

# Adult Services

(Ages 23 and over)



# Adult Services Overview

As consumers move into adulthood, individuals and their families need supports to move towards independence, employment and increasing social networks. Regional Center provides information and guidance about generic and regional center resources that will help consumers to achieve their hopes and dreams. NBRC's mission is to assist individuals to achieve the highest level of integration within their community. We promote inclusion, cultural awareness and equality for all of our participants. We partner with local agencies and organizations to remove barriers and to accommodate people of all abilities and backgrounds.

# Individual Program Plan (IPP)

- The IPP is the written service plan created to meet individualized consumer goals agreed upon at the consumer's IPP meeting.
- This document is created based on meeting with the regional center participant (and legal conservator if there is one) and anyone they want to invite.
- The IPP documents all services provided by NBRC and others and reflects how they will meet their individual goals.
- The IPP must be developed every 3 years with updates and meetings to be held every year in between. There can also be updates when services change, or new services are added.

# Who provides services?

**Natural Resources:** Family, Friends, Community

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**Community & Generic Resources (Typically funded by the government or community entity):**

School districts, Private Insurance, Social Security Administration (SSA), Supplemental Security Income (SSI), Housing Authority/Section 8, MediCal, Medicare, Cal-Fresh, PG&E low income programs

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**Payor of Last Resort:**  
Regional Centers

# Lanterman Services for Adults

- Behavioral support planning
- Independent living services
- Supported Living services
- Employment
- Residential options (community based group homes)
- Transportation
- Adult day programs
- Respite
- Personal assistant services
- Mobile crisis services
- Representative payee services
- Social Recreational activities (related to IPP goals)

# Generic Resources

## [In-Home Support Services\(IHSS\)](#)

In-Home Supportive Services (IHSS) provides personal care and domestic services to persons who are aged, blind or disabled and who live in their own homes. IHSS is provided to those who otherwise might be placed in an out-of-home care facility but who can safely remain in their own home if IHSS services are received.

The types of services which can be authorized through IHSS are housecleaning, meal preparation, laundry, grocery shopping, personal care services (such as bowel and bladder care, bathing, grooming and paramedical services), accompaniment to medical appointments, and protective supervision for those with a mental impairment.

The Regional Center must exhaust this generic resource prior to funding other similar services.

## [Social Security Benefits](#)

Individuals can and should apply for social security benefits. These benefits can support an individual to live independently and are used to pay for typical daily living expenses.

## [Medi-Cal/Medi-Care](#)

Individuals access their insurance to address medical needs including medication and other therapies.

## [Department of Rehabilitation](#)

Rehabilitation services are designed to help job seekers with disabilities obtain competitive employment in integrated work settings. Independent living services may include peer support, skill development, systems advocacy, referrals, assistive technology services, transition services, housing assistance, and personal assistance services.

# Supports for adults living with family

## Personal Assistance

- NBRC may fund a Personal Assistant (PA) to provide care in the caregiver's absence or when the caregiver is unable to provide care and supervision.
- PA services are intended to provide services that may be temporary or long term. PA services can provide temporary supervision while other services are being developed or put in place. PA services can also be utilized when other unique situations occur where a client needs supervision that is not covered by another service.

## Respite

- In-home respite can be provided by a different family member residing in the household and who is at least 18 years of age. This service is meant to provide relief to the primary caregiver, usually the parent.
- Out of home respite is care provided to a regional center consumer typically outside the family home, up to 21 days per year.

## Independent Living Skills training

- This service is provided on an individual basis and tailored to your needs. The ILS worker will meet one on one with you to help build skills in areas like budgeting, shopping, cooking and paying bills.

## Crisis support

- Mobile crisis support is available to individuals and their families. NBRC contracts with an agency that provides 24 hour support by phone and in person to help individuals who might be struggling with mental health or behavioral issues. This service can help diffuse difficult situations and prevent people from needing outside intervention from others.

# Employment and Day Program Options

NBRC believes in and promotes employment for all of our participants.

Paid Internship (PIP) and Competitive Integrated Employment(CIE) programs have helped people obtain jobs matched to their choice and talents. Additional options include paid internships and incentive funds for providers who identify and support new employment options for individuals seeking employment.

Day Programs can support individuals who are at least 18 years old **and** have received their high school diploma- **or** are 22 years old and over (with or without a certificate of completion. Day Programs provide socialization, skill building and sometimes paid or volunteer work to help them gain skills to become competitively employed in the community.

Day support and some employment supports are provided based on the individual need. During the pandemic, virtual services played a key role in maintaining individuals engagement in their community.



# Living Options outside the family home

There are a variety of options available to individuals who chose to move out of their family home. The Service Coordinator can advise individuals on choices and opportunities that are most appropriate and the supports available to help individuals transition successfully.

- Independent Living Services
- Supportive Living Services
  - Family Home Agency
- Licensed Community Care Facility
  - Intermediate Care Facility/ Skilled Nursing Facility
- Adult Residential Facilities for People with Special Health Care needs (ARFPSHN), Enhance Behavior Support Home (EBSH), Specialized Residential Facilities (SRF's), Community Crisis Homes (CCH's).

# Monitoring Requirements for those that live outside the family home

Regulation and the regional center's contract with DDS requires NBRC Service Coordinators to visit anyone living outside the family home on a quarterly basis. This monitoring ensures that individuals are safe, meeting their IPP goals and are satisfied with the services they are receiving. At least one meeting needs to take place at the person's home but the other meetings can occur in the community or other locations chosen by the individual.

# Healthy Relationships

Many young people experience challenges as they transition to adulthood. Navigating relationships with friends, partners and parents can be difficult.

Through funding from the Mental Health Services Act and in partnership with the Department of Developmental Services, North Bay Regional Center created a Social-Sexual Education program!

This project is designed to teach people with developmental disabilities about healthy and safe relationships and how to recognize sexual abuse and coercion. **Classes are open to clients 18 and over.**

<https://nbrc.net/the-social-sexual-education-project/>

Breaking News video: <https://youtu.be/MBURNzjnVDk>

<http://relationshipsdecoded.com/>

If you would like to learn more about this project and/or hear about classes that may be offered in your area, please contact Dr. Katie Pedgrift at [katiep@nbrc.net](mailto:katiep@nbrc.net)

# Questions?

