



## Service Policy Manual

### Independent Living Services

North Bay Regional Center (NBRC) is committed to empowering adult clients to acquire and maintain the skills necessary to live in their own homes or with their parents or family member as independently as possible. Clients may receive independent living services (ILS) to develop and maintain the skills necessary to reside in a home of their choice.

Independent Living Skills (ILS) may be purchased by NBRC through the Individual Program Plan process. ILS Training is provided as an initial component of ILS programming and is designed to provide instruction on critical skills such as:

- Cooking and meal planning
- Shopping
- Money management and budgeting
- Cleaning and organizing the household
- Use of community resources
- Scheduling medical appointments
- Mobility and self reliance

Independent Living Services for ongoing or follow up is provided once the training component is completed. It is expected that the ILS service will enable the individual to live independently or to increase their independent living skills if living with their parents or family member, with appropriate support from ILS agency staff.

All generic resources must be exhausted before services are provided.

Services will follow Lanterman Developmental Disabilities Services Act guidelines.

The NBRC Executive Director may review and authorize an exception if warranted by individual circumstances.

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