



# CONTRA COSTA COUNTY

## AGENDA

### Developmental Disabilities Council

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Wednesday, October 23, 2024

10:00 AM

Las Trampas School 3460 Lana Lan,  
Lafayette |  
[https://cchealth.zoom.us/j/96433584883?](https://cchealth.zoom.us/j/96433584883?pwd=bEtCdk9wM0NyZHFVaVl0N3U3Rm1mQT09)  
[pwd=bEtCdk9wM0NyZHFVaVl0N3U3R](https://cchealth.zoom.us/j/96433584883?pwd=bEtCdk9wM0NyZHFVaVl0N3U3Rm1mQT09)  
[m1mQT09](https://cchealth.zoom.us/j/96433584883?pwd=bEtCdk9wM0NyZHFVaVl0N3U3Rm1mQT09) | Call in: (646) 518-9805,  
meeting ID 964 3358 4883, password  
872892

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Agenda Items: Items may be taken out of order based on the business of the day and preference of the Committee

1. Roll Call and Introductions  
Approval of September 25, 2024 Meeting Minutes [24-3444](#)  
**Attachments:** [DDC Minutes 9-25-24 draft](#)
2. Updates
3. Presentation: Understanding IHSS, SLS and ILS [24-3445](#)  
**Attachments:** [Understanding IHSS, SLS and ILS](#)
4. Public comment on any item under the jurisdiction of the Committee and not on this agenda (speakers may be limited to two minutes).
5. Adjourn

The next meeting is currently scheduled for November 20, 2024.

The Committee will provide reasonable accommodations for persons with disabilities planning to attend the Committee meetings. Contact the staff person listed below at least 72 hours before the meeting. Any disclosable public records related to an open session item on a regular meeting agenda and distributed by the County to a majority of members of the Committee less than 96 hours prior to that meeting are available for public inspection at 1220 Morello Ave, Martinez, during normal business hours. Staff reports related to items on the agenda are also accessible on line at [www.contracosta.ca.gov](http://www.contracosta.ca.gov). Public comment may be submitted via electronic mail on agenda items at least one full work day prior to the published meeting time.

For Additional Information Contact: Vi Ibarra, [vi.ibarra@cchealth.org](mailto:vi.ibarra@cchealth.org) or (925) 532-9047



# CONTRA COSTA COUNTY

1025 ESCOBAR STREET  
MARTINEZ, CA 94553

## Staff Report

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**File #:** 24-3444

**Agenda Date:** 10/23/2024

**Agenda #:**

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Advisory Board: Developmental Disabilities Council

Subject: Presentation

**Developmental Disabilities Council of Contra Costa County**  
**BOARD OF DIRECTORS MEETING**  
**September 25, 2024**

**Board and Liaison Members Present:** Caroline Ortiz; Christy Lam-Julian; Estela Nunez; Karen Lingenfelter; Katherine Kreft; Laura Corbett; Nickole Bouslog; Pam Perls; Ramsay Mashy; Ria Mercado; Seth Hendricks; Troy Russell; Will Sanford, Chairperson

**Staff:** Vi Ibarra

**Board and Liaison Members Excused:** Christine Rottger

**Guests:** Alicia Jackson, Parent; Charon Smith; Nicola Ifill-Fraser, Mateo Ibarra, Nora Lewis, Kevin Costte, Tyler Bohon, Jeremy Dunbar and Lisa Ribitch: all from Full Circle of Choices; Angela Large, WorkAbility MDUSD; Janessa Oriol, Congressman Mark DeSaulnier's Office; Daniel Volta, CSS Antioch; Daniel Flournoy, CSS Antioch; Sonia Ledo, Parent; Erik Estrada, MDUSD Adult Ed; Craig Rose, VistAbility; Isaac Barber, VistAbility; Suzanne Anthony, Parent; Lisa Kleinbub, RCEB; Leslie Visbal, Visbal Strategic Consulting; Aimee Vitug-Hom, VistAbility; Hannah Michaelsen, Care Parent Network; Donna Feingold, HireAble and Finding Golden Solutions; Gabriela Solval, SCDD Bay Area; Rosa Valledor, Parent; Jennifer Noah, Parent

**Welcome, Establish Quorum, and Introductions:**

Will welcomed everyone in at 10:03 a.m. Today's meeting was a hybrid format, with Council members and guests attending in-person at 1025 Escobar Street in Martinez and on Zoom. Will reviewed the Group Norms. Guests introduced themselves and Zoom guests were asked to put their names and affiliations in Chat for attendance purposes.

Vi took a roll call of board members and established a quorum.

The meeting minutes for May 22<sup>nd</sup> and August 28<sup>th</sup>, 2024 were approved with one abstention (Will, who was not present at either meeting) and without correction (M/Ramsay, S/Troy). There were no additions to the agenda.

**UPDATES:**

**RCEB – Lisa Kleinbub**

Lisa announced that the Board of Directors posted the RCEB Executive Director job opening. The announcement is being shared broadly in the community working in conjunction with Lawrence Advisory Group. Lisa working closely with the committee as they move through the process.

Due to many community efforts, the Rate Implementation is going to happen in January 2025 with the final increase for services that were in Burns study. Providers must meet some quality standards for the last 10% of the rate. For the first year and a half, through 2026, the quality standards will be based on whether service providers have updated their information in the

statewide provider directory. Providers will be able to earn the incentive if they complete the information, which will go through a validation process.

The Department of Developmental Services (DDS) has not given direction on some service codes such as 055. RCEB will work with service providers once more information is provided. It will be a process and it will not affect the rate adjustments in January 1, 2025. Conversions of these codes may take through next year.

In addition, Nancy Bargmann who was the DDS director for 8 years recently retired. The interim director, Pete Cervinka, worked at the Department of Social Services (DSS) for many years and has been at DDS for 4 years where he has been involved in strategic planning, and the fair hearing and appeals process.

Lastly, the universal IPP also starts in January 2025. RCEB will provide training to case managers in November-December and hold community meetings on it.

Questions and comments:

- A comment was made about the provider portal, which is to give more transparency to families and participants. It should be a major advantage, with more information added over time.

#### **SCDD Bay Area Office – Gabriela Solval**

Gabriela shared information about upcoming statewide trainings and events. Click on the live links for more information.

- [Upcoming statewide trainings](#): An Employer Engagement Webinar series on Building Meaningful Relationships with Employers, Enhancing discovery through employer relationships and development, and more. The trainings are mainly employer focused but everyone is welcome.
- Bay Area RAC Meeting on 09/25 from 5:30-8 p.m., with an option to join on Zoom. Join In-Person: 1 Frank H Ogawa Plaza, Oakland City Hall, or [Join by Zoom](#).
- [SCDD Council and Committee Meetings](#).
- State Council's Year-round [Sponsorship Opportunity](#). You may be able to receive up to \$2500 in sponsorships!
- [There Should Be a Law Contest!](#) Will run from September 1 – 30, 2024.
- SCDD's 2nd Competitive Integrated Employment (CIE) Community of Practice (CoP 2.0). [Wednesdays in October](#) from 12:00 PM to 1:30 PM.

Questions and comments:

- A question was asked about employment webinars being recorded? Gabriela will find out and get back to us.

#### **Membership – Troy Russell**

Troy announced a new member nomination. Alicia Jackson introduced herself as a parent of three adult children, a firm believer in education and in taking care of those that have a

disadvantage. One of her children has autism, and they have been working on his Self-Determination Plan. Alicia wants to be a part of the board to network and gain more resources to help others. A nomination was made to bring Alicia onto the board (M/Troy, 2<sup>nd</sup>/Seth). It carried unanimously and Alicia was welcomed to the board!

### **Council Chairperson – Will Sanford**

Will reported on discussions from the August planning meeting on how to move forward as a board. From the discussion that also considered previous input from community members, a compilation of ideas bubbled up to the surface and six potential focus areas were identified. There was exploration on establishing work groups and how the board should take action. The six topics are:

1. Transportation
2. Health Equity
3. Master Plan for Developmental Services – this one is a little different from the other 5 topics. The Master Plan needs to be completed by February 2025 as compared to the other topics that may be worked on for a few years.
4. Early Childhood Inclusion/Education
5. Development of Informational Resources
6. WCCUSD

### **Comments:**

- There were comments made about other committees are already doing the work, and that it might be the best use of the Council's time.
- Other comments were made about not just being a voice for the community but the Council doing work to integrate priorities into strategic planning, and harnessing the power of the Board to hold others accountable.
- There was mention that Contra Costa is one of 2 of the 58 counties in California that has a Developmental Disabilities Council.

Following further discussion, a survey of the board members was taken on topics that should be delved into. The top two topics were transportation and health equity. Additionally, everyone agreed the Master Plan is a short-term issue.

After the break, Will summarized that transportation and health equity are determined to be the two focuses for this year. The other topics can always be agendized as needed. A sign-up sheet was passed around to capture the names of anyone interested in being part of the workgroups.

### **Executive Assistant to the Council – Vi Ibarra**

Vi shared that RCEB has retained Lawrence Advisory in recruiting for Lisa's replacement. They reached out to Vi to provide input on the job description on behalf of the DDC. Will, Seth, and their counterpart with Alameda DDC also participated.

### **Community Liaison Reports:**

#### **East Bay Legislative Coalition – Will Sanford:**

Will reviewed the [EBLC update](#). We really want the legislators to know who we are. In election years, the EBLC holds candidate forums to engage people. This year they are holding two reverse town hall meetings where they will have a panel of experts, providers, self-advocates answering questions from the legislative candidates. Both town hall meetings will be held virtually.

The EBLC is also holding two candidate forums, in-person, at the RCEB offices. It will be a forum to understand each of the candidates' perspectives, and the EBLC will ask 10 questions relevant to the IDD community.

**Emergency Planning Engagement – Aimee Vitug-Hom:**

Aimee reviewed the [Emergency Planning Engagement update](#). A question was asked about County employees who are Disaster Service Workers (or DSWS) and if training will be provided. Vi responded it is a good opportunity to determine if training exists or if training needs to be created.

**HireAble/Local Partnership Agreement – Donna Feingold:**

Donna reviewed the [HireAble update](#). Before HireAble was created, it was known as the East Bay Employment Task Force. They met once a month to talk about employment issues. In 2019 through a Longs Grant, HireAble was established.

**Paratransit Coordinating Council – Vi Ibarra:**

Vi suggested deferring this report to the October meeting due to time constraints.

**Transition Task Force – Liaison is to be determined:**

Report deferred to October.

**Public Comment and Announcements:**

- Donna shared future LPA meeting dates: 2/11, 5/13, 8/12, 11/12, from 1:30-2:30pm. If anyone needs the DOR contact, email Donna.
- Also from Donna - Family HCBS trainings will be held on October 10, 2024 at 6pm, October 22, 2024 at 3pm, November 4, 2024 at 4pm, and December 10, 2024 at 12pm. Use [this link to register](#). If you have any questions, reach out to Donna Feingold at [donna@findinggoldensolutions.com](mailto:donna@findinggoldensolutions.com) or Carolanne Forge at [cforge@toolworks.org](mailto:cforge@toolworks.org).

**Adjournment:**

The meeting adjourned at 11:57 a.m.

**The next meeting will be held on October 23, 2024 at Las Trampas in Lafayette**

Respectfully submitted by,  
*Aimee Vitug-Hom*  
VistAbility



# CONTRA COSTA COUNTY

1025 ESCOBAR STREET  
MARTINEZ, CA 94553

## Staff Report

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**File #:** 24-3445

**Agenda Date:** 10/23/2024

**Agenda #:** 3

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Advisory Board: Developmental Disabilities Council

Subject: Understanding IHSS, SLS and ILS

Presenter: Judy Hunter



# IHSS, ILS and SLS

IHSS, ILS, and SLS are programs that offer different services and have different eligibility requirements:

## ❑ IHSS (In-Home Supportive Services)

Provides services such as housecleaning, laundry, meal preparation, and personal care. Eligibility is based on age, blindness, or disability, and applicants must also qualify for Medi-Cal.

## ❑ ILS (Independent Living Services)

ILS -After the age of 18, provides for training and skill development in all necessary aspects for the consumer to live successfully in their own home. ILS is a training program which starts with the premise that the consumer will live independently or with minimal support in the community. ILS helps people improve skills for living independently, such as personal care, daily living skills, budgeting, etc. ILS can be used in any setting, including at home or in a licensed facility. ILS is typically used by adults who have some self-help skills but need help with some tasks.

## ❑ SLS (Supported Living Services)

SLS- after the age of 18, Provides residential services and supported living arrangements for people who need more than training to be independent. SLS can include 24/7 support and always includes emergency back up support. SLS is usually only available for people who live on their own in a home they own or rent to help them live as independently to their ability. SLS services are offered for as long and as often as needed, with the flexibility required to meet a persons' changing needs overtime.



# California In Home Supportive Service (IHSS)

# Back Ground

- ▶ IHSS is a federal state health and social service program that provides personal care and domestic service for individuals who are aged, blind, or disabled.
- ❖ The recipient must be a lawful resident of California with low income, be Medi-Cal eligible and limited resources.
- ❖ Need personal assistance services to remain safely in their home. ( to avoid out-of- home care).
- ❖ “Own home” can be the family home or the person’s own dwelling, such as an apartment or house.
- ❖ Authorized hours can range to the maximum of 283 hours per month depending on the needs of the individual. If you are non–severely impaired, the monthly maximum is 195 hours.



# Basic purpose

- ▶ The basic purpose of IHSS program is to enable an eligible person to remain safely in the person's own home ( not in a board- and-care home or facility).
- ▶ In determining need for IHSS, county workers must determine that needed services are not available through alternative resources ( e.g., at a day program), the individual would be unable to remain safely at home without the services.

# Services

- ▶ Services that can be authorized:
  - Non-medical personal services (e.g., hygiene, dressing, grooming, helping the person eat or move about, etc.)
  - Paramedical services under the direction of health care professional (e.g., catheter care, injection, etc.)
  - Domestic services (e.g., cleaning floors, kitchen counters, stove, refrigerator, bathroom: storing food, supplies; taking out the garbage; dusting, picking up, making the bed, etc.)
  - Related services (e.g., menu planning, shopping for food, preparing meals and meal clean-up, routine laundry, other shopping, etc.)
  - Essential transportation service (e.g. to/from doctor's appointment and alternative resources.

# Continue Services

- Protective Supervision - to protect against risk of injury/accident (e.g., to watch and redirect if a person would walk out of the house into traffic, or burn themselves on the stove.
- Heavy cleaning service- (one month only) due to special health problems
- Limited yard hazard- clean-up one month only
- Teaching and demonstration service- ( no more than 3 months) , under the condition that the person will become more self sufficient.

# Protective supervision

- ▶ Protective supervision- is only available to “non-self-directing, confused, mentally impaired, or mentally ill persons” to “safeguard the recipient against injury, hazard or accident.”
- ▶ The key issue is (poor) judgment, confusion, disorientation, or bad memory.

# Information

- ▶ Generally speaking it is good practice for the person with disability to hire his or her own IHSS worker.
- ▶ Persons with severe impairment have a right to do this, even if the county uses a contract agency as the employer.

If the person receiving IHSS services is not in a position to be the hiring employer options may be considered. May be assisted by agency or family member.

1. If the person is receiving ILS or SLS an instructor/counselor or community support facilitator may be able to assist the person to be a good employer.
2. In some cases, a parent or other personal advocate, or other family member or close friend may help.

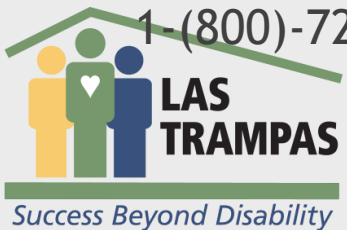


# continue

- ▶ If a person lives in his or her own place, a combination of IHSS and ILS combination or IHSS and SLS combination funds may be use together.
- ▶ IHSS benefits must be used for your case to stay active to demonstrate a need for hours of assistance.
- ▶ Staff must stay active with recipient to stay active with that recipient.
- ▶ IHSS wage at this time is \$18.83 per hour.

# Information

- ▶ IHSS Public Authority Contra Costa,  
500 Ellinwood way suite 110 Pleasant Hill Ca, 94523  
Phone: 800-333-1081  
<https://contracostapa.org>
- ▶ Apply for IHSS 925-229-8434
- ▶ Staff Registry 800-333-1081
- ▶ IHSS Service Desk for Providers & Recipients, (866) 376-7066
- ▶ IHSS Fraud Hotline: 888-717-8302
- ▶ Provider Fraud and Elder Abuse complaint line:  
1-(800)-722-0432



# Service for SLS/ILS

- ▶ To be eligible for SLS and ILS service, a person must have a disability that begins before the individual's 18<sup>th</sup> birthday that is expected to continue indefinitely and present a substantial disability for that individual.
- ▶ Qualifying conditions include intellectual disability, cerebral palsy, epilepsy, autism, and other disabling conditions.
- ▶ This term shall also include disabling conditions found to be closely related to intellectual disability or to require treatment similar to that required for individuals with a intellectual disability, but Shall not include other handicapping conditions that are solely physical in nature.
- ▶ Consumers receive service from a provider they choose. Consumers receiving service shall have the right to make decisions that shape the nature and quality of their lives in accordance with their preference, and consistent with the goals stated in their Individual Program Plan (IPP). When a person has expressed a preference during their (IPP) for ILS or SLS. No consumer will be denied service solely because of the nature and severity of his\her disability.
- ▶ All generic supports and services will be used first and to the fullest extent possible before RCEB purchase of service.



# ILS differs from Supported living services

- ▶ ILS provides for training skill development in all necessary for the consumer to live successfully in their own home. The ILS training program which starts with the premise that the consumer will live independently or with minimal support in the community in his/her own home following training. This training will vary from one consumer to another depending on the individual consumers needs. While some training may take place in group settings most ILS training will be provided on a one to one basis. The training may start in the parents home to train the individual to move out on their own then continue in their own home to be independent with minimal support. The individual does not have needs that require continuous monitoring which would preclude living in an unsupervised setting.
- ▶ With ILS it is assumed that over time the consumer will become more independent and **need less support from an ILS provider**. A reduction in training hours is expected over time.
- ▶ SLS Provides residential services and supported living arrangements for people who need more than training to be independent. SLS can include 24/7 support and always includes emergency back up support. SLS is usually only available for people who live on their own in a home they own or rent to help them live as independently to their ability. This service is not provided in the parents home. **SLS service is to maintain independence with continued support.**



# continue

- ▶ ILS services and supports are for people to live in a home that they own, lease or rent. Also, ILS can help support and prepare the participant to move out of their parents home.
- ▶ SLS can not provide this service in the parents home.
- ▶ The range of services and supports may include: assistance in finding a home; choosing a roommate, getting along with neighbors, setting up household, budgeting/money management, negotiating with landlord, healthy choices, understanding doctor directive, shopping, meal preparation, housekeeping, safety/handling emergencies, travel training, caring for a pet, daily living skills training and support; hiring and training individuals to provide personal care.
- ▶ Facilitates Community resources such as; section 8, Medical redetermination, SSI, DOR, and the Food-bank. ILS helps support Self -advocacy and community integration.
- ▶ The main goal is for the participant achieve their personal goals.

# SLS

- SLS services help individual exercise meaningful choice and control in their daily lives, including where and with whom to live. Selecting and moving into a home, choosing housemate, acquiring furnishing, settling disputes, building and maintaining interpersonal relationships including a circle of support.
- Supported living services are tailored to meet consumers needs such as daily activities, menu planning, meal preparation, grocery shopping, healthy choice, cooking, performing routine household activities, laundry, house cleaning, personal hygiene, scheduling medical care, understanding doctor directive, medication, transporting to and from doctor appointments, using emergency services, home and community safety, managing personal finances, check cashing and purchasing activities, recruiting staff, helping with IHSS, training and dismissing personal attendants, self -advocacy and community integration.
- SLS services are offered for as long and as often as needed, with the flexibility required to meet a persons' changing needs overtime.

# SLS continued

- To establish and maintain a safe, stable and independent life in their own home. To secure the maximum possible level of personal independence.
- SLS services are offered for as long and as often as needed, with the flexibility required to meet a persons' changing needs overtime.
- ▶ SLS at Las Trampas assist the consumer with section 8 housing redetermination, SSI, and Medi-cal redetermination.

# Procedure for SLS/ILS

- ▶ After the age of 18
- ▶ Case Manager will discuss both ILS and SLS as two ways to support consumers to live in their own home. The circle of support needs to consider which service will be most effective in meeting the consumer's goals.
- ▶ A needs assessment will be completed by the ILS / SLS agencies and learning strategy developed and a preliminary timeframe for moving should be worked out before services are provided.
- ▶ Assessment should take between four to ten hours to complete, one to three months.
- ▶ Once the assessment is completed, the agency will submit the assessment to the Case manager. The Case Manager will request a POS( purchase of service).
- ▶ Agency receives POS, service will start for the consumer.



# Hours

- ▶ IHSS- hours can be up to 284 hours in a month maximum. Each task is given a particular amounts of minutes to complete the task. This is called (NOA) Notice of Action.
- ▶ An IHSS worker can be a hired paid staff person or a hired paid family member.
- ▶ IHSS hours can work in combination with ILS or SLS.
- ▶ ILS-hours can range from 5 hours a month up to 40 hours in a month.
- ▶ SLS- hours can range from 40 hours in a month up to 24/7 hours. The Regional center would want this consumer to work in combination with IHSS.
- ▶ ILS , SLS hours do not work in combination with one another.

# How to request service with the Regional Center

***Intake Coordinator Over 3 services (Developmental Disabilities)  
Regional Center of the East Bay***

Email: [intakeoverthree@rceb.org](mailto:intakeoverthree@rceb.org)

Phone: 510-618-6122 | Direct Fax: 510-678-4122

**Supervisor: Kristen Anderson**

**510-678-1144 | [kanderson@rceb.org](mailto:kanderson@rceb.org)**

**MAIL:** Regional Center of the East Bay

\*Attention: Over 3 Intake\*

500 Davis Street, Suite 100

San Leandro, CA 94577

**Getting Started - RCEB**

<https://rceb.org/clients/getting-started-with-us/>



*Success Beyond Disability*

# Regional center address

- ▶ **Alameda County Office** - Headquarters Regional Center of the East Bay  
Creekside Plaza 500 Davis Street, Suite 100 San Leandro, CA 94577 (510) 618-6100 Fax: (510) 678-4100
- ▶ **Contra Costa Office** Regional Center of the East Bay 1320 Willow Pass Road,  
Suite 300 Concord, CA 94520 (925) 691-2300 Fax: (925) 674-8001

# IHSS information

- ▶ IHSS Public Authority Contra Costa,  
500 Ellinwood way suite 110 Pleasant Hill Ca, 94523  
Phone: 800-333-1081  
<https://contracostapa.org>
- ▶ Apply for IHSS 925-229-8434
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- ▶ IHSS Service Desk for Providers & Recipients, (866) 376-7066
- ▶ IHSS Fraud Hotline: 888-717-8302
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1-(800)-722-0432