

INSIDE WESTSIDE
SERVICES AND SUPPORTS
Adulthood
23 years and up

Your family member may currently attend a day service or be working, possibly making plans to move into their own home as well as looking forward to other new possibilities! As adults, many individuals are striving for independence. For all adults, future planning is a must. WRC provides services that assist our adults. Adult Services are listed below with a brief explanation of each support.

Case Management

- A new Service Coordinator (SC) will be assigned and will assist you with arranging appropriate services.

Crisis Support Services

- WRC has 2 crisis response teams that provide support when individuals and families are in crisis due to emotional or serious behavior issues. You can sign up with a team, which we recommend, before there are problems for on-going support and wellness checks.

In-home Respite Care

- Parents and other family members can get periodic assistance with the constant care and supervision of a client to relieve family stress or in emergencies.

Behavior Intervention

- Behavior intervention services are specialists who provide training and instruction to assist families, clients and caregivers in developing positive strategies and techniques to manage behaviors. Parent or support staff participation is required!

Social Skills

- Social Skills classes are time limited classes intended to improve interpersonal skills, social interactions and increase pragmatic language. Classes use a detailed curriculum with measurable outcomes and require parent participation.

Support Groups

- WRC has a variety of support groups for individuals/families that are offered at our center. Please contact the Family Resource Center at 310-258-4063 for more information.

Family Resource Center

- Our parent run center offers support groups and referrals to valuable generic resources. Please contact the Family Resource Center at 310-258-4063 for more information.

Day Services

- Westside offers a variety of adult day services that include site based licensed day programs; community based day programs and individualized day programs. Individuals can participate in a variety of programs suited to their individual needs, such as improving daily living skills, training in a vocation, volunteering, performing arts, technology,

Employment

- Clients can be referred to a Supported Employment vendor who can assist with job development in an appropriate group or individual job placement. Job coaching hours can also be funded through DOR and/or WRC based on the individual's needs. Employment is a priority for Westside!

Internship Programs

- WRC has several internship programs that provide on-the job training and education in regular work settings. This is an excellent way to explore different careers and build a resume.

Tailored Services

- Tailored Services offer a variety of opportunities to adults. Tailored Services are typically provided between 7-12 hours per week with a maximum of 20 hours weekly. Services may be provided on a 1:1 basis or shared between clients receiving the services, up to 1:3 staff to client ratio. The intent is to choose and customize day services to meet the client individualized needs; have opportunities to further the development or maintenance of employment and volunteer activities; direct their services; pursue postsecondary education; and increase their ability to lead integrated and inclusive lives.

Independent Living (ILS)

- Adults can receive training in areas such as, shopping, cooking, budgeting, housekeeping, and self-care skills with the goal to become more independent in daily living. (Typically provided to individuals already living outside of the family home. Westside also provides ILS on a short term basis for those living with family members when the goal is to move into their own home and live independently.)

Supported Living (SLS)

- Individuals who rent, lease or own their own home may need on-going supports. A supported living service is an individualized service that is able to provide staff to assist and train individuals in all aspects of their life. SLS is required to provide 24 hour a day emergency assistance in addition to on-going supports. Regardless of an individual's disability, they are eligible for SLS as long as they have the funds for rent, food and utilities. Westside provides SLS up to 24 hours per day, 7 days per week dependent on the individual supports needed.

Residential services

- WRC has options for licensed residential homes that provide different services and different levels of staffing depending on the individual needs.

Family Home Agencies

- Many individuals want the option to live with a family. Family Home Agencies provide that option. Individuals can move in with a certified family in their home with supports. Certified Families receive on-going training as well as supports to assist an individual to become a member of their "family".

Personal Assistance Support

- Some individuals require someone to help them with daily living activities, such as bathing, dressing, meal preparation. Westside can offer these supports through Personal Assistants.

Healthy Lifestyles

- In an effort to assist individuals to improve their health and wellness, the Healthy Lifestyles Program is available. Groups meet 3 times per week at WRC to promote healthy diet and lifestyle changes and also provide a social outlet for adults.

Peer Mentor Services

- Westside is fortunate to offer adults "peer to peer" training through the Peer Mentor Agency. The Peer Mentors offer mobility training and independent living support through peers (WRC Clients) that are trained and employed by the Peer Mentor agency.

Lotus Project

- A trauma and recovery program that was launched with the mission of serving women with developmental disabilities who are victims of abuse and violence. Groups are now also offered to serve men with developmental disabilities who have been victims.

Driver Training

- Westside may assist with the fees for driver education classes if the individual meets the qualifying conditions; the first 25 hours of classes will be the responsibility of the consumer.

Self-Advocacy Groups

- WRC has a very active Consumer Advisory Committee (CAC) that hosts a number of self-advocacy groups located throughout Westside's service area. Dates and locations are typically posted on the WRC website.

Some Medical Equipment, if no other resources available

- Referrals can be made to assist families with getting needed medical equipment available through Medi-Cal, other generic resources, or through WRC funding if no other source is available.

Parenting Skills and Support

- Many WRC adults are parents or interested in having children. Westside is here to offer guidance and support through Specialized Parenting Skills training and Support. These agencies have trained staff that will train and support the new parent or parent to be with pregnancy, delivery and caring for a baby.
- WRC also has Family Homes through our Adult Family Home Agencies that can provide a home, training and support for the mother and child who wish to live with a family.

Westside Council for Independent Living (WCIL)

- Provides information, supports and opportunities for adults to enhance their independence. <http://www.wcil.org/> or call 310-851-9245

211 Services

- Provides help with food, housing, employment, health care, counseling and more. <http://www.211.org/> or just dial 2-1-1. They provide information throughout the United States.

Referrals to community agencies, events, and other generic resources are also available through your Service Coordinator and the Westside Family Resource Center.