuse
 - ☐ Alleged Emotional/Mental Abuse
 - ☐ Alleged Physical/Chemical Restraint
 - ☐ Alleged Abuse-Other
 - ☐ Alleged Violation Of Rights

- ☐ Suspected Neglect
 - ☐ Failure to Provision of Food/ Clothing/ Shelter
 - ☐ Failure to Assist in Personal Hygiene
 - ☐ Failure to Prevent Dehydration
 - ☐ Failure to Protect Health/Safety Hazards
 - ☐ Failure to Provide Medical Care
 - ☐ Failure to Provide Care Elder/Adult
 - ☐ Failure to Prevent Malnutrition
 - ☐ Alleged Neglect-Other
- ☐ Unauthorized Absence
 - ☐ Missing Person Law Notified
 - ☐ Unauthorized Absence-Law Not Notified
- ☐ Unplanned Hospitalizations
 - ☐ Involuntary psychiatric admission
 - ☐ Nutritional deficiencies
 - ☐ Cardiac
 - ☐ Diabetes
 - ☐ Internal infection
 - ☐ Respiratory illness
 - ☐ Seizures
 - ☐ Wound/skin care
 - ☐ Other
- ☐ Victim of Crime
 - ☐ Aggravated assault
 - ☐ Burglary
 - ☐ Larceny
 - ☐ Personal Robbery
 - ☐ Rape or Attempted Rape
- ☐ Aggressive Acts
 - ☐ Aggressive act to another consumer
 - ☐ Aggressive act to family/visitor
 - ☐ Aggressive act to self
 - ☐ Aggressive act to staff
 - ☐ Severe Verbal Threats
 - ☐ Suicide Attempt
 - ☐ Suicide Threat
 - ☐ Other Sexual Incident
 - ☐ Property Damage
 - ☐ Fire Setting
 - ☐ Aggressive Act Involving a Weapon
- ☐ Death

SIR Form Reasons



SLS Onboarding Process

- Identify SLS Agency that the individual chooses to work with. Send your SARC Service Coordinator a message indicating your choice.
- SLS Agency to request Assessment POS(purchase of service) from SARC
 - Need to define assessment period.
 - Once approved; SLS Manager, Individual and Circle of Support begin to meet to go through the assessment process. SLS Manager will be writing the assessment document to turn into SARC.
 - During assessment: Define service needed days/times, staff matching requirements etc.
- SLS Agency request Transition POS from SARC
 - Need to use the Transition Plan form from SARC to plan out the transition to SLS.
 - Need to define end of Assessment-> Transition Time Frame-> Service start date
 - During transition; Build SLS Team: Recruit, meet, train DSS staff. Will also create face sheet, ISP, Training Plan & Materials, Emergency Plans, Care Binders etc.
- SLS Start Service



Resources to Learn More About Supported Living Services in California

- California Community Living Network <https://www.supportedliving.com/>
- DDS Websites:
 - <https://www.dds.ca.gov/services/supported-living-services/>
 - <https://www.dds.ca.gov/general/eligibility/living-arrangements/>
 - <https://www.dds.ca.gov/wp-content/uploads/2019/02/DevelopingSupportedLivingServices-1.pdf>
 - I Get to Live My Life Consumers, Service Providers and Regional Center Staff Talk about Supported Living <https://www.dds.ca.gov/wp-content/uploads/2019/02/IGettoLive-1.pdf>
- Lanterman Act:
 - The guiding principles of SLS are set down in [Section 4689\(a\)](#) of the Lanterman Act. The Department's regulations for SLS are found in [Title 17, Division 2, Chapter 3, Subchapter 19 \(Sections 58600 et seq\)](#) of the California Code of Regulations (CCR).
- SARC <https://www.sanandreasregional.org/supported-living-services/>
- Person Centered Planning Tool: Building Your Individual Program Plan Using Person-Centered Tools https://www.dds.ca.gov/wp-content/uploads/2024/09/Your_Plan.pdf

