

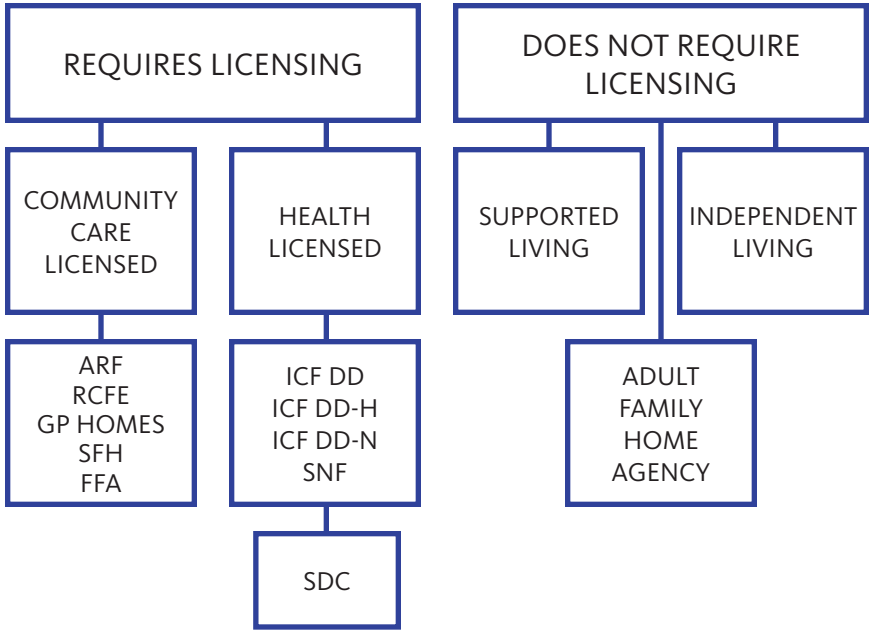
*A Guide to  
Living Options*

**SAN DIEGO REGIONAL CENTER**  
**[www.sdrc.org](http://www.sdrc.org)**



*Serving Individuals with Developmental  
Disabilities in San Diego and Imperial Counties*

# Living Options



## Key:

- ARF ..... Adult Residential Facilities
- FFA ..... Foster Family Agencies
- GP HOMES..... Group Homes
- ICF/DD .....Intermediate Care Facility/Developmentally Disabled
- ICF/DD-H...Intermediate Care Facility/Developmentally Disabled - Habilitation
- ICF/DD-N..... Intermediate Care Facility/Developmentally Disabled - Nursing
- RCFE..... Residential Care Facilities for the Elderly
- SNF..... Skilled Nursing Facility
- SDC .....State Developmental Centers
- SFH..... Small Family Homes



# *Introduction*

The key to selecting a good place to live is knowing your wants and preferences, what kind of care and support you or your family member needs and what kind of care and resources are available in your community. This booklet contains important information on the different types of residential living options. This information will help you make an informed choice as you look into residential living options for yourself or your family member.

This is a very important decision for you or your family member. We encourage you to share questions or concerns at any point while you're making your decision.

# RESIDENTIAL DEFINITIONS

A community-based residential service should:

- provide supports to assist an individual to successfully live in some type of housing other than his/her family's home.
- provide a home-like environment with supervision as needed.
- provide a living experience appropriate to the needs of the individual.
- provide supports to successfully access the local community.
- provide living choices located in the community.

Residential choices fall under two categories—those that require licensing and those that do not require licensing.

## LIVING OPTIONS THAT REQUIRE LICENSING

All licensed residential facilities must provide, at a minimum, the following:

- 24-hour-a-day supervision
- room and board (3 meals and snacks)
- arrangements for all medical and dental care
- recreational activities in the home
- community activities
- medication monitoring
- assistance with personal hygiene
- appropriate and comfortable household furnishings
- personal storage space (i.e. drawers and closets)
- adequate bathroom facilities with privacy
- safety equipment in good repair (i.e. smoke alarms and fire extinguishers)
- transportation
- telephone available for private use
- assistance in management of cash resources

## **Community Care Licensed (CCL) Facilities**

CCL facilities are licensed by the State Department of Social Services, Community Care Licensing Division.

CCL facilities are licensed in two categories:

- Those that are licensed only for children are Group Homes (GH); Small Family Homes (SFH); Foster Family Agencies (FFA)
- Those that are licensed only for adults are Adult Residential Facilities (ARF); Residential Care Facilities for the Elderly (RCFE)

CCL facilities are designed for individuals who require 24-hour supervision but who do not require medical care beyond routine health checks and medication monitoring. Restricted health conditions may be accommodated with approval from Licensing.

CCL facilities may be owned by individuals, partnerships, or by large organizations which can be either profit or nonprofit organizations.

CCL facilities can be staff or owner operated.

- An owner operated home means the owner/licensee provides residential care in their own home, usually for 1-6 individuals.
- A staff operated home means the owner/licensee does not live in the home but hires live-in staff or shift staff to provide residential care, also usually for 1-6 individuals.

The State Department of Developmental Services has a service level system for CCL facilities based on the number of staff and the level of support provided.

Regional Center contracts (a process called vendorization) with the CCL facilities to provide the particular service level required.

## **Foster Family Agencies (FFA)**

FFA's are operated by nonprofit organizations and are licensed by the State Department of Social Services, Community Care Licensing Division, to serve 1-2 children in small certified foster homes.

The agency recruits, trains, certifies, and supports foster families who provide care in their own homes.

## **Health Facilities**

Health Facilities are licensed and certified by the State Department of Health Services, Licensing and Certification Division.

Health Facilities serve children or adults and provide extensive training and/or support in the areas of self-help, medical care and behavioral needs.

Health Facilities are usually owned and operated by corporations which can be either profit or nonprofit.

Health Facilities are licensed as one of the following:

- ICF/DD (Intermediate Care Facility/Developmentally Disabled)
- ICF/DD-H (Intermediate Care Facility/Developmentally Disabled-Habilitative)
- ICF/DD-N (Intermediate Care Facility/Developmentally Disabled-Nursing)
- SNF (Skilled Nursing Facility)

Health Facilities can range in size from 6-99 beds. ICF/DD-H's and ICF/DD-N's are typically licensed for 6 individuals but may be licensed for up to 15. ICF/DD facilities are larger and, in our area, range from 50-60 beds.

SNF's provide nursing and supportive care to persons, usually chronically ill or convalescing, who need this level of care on an extended basis. Placement in a SNF is usually from a hospital and/or facilitated by the person's doctor.

## **State Developmental Center (SDC) (Formerly State Hospitals)**

SDC's are large institutions that are owned and operated by the State of California.

Placement in an SDC requires a judicial process in which the court determines that the individual is gravely disabled, dangerous to himself/herself or others.

SDC's are currently being depopulated and are not accepting referrals.

## **LIVING OPTIONS THAT DO NOT REQUIRE LICENSING**

### **Independent Living Skills (ILS)**

Persons receiving ILS services reside in their own apartment, home, or other type of unlicensed setting and receive assistance from an ILS instructor.

ILS training services are designed to assist adults to develop skills in the areas of cooking, cleaning, budgeting, shopping, transportation, and community awareness so that the highest level of independence can be reached and maintained. Services are provided on a periodic "come-in" basis.

Parenting skills training is also available for those needing this type of service.

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

Persons participating in SLS programs reside in their own apartment, home, or other type of unlicensed setting and receive services and supports from a supported living agency.

SLS services are based on the person living in his/her own home with a variety of services and supports which may vary as the individual's needs and preferences change. Persons who receive SLS have intensive 24-hour support needs.

The individual directs his/her own services and environment.

An orientation for SLS services is available if you are interested in this option.

## **Adult Family Home Agencies (AFHA)**

The AFHA, which is an organization under contract to and vendored by the regional center, oversees individual Family Home Providers. These Family Home Providers provide the opportunity for no more than two (and usually one) adults with developmental disabilities to live with, and share in the interactions and responsibilities of living in, a family.

AFHA's are responsive for recruiting, training, approving, and monitoring Family Home Providers.

AFHA's assist the adult with developmental disabilities, his/her family, and the Regional Center service coordinator in the selection of the Family Home Provider with whom he/she will live.

The individual with developmental disabilities receives the necessary service and support from the Family Home Provider, AFHA, and community to be a participating member of the family and the community where the family resides.

Social services staff employed by the AFHA make regular visits to the Family Home Providers to ensure that necessary services and supports are in place, and that the match between the Family Home Provider and the client is viable, and continues to be viable.

## **FUNDING RESOURCES FOR:**

### **Community Care Facilities/Foster Family Agencies/AFHA**

Placements are usually funded by the client's SSI and Regional Center supplemental funding. Clients also receive a specified amount of SSI per month which is designated for their personal and incidental expenses. (P&I)

### **Health Facilities**

Placements are usually funded by the client's Medi-Cal with SSI providing a small amount of personal and incidental money per month for their own use. (P&I)



## **ILS/Supported Living Services**

The client usually uses his/her SSI or other income for rent and other expenses. If eligible, IHSS services may also be utilized for personal assistance and are arranged by the client. Other services and supports may be funded by Regional Center.

For children under the age of 18 in placement, the California Department of Developmental Services requires that parents complete a Parental Reimbursement form and may require a parental reimbursement fee which is based on a sliding scale. Other resources may be considered for funding placement (i.e. client's work earnings, trust accounts, etc.).

# THE PLACEMENT PROCESS

If you or your family member are interested in exploring residential living options, your San Diego Regional Center service coordinator will assist you and coordinate this process. The service coordinator will need current and specific information about the individual seeking placement in order to help in selecting a facility that can best meet your personal preferences and needs. Using this information, the service coordinator will obtain a list of living options to review with you. Once a home or homes are identified, your service coordinator will assist you in arranging a visit.

The number of homes available for you to review will vary depending on a variety of factors, including:

- Needs of the person
- Location desired
- Wheelchair accessibility
- Vacancies
- Compatibility with other residents
- Services provided by the home
- Skill level of the staff, etc.

The client or the legally authorized representative must give permission before any information can be shared with a potential residential provider. It is important that the residential home has a vacancy and that all the people living there will be compatible. Once a home has been selected and agreed to by the provider, service coordinator and you, a move-in date can be scheduled and funding can be arranged by your service coordinator. Under most circumstances, a minimum of 30 days is required for these arrangements, unless an emergency placement is necessary. Your service coordinator will work closely with you to ensure a smooth transition.

# CHECKLIST FOR VISITS TO RESIDENTIAL FACILITIES

If you decide to explore living in a licensed care facility, it is a good idea to visit several facilities first. Your service coordinator will work closely with you to select one or more facilities that are available for you to visit. The following checklist will help you find out about the facilities and will allow you to compare different facilities so you can choose the one that best meets your needs.

Facility 1 (Name): \_\_\_\_\_

Facility 2 (Name): \_\_\_\_\_

Facility 3 (Name): \_\_\_\_\_

	Facility 1		Facility 2		Facility 3	
	Yes	No	Yes	No	Yes	No
<b>HOME/BUILDING AND PROPERTY</b>						
Is the yard well kept?						
Is there a patio/leisure area outside that is pleasant and usable?						
Is the inside of the home attractive, clean and fresh smelling?						
Is there enough storage for personal belongings?						
Does the temperature inside the house seem comfortable for the residents?						
Are there any unpleasant odors inside or out?						
Are there any areas in the home which are off limits to the clients?						

	Facility 1		Facility 2		Facility 3	
	Yes	No	Yes	No	Yes	No
<b>FOOD AND NUTRITION</b>						
Do clients get to have their favorite foods on the menu?						
Do the menus seem nutritious and well-balanced?						
Are snacks/drinks available to the clients at all times?						
Can the facility accommodate special diets?						
Do the clients have an opportunity to help in the preparation of food?						
Does the food supply appear to be adequate?						
<b>LIVING AREAS</b>						
Is there adequate privacy?						
Is the kitchen clean?						
Is the dining area clean and attractive?						
Does the residence provide adequate laundry and housekeeping services?						
Is there adequate closet and storage space?						
Are the clients allowed to decorate their own rooms; including having their own TV's, VCR's, stereos, telephones, pictures, etc.?						
Are the bathrooms clean and do the doors lock for privacy?						
Are there adequate/available towels, sheets, and bathroom supplies?						
Do clients have a say in choosing their roommates?						
Is there a private room available if this is the client's choice?						
Do the rooms have adequate lighting?						

	Facility 1		Facility 2		Facility 3	
	Yes	No	Yes	No	Yes	No
<b>LICENSING</b>						
Is the residence licensed by the appropriate state department/agency?						
Have there been any citations by the licensing authority? If so, have the problems been corrected?						
Are clients' parents and/or conservators notified in writing by the administrator when there are complaints which are substantiated by licensing?						
<b>SOCIAL/RECREATIONAL ACTIVITIES</b>						
Is there a comfortable and attractive area where clients can visit with friends or family in private?						
Is there a telephone available where clients can make personal calls?						
Does the residence offer individualized cultural and religious activities?						
Are there group and individual activities outside the home (i.e., movies, shopping, eating out)? If so, how often?						
Do clients choose what activities they want to participate in? Do they have a say in what activities they do?						

	Facility 1		Facility 2		Facility 3	
	Yes	No	Yes	No	Yes	No
<b>TRANSPORTATION</b>						
Is there a bus stop nearby?						
Is transportation provided to:						
• School/Day program?						
• Medical appointments?						
• Family visits?						
• Recreational activities?						
Is transportation available in the event of an emergency? Is there a back-up plan in place?						
Are vehicles well maintained?						
<b>CLIENT RIGHTS AND HOUSE RULES</b>						
Do the clients appear to be treated with dignity and respect by staff?						
Are clients' rights posted/presented in a way they can understand (i.e., words and/or pictures)?						
Is there a list of the house rules in writing and were you given a copy?						
Are the rules reasonable and do they respect the rights of the clients?						
Are the consequences for violating house rules reasonable and respectful of clients' rights?						
Is there a grievance procedure with an outside contact and was it explained to you?						
Does the residence have a written client discharge policy and was it explained to you?						

	Facility 1		Facility 2		Facility 3	
	Yes	No	Yes	No	Yes	No
<b>FINANCIAL</b>						
Does the administrator or another staff person handle money for the clients?						
If the administrator/staff handles money for the clients, does the system appear to ensure the safety of the clients' funds?						
Has the administrator made provisions for safeguarding clients' personal property/valuables?						
<b>MEDICAL AND SAFETY</b>						
Do staff members assist clients with making and keeping medical/dental appointments?						
Does the residence allow the client to be treated by a doctor/dentist of their choice?						
Is there a staff person on duty at all times who is trained in first aid and CPR?						
Does the residence have a plan for medical emergencies? Does it include family notification?						
Does the residence have a plan to deal with emergencies such as a fire or an earthquake?						
Are hazardous substances such as cleaning chemicals locked or inaccessible?						
Are medications safely stored and locked?						
Are there working fire alarms, fire extinguishers, smoke detectors, carbon monoxide detectors?						
Are evacuation drills conducted on a regular basis?						





# SUPPORTED LIVING/INDEPENDENT LIVING OPTIONS

Things to think about...

Here are some questions that you may want to ask when thinking about choosing a supported living or independent living skills agency. These questions may help you decide which agency will give you the kind of support you need to live in your own place.

1. How would you help me to live in my own place?
2. How long would it take for you to start working with me?
3. Who are the staff people who would be helping me?
4. Can I pick the staff person I want to work with me?
5. If I need help at night or on the weekend, who would I call?

6. Have you ever stopped support services for someone? Why?
  
  
  
  
  
  
  
  
  
  
7. What would you expect from me?
  
  
  
  
  
  
  
  
  
  
8. Are there other people who you have supported that I could call?
  
  
  
  
  
  
  
  
  
  
9. Is there anything else I should know about your agency?

After you call, take a few minutes and:

Write down the things you like about the agency:

- 
- 
- 

Write down the things that you still have questions about or are worried about:

- 
- 
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# RESIDENTIAL RIGHTS

4503. Each person with developmental disabilities who has been admitted or committed to a state hospital, community care facility as defined in Section 1502 of the Health and Safety Code, or a health facility as defined in Section 1250 of the Health and Safety Code shall have the following rights, a list of which shall be prominently posted in English, Spanish, and other appropriate languages, in all facilities providing those services and otherwise brought to his or her attention by any additional means as the Director of Developmental Services may designate by regulation:

- (a) To wear his or her own clothes, to keep and use his or her own personal possessions including his or her toilet articles, and to keep and be allowed to spend a reasonable sum of his or her own money for canteen expenses and small purchases.
- (b) To have access to individual storage space for his or her private use.
- (c) To see visitors each day.
- (d) To have reasonable access to telephones, both to make and receive confidential calls.
- (e) To have ready access to letterwriting materials, including stamps, and to mail and receive unopened correspondence.
- (f) To refuse electroconvulsive therapy.
- (g) To refuse behavior modification techniques which cause pain or trauma.
- (h) To refuse psychosurgery notwithstanding the provisions of Sections 5325, 5326, and 5326.3. Psychosurgery means those operations currently referred to as lobotomy, psychiatric surgery, and behavioral surgery and all other forms of brain surgery if the surgery is performed for any of the following purposes:
  - (1) Modification or control of thoughts, feelings, actions, or behavior rather than the treatment of a known and diagnosed physical disease of the brain.
  - (2) Modification of normal brain function or normal brain tissue in order to control thoughts, feelings, action, or behavior.
  - (3) Treatment of abnormal brain function or abnormal brain tissue in order to modify thoughts, feelings, actions, or behavior when the abnormality is not an established cause for those thoughts, feelings, actions, or behavior.
- (i) To make choices in areas including, but not limited to, his or her daily living routines, choice of companions, leisure and social activities, and program planning and implementation.
- (j) Other rights, as specified by regulation.

## **Headquarters**

4355 Ruffin Road  
San Diego CA 92123  
858-576-2996

## **Imperial County**

512 W. Aten Road  
Imperial CA 92251  
760-355-8383

## **South San Diego County**

2727 Hoover Avenue, Suite 100  
National City CA 91950  
619-336-6600

## **East San Diego County**

8760 Cuyamaca Street, Suite 100  
Santee CA 92071  
619-596-1000

## **North San Diego County**

5931 Priestly Drive, Suite 100  
Carlsbad CA 92008  
760-736-1200



*San Diego-Imperial Counties Developmental Services, Inc.*  
4355 Ruffin Road, San Diego, California 92123  
(858) 576-2996 · [www.sdrc.org](http://www.sdrc.org)