



## Adult Home-Based Support Services

People may choose to personalize their services using paid and unpaid supports to meet their needs. Services are available to the person based on individual needs to include personal support at home and in the community, day services, therapies, and other services within their budget.

Based on a service plan and a monthly budget, the person chooses from a menu of services to meet their needs. People in this program typically live with their families, but may live on their own or with a housemate.

An Independent Service Coordinator and a Service Facilitator assists each person and his or her family in developing their plan, managing the budget, identifying and selecting providers, and monitoring services. The person may purchase services from agencies or hire their own workers. If the person chooses to hire their own worker, a “fiscal intermediary” will make the payments.

The menu of services includes:



### SUPPORTED EMPLOYMENT

People are assisted to gain new skills or improve skills to be able to successfully find and maintain employment.



### SHELTERED EMPLOYMENT

People work in workshops with other people who have intellectual or developmental disabilities earning wages based on their production.



### DEVELOPMENTAL TRAINING

Developmental Training focuses on supporting people to have opportunities to increase independence at home and in the community, improve skills in getting along with others, and to gain experience in making choices.



### ADULT DAY CARE

When a person is over the age of 60, the person may choose to participate in a community adult day care center with other seniors from the community.



## PERSONAL SUPPORT

- Based on personal needs
- Focused on learning or improving activities of daily living such as dressing, hygiene, and eating
- Includes teaching skills to meet personal goals
- May include assistance with simple housekeeping essential for the person's health and welfare
- May include assisting people to participate in activities and events in the community



## TEMPORARY ASSISTANCE

- In the event that a person's primary caregiver is absent or incapacitated due to an illness, injury, hospitalization or other emergency, Personal Support services are provided as a temporary service
- Allows the person to continue to live at home
- This service is limited to 60 days per year



## TRAINING AND COUNSELING FOR UNPAID CAREGIVERS

- When people live with family members or other unpaid caregivers, the caregiver may provide support, training, companionship and supervision
- Provides opportunity for those unpaid caregivers to learn about medications, health care supports, and other specialized supports needed
- Offers counseling to assist the unpaid caregiver in meeting the person's needs



## TRANSPORTATION

- To get to needed services
- This is not for medical appointments because that is available as another service
- This is not for transportation to and from day programs as transportation is included as part of the day program service



## NURSING SERVICES

- If the person has nursing support needs identified in their Service Plan, the person may have nursing services to address those needs
- Examples include but are not limited to monitoring the use of medications and wound care
- In accordance with the Illinois Nurse Practice Act



## EMERGENCY HOME RESPONSE

- For people who stay at home alone for extended periods of time and who otherwise would require extensive routine supervision
- In the event the person needs help, they press a button that would alert the response center to provide assistance. The assistance might be to call a neighbor, an agency or 911 depending on the situation



## ADAPTIVE EQUIPMENT

- Assists the person to be more independent in completing daily living activities
- Some people use built up forks, spoons and knives to eat
- Some people use a cane, walker or wheelchair to help them move about their home, work and community
- Others use shower chairs or special equipment to help them bathe or dress



## ASSISTIVE TECHNOLOGY

- Is any device, gadget, hardware or software that aids the person in doing things that might be difficult or impossible without it
- Some people use communication devices to tell the listener what they want or need
- Other common devices include flashing lights to alert that there is someone ringing the doorbell, large button phones or a TTY so someone with a hearing impairment can use the telephone



## HOME ACCESSIBILITY MODIFICATIONS

- Changes made or added to the person's home that support the person being able to move about the home, get in or out of the home, or use things in the home safely
- Some people have ramps installed so they can safely go in and out of their home or have a chair lift installed in a two-story home so they can go up and down the stairs
- Sometimes grab bars are installed in the bathroom to help them use the toilet, bathtub or shower



## VEHICLE MODIFICATIONS

- It might include a ramp or a lift
- It might include hand controls so the person can drive



## THERAPY SERVICES

- Occupational Therapy is focused on improving daily living skills so the person is more independent
- Speech Therapy is focused on improving communication. It is also helpful in supporting people to eat safely
- Physical Therapy is focused on improving the person's mobility to move around their home, work and community



## BEHAVIOR INTERVENTION AND TRAINING

- Is available when a person is determined to have patterns of behavior which are likely to seriously limit or deny access to ordinary community experiences and activities or which threaten the physical safety of the person or others around them
- Services are individually designed and intended to assist people in developing and enhancing skills



## BEHAVIORAL COUNSELING or PSYCHOTHERAPY

- In Behavioral Counseling, the focus is on talking about feelings and ideas with the goal to help the person manage personal issues
- In Psychotherapy, the focus is on addressing psychological problems with the goal to increase the person's sense of well being