

Just Imagine ... Life As An Adult



You are finished with your high school or post secondary program and ready to step into the next phase of your life. What comes next? Where will you live? What will you be doing during the day? Who pays for what? There are many choices that depend upon what you need and what you want, as well as eligibility and availability.

High School traditionally ends at about age eighteen. Students in Special Education may remain in school attending a post secondary program until they reach the age of twenty-two. Eventually, however, your public school years will come to an end. Use this time between eighteen and twenty-two to learn, explore, experience, prepare and put in place plans for your future. Learn about options for living, work, skill building and funding that will support your choices.

By the time you exit school,
not only should you have a plan,
but that plan should already be in motion
with your next step already in place.

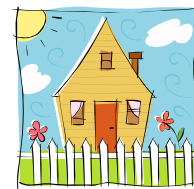
Making Choices: There are opportunities available to you after you finish your high school or your post secondary program. Think of the many different places your friends and family live and work. Your options are based on a combination of what is available, your skills and what you want. This is the same for everyone. We might not know exactly where we are going to end up, but most people leave school with an idea of what they are going to do next - take a vacation, continue going to school, work, get an apartment, move in with friends or stay at home with family for a little longer. It is important to have prepared for that next step and have everything already in place by the last day of your public school program. If you have a developmental disability your Transition Plan at school should be focusing on what

you need to learn in order to be prepared for your next step AND help you do what is needed prior to your last day of school. The purpose of this Booklet is to help acquaint you with some of your Adult Living options and provide you with the information needed to make them happen. Think big! What do you want to do?

Planning for the transition to Life as an Adult should begin by the time a student is 16 years old, but it can begin even earlier. Ask questions of both you Client Program Coordinator (CPC) and the members of your Individualized Education Plan (IEP) team. Find out what is available, line up plenty of experiences to help you narrow your focus and do it early. As you get closer to your last day of school schedule visits to become better acquainted with different types of living, work or day program options. Keep a record of your visits and what you thought. Act sooner rather than later.

Support: Part of your decision about where to live and what to do during the day will be based on the amount of support you need to be successful. If you can work or live with no support, you may want to try living on your own or with friends, getting some job training or try your hand at a job - by yourself. If you can work or live with some support, supported living or supported employment might be a good choice. Group Homes are organized into levels, depending on the type and amount of support a person needs. Ask your CPC for information.

Funding: If you want to participate in a vendored supported employment program or a vendored adult day program, North Bay Regional Center will likely provide the funding. The funding available for living situations, varies dramatically but may include family, SSI, IHSS, Medi-Cal, low income housing and/or NBRC.



I. Where to Live ...

There are a wide variety of licensed and unlicensed residential living options. Some residential programs are vendored with NBRC (meaning NBRC may help fund a placement there) while others are not (in which case NBRC cannot help fund placement). There are also a range of

programs within each type of living arrangement. Every program has a specific design and that design specifies the kinds of support that are available and the ratio of staff to residents with developmental disabilities. Funding is based on the type of support provided and the staffing ratios. For example, some programs are developed for people who are medically fragile and may require a higher staff to resident ratio at certain times of the day, other programs for people who need extra support due to challenging behaviors may also require a higher staff to resident ratio than a program that does not accept residents with challenging behaviors. Below is a description of the types of living situations available including independent living, supported living, and intermediate care facilities.

A child is defined as anyone under eighteen years old; an adult is anyone eighteen years and older. Children may not live in a home designed for adults; adults may not live in a home designed for children. Young adults 18-22 years may receive a waiver to stay in the children's home where they already live while they attend a post-secondary program. Post-secondary programs end at age 22.

Living on your own or with friends

Some people who have a diagnosis of developmental disability are able to live on their own, without help. They can get up on their own, get to work or school, manage their money, pay their bills and essentially care for themselves. They have no behavior challenges that interfere with living independently. As they leave school, they may naturally explore living in an apartment or house; renting or buying. Low Income Housing Options may be an important resource for enabling them to afford housing where they want to live.

Living with parents or relatives

It is not unusual for people, especially young adults, to choose to continue living with parents or relatives - at least until they are a little older. Fewer transitions, taking more time to look or waiting for a desired living situation may be a benefit.

Living with Support

There are many programs in Napa, Solano and Sonoma Counties that support adults with developmental disabilities at home. They can be divided into two broad groups: Residential Facilities designed, staffed and operated to provide a home and support to the people who live there and Agencies that provide staff who help a person with a developmental disability who is living in their own home or apartment, either by themselves or with others.

Living in a Residential Facility - The three types of homes in this category provide a living situation and a program for adults with developmental disabilities. The homes in each category vary greatly and may organize services and supports around a particular need or characteristic- for example, some homes are designed for people with behavior challenges and, in addition to more staff, may also provide behavior consultants and a psychologist; some homes are for women only while others are for men. Some homes are set up with the assumption that people who live there are very independent and can do most things by themselves. Other homes are staffed and have procedures that supply a lot of assistance to people who need significant help with activities of daily living. A person's Social Security pays for room and board; NBRC typically funds the actual program - staff, transportation, and additional services promised in the program's design.

Adult Residential Facility: These facilities are State Community Care licensed and designated to serve people with developmental disabilities. Although adult residential

facilities are usually vendored to take only four people, they can take as few as two people or as many as six.

Residential Care for the Elderly: These facilities also have a State Community Care license and operate the same as Adult Residential Facilities. They are, however, designated to serve adults over age 59.

Foster Home Agency: The Foster Home Agency also needs a State Community Care license, but certifies its "own" homes to care for adults. The Foster Home Agency is responsible for monitoring its staff. The homes are responsible for providing the services stated within a home's program design. These services might include counseling or behavior intervention for the adults living in the home. Usually only one or two people live in each certified home.

Living independently with agency support - Every county has three or four independent or supported living agencies that hire, train, and provide staff who assist people with developmental disabilities not living in a licensed residential facility or with parents or other relatives. The assistance provided is usually around budgeting, paying bills, planning meals, and responding to mail; but may also include meal preparation, laundry, cleaning, etc. A person who receives services through this type of agency may live on their own, in their own house or apartment, or may share a house or apartment with others. Once referred to the agency, an evaluation determines support needs and the number of hours of support required each week or month. A person's Social Security pays for room and board; NBRC typically funds the actual program - staff, transportation, and additional services promised in the program's design. There are two options, depending on the amount of support needed.

Independent Living Agency: The number of hours of support provided varies, depending on the needs of the individual. In general, however, an adult who qualifies for

independent living support needs no more than 15 hours of personal support services per month. NBRC typically funds the Independent Living Agency, called ILS for Independent Living Services. The individual receiving ILS services is responsible for their living expenses so, if this living option seems right, low-income housing is an important consideration.

Supported Living Agency: This type of agency provides extensive and ongoing support to adults with a developmental disability, related to activities of daily living; including cooking or other personal tasks. Like Independent Living, adults do not live in a licensed home or with their family. They typically need more than 15 hours of support each month. While NBRC may fund the Supported Living Agency, the person living there is responsible for living expenses. Again, low-income housing, as well as In-Home Support Services, may be important resources.

Health Care Facilities

The three most common health care facilities are called Intermediate Care Facilities (ICF). Funded by Medi-Cal, these homes are for people who need a significant amount of care in most areas of daily living and/or have nursing needs. ICFs usually are set up for six people.

Intermediate Care Facility - Developmentally Disabled Habilitative (ICF-DDH): This health care licensed facility provides a very structured active treatment program for people with developmental disabilities who need significant assistance with activities of daily living including dressing, bathing, hygiene, toileting, and mobility. ICF-DDH homes may not accept people who have a G-tube.

Intermediate Care Facility - Developmentally Disabled Nursing

(ICF-DDN): The ICF-DDN is similar to an ICF-DDH. The people who live here also require some nursing care. They may have a G-tube or severe seizures.

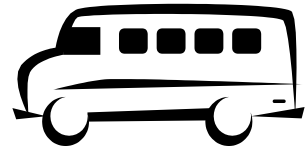
Intermediate Care Facility - Developmentally Disabled Continuous

Nursing (ICF-DDCN): Similar to an ICF-DDN but the people who live here require a significant level of nursing care. There are only a few of these homes throughout the state and only one in the North Bay area.



II. What To Do During the Day ...

Everyone has choices about how to spend their time during the day. Most of us work or work at developing the skills that will help us get a job. Following are several paths a person with a developmental disability may take, once they are out of school.



Continue Learning

Many people with developmental disabilities keep going to school after their high school program ends. Some want to finish coursework and get a High School Diploma or Certificate of Completion. Some go on to college and get a degree or certificate in a field like Accounting, Child Development or Social Services. And some just like to keep learning and meeting new people.

College - Each county has a Community or Junior College that offers a wide choice of classes and programs. You must meet that college's

admission requirements. Most Community or Junior Colleges provide a range of accommodations. In addition to ramps and facilities that can accommodate a person with a disability, there may also be note takers available for classroom time, special equipment, more time permitted to complete tests or alternate test location or materials.

Adult School - An adult school provides vocational courses including basic and secondary education/high school classes for people who have a substantial disability, parenting classes, health & safety classes and home economics. Adult Schools are usually operated through the local Unified School District.

Regional Occupational Program (ROP) - Classes take place at school and community sites. ROP programs provide high quality vocational programs that prepare high school age youth and adults for full or part time employment as well as preparing them for advanced training and higher education. ROP provides practical hands-on training, it is tuition free and there are no income requirements. There is an open entry and open exit policy. Participants receive high school credit and assistance with job placement.

Go To Work

Some people are able to enter the competitive work arena, find a job they want, apply for it, get the job and keep the job - all without support. Many people with developmental disabilities do need assistance with some or even all aspects of obtaining, performing and keeping a job. There are two general services that support people who work: Habilitation Services and Vocational Rehabilitation Services.

Habilitation Services - These are funded through the Regional Center and are for consumers who would like to go to work, but do not yet have the skills to participate in competitive employment. There are three separate avenues under Habilitation Services that an individual may pursue: Work Activity Program(s), Individual Supported Employment Program(s), and Group Supported Employment

Program(s). Each of these programs aim to increase clients' independence, improve their social skills, help them to maintain their highest level of vocational functioning and, when appropriate, prepare them for referral to Vocational Rehabilitation Services (funded through the Department of Vocational Rehabilitation).

Work Activity Program (WAP): Includes Work Activity Centers that provide full time support to consumers engaged in paid work, typically in a sheltered setting. Work provided is secured through service agency contracts with businesses and is usually performed at the work activity center, although some work may be done in the community. Consumers are generally paid according to individual productivity levels. Goals are set to encourage increased work output and movement toward competitive wage levels. This is the most restrictive employment service because it allows for ongoing training and supervision in a sheltered setting.

Group Supported Employment (GSE): Supported employment generally refers to job coaching provided for consumers engaged in paid work in a regular, integrated employment setting. Group sites are typically found in larger businesses or industries. GSE programs provide extended training and support to a group of 4-8 consumers at their workplace for their entire workday. Goals are individualized and focus on increasing work skills and independence. This Habilitation Service Program is less restrictive than WAP because it requires a higher level of responsibility on the part of the consumer.

Individual Supported Employment (ISE): Individual Supported Employment programs provide extended one-to-one job coaching to consumers who have been individually placed in integrated work settings. The person with a disability is employed by the company just like other employees while the job coach works for the supported employment service provider. Individual placements are most often found after the consumer has been referred to The Department of Vocational Rehabilitation (DR) by his/her Regional Center Client Program Coordinator. DR provides funding for job development, placement and intensive on the job training. DR services end after

the individual acquires the necessary job skills and is deemed stable in his/her job placement (see Vocational Rehabilitation Services below). The Regional Center then funds the follow-along ISE support needed to assist the consumer in maintaining the highest level of vocational functioning, independence and job success. ISE is the least restrictive Habilitation Service Program because it requires the highest level of responsibility on the part of the consumer.

Vocational Rehabilitation Services (VRS) - These services are funded through the Department of Vocational Rehabilitation via referral from the Regional Center and are provided to assist consumers with integration into community based employment settings. An array of generally time limited services are available and may include: job training, maintenance, transportation, tools, equipment & licenses, services for family members, readers & note-taking services, interpreters, telecommunications and other assistive technology. The Department of Vocational Rehabilitation (DR), through its VRS programs, is responsible for all up front services such as assessments, job placement, and intensive job coaching. Often times, DR is the best place to start in order to get the intensive training required for a new job, whether it is a group or individual placement. Once the consumer's job placement is "stable," the DR Counselor will refer the consumer back to the Regional Center for funding of follow along or "extended" services. VRS services can also be accessed when a consumer is participating in a Regional Center funded WAP or Day Program and needs to overcome specific barriers in order to be placed into ISE or GSE. Also, consumers already receiving Regional Center funded ISE or GSE services may need VRS to address individual challenges that may be jeopardizing their supported employment.

Listed below are the Habilitation Service Providers in Napa, Solano, and Sonoma Counties. Some of these agencies also provide VRS funded by the Department of Rehabilitation.

NAPA COUNTY WORK PROVIDERS

Napa Personnel Systems

#650 Imperial Way, Suite 202

Napa, CA. 94559

Program Director: Katy Vanzant

Phone: (707) 253-7466

E-Mail Address: kvanzant@sbcglobal.net

Fax Number: (707) 253-0115

Services: GSE, ISE & VRS

Napa Valley Product, Services & Industries Inc

#651 Trabajo Lane

P.O. Box 600

Napa, CA. 94559

Program Director: Sue Morton

Phone: (707) 255-0177

Fax Number: (707) 255-0802

Services: WAP and VRS

SOLANO COUNTY WORK PROVIDERS

Community Access Plus/CAP

725 Marin Street,

Vallejo, CA. 94590

Program Director: Nary Callison

Phone: (707) 649-0588

E-mail Address: narysy@aol.com

Program Coordinator: Natalio Bersabe

Phone: (707) 649-0588

E-Mail Address: nlbersabe@aol.com

Fax Number: (707) 649-0589

Services: ISE and GSE

Easter Seals Superior California

3205 Hurley Way,
Sacramento, California 95864-3898
Director of Work Services: David Donovan
Phone: (916) 485-6711 Ext. 132
E-Mail Address: daved@eastersealsca.com
Fax Number: (916) 485-2653
Services: GSE

Pride Industries - Fairfield

2339 Courage Drive, Suite D
Fairfield, CA. 94533
Work Activity Program/Group
Supported Employment Program Director : Rita Morrison
Phone: (707) 399-3601
E-Mail Address: msritamorrison@aol.com
Program Director : Darellyn Pazdel
Phone: (707) 399-3601
Fax Number: (707) 399-3603
Services: WAP and GSE

Solano Diversified Services/ Employment Services

1761 Broadway, Suite 250
Vallejo, CA. 94590
Employment Development Manager:
Omar Celestial
Phone: (707) 552-9443 Ext. 5
E-Mail Address: omar@sds-inc.org
Job Coach/Administrative Coordinator:
Jamie Johnson
Phone: (707) 552-9443 Ext. 3
E-Mail Address: Jamie@sds-inc.org
Fax Number: (707) 552-9467
Services: ISE, GSE, and VRS

SONOMA COUNTY WORK PROVIDERS

Becoming Independent/ Employment Services

1425 Corporate Center Parkway

Santa Rosa, CA. 95407

Director of Employment Services: Susan Heskett

Phone: (707) 524-6602

E-Mail Address: sheskett@becomingindependent.org

Fax Number: (707) 527-1206

Services: ISE, GSE, and VRS

Becoming Independent/The Middle Way Work Activity Program

117 Morris Street

Sebastopol, CA. 95472

Program Director: Penny Snyder

Phone: (707) 823-8755

Fax Number: (707) 823-8837

Services: WAP and VRS

CHDC/Redwood Empire Industries

1695 Piner Road, Suite A

Santa Rosa, CA. 95403

Rehabilitation Counselor: Vanessa Brown

Phone: (707) 542-5609

Fax Number: (707) 542-9766

Services: WAP, ISE, GSE, and VRS

Goodwill Industries of the Redwood Empire

651 Yolanda Avenue

Santa Rosa, CA. 95404

Workforce Development Director: Laurie Petta

Phone: (707) 523-0550 Ext. 253

Fax Number: (707) 523-0552

Services: ISE and VRS

North Bay Rehabilitation Services Inc/North Bay Industries

649 Martin Avenue

Rohnert Park, CA. 94928

Director of Employment Services: Regina Livingston

Phone: (707) 585-1991 Ext. 113

Fax Number: (707) 585-1899 or 585-1619

Services: GSE, ISE and VRS

Old Adobe Developmental Services/OADS

235 Casa Grande Road

Petaluma, CA. 94954

Supported Employment Groups Director : Linda Tunnicliffe, ext. 18

Work Services/Work Activity Director : Nicky Boyette, ext. 14

Phone: (707) 763-9807

Fax Number: (707) 763-9807

Services: WAP, ISE, GSE, and VRS

Attend a Day Program

Community based adult day programs are funded by the Regional Center for consumers who have finished school and continue to need to work on functional skill development. Services may include individualized training in socialization, independent living, and community integration. Some limited vocational opportunities may also be provided. The types of programs and services offered vary with each agency. You should check each day program listing for the specific availability of the following:

Activity Centers (AC) - These day programs serve adults who generally have acquired most basic self-care skills, have some ability to interact with others, are able to make their needs known and respond to instructions. Activity center programs focus on the development and maintenance of the functional skills required for self-advocacy, community integration and employment.

Adult Development Centers (ADC) - These day programs serve adults who are in the process of acquiring self-help skills and who generally need sustained support and directions to develop 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. ADC's usually have a staff to client ratio of one staff to three clients (1:3).

Behavior Management Programs (BMP) - These day programs serve adults with severe behavior disorders and /or dual diagnosis who, because of their behavior challenges, are not eligible for any other community-based day programs. Behavior programs usually have a staffing ratio of one staff to three clients (1:3). Plans are developed to support maximum integration in both community and facility environments, with the emphasis on transitioning to a less intensive level of support.

Community Integration Training Programs (CIT) - These programs teach consumers to be able to function in the community. Some individuals have needs that require consistent 1:1 support; others have needs that require some 1:1 support, but may be served effectively at less intensive 1:2 or 1:3 ratios for parts of their service day.

NAPA COUNTY DAY PROGRAM PROVIDERS

Association of Behavioral Consultants "No Barriers Program"

P.O. Box 246

Kenwood, CA 95452

Phone: (707) 833-6648

Fax Number: (707) 833-1116

Services: CIT 1:1 & 1:2 support

Napa Valley Support Services (NVSS)

650 Imperial Way, Suite 202

Napa, CA 94559

Phone: (707) 253-0400

Fax Number: (707) 253-0115

Services: ADC 1:3 & 1:4 general support and
BMP 1:3 behavioral support

Vine Village

4059 Old Sonoma Road

Napa, CA 94559

Phone: (707) 255-4006

Services: AC

SOLANO COUNTY DAY PROGRAM PROVIDERS

The ACT Program- ARC Solano

3272 Sonoma Blvd. Suite #4

Vallejo, CA 94590

Phone: (707) 552-2935

Fax Number: (707) 644-6555

Services: BMP 1:3 behavioral support

Association of Behavioral Consultants "No Barriers Program"

P.O. Box 246

Kenwood, CA 95452

Phone: (707) 833-6648

Fax Number: (707) 833-1116

Services: CIT 1:1 & 1:2 support

CREST (Adult Education Program)

Vallejo Unified School District

1220 Gateway Drive

Vallejo, CA 94590

Phone: (707) 556-8693

Crossroads Community Options, LLC

Co-Op Program
329 Cernon St.
Vacaville, CA 94587
Phone: (707) 449-9377
Fax Number: (707) 449-3973
Services: ADC 1:3 general support

Different Stokes

835 Empire St.
Fairfield, CA 94533
Phone: (707) 718-7400
Services: BMP 1:3 behavioral support and CIT 1:1 & 1:2 support

Dungarvin California, Inc.

310 East Monte Vista Avenue
Vacaville, CA 95688
Phone: (707) 449-3722
Fax Number: (707) 449-6395
Services: ADC 1:3 general support

I.M.P.A.C.T.

2573 Clay Bank Road, Suite 12 & 13
Fairfield, CA 94553
Phone: (707) 435-1792 or 435-1796
Fax: (707) 435-1913
Services: BMP 1:3 behavioral support and CIT 1:1 & 1:2 support

Lea's People Choice

325 Falcon Dr.
Vallejo, CA 94589
Phone: (707) 429-5643

Milestones Adult Development Center

#1 Florida St.
Vallejo, CA 94590
Phone: (707) 644-0496

Fax Number: (707) 644-1702
Services: ADC 1:3 general support

Solano Diversified Services (SDS), Inc.

1767 Broadway, Suite 250
Vallejo, CA 94590
Phone: (707) 554-4325
Fax Number: (707) 552-9467
Services: ADC 1:3 general support, BMP 1:3 behavioral support,
Community Based Behavioral support 1:3 and CIT 1:1 & 1:2 support

PACE Alabama

426 Alabama St.
Vallejo, CA 94590
Phone: (707) 554-6616
Fax Number: (707) 554-8497
Services: ADC 1:3 general support, BMP Choices 1:3 behavioral
support, CIT 1:1 & 1:2 support

PACE Georgia

1330 Georgia St.
Vallejo, CA 94590
Phone: (707) 557-0795
Fax Number: (707) 554-8497
Services: ADC 1:3 general support, BMP Choices 1:3 behavioral
support and CIT 1:1 & 1:2 support

PACE Benicia

425 Military East, Unit E
Benicia, CA 94510
Phone: (707) 747-1761
Fax Number: (707) 557-0344
Services: ADC Opportunities 1:3 general support, BMP Choices 1:3
behavioral support and CIT 1:1 & 1:2 support

PACE Suisun

258 Sunset Avenue, Suite K

Suisun, CA 94585

Phone: (707) 427-1731

Fax Number: (707) 427-3318

Services: ADC Opportunities 1:4 general support, BMP Choices 1:3 behavioral support and CIT 1:1 & 1:2 support

PACE Oliver Road

1349 Oliver Road

Fairfield, CA 94533

Phone: (707) 435-9674

Fax: (707) 427-3318

Services: ADC Opportunities 1:4 general support, BMP Choices 1:3 behavioral support and CIT 1:1 & 1:2 support

PACE Winery Square

1955 West Texas, Suite 17

Fairfield, CA 94533

Phone: (707) 426-6932

Fax Number: (707) 432-5292

Services: ADC 1:3 general support, BMP 1:3 behavioral support and CIT 1:1 & 1:2 support

PACE Vacaville

2601 Nut Tree Road, Suite C

Vacaville, CA 95687

Phone: (707) 455-3800

Fax Number: (707) 455-3814

Services: ADC 1:3 general support, BMP 1:3 behavioral support and CIT 1:1 & 1:2 support

PACE Parkway

3777 B Vaca Valley Parkway

Vacaville, CA 95688

Phone: (707) 447-3767

Fax Number: (707) 447-8811

Services: ADC 1:3 general support, BMP 1:3 behavioral support and CIT 1:1 & 1:2 support

SONOMA COUNTY DAY PROGRAM PROVIDERS

Alchemia

118 10th Street
Petaluma, CA 94952
Phone: (707) 775-3794
Fax Number: (707) 775-3794
Services: ADC 1:4 general support

Association of Behavioral Consultants "No Barriers Program"

P.O. Box 246
Kenwood, CA 95452
Phone: (707) 833-6648
Fax Number: (707) 833-1116
Services: CIT 1:1 & 1:2 support

Community Sustained Programming

PO Box 4092
Santa Rosa, CA 95407
Phone: (707) 833-4921
Services: BMP 1:3 behavioral support

Becoming Independent

1425 Corporate Center Parkway
Santa Rosa, CA 95407
Phone: (707) 527-5904
Fax Number: (707) 527-1206
Services: AC 1:6 general support, ADC 1:3 general support,
BMP 1:3 behavioral support and CIT 1:1, 1:2 & 1:3 behavioral support

Becoming Independent

484 Moore Lane
Healdsburg, CA 95448
Phone & fax: (707) 431-1345
Services: ADC 1:3 & 1:4 general support, BMP 1:3 behavioral support
CIT 1:1 & 1:2 behavioral support

Becoming Independent

6950 Commerce Blvd. Suites 5 & 6

Rohnert Park, CA 94928

Phone: (707) 664-1619

Fax Number: (707) 664-1628

Services: ADC 1:3 & 1:4 general support, BMP 1:3 behavioral support and CIT 1:1 & 1:2 behavioral support

Becoming Independent

355 Napa Street

Sonoma, CA 95476

Phone: (707) 996-5988

Fax Number: (707) 935-7861

Services: ADC 1:3 & 1:4 general support BMP 1:3 behavioral support and CIT 1:1 & 1:2 behavioral support

Dungarvin California, Inc.

433 Beaver Street

Santa Rosa, CA 95403

Phone: (707) 543-5895

Fax Number: (707) 543-5892

Services: ADC 1:3 general support and CIT 1:1 & 1:2 behavioral support

Growth Opportunities

2421 Lomas Avenue

Santa Rosa, CA 95403

Phone: (707) 571-7637

Fax Number: (707) 571-7643

Services: AC 1:6 general support and ADC 1:3 general support

North Bay Excursions

4248 Leafwood Circle, East

Santa Rosa, CA 95404

Phone: (707) 526-5521

Fax: (707) 526-5521

A Senior Adult Day Care Program

North Bay Senior Connections

17595 Johnson Avenue

Sonoma, CA 95476

Phone: (707) 935-1161

A Senior Adult Day Care Program

Old Adobe Developmental Services (OADS)

235 Casa Grande Avenue

Petaluma, CA 94954

Phone: (707) 763-9807

Fax Number: (707) 763-7708

Services: Adult Day Care, AC 1:6 general support, ADC 1:4 general support, ADC 1:3 general support, BMP 1:3 behavioral support and CIT 1:1 & 1:2 support

Use the high school and early post secondary program years to identify what you are aiming for when school is over. Work with the school and others to identify a way to best assess which type of service will be needed. This assessment process may include a formal work assessment; identifying interests; examining academic, job, social and communication skills; and a process for matching someone with available programs and or work. Then jump in and make it happen. Remember ... when the door to school closes that last time, you want the next door already open - with everything in place.



It takes many pieces to make life as an adult work. Where one wants to live and work are both essential, but having other services and supports in place can greatly increase quality of life. Here are a few

Social Security & Medi-Cal

Adult life is expensive and a person with a developmental disability may need assistance to make ends meet. Social Security and Medi-Cal are two important pieces that can be put in place when you turn eighteen years old. Applications for Social Security can be done in person (to save time, be sure and make an appointment first) or through the mail. To apply you can call 1-800- 772-1213. If you are eligible for Supplemental Security Income (SSI), you will automatically be linked to Medi-Cal. Some people may also be eligible for Social Security Administration (SSA) benefits based on a disabled or deceased parents' Social Security benefits.

In Home Support Services

The In Home Support Services Program (IHSS) will help pay for services enabling you to remain safely in your own home. IHSS is considered an alternative to out-of-home care, such as nursing homes or board & care facilities. Types of services which can be authorized through IHSS are housecleaning, meal preparation, laundry, grocery shopping, personal care services, accompaniment to medical appointments and protective supervision for the mentally impaired. To be eligible, you must be disabled, or blind or over 65 years of age. Disabled children with SSI and/or Medi-Cal may also be eligible for IHSS. If eligible you will be given a specified number of hours per

month, for which you can select a provider (this can be a family member if you choose). To apply you can call: Napa County at (707) 259-8359, Solano County at (707) 784-8259 or Sonoma County at (707) 565-5900.

Low-Income Housing

Low Income Housing like Section 8 Rental Subsidies is a rental assistance (or housing subsidy) program for low-income individuals and families. It is a federally funded program from the Department of Housing and Urban Development (HUD) that is administered by local Public Housing Authorities (PHA). The purpose of this program is to provide low-income families (including a family of one) with safe, decent and affordable housing. There is usually a long waiting list for these vouchers, which can be several years. So turn in an application as soon as possible and keep the PHA up-to-date with any changes in your contact information. Check with your PHA to see if they are currently accepting applications - sometimes their wait list is "closed." Watch your local newspaper for notices of when your local PHA opens again for applications. Note you can be on multiple lists for different areas at the same time. To find your local low-income housing office visit, www.hud.gov

And don't forget to have fun ...

Do something just because you enjoy it.

Volunteering is a GREAT way to get experience, get out and have some fun. People volunteer everywhere. Best of all, they can often adjust hours to meet their own schedules and preferences.

For more ideas about things to do in the Bay Area look for our Camp and What to do For Fun Booklets. Both can be found on the NBRC website, www.nbrc.net