

Home-Based Supports, Day Programs and Housing Options

Transition Skills, Tips & Tools



Explore your options. This will help you and your family/guardian choose programs and services that best suit your needs. It will also help meet your transition goals and allow you to live as independently as possible in the community of your choice.

You should plan early. Getting into adult service programs may take months. Accessing adult services will be much different than getting services through your school. The process will take time, many phone calls and much follow-up and appeals. Try not to get discouraged. Don't give up!

You will need to plan how to pay for your future services, trainings, supports and your living arrangements. Adult service options and funding sources are much different than child-focused services and funding. Some differences are:

- Government-funded programs for adults are very limited.
- You must meet the program's eligibility guidelines to get services.
- There are waiting lists, applications, disability determinations and other processes required.

In-Home Support Options. You may want to apply for one of nine Home and Community-Based Services (HCBS) Waiver programs to get services to help you live more independently in your family's home or on your own. For more information about the HCBS Waiver programs, refer to the "Get Financial Help" section on the next page.

Some in-home supports provided are:

- Homemaker
- Help with nursing or personal care
- Respite care
- A personal case manager
- Non-medical transportation
- Emergency home response
- Environmental accessibility adaptations
- Specialized medical equipment and supplies
- Home-delivered meals

– **Day Programs** include activities to foster skill-building, appropriate behavior, greater independence and personal choice. They may include daily living skills instruction, community outings, vocational training, employment opportunities and recreation.

Residential Living for People with Disabilities. We understand that many families plan to care for their children with a disability long-term. We also recognize that living situations and unexpected events may happen. Having a plan in advance may help ensure your adult child's needs will be met in your absence. You may need to consider the following options.

These options include a range of settings that help individuals with disabilities live with their own families or in their own homes with supportive services from community-based supported living service providers.

- **Independent living** - You live on your own.
- **Semi-independent living** - You need minimal levels of help to live and work in the community. Some hire a personal assistant or have roommates who share responsibilities. Family members may take turns to help out.
- **Community-Integrated Living Arrangements (CILA) or group homes** - Residential options for those needing caretaker support or 24-hour care that is provided in a variety of settings. Most are home-like settings located in communities where individuals have:
 - Support staff available as needed
 - Supervision and help with the activities of daily living
 - Access to local stores, libraries and restaurants
- **Nursing Home or Intermediate Care Facilities for the Developmentally Disabled (ICF/DD)** - Healthcare facilities for people who need ongoing developmental services and intermittent skilled nursing care.
- **State institutions** - For individuals with the most severe disabilities who need intensive services.

Get Financial Help for Needed Supports

Home and Community-Based Services Waiver Programs

- **Persons with Developmental Disabilities – Home and Community-Based Services Waiver** - Register for the Prioritization of Urgency of Need for Services (PUNS) through the Department of Human Services (IDHS) Division of Developmental Disabilities (DDD). Call your area's Independent Service Coordination (ISC) agency at **1-888-DDPLANS**, (888) 337-5267 or (866) 376-8446 (TTY). You can also check at www.dhs.state.il.us/page.aspx?item=32253.
- **Persons with Disabilities – Division of Rehabilitation Services (DRS) Home Services Program** - This waiver serves individuals with severe physical disabilities. A fact sheet on the Home and Community-Based Services Waiver/Home Services Program is available at hfs.illinois.gov/medicalclients/hcbs/disabilities.html. For more information, contact the Division of Rehabilitation Services at (800) 843-6154, (800) 447-6404 (TTY) or www.dhs.state.il.us/page.aspx?item=29738.

- **Persons with Brain Injuries – Division of Rehabilitation Services (DRS) Home Services Program** - A fact sheet on the Home and Community-Based Services Waiver/Home Services Program is available at hfs.illinois.gov/medicalclients/hcbs/bi.html. For more information, contact the Division of Rehabilitation Services at (800) 843-6154, (800) 447-6404 (TTY) or www.dhs.state.il.us/page.aspx?item=29764.

Find Supported Living Arrangements:

- Find and ask about **unique group arrangements** funded by the residents' families. Such families pool their resources to provide supportive living arrangements in single-family homes for their family members with disabilities who need help with daily living skills.
- Contact your area's **Center for Independent Living (CIL)** for a wide array of independent living services. For more information, visit www.incil.org/ or call (800) 587-1227.
- **Know your rights for fair housing.** Visit the U.S. Department of Housing & Urban Development's disability-related topics page at www.hud.gov/program_offices/fair_housing_equal_opp/disability_main.
- **In-Home Support Options.** You may want to apply for one of nine Home and Community-Based Services (HCBS) Waiver programs to get services to help you live more independently in your family's home or on your own. For more information about the HCBS Waiver programs, visit hfs.illinois.gov/medicalclients/hcbs.html.

Other Resources

- The **Illinois Assistive Technology Program** - Promotes available assistive technology services. Call (800) 852-5110 or visit iltech.org/.
- **Supported Living Facilities – Illinois Supported Living Program** - Offers housing with support services to persons with physical disabilities (22 and older), depending on the population served by the facility. This is a Department of Healthcare and Family Services waiver program that allows for supported living services that include personal care, homemaking, laundry, medication supervision, social activities, recreation and 24-hour staff. **The resident is responsible for paying the cost of room and board at the facility.** For more information, see the fact sheet at hfs.illinois.gov/medicalclients/hcbs.html or call (217) 782-0545.
- **Habitat for Humanity** may be able to help you identify accessible and affordable housing. Go to www.habitat.org/getinv/apply.aspx to find Habitat services in your local area. You can use the Habitat online search tool or call them at (800) 422-4828.
- **Statewide Independent Living Council of Illinois** - Supports independent living services across Illinois. For more information, call (217) 744-7777 (V/TTY) or go to silcofillinois.org/.

We're here to help.

To learn more about the Division of Specialized Care for Children's programs and services, check out our website at: dscc.uic.edu

