

**SERVICES AND SUPPORTS**  
**Young Adulthood**  
**18 years to 22 years of age**

Your family member has reached adulthood and looks forward to new possibilities! Many young adults remain in school until they are 22 years old. ***When the individual leaves school with a Certificate of Completion or a Diploma, work and day services are available.*** For all young adults, future planning is a must. SCLARC provides services that assist our young adults with planning for the future. Young Adult Services are listed below with a brief explanation of each support.

**Behavior Classes**

California Psych Care (Parent Education Classes) offers training classes for parents held at the regional center to learn strategies and techniques for developing positive behavior strategies.

**Behavior Intervention (Funded if family is exempt from SB 946 insurance requirement.)**

Behavior intervention services are specialists who provide training and instruction to assist families, individuals and caregivers in developing positive strategies and techniques to manage behaviors. ***Parent participation is required!***

**Behavior Intervention Co-Pay, Co-Insurance and Deductibles**

If your family member receives behavior intervention services funded by insurance, SCLARC is able to assist with insurance Co-Payments, Co-Insurance and Deductibles if your family meets the income requirements. (Welfare & Institutions Code 4659.1)

**Case Management**

A Service Coordinator (SC) will be assigned to oversee the case, develop Individual Program Plans (IPP) and assist the family with arranging appropriate services and supports.

**Crisis Support Services**

SCLARC has crisis response teams that provide support when individuals and families are in crisis due to emotional or serious behavior issues. Contact your Service Coordinator regarding Crisis Support Services eligibility.

**Day Services**

SCLARC offers a variety of adult day services that include site-based day programs and community-based day programs. Individuals can participate in a variety of programs suited to their individual needs, such as improving daily living skills, training in a vocation, volunteering, performing arts, and technology.

**Driver Training**

SCLARC may assist with funding driver's training if the individual meets the qualifying SCLARC's Purchase of Services Requirements.

**Employment**

Individuals can be referred to a Supported Employment vendor who can assist with job development in an appropriate group or individual job placement. Job coaching hours can also be funded through DOR and/or SCLARC based on the individual's needs. In addition, SCLARC offers Employment Services programs that assist Individuals to learn job skills that will assist in obtaining a Paid Internship (PIP), with the ultimate goal of competitive employment.

**Family Home Agencies**

Many individuals desire the option to live with a family. Family Home Agencies provide that option. Individuals can move in with a certified family in their home with supports. Certified Families receive on-going training as well as supports to assist an individual to become a member of the "family."

**Family Resource Center**

Our center offers support groups and referrals to valuable generic resources. Please contact the Family Resource Center at (213)744-8882 for more information.

**IEP Support from SCLARC Educational Team**

A referral to our Education Support team can be made for families who may need assistance with the IEP process and/or getting appropriate services through the school districts.

**Incontinence supplies**

Referrals can be made to assist families with securing supplies available through Medi-Cal or through SCLARC funding if related to eligibility diagnosis and no other generic resource is available.

**Independent Living (ILS)**

Adults can receive training in areas such as, shopping, cooking, budgeting, housekeeping, and self-care skills with the goal to become more independent in daily living.

**In-Home Respite Care**

Parents and other family members can receive periodic assistance with the constant care and supervision of an individual to relieve family stress or emergencies.

**Out of Home Respite**

SCLARC may provide up to 21 days per year to provide support while a parent/guardian is out of town and unavailable to provide care. A request for out of home respite services will require a 30-day notice.

**Parenting Skills and Support**

Many SCLARC adults are parents or interested in having children. SCLARC is here to offer guidance and support through Specialized Parenting Skills training and Support. These agencies have staff that will train and support the new parent or parent-to-be with pregnancy, delivery and caring for a baby. SCLARC also has Family Homes through our Adult Family Home Agencies that can provide a home, training and support for the mother and child who wish to live with a family.

**Personal Assistance Support**

Some individuals require someone to help with community integration. SCLARC can offer these supports through Personal Assistants.

**Residential Services**

SCLARC has placement options in licensed residential homes that provide services and different levels of staffing depending on the individual's needs.

**Self-Advocacy Groups**

SCLARC has a very active Advocate Advisory Committee (AAC) that hosts a number of self-advocacy groups located throughout SCLARC's service area. Dates and locations are typically posted on the SCLARC website. To register you may also contact Desiree L. Boykin, Consumer Advocate at (213) 743-3071.

### **Social Skills Training**

Social Skills Training classes are time limited classes intended to improve interpersonal skills, social interactions and increase pragmatic language. Classes use a detailed curriculum with measurable outcomes. **Parent participation is required.**

### **Some Medical Equipment, if no other generic resource is available**

Referrals can be made to assist families with receiving needed medical equipment available through Medi-Cal, other generic resources, or through SCLARC funding if no other generic resource is available.

### **Support Groups**

SCLARC can provide resources on existing support groups for individuals/families that are available in the community. Please contact the Family Resource Center at (213)744-8882 for more information.

### **Supported Living (SLS)**

Individuals who reside in their own home may need on-going supports. A supported living service is an individualized service that provides staff to assist and train individuals in all aspects of their life. SLS is required to provide 24 hour a day emergency assistance in addition to on-going supports. Regardless of an individual's disability, they are eligible for SLS as long as they have the income for rent, food and utilities. SCLARC provides SLS up to 24 hours per day, 7 days per week, hours are based on a case by case basis.

### **Translation**

IPP Translation services are available upon request for parents whose primary language is not English.

### **Transportation**

Adult individuals should be assessed to determine their potential for independent travel on public transportation or paratransit. If the individual has demonstrated this potential, then mobility training should be provided. Generic resources for funding must be explored prior to the provision of funding by the Regional Center.

### **211 Services**

Provides help with food, housing, employment, health care, counseling and more. <http://www.211.org/> or just dial 2-1-1. They provide information throughout the United States.

Referrals to community agencies, events, and other generic resources are also available through your Service Coordinator and the SCLARC Family Resource Center.

## **SERVICES AND SUPPORTS**

### **Adulthood**

#### **23 years and up**

Your family member may currently attend a day service or be working, possibly making plans to move into their own home as well as looking forward to other new possibilities! As adults, many individuals are striving for independence. For all adults, future planning is a must and SCLARC provides services to assist our adults. Adult Services are listed below with a brief explanation of each support.

#### **Behavior Classes**

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