

Individual Service Plan
(SLSB)

Name:

Date:

Residence Type:

Address:

City/Zip:

Telephone number:

Date of Birth:

UCI:

Regional Center: Westside Regional Center
5901 Green Valley Circle, Suite 320, CA 90232-6953

Service Coordinator:

Telephone Number:

Members of the ISP Team:

Name:

Relationship:

Address:

Phone number:

Individual's hopes and dreams for the future:

Individual's hopes and dreams tend to vary, depending on his mood. Individual has expressed that he would like to find someone that he could love and return these feelings to him. Individual would like to continue to attend his day program and his art work.

Individual's current abilities:

Individual is fully ambulatory and is able to express all of his wants and needs. Individual is able to utilize public transportation, prepare his own meals, shop for himself, and manage his money with assistance. Individual is able to complete all aspects of his personal hygiene with no prompting from staff. Individual is able to clean up his own apartment, however he generally chooses not to clean up as his apartment is generally messy.

Things the individual enjoys:

Individual enjoys painting, drawing, visiting museums, going shopping in the community, and appears to like riding in the community looking at buildings and other points of interests.

Things the individual dislikes:

Individual does not like when people tell him what to do. Individual does not like to discuss past incidents. If anyone attempts to discuss these incidents with him he will become very upset. Individual has gotten upset with his support and refused to utilize their services when these items have been brought to his attention. Individual does not except change and will generally become very anxious when his daily schedule is disrupted.

Individual's family support:

Individual has limited contact with his family. Individual states that he never knew his biological father. Individual does have limited contact with his mother. His mother sends him money for his personal needs every month and assists with paying his bills. Individual reports that he does see his mother on special occasions. Individual has reported that his mother has re-married and that he does not get along with his new Step-father. Support staff reported meeting his mother on one occasion. They described the relationship as "troubled" and it appeared neither one of them were very happy to see each other. Individual does not like to talk about his parents and will become very agitated if the subject is brought to his attention.

Things to know about the individual: (Age, gender, WRC eligible Dx)

Individual was born month, day, year in Torrance Memorial Hospital. The youngest of three siblings, his younger brother died a few years ago and his older brother lives in Culver City, Ca. Individual was raised by his mother and step-father in Hawthorne (she re-married in 1990). Individual describes a difficult relationship with his step-father and feels that he is always telling him how he *should* be, rather than accepting who he is. Individual never knew his biological father.

Individual was noted to have a minor developmental delay at 2 years of age. It was also noted that he had visual problems and started having seizures around the same age. Individual was diagnosed with tumors on the optic nerves. Behavior problems started early, he would not sleep at night he was easily agitated with a low frustration level and would react with exaggeratedly violence to minor stimuli.

Individual was accused of burglarizing two different residences during 1998. He was arrested and incarcerated at the Los Angeles County Jail. Individual does not deny these charges and states that he was hanging out with a "family" in Hawthorne that had a bad influence on him. Individual claims that he and his friends would steal everything from the houses, including clothes and food from the refrigerator and they would sell it, he would use this money to frequent strip clubs in downtown Los Angeles. During his stay in the County Jail, psychological testing indicated that he was not competent to stand trial. He was subsequently admitted to Porterville Developmental Center from jail. Individual describes his experience of jail and Porterville as "hellish". He states that he would get beat up on a daily basis in Porterville by another resident who would then steal his money. Individual states that he has regret for his previous behaviors and that he has worked incredibly hard over the past three years to "move on" with his life. He describes how he would like to avoid any activity that involves breaking the law.

Domain 1:0 Autonomy & Choice**Training & Habilitation** **Personal Assistance** **Current Status:**

Individual evidences good processing skills when receiving information. He demonstrates an attention span between 15 to 30 minutes. Due to his perceptual disabilities (hearing and sight) Individual has a limited ability to receive information from many mediums at one time. Large print calendars should be adapted by the Supported Living Provider to assist Individual with his receptive communication.

Individual has good problem solving skills and will generate many ideas as solutions to overcome barriers presented to him. He would benefit from conflict resolution guidance and mentoring, as he can become very stubborn when in conflict with others.

Relationship is the key to assisting the individual to access support and assistance to make informed decisions about his health and safety. Individual demonstrates good decision making skills and is fairly independent at making his own decisions. He has a good understanding of the consequences of decision making except with his personal finances, where he will spend all of his money and not consider his fiscal need over duration of time.

Goal 1:1: I want to continue developing competency in choice, decision making and Autonomy.

- I want to decide how to prioritize my responsibilities throughout the entire month by entering appointments and important events in my calendar. (from 07/01/07 to 06/30/08).

Method:

- a. I will keep a calendar for the month in my apartment as well as a smaller calendar for me to carry at all times.
- b. I will enter important events and/or appointments in these calendars every month.
 - I want to vote and work at the polls by during the election. (12/31/07.)

Method:

- a. I will register to vote.
- b. I will look for information regarding volunteering opportunities at the polls.
- c. I will be in contact with people at the polls and secure a way to get to the polls.

Support Plan:

The agency will provide support, assistance, guidance, training and education from 07/01/07 to 06/30/08 on the following areas:

Self advocacy, Communication – expressive & receptive, Choice & decision making, Continuing education, Exploring opportunities, Voting, Civil involvement, Positive behavioral support strategies.

Outcome:

The individual has received training in the area of self advocacy, autonomy and choice since 07/01/2004. Overall, the individual still relies on the ongoing support and training of a SLS instructor to make sound decisions regarding daily activities and his life. Continuous progress has been witnessed and the individual would benefit from further training in this area.

Domain 2:0 Housing

Training & Habilitation

Personal Assistance

Current Status:

For the individual to be successful in supported living he will require maximum support, assistance and guidance from his supported living provider to maintain his home; manage his lease and interface with his landlord and neighbors. Individual cannot and will not participate in any household maintenance or chores without maximum staff support, assistance and guidance. This will be essential for the individual to maintain a clean, safe home environment. The individual describes his ideal roommate as young, cool and interesting. A factor to success will be in appointing the right person as Individual's roommate. Individual requires a role model / mentor, a person he can look to for knowledge and experience in managing a household. Again relationship will be the key to Individual's success with his roommate. It is highly recommended that Individual's roommate not be a peer – as he has numerous failed attempts at living with peers.

Goal 2:1: I want to establish household routines to enjoy a healthy lifestyle.

- I want to be responsible for performing most household tasks in my home .(from 07/01/07 to 06/30/08).

Method:

- a. I will to vacuum and/or sweep my apartment at least once a week.
- b. I will to clean my bathroom, living room and bedroom and do my laundry at least twice a month.
- c. I will wash my dishes after every meal.
 - I will try to find a roommate with whom to share an apartment and establish a healthy and stable roommate living situation this year. (by 06/30/08).

Method:

- a. I will attend the “roommate social” gatherings at WRC every month.
- b. I will interview a number of individuals and determine possible living situations depending on how compatible I am with them.

Support Plan:

The agency will assist individual to implement a daily/ weekly schedule of routines to participate in cleaning his living-room, Kitchen, bathroom, bedroom and laundry in a safe and productive manner. (from 07/01/07 to 06/30/08).

The agency will provide support, assistance, guidance, training and education in hiring /training, supervising and dismissing support staff, locating & selecting roommates, obtaining adaptive equipment and developing trusting relationships.

Outcome:

The individual has received training in the area of Housing since 2002. Overall, the individual still relies on the ongoing training and prompting from the SLS instructor to remain consistent with his household responsibilities on a regular basis.

Domain 3:0 Relationships**Training & Habilitation** **Personal Assistance** **Current Status:**

Individual has contact with his mother who lives in Los Angeles. The relationship may be described as somewhat strange. Individual has a step father, who he has an “up and down” relationship with. His older brother (whom he does not see) lives in Culver City, Ca. It is Individual’s hope that he can visit his mother more often and spend more time with her.

Individual is a very social guy, he invites people to his home from his neighborhood and can be easily taken advantage of by others. This may present the individual with a challenge when living in urban settings/neighborhoods where there are more homeless and transient people that may take advantage of his hospitality.

Goal 3:1: I want to develop new friendships and relationships and maintain all current relationships in my life.

- I want to maintain my current friendships and establish new ones with other individuals in the community while incorporating them in my social circle. (from 07/01/07 to 06/30/08).

Method:

- a. I will keep in contact with my friends through telephone calls or face to face meetings.
- b. I will coordinate social events with my friends and keep everyone involved and aware of any updates regarding these events.
- c. I will attend social events offered through generic resources within my community and other social gatherings provided by groups in the Regional Center.

Support Plan:

The agency will provide support and assistance to:

- a. Maintain all current relationships, reminding to phone people, encouragement to write to family and friends. (from 07/01/07 to 06/30/08.)
- b. Develop trusting relationships with roommate and all new support staff.
- c. Maintain a circle of support through monthly gatherings.

- d. Learn the concept of conflict resolution and practice behavior. (from 07/01/07 to 06/30/08).

Outcome:

The individual has received training in the area of maintaining and establishing Relationships since 2000. Overall, the individual no longer relies on the ongoing training from the SLS instructor to address this area of his life. As a result of his continued independent success, this objective will no longer be included as part of his SLS goals.

Domain 4:0 Health & Well-being

Training & Habilitation

Personal Assistance

Current Status:

The individual has a diagnosis of Mild Mental Retardation, Conduct Disorder and Grand Mal Seizure Disorder. The individual is currently receiving skills training from his supported living provider to assist him to develop competency in communication, home living skills, how to use community resources, health, safety, self care, social skills, self direction, reading, writing and budgeting.

Goal 4:1: I want to maintain an optimal level of health physically and mentally.

- I want to speak about my problems with a Psychologist during the next year (from 07/01/07 to 06/30/08).

Method:

- a) The agency will provide support and assistance to locate, secure and access the services of a Psychiatrist in the individual's community.
 - b) The agency will coordinate transportation through mobility training to access these services.
- I want to receive services from a Neurologist. (from 07/01/07 to 06/30/08).

Method:

- a) The agency will provide support and assistance to locate, secure and access the services of a Neurologist in the individual's community.
 - b) The agency will coordinate transportation through mobility training to access these services.
 - c) I will be responsible for following up with the physician's orders as prescribed including medication administration.
- I want to improve to live a more positive/productive life. this year (2008).

Method:

- a) The agency will develop and implement a behavior support plan.
 - b) I will follow up with the behavior support plan and assume responsibility for any consequences of my actions.
- I will schedule and attend all regular medical appointments with my primary physician during the next year (from 07/01/07 to 06/30/08).

Method:

- a) The agency will provide training in locating, securing and accessing the services of a primary physician in the individual's community.

- b) The agency will assist in coordinating transportation through mobility training to access these services.
- c) I will be responsible for entering all appointments in my schedule and make sure to attend all of them as scheduled.

Support Plan:

The agency will provide support, guidance, training and education on Medication, Health monitoring, accessing health care providers, support groups / counseling / therapy, nutrition and meal planning, physical fitness, first aid education, Positive Behavioral Supports and emergency medical / mental health services.

Outcome:

The individual has received training in the area of Health and Well-being since 2006. Overall, the individual's skill level in this area has remained stagnant for the past two service years. At this point it would be appropriate that services transition to a personal assistance category considering the continuous support needed by the individual in this area.

Domain 5:0 Safety

Training & Habilitation

Personal Assistance

Current Status:

Individual has good safety awareness skills, however he is vulnerable to suggestion and outside influence, as evidenced by his criminal history. He is very friendly towards others and can be welcoming to strangers. Individual will require 24/7 hour support through supported living services and center based day program support to ensure his safety.

Individual has a history of non compliance to authority figures, verbal and physical aggression to others, AWOL, fire setting (as a juvenile) suicidal ideation. All of which endanger Individual to potential eviction, high staff turnover and potential aggression from others in the community. The key to Individual's success will be in his relationship with his staff team and their ability to balance direction, guidance and respect through support. Individual will require much support and assistance to develop competency in fair employment practices.

Goal 5:1: I want to be safe at all times.

- I will respect the suggestions/instruction from my support staff in regards to my safety at home and when out in the community to protect my safety. (from 07/01/07 to 06/30/08).

Method:

- a) I will maintain open communication with my support staff and talk to them about people that I meet in the community.
- b) I will stay away or avoid socializing with people that are detrimental to my safety and well being.
- c) I will refrain from engaging in behaviors that jeopardize my safety such as fire setting or AWOL.

- d) I will make sure to maintain good rapport with all of my support staff and respect limits and boundaries set to ensure professionalism in our relationship.

Support Plan:

The agency will provide support, assistance, guidance, training and education on Natural disaster preparedness, 24hrs access to emergency support, access to generic emergency support, adaptive equipment in the home, modifications to maintain safety, safety awareness training, social Skills training, household safety, and stranger awareness.

Outcome:

The individual has received training in the area of Safety since 2006. Overall, the individual's skill level in this area has continued to progressively improve since training was first implemented. At this point it would be appropriate that services continue as part of Training and Habilitation category considering the continuous improvement by the individual in this area.

Domain 6:0 Mobility and Accessibility**Training & Habilitation** **Personal Assistance** **Current Status:**

Individual can walk, climb, run, jump and ride a bicycle safely. He does not require any adaptive equipment in the home or in the community, but does require support to get out of cars that are high up. He does not use any adaptive equipment to accommodate this disability. Individual will require assistance to access his community and learn the public transportation system. He will require assistance to budget his money to purchase a monthly bus pass and support to access the transit locations to buy his monthly pass.

Individual will require support and assistance to participate and complete all household management tasks and chores on a daily and weekly basis.

Goal 6:1: I want to learn the public transportation system in my community.

- I want to learn bus routes to go to restaurants, malls and other sites of interest for entertainment and vocational purposes . (from 07/01/07 to 06/30/08.)

Method:

- a) I will receive support, assistance and guidance to research bus routines to significant locations/ community resources.
- b) I will be encouraged to use public transportation to access all community resources.
- c) The agency will provide guidance when required to buy buss pass, use bus pass and communicate with driver.
- d) I will never use the bus system alone without letting my support staff know where I am going. (from 07/01/07 to 06/30/08).

Support Plan:

The agency will provide support, assistance, guidance, training and education on mobility training and accessing different resources within my community.

Outcome:

The individual has received training and assistance in the area of Mobility and Accessibility since 2004. Overall, the individual's skill level in this area has remained stagnant during the past two service years. At this point it would be appropriate that services transition from Training and Habilitation into Personal Assistance type of services. The individual cannot use public transportation safely unless on-going supervision/assistance is provided at all times.

Domain 7:0 Personal Finances**Training & Habilitation** **Personal Assistance** **Current Status:**

Individual has poor budgeting skills and no banking experience, as he will require maximum assistance to develop competency in this area. He is currently has a savings account with a total of \$500 saved. He currently pays \$400 per month as his share of his rent (which is split between another two roommates). He has \$100 per month for groceries and no money for daily / social activities. For Individual to be successful in supported living in Los Angeles he will require the fiscal help of a paid roommate to share rent costs. In addition he will require a rent subsidy from Westside Regional Center towards the rental costs of a house. Landlords will require a letter from Westside Regional Center guaranteeing his rent each month along with a substantial security deposit – estimated \$4500 to overcome his negative credit report. Individual will require support and assistance to pay debts not previously paid, in an effort to repair Individual's credit history and begin to establish good credit.

Goal 7:1: I want to be able to manage my own personal finances.

- I will be able to pay rent, utilities, cable, telephone bill and manage my daily allowance set forth in my agreed monthly budget. (from 07/01/07 to 06/30/08).

Method:

- a) I will keep a calendar and mark the dates when I will need to make payments for the different utilities.
- b) I will write my own checks and keep track of my remaining balance to see the money that I have available at the end of the month.
- c) I will work with my support staff to ensure that I am following a budget plan so that I am saving or setting money aside at the end of the month.

Support Plan:

The agency will provide support, assistance, guidance, training and education on interfacing with SSI/ SSD, interfacing with landlord, banking, check writing, budgeting,

money Management, bill paying and obtaining generically available discounts & subsidies.

Outcome:

The individual has received training and assistance in the area of Personal Finances since 2004. Overall, the individual's skill level in this area has remained stagnant during the past two service years despite initial progress. At this point it would be appropriate that services transition from Training and Habilitation into Personal Assistance type of services. The individual relies on assistance at all times to address this area of his life.

This individual support plan will be reviewed in _____ to evaluate if the support the Agency is providing to you is being successful in helping you meet your goals.

Signature of Person being Supported _____

Date _____

Signature of person writing this plan _____

Date _____