

Meet Jason & Sofia

About Jason:

- Jason is 26 years old;
- Jason lives at home with his mom but wants to have his own apartment someday;
- Jason has a 24-year old sister who does not live in California;
- Jason goes to a day program on weekdays where he loves to work in the garden;
- Jason loves music and singing;
- Jason does not have a lot of friends and stays home a lot on weekends;
- Jason has autism and some health issues. He is pre-diabetic.
- People in Jason's life:
 - Mom, Sister, Cousin and Aunt
 - Neighbor
 - Service Coordinator
 - A close friend
 - Pastor
 - Former teacher
 - Doctor

About Sofia:

- Sofia is 10-years old;
- Sofia lives with her parents (who speak Spanish), two brothers, and grandma in a 2nd floor apartment;
- Sofia is in 5th grade at a school that is far from her home;
- Sofia is very friendly and has a lot of friends at school but she doesn't get to see them outside of school;
- Sofia loves designing pictures on her computer, reading, being in a pool, watching videos on YouTube, and playing with her dog;
- Sofia has cerebral palsy and uses a manual wheelchair.
- People in Sofia's life:
 - Mom, Dad, two brothers and grandma
 - Grandma is also her respite provider
 - Pastor
 - Therapist
 - Teacher
 - Service Coordinator

Jason's Planning

Jason's Overall Goals

1. Jason wants to find a job
2. Jason wants to move into his own apartment
3. Jason wants to make new friends
4. Jason wants to pursue his love of music
5. Jason wants to be healthier

1. Jason wants to find a job

What? Jason loves to work in the garden

Who? Jason's neighbor knows that the local senior center is looking for gardening help; Jason's service coordinator can help him talk to them about a job.

Support? Jason will need more training and a job coach plus some gardening tools.

Timeline? Jason, along with his neighbor, will contact the senior center in the next two weeks; Jason's facilitator will contact the Dept. of Rehab who can pay for tools in the next month; Jason's service coordinator will contact some job coaches in the next month.

Barriers? Employer needs to have more information about working with a job coach.

2. Jason wants to move into his own apartment

What? Jason wants his own place with one roommate close to his mom's house.

Who? Jason's service coordinator knows of some people who might be looking for a roommate; Jason's mom has extra furniture and kitchen supplies.

Support? Jason will need someone to teach him how to cook and do laundry before he moves out; Jason will hire someone to help him find an apartment and do some research about living on his own; Jason will hire someone to support him in the apartment.

Timeline? Get the living skills over next year; Moves out in a year, Jason's service coordinator will contact the possible roommates; Jason's facilitator will help him find someone to help him with an apartment and someone to teach him skills in the next month.

Barriers? Mom still wants Jason to live at home.

3. Jason wants to make new friends

What? Jason wants friends who share his interests in video games, hiking, and traveling.

Who? Jason's close friend said that he can introduce him to other friends; Jason's cousin knows someone who belongs to a hiking club; Jason's facilitator knows of a group that plans inclusive travel adventures.

Support? Jason will need transportation and support to access the community when planning future activities with new friends.

Timeline? Jason's friend and cousin will get back to him within the month, the facilitator will send travel group's website.

Barriers? Money to travel.

4. Jason wants to pursue his love of music

What? Jason loves to sing and loves music.

Who? Jason's sister suggests he join the church choir. Jason's friend says that he knows a great guitar teacher.

Support? Jason will need transportation to and from church as well as support while at church. Jason needs a guitar.

Timeline? Jason's sister will speak to the pastor next Sunday. Jason's friend will give him the name of the guitar teacher today.

Barriers? Jason needs support to stay calm at church.

5. Jason wants to be healthier

What? Jason wants to lose weight and avoid being diabetic; he needs a dietician and exercise. Jason wants to learn how to cook to make things taste good to him.

Who? Jason's service coordinator knows a dietician who works with people with autism. Jason's former teacher has a friend who teaches cooking. Jason's aunt knows a good gym.

Support? Jason needs a new doctor, support while at the gym and cooking class, transportation and support to and from the gym.

Timeline? All will get information to Jason in the next week.

Barriers? Need to search for new doctor.

Sofia's Planning

Sofia's Overall Goals

1. Sofia wants to be more independent and comfortable at home
2. Sofia wants to hang out with her friends from school
3. Sofia want to go to a middle school with good supports
4. Sofia wants to learn to be an artist or graphic designer

1. Sofia wants to be more independent and comfortable at home

What? Sofia's family needs a first floor apartment to avoid an elevator. Sofia wants an electric wheelchair. Sofia's parents want more training to help Sofia.

Who? Sofia's Independent Facilitator knows of some apartments that are available and can help Sofia apply for SSI and get Medi-Cal. Sofia's pastor knows of a foundation to help pay for a wheelchair. Sofia's therapist can recommend some parent training programs.

Support? Ongoing assistance with applications for public benefits.

Timeline? Public benefits help in the next month. Pastor's help in the next week. Parent training programs in the next 3 months.

Barriers? Parents do not like to ask for help.

2. Sofia wants to hang out with friends from school and go to summer camp

What? Sofia wants to hang out with her friends after school or on the weekends. She also wants to be active in the summer and make new friends.

Who? Sofia's teacher can get other students' phone numbers. Sofia's facilitator can find some names of people who can support her when she's hanging out with her friends and some information about summer camps.

Support? Transportation and support staff.

Timeline? Names provided in next two weeks.

Barriers? Parents have a hard time with non-family members caring for Sofia.

3. Sofia wants to go to middle school with good supports

What? Sofia wants to go to a middle school where she can make friends. Her parents want it to be in a safe neighborhood. Sofia wants independence at school but will need some support.

Who? Sofia's teacher can give them names of schools to explore. Her facilitator can help advocate at the IEP.

Support? Need aide while at school but one that stays back, respecting Sofia's personal space, until their support is needed.

Timeline? Schools' names provided in next month.

Barriers? Parents have found working with the school difficult.

4. Sofia wants to be an artist or graphic designer

What? Sofia wants to take an art class and learn graphic design on a computer. Sofia needs a special computer and mouse.

Who? Sofia's teacher knows of an art class at the community center. Sofia's brother can teach Sofia how to use a graphic design program.

Support? Needs staff support during the art class.

Timeline? Class name provided in next week. Brother can teach her during the summer.

Barriers? Worried about being accepted as part of the art class.

Jason's Individual Budget

Last 12 Months of what was spent on regional center services: \$63,100
(Day Program, Personal Assistant hours, Independent Living Skills training)

Sofia's Individual Budget

Amount spent in last 12 months: \$2,100
(Respite – 7 hours/month used)

Sofia and her family talk with the team about a change in her individual budget.

Sofia's Unmet Need:

Sofia's previous IPP reflects that 40 hours of respite was needed per month. Sofia's family did not use all the hours because her grandmother, who is her provider, was not available. Her grandmother was helping to care for another family member and could not provide the respite to Sofia that was needed. Sofia and her family still need 40 hours per month so the team discusses this as an unmet need. They decide that the hours of respite that weren't able to be used each month were an unmet need.

Adjusting the Individual Budget:

Regional center determines an additional \$9,900 would have been spent on Sofia's services had all of her needed respite been provided.

Regional center certifies the adjusted individual budget of \$12,000.

Figuring out Jason's Spending Plan

| Service | Who Supports? |
|---|------------------------|
| GOAL: Jason wants to find a job | |
| Gardening coach | SDP |
| Gardening tools | Dept of Rehabilitation |
| GOAL: Jason wants to move into his own place | |
| Coaching on home skills | SDP |
| Staff for locating apartment, researching living on his own | SDP |
| Staff for home | IHSS |
| Transportation | SDP |
| GOAL: Jason wants to make new friends | |
| Social coach and connector | SDP |
| GOAL: Jason wants to pursue his interest in music | |
| Guitar lessons | Mother |
| Transportation to church | Mother |
| Staff for support while at church activities | SDP |
| GOAL: Jason wants to become healthier | |
| Dietician | Health Insurance |
| Gym membership | SDP |
| Staff for support to use the gym | SDP |
| Plus - Independent Facilitator and FMS | SDP |

Jason's Spending Plan

| SERVICE | AMOUNT |
|---|-----------------|
| Employment Supports 40 hours/month for a gardening coach at the job site for 12 months at \$27/hour (including taxes & benefits) | \$12,960 |
| Community Living Supports 6 hours/week of home skills coaching for 12 months at \$27/hour including taxes | \$8,424 |
| Community Integration Supports 100/hours per month of staff support towards apartment, church, gym and during transportation to these activities for 12 months @ \$24/hour including taxes & benefits | \$28,800 |
| Non-Medical Transportation Uber, public transportation and ACCESS @ \$100/month | \$1,200 |
| Community Integration Supports 12 hours/month of social coaching for 12 months at \$30/hour including taxes | \$4,320 |
| Community Integration Supports \$10/month to pay for YMCA gym membership for 12 months | \$120 |
| Independent Facilitator Facilitate PCP, Finding services | \$1,000 |
| Financial Management Services (FMS) Co-Employer Model @ \$165/month | \$1,980 |
| TOTAL | \$58,804 |

Figuring out Sofia's Spending Plan

| Service | Who Supports? |
|---|----------------------|
| GOAL: Sofia wants to be more independent and comfortable at home | |
| Electric wheelchair | Medi-Cal/Foundation |
| Parent training | Medi-Cal |
| GOAL: Sofia wants to hang out with friends & go to camp | |
| Staff support year around while with friends | SDP |
| Summer Camp | SDP |
| GOAL: Sofia want to go to middle school with good supports | |
| School aide | School district |
| Speech & Physical Therapy | School district |
| Communication device | School district |
| Advocacy at IEP (by Independent Facilitator) | SDP |
| GOAL: Sofia wants to learn to be an artist or graphic designer | |
| Accessible Computer | Grant |
| Art class | SDP |
| Staff support while at art class | SDP |
| Plus - Independent Facilitator and FMS | SDP |

Sofia's Spending Plan

| SERVICE | AMOUNT |
|--|----------------|
| Community Integration Supports Staff support after school and during art class for 5 hours/week, 32 weeks/year @ \$20/hour Staff support in the summer 20 hours/week, 4 weeks @ \$20/hour | \$4,800 |
| Respite Services Summer camp | \$2,000 |
| Community Integration Supports Art class | \$200 |
| Independent Facilitator Person-Centered Planning, Access to IPP, IEP, & Public Benefits Agencies | \$1,000 |
| Financial Management Services (FMS) | \$900 |
| TOTAL | \$8,900 |