FORMAL AND INFORMAL COMMUNITY SUPPORTS

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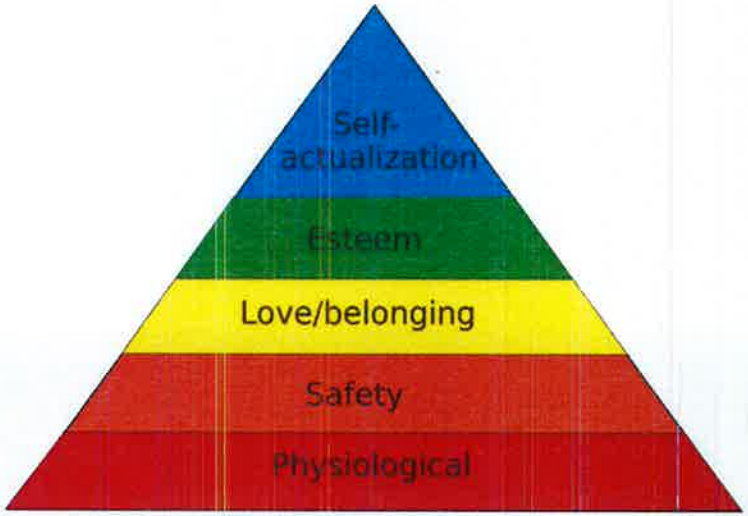
Today We'll Talk About

- Services and supports available to the whole community (informal supports)
- Services and supports available to individuals with developmental disabilities (formal supports)
- How these work together to meet people's needs

Informal Supports

A Variety of Needs

- People in general have lots of needs.
- People with disabilities may also have other needs including:
  - Education
  - Transportation
  - Financial benefits
  - Medical care
  - Employment support
  - Personal care
  - Supervision

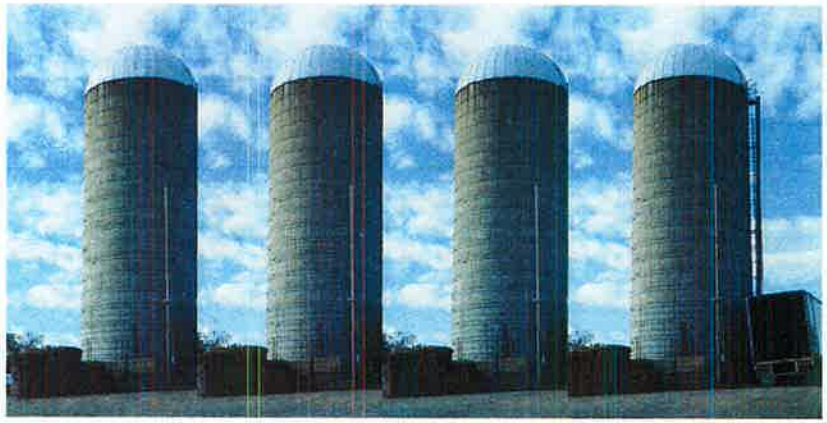


Community Support

- In any community, people help each other.
- This happens because different people have different strengths.
- This may happen in families, churches, or other groups.
- This is called natural support.

Lots of Programs, Lots of Rules

- The government pays different community programs to focus on different needs.
- Each program has its own rules about who qualifies for services and what the goal of the program is.
- Lots of the time, these programs don't work together.
- These programs are called <u>generic services</u>.



One Example: Supplemental Security Income (SSI)

- Money for low-income seniors or individuals with disabilities to pay for:
  - Food
  - Clothing
  - Shelter
- People who qualify for SSI also qualify for Medi-Cal.

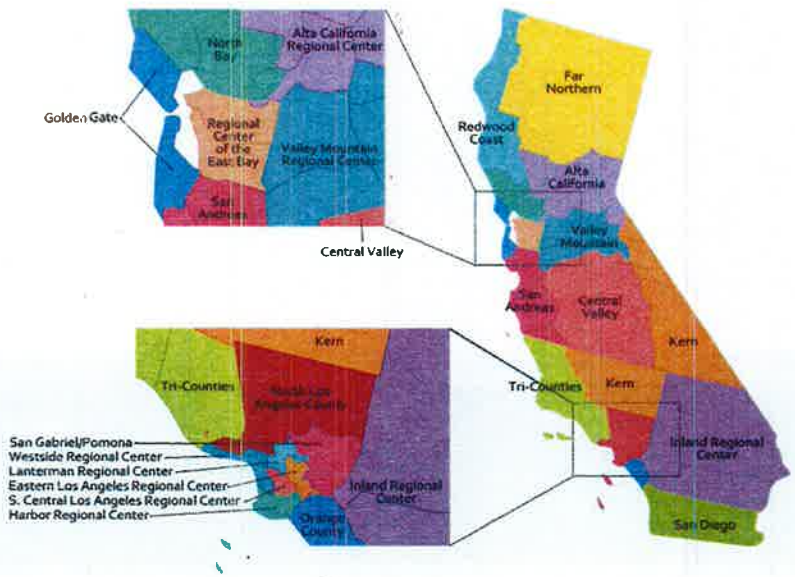
Another Example: In-Home Support Services

- Allows people to hire caregivers to help them with daily tasks
- To help them stay in their own home
- There are rules about the number of hours and type of help that can be given.

Formal Supports

Regional Center System

- Began in 1966 with two pilot regional centers
- The goal was to provide an alternative to institutional care.
- 21 regional centers now serve over 280,000 people.



Qualifying for Regional Center Services

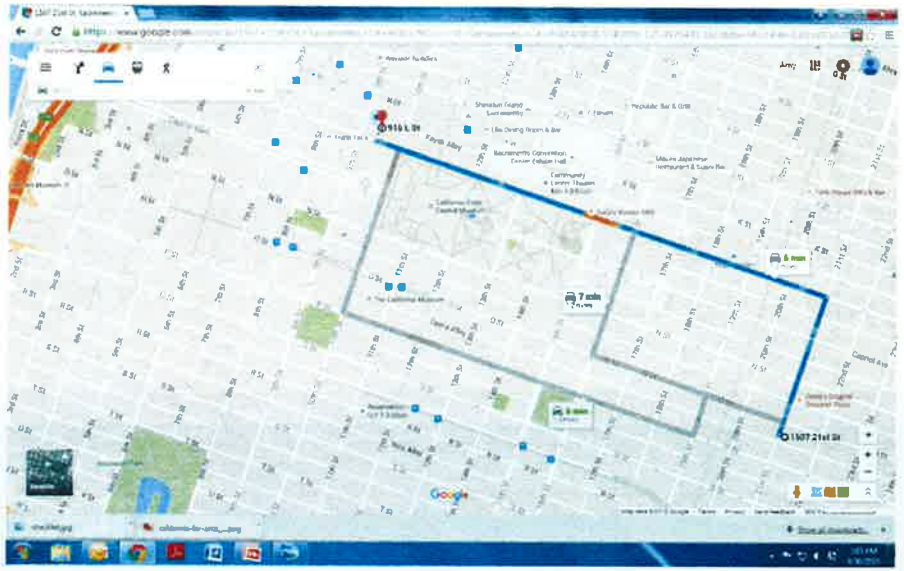
- An eligible diagnosis
  - Intellectual disability
  - Autism
  - Epilepsy
  - Cerebral palsy
  - A condition similar to or requiring treatment similar to intellectual disability
- Occurs before age 18
- Substantial problems in three life areas

What Regional Centers Do

- The goals of regional centers are:
  - Help at-risk infants and toddlers to catch up
  - Keep children at home
  - Help adults to be independent
- Provide clinical and case management services to individuals and families

Person-Centered Planning

- Each person sets goals for the future.
- The planning team helps to decide steps that need to be taken to reach the goals.
- The team figures out what <u>supports</u> and <u>services</u> are needed.



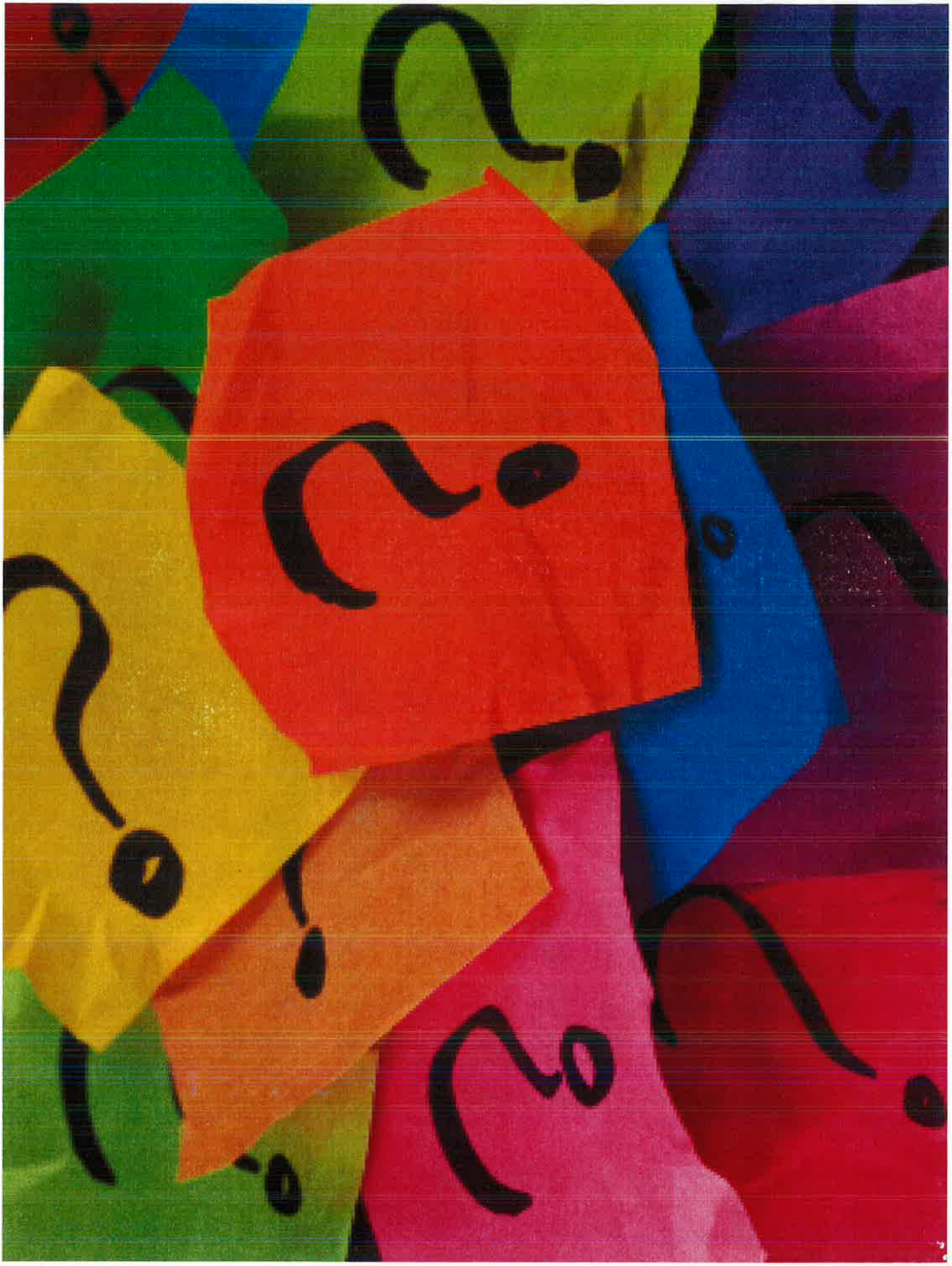
How It Fits Together

Deciding Who Does What

- When looking at a service need, the planning team needs to think about:
  - Natural supports
  - Generic services
  - Regional center funded services
- Regional centers fill gaps in other services.

Other Things to Think About

- Federal funding helps pay for services, but comes with rules.
- Some programs have service limits.
- Individuals' needs change over time.
- Decisions on services need to be made based on lots of information.

Changing Times

- Cal Medi-Connect
- Home and Community-Based Services Final Rule
- Workforce Innovation and Opportunities Act
- Self-Determination Program