

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.

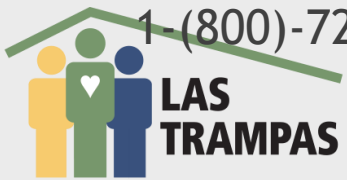


continue

- ▶ 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



Success Beyond Disability

Service for SLS/ILS

- ▶ To be eligible for SLS and ILS service, a person must have a disability that begins before the individual's 18th 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

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

Supervisor: Kristen Anderson

510-678-1144 | 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
- ▶ 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

