



North Bay
Regional Center

When You Turn 18...

***A guide on how to make informed choices as
an adult***

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This booklet is to help you communicate to your family, friends, teachers, and other community members what you want in the future. It shows you how to actively be involved in your own plan, provide you with information to help you make informed choices, and for your planning team to support the choices that you make.

You can ask someone you trust to go through this booklet with you. There are some worksheets included in this booklet that you can use and share with your planning team when you have team meetings about choices you would like to make.

You can get more information and updates that you may find useful on our website: www.nbrc.net

When You Turn 18.....

You need to make choices for health care, work and learning, where to live, and what to do for fun.

Your Service Coordinator (SC) is the person who is helping you manage your goals at North Bay Regional Center (NBRC). Your SC will meet with you and your planning team to assess your needs. Your planning team will assist in identifying goals and provide a support plan called the Individual Program Plan, or "IPP."

Your planning team will assist you in developing an IPP which will include your natural supports, generic resources and vendored services provided by NBRC. The process for the IPP includes gathering information to determine your life goals, capabilities and strengths, preferences, barriers, and concerns in regards to your life goals.

By law, NBRC must exhaust all natural supports, and generic and private resources before funding a service or support.

How can I help my Planning Team support my choices?

The Lanterman Act is the law in California that says people with developmental disabilities have a right to certain services. The law explains what needs to be in the Individual Program Plan (IPP). The IPP report should be person-centered, meaning you, the individual, are the focus, making sure that the information is given to you and the planning team so that everyone is well informed before choices are made. This process will be written in the IPP.

About Person-Centered Planning:

Everyone who uses regional center services has a planning team. The team must include **you, the Service Coordinator (SC) and the people who you ask for support.** The team decides what is written into the plan together. We all have hopes and dreams for the future. Some we can work on our own, some may need support from others to accomplish. Some will happen and some may not. Person centered planning is one way of figuring out where someone is going and what kinds of support they need to get there. Part of Person Centered Planning is asking the person, their family, friends, and people who work with him or her about the things she or he likes to do (preferences) and can do well (strengths and capabilities). It is also finding out what things can get in the way (barriers) of doing the things people like to do.

Regional Centers will use a person-centered planning approach to make sure that the planning team gets to know the individual, find out about their life choices, is able to support the individual's choices about where they want to live, how they want to spend each day, who they want to spend time with, and hopes and dream for the future. Person-centered planning is working with others to come up with a way to make choices a part of someone's everyday life, and figuring

There are many kinds of goals, services and supports. Some of them are:

A place to live.

A place to learn or work.

Family support.

Getting around.

Staying healthy.

Once all services and supports are agreed upon, you and the SC need to sign the Individual Program Plan.

Who can help me make decisions about my choices?

The options below are different ways for you to get the help you need in making important life decisions.

Planning Team Process: Your Regional Center planning team is available to brainstorm, problem solve, provide guidance, and make suggestions, including encouraging you to make healthy decisions. The planning team can also explore accessing services and supports for you such as classes in healthy relationships, behavioral supports, counseling, mental health treatment, medication management, and independent living skills training to assist you with decision-making.

Durable Power of Attorney (Health Care/Financial): This legal document allows you to appoint another adult (your agent) to make health care and/or financial decisions on your behalf. The agent cannot make any health care and/or financial decisions in which you are not in agreement. Your signature on the power of attorney form must either be notarized or witnessed by two unrelated individuals. A copy of the document needs to be on file with your health care providers and/or banking institution. You can revoke the power of attorney at any time. You can obtain more information from an attorney or online.

Assignment of Educational Decision-Making Rights: This document permits you to assign rights to make educational decisions, up to age 22, to your parents while you are receiving Special Education services. Once signed by you and provided to the school district, it allows your parents to remain active participants in your educational plan. You can obtain this form from your local school.

Representative Payee: If you work or receive public benefits, such as SSI, you can authorize a designated person or agency to oversee your income. This person or agency becomes the “representative payee” and helps ensure your bills are paid. They also work to make sure you do not become “over-resourced” and lose eligibility for public

benefits. NBRC may fund for a representative payee agency, if you chose. If you are interested, contact your Service Coordinator.

Regional Center Medical Consent: Pursuant to California law, regional centers can provide medical consents, surgical or dental treatment for unconserved adults in certain circumstances. Local health care providers contact the regional center directly to obtain this consent. Regional Centers must perform a comprehensive medical review before giving such consent. Additionally, all individuals can receive emergency medical care without the need for consent.

Consent for Release of Confidential Records and Information: Adult individuals can sign a written consent form to authorize agencies, including the regional center, to communicate and exchange information to other individuals. Your SC can provide a blank consent form for you to think about who you would want RC to contact and exchange information with regarding your decisions.

Guardian Ad Litem: The court can appoint a “guardian ad litem” to stand in the shoes of an adult individual who is unable to make decisions alone. The guardian ad litem can be a parent, close relative, or an attorney. If the guardian ad litem is not an attorney, the individual would also be represented by an attorney.

Local Advocacy Groups: The Office of Individual’s Rights Advocacy (OCRA) is responsible solely for providing legal assistance and referrals to regional center individuals. OCRA’s parent organization, Disability Right’s California (DRC) is also available to provide legal assistance and referrals to all individuals with disabilities, including regional center individuals. You can obtain contact information for these agencies from your SC.

OCRA- <https://www.disabilityrightsca.org/what-we-do/programs/office-of-individuals-rights-advocacy-ocra>

DRC- <https://www.disabilityrightsca.org/>

Conservatorship: A legal process where your civil rights are removed or limited, and given to another individual or individuals. The purpose of conservatorships is to provide assistance and protection to those who cannot make their own decisions. Obtaining a

conservatorship is a legal process that takes some time and has associated costs that the parent or individual is responsible to cover. For more information about conservatorships visit <https://www.disabilityrightsca.org/publications/conservatorship-rights>

Medi-Cal and related generic resources:

Medi-Cal is a health insurance program funded by the federal government and the State of California. Medi-Cal will help pay for visits to your doctor, hospital stays, medical procedures, medical equipment, and prescription drugs. As a generic resource, it is an important program within the Regional Center's service system as it helps us comply with the Lanterman Act to fully access generic resources available in meeting your needs.

Medi-Cal is now also required to provide funding for behavioral health treatment for individuals up to the age of 21, and may be able to help pay co-payments, co-insurance, or deductibles related to this treatment if you have private insurance. Being on Medi-Cal may also lead to eligibility to receive In-Home Support Services (IHSS).

For more information, contact the number below.

- **Napa County**
Medi-Cal: 707-253-4511

- **Solano County**
Medi-Cal: 707-553-5858
Vallejo/Benicia area 707-784-8051

- **Sonoma County**
Medi-Cal: 877-699-6868

In-Home Support Services (IHSS)

IHSS provides personal care and domestic services to persons who are aged, blind or disabled and who live in their own home. 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. IHSS can only be obtained after you have active Medi-Cal status. Your county of residence administers the program.

After you apply for IHSS, the county will send a worker to your home to assess your needs. If you need more care than a typically developing peer, IHSS may authorize funding each month to pay for a caregiver to provide a specific number of hours of care. The needed care is provided to you by the person or persons you hire, which can include family members.

For more information, contact the number below.

- **Napa County**
IHSS: 707-253-3818

- **Solano County**
IHSS: 707-784-8259

- **Sonoma County**
IHSS: 707-565-5700

Supplemental Security Income (SSI):

SSI is a federal income supplement program designed to help people who are aged, blind or disabled who have little or no income. It provides case to meet basic needs for food, clothing, and shelter. When you are approved for SSI, you will also be approved for Medi-Cal.

You can apply for SSI benefits by visiting your local social security office. For more information, you can visit the Social Security Administration website at <https://www.ssa.gov/ssi/> .

SSI: 800-772-1213

Just indicate what county you are calling from and they will transfer you to a county representative.

Offices:

Napa- 1850 Soscol Ave Ste. 102, Napa, CA 94559

**Solano -2500 Hilborn Road Fairfield, CA 94534
106 Plaza Dr, Ste. A, Vallejo, CA 94591**

Sonoma- 2099 Range Ave building a, Santa Rosa, CA 95401

Self Determination Program (SDP):

On October 9, 2013 Governor Brown signed Senate Bill 468 into law, amending the Lanterman Act and mandating Regional Centers to implement a Self Determination Program. Per the law, the California Department of Developmental Services (DDS) has applied for approval of federal funding for this new Self Determination Program as of December 31,2014.

This could be a good option for individuals and families wanting more freedom, control, as well as responsibility in choosing services and supports. NBRC, the State Council on Developmental Disabilities regional office, and Disability Rights-CA are working together to get information on SDP out to our community.

This is a program that will let participants have more control over selecting their regional center funded services and supports. The feature of this new program include:

- Through the IPP process, the client will be given a specific budget to purchase the services and support that he/she needs to achieve his/her goals.
- The client will be able to pick which providers or individuals deliver your services. They will require a background check but will not have to be vendored through the Regional Center.
- The client must use a Financial Management Services (FMS) agency vendored by NBRC to pay for the services.

If you would like to be on the “interested list” for SDP, contact your service coordinator.

To learn more about SDP go to the links below:
<https://nbrc.net/client-services/self-determination/>
<https://www.dds.ca.gov/SDP/SDPUpdates.cfm>

Living Options/ Residential Arrangements:

The level of support you need to have in order to feel safe, healthy and happy in your living situation is one of the most important topics to discuss with your planning team. You might need support to live on your own. You can ask for support from your Planning Team; your Team will help you decide if you need to reside in the community with supports like Independent Living Services (ILS) or Supported Living Services (SLS), or in an Family Home Agency (FHA) or licensed care home/residential facility or other living arrangement that provides you the level of support that you need.

Independent Living Services

ILS provides up to 35 hours of personal support each month paid for by my regional center to help you live independently in the community of your choice. Also, ILS can now be provided in the family home. ILS will help you learn skills you need to know to successfully live independently in the community. These skills can be:

- Finding a place to live that you can afford
- Finding a job, school, or day program
- Taking public transportation
- Managing your money so you have money to pay bills and buy what you need
- Managing your medication and health care needs
- Shopping for healthy food and cooking meals
- Cleaning your clothes
- Cleaning your home

If you chose an ILS support and live out in the community independently, your SC will meet with you and your ILS case manager in you home to review your supported living goals every 3 months.

Supported Living Services

If you need more than 35 hours of personal support each month, and am not living in the family home, your Planning team will help you get the support you need.

Supported Living Agencies provide case managers and planned activities to support you becoming more independent. You can attend support groups, classes, and social and recreation activities provided by the agency.

The SLS case manager will help you learn the skills you need to know to live independently in the community and give you additional support with your medical, physical, and behavior needs. The SLS case manager will help you find a place to live in the community of your choosing. SLS staff can come to you home to help you with daily living activities.

You can go to work, school, or a day program. The SLS case manager will support you with your choices and help you manage your money.

If you chose an SLS support, your SC will meet with you and your SLS case manager in your home to review your supported living goals every 3 months.

Family Home Agency (FHA)

A family home agency (FHA) approves family homes who then offer the opportunity for up to two adult individuals with developmental disabilities per home, to reside with a family and share in the interaction and responsibilities of being part of a family.

If you chose an FHA support, your SC will meet with you in the FHA home to review your IPP goals every 3 months.

Licensed Care Home/ Residential facility

If you are not able to find your own home and need to live with staff to help you with activities of daily living, your Planning Team will help you find a licensed home that will meet your needs.

A licensed care home is a home in the community with up to 4 adults. These homes are licensed by the State of California and vendored by the regional center. It is paid for by the regional center and your Social Security benefits. Staff live in the home with you to help you with activities of daily living. Staff prepares healthy meals, keeps the home clean, and plans activities to help you become more independent at home and in the community. You will have your own room or have a roommate of your choice. You will share the kitchen, dining room, common rooms and outdoor yard with roommates. You can work at a job or attend a day program. You can visit your family and friends. Your family and friends can visit you!

Staff will help you manage your money, buy clothes, take you to doctor appointments and help you take medication. Staff will help you attend activities in the community and support you in becoming more independent.

If you chose a licensed care home/residential facility, your SC will visit you in the licensed home and review your program needs with staff every 3 months.

Health Care Facility (SNF/ICF)

A health care facility provides care by nursing staff paid for by Medi-Cal and licensed by the State of California. Nurses and doctors are at the facility to provide medical care as needed. Staff will help you with your health care needs and your daily living activities. Staff will prepare healthy meals and keep the home clean. Activities will be planned to help you with health care needs and to become more independent. Staff will take you to community activities. Staff will help you buy what you need and take you to appointments.

You will have your own room or share a room with roommates. You can go to day programs. You can visit your family and friends. Your family and friends can visit you.

Your SC will visit you in the nursing/health care facility and review your program needs with staff every 3 months.

Other Housing Resources:

Solano County:

Solano County Housing Authority
40 Eldridge Ave., #2, Vacaville, CA 95688
Ph: 707-449-5675

<https://affordablehousingonline.com/housing-authority/California/Vacaville-Housing-Authority/CA125>
https://www.solanocounty.com/depts/rm/planning/housing_programs.asp

Homeless resources- Solano County:

<https://www.shelterlistings.org/county/ca-solano-county.html>

Napa County:

Fair Housing Napa Valley
1804 Soscol Ave., Ste. 203, Napa CA 94559
Ph: 707-224-9720; Fx: 707-224-1566; Email:
info@napafairhousing.org

Homeless resources- Napa County:

Phone: 707-299-1739
<https://www.countyofnapa.org/272/Homeless-Services>

Sonoma County:

Sonoma County Housing Authority
Ph: 707-565-7500 or 707-565-7555; Email: cdc@sonoma-county.org
<https://sonomacounty.ca.gov/CDC/Housing-Authority/>

Homeless resources- Sonoma County:

<http://www.sonomacountyhomeless.org/>

Educational Transition Services:

When an individual who has an Individualized Education Plan (IEP) enters high school, the IEP is required to indicate whether the student will graduate with a diploma, or will obtain a certificate of completion, which will allow special education services to continue until the student reaches the age of 22.

For the student who has finished high school with a certificate of completion prior to the age of 22, the school district is responsible for providing transition service until the age of 22. The Individuals with Disabilities Education Act (IDEA) defines “transition services” as “a coordinated set of activities that focuses on outcomes, that promotes a student’s movement from school to post-school activities, including postsecondary education, vocational training, integrated employment (including supported employment), continuing and adult education, adult services, independent living, or community participation and if appropriate daily living skills and/or functional vocational evaluation.” Transition planning is part of every IEP by the time a student reaches the age of 16 or younger, if determined appropriate by the IEP team.

If a student has been awarded a district-approved high school diploma, the student is no longer eligible for special education services, including transition services.

It is important that you let your SC know if you will graduate with a High School Diploma or Certificate of Completion to determine what educational program will fit your needs.

Employment and Day Services:

California's Employment First Policy was signed into law in October 2013. This addition to California state law means that competitive employment in the community can become a real choice for individuals with developmental disabilities. **Competitive Integrated Employment means getting a job in the community where you are paid about the same as other people doing the same job or at least minimum wage.** It could also be working for yourself in your own business or entrepreneurial venture. The Lanterman Act states in Section 4869(a)(1): "It is the policy of the state that opportunities for integrated, competitive employment shall be given the highest priority for working age individuals with developmental disabilities, regardless of the severity of their disabilities." In other words, the state's "highest priority" is to make "integrated competitive employment" a real choice for people with developmental disabilities. Additional Information about the Employment First Policy can be found on the website of the State Council on Developmental Disabilities (www.scdd.ca.gov) as well as the Department of Developmental Services (www.dds.ca.gov).

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), may be eligible to receive NBRC funded services such as **Supported Employment Program** or **Adult Day Programs**. Services can include job coaching, or trainings in the areas of self-advocacy, self-care, community integration or employment training. Some day programs have a specific focus such as volunteer work, art, or literacy. Day Programs are available Monday-Friday, typically 6 hours a day. Ratios of Staff to individuals vary, depending on the program structure.

Your Individual Program Plan (IPP) & Employment

When you meet with your SC to discuss opportunities, **the first option that will be considered is competitive employment.** Competitive work is a real choice! Your SC can help you find resources in the community to support your employment interests and goals. These resources consists of NBRC or generic services.

Employment services can range from participation in structured work activity programs, competitive employment, to providing Supported Employment Group and Individual services in collaboration with the Department of Rehabilitation (DOR).

Department of Rehabilitation (DOR)

The California Department of Rehabilitation (DOR) works in partnership with you and other stakeholders (i.e. NBRC) to provide services and advocacy resulting in employment, independent living, and equality for individuals with disabilities.

DOR administers vocational rehabilitation and independent living programs. Vocational 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.

Considering Work?

It can be a lot of work to get a job. But with the right help, individuals can get a job and be paid well. If you're thinking about work consider the following:

- What am I good at?
- What do I like to do?
- What workplace would be best for me?

How Can I Find Work?

- Connect with your SC about how the regional center can help you prepare, find and succeed at a job, or start your own business
- Volunteer to learn what you like doing
- Talk to your peers and family about your goals
- Explore work training programs at adult school or college
- Explore getting employment support from the DOR and your SC can help get you started with this.
- Work with your team at school to create goals around job skills, interests and volunteer or paid work experience

NBRC Employment Services:

Supported Employment Programs (950/952)

Individuals who want to work may be eligible for Supported Employment services. Supports could include job development, transportation training, and specialized job training. The decision about whether or not Supported Employment is the right service is made by the planning team. The individual, his or her SC, the Department of Rehabilitation and other members of the planning team work together to create an agreement about the supports that might be most helpful. Supported Employment can be provided in individual or group settings, depending upon the needs, interests, talents and skills of the person. Training is provided on the job site in job skills and work-related behaviors, including social skills, by a job coach contracted with the placement agency (either DOR or NBRC). As the individual gains skills and confidence, the job coach gradually spends less and less time at the worksite.

Tailored Day Services (TDS)

TDS is designed to maximize a person's individualized choices and needs, with customization of day services in lieu of any other regional center vendored day or vocational program. This is a part-time and community-based program.

Paid Internship Program (PIP)

Wage funds are available to a maximum of \$10,400 per year. The PIP funding year begins on the start date of the person's paid internship and ends 365 days later. The intent of PIP is to provide work experience to increase the vocational skills and abilities of individuals 18 years and older who are on the path to achieving employment and choose via the Individual Program Plan (IPP) process to participate in an internship.

The goals of PIP must include:

- The acquisition of experience and skills in the area of the individual's interest for future paid employment; or
- For the internship to lead to paid employment in the same job.

Work Activity Program (954)

This program provides employment services in a group, sheltered setting with support ratios of 1:15. Wages earned are based on productivity, which pays a subminimum wage (SMW). For anyone age 24 and younger, they must have the counseling and guidance before they can begin at the SMW earnings. For this guidance, they should be referred to the local DOR branch to request the counseling and guidance service. When contacting DOR, it should be specifically stated that the individual is under age 25 and will be enrolling in a regional center-funded service that has a SMW component. For individuals aged 25 and older, they may directly contact the regional center-funded WAP. That program will contact and coordinate with the DOR staff to provide the counseling and guidance, at the program site, within the required amount of time.

Incentives Payments (CIE IP)

This is funding that encourages NBRC providers to assist individuals to obtain, and maintain, Competitive Integrated Employment (CIE) through certain milestones (30 day/\$1,000; 6 months/\$1,250; and 12 months/\$1,500).

NBRC Day Services:

Activity Center (505)

A day program that typically serves adults who have acquired most basic self-care skills, have some ability to interact with others, are able to make their needs known, and are able to respond to instructions. Activity Center programs focus on the development and maintenance of the functional skills required for self-advocacy, community integration, and employment, and are typically supervised at a staff to individual ratio of 1:6.

Adult Development Center (510)

An adult day program that serves adults who are in the process of acquiring self-help skills. Individuals who attend adult development centers generally need sustained support and direction in developing the ability to interact with others, to make their needs known, and to respond to instructions. Adult development center programs focus on the development and maintenance of the functional skills required for self-advocacy, community integration, employment, and self-care. Typically supervised at a staff to individual ratio of 1:4.

Behavior Management Program (515)

A community based day program that services adults with severe behavior disorders and/or dually diagnosed who, because of their behavior issues, are not eligible or acceptable in any other community based day program. These programs are typically supervised at a staff to individual ratio of 1:3.

Community Integration Training (055)

Typically a variable ratio, community based (no licensed site), day program that may have a program emphasis on serving consumers with very specialized need who may not be an appropriate match for service options provided via Service code 505, 510, or 515.

Creative Arts Program (094)

Similar to an Adult Development Center programming and incorporates a focus in the arts (performance, visual, etc.).

Transportation for Employment or Day Services

When you leave the public school system, how you get around in the community will depend on your ability to take public transportation, drive, or need assistance to get where you are going. Work with your planning team to discuss the various types of transportation and determine what is the best way for you to get to your job, day program, medical appointments, etc. NBRC must explore all the supports, generic resources, and paid services that you can utilize to get to where you are going. Call your service coordinator to get more information.

Voter Registration- Citizens 18 years of age and older have the right to vote. To find out more about what the requirements are, contact your local County Registrar of Voters office or review the California Secretary of State website at www.sos.ca.gov. Your SC can provide you with a California Voter Registration Application.

Selective Service System- With a few exceptions (for example, persons continually confined to a residence, hospital, or institutionalized for medical reasons), all male U.S. citizens and male

immigrant aliens residing in the U.S. and its territories must register with the selective service within 30 days of their 18th birthday.

Jury Duty- Citizens 18 years of age and older have the duty to become part of a jury. This is mandatory. You will receive a Jury Summons. If you are unable to be part of the jury duty process (see back of the summons), and complete the area that indicates why you are not able to serve. If you have a medical, psychological, or other conditions that will prevent you to serve as a juror, please take your jury duty summons to your Primary Care Physician to give you a medical note to mail in with your jury duty summons.

Get to know me! 😊

My name is _____.

My phone number is _____. This is the best way to get a hold of me.

MY NBRC SC IS _____.

MY SC'S TELEPHONE NUMBER IS _____.

MY SC's Supervisor's TELEPHONE NUMBER IS _____.

Things that are important to know about me:

Things that I am good at:

Things I like to do:

At home

In my community

More to know about me:

What others like and admire about me:

I like: (circle below what is true about you)

Being around people

Being by myself

Noisy places

Quiet places

Being inside the house

Being outside

What is important to me in my school/work:

This is how I want to be supported in my school/work:

Best ways to communicate with me:

Education:

I graduated from high school on _____ with a

_____.

These are the skills I know and can help with my future vocational goal

These are the kinds of jobs I am interested in:

_____.

Health Care Needs:

Who I call when I am sick and I need support:

I will call 911 if I am sick and no one is around to help me.

My doctor is _____.

My doctor's telephone number is _____.

My medical insurance is _____.

My medical card number is _____.

My medical diagnosis is _____.

My allergies (if any) _____.

I take the following medications:

<u>Name</u>	<u>Dosage</u>	<u>Reason</u>
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_____	_____	_____
_____	_____	_____
_____	_____	_____

Side effects of my medication:

I get my medications at (pharmacy name)

_____.

My Living/Residential Arrangements:

Address:

This is a/an _____ home.

I live with

_____.

The person who supports me at home is _____.

You can contact them at this number _____.