



Community Integrated Living Arrangement (CILA)

Many people choose Community Integrated Living Arrangements (CILA). CILA services may be provided in the person's home, in the family home, a host home or a group home.

All CILA services are delivered by licensed providers.

When a person chooses to receive services in the Community Integrated Living Arrangement (CILA) Program--

The person has a support team that includes the person, family, friends, advocates, service coordinator and service providers to explore the person's interests, needs, preferences and goals. The team develops a Service Plan that identifies the services and supports necessary to meet the person's needs based on preferences and personal goals in gaining, maintaining or improving skills. The Independent Service Coordinator routinely monitors the person's services and supports to advocate for the person.

The licensed CILA provider is responsible for:

- Ensuring qualified staff complete required training including CPR, First Aid, Individual Rights and are competent to provide the needed supports and services based on the person's Service Plan;
- Providing nursing oversight by ensuring that the health care supports are provided by the agency's staff as needed and monitored by nursing staff; and
- Facilitating the person's Service Plan through monitoring by professional staff to ensure people receive services that promote health, safety, welfare and attainment of personal goals as identified in the Service Plan and that the person has access to needed waiver and community services.

LIVING OPTIONS

There are four types of CILAs—Intermittent CILA, Family CILA, Host Family/Shared Living CILA, and Group Home CILA. Services within each of the CILA types are individualized to meet the person's interests, needs, and preferences. In all types, the person's family and friends are as involved as the person and their family/friends agree to be involved.



Intermittent CILA



Family CILA



Host Family/Shared
Living CILA



Group Home CILA

The following illustrates some common characteristics of the different CILA types:

Intermittent CILA	Family CILA	Host Family/Shared Living CILA	Group Home CILA
People live alone or may have roommates.	People live with their family.	People live with a family or individual to whom they are not related.	People live with 1 to 7 other people for a total of up to 8 people per home in an apartment, duplex, townhouse, condo or house.
People are independent and require training or support in specific areas.	People remain at home as long as they and their family want.	People receive 24 hour support and supervision.	People receive 24 hour support and supervision.
People are responsible for paying their own rent, utilities and other expenses.	The family manages the home.	The CILA agency is responsible for ensuring the home is safe and the person's bills are paid.	The CILA agency is responsible for ensuring the person lives in a safe and accessible home with transportation.
Typical supports include: <ul style="list-style-type: none"> • Nutrition Planning • Grocery Shopping • Bill Paying • Money Management 	Typical supports include: <ul style="list-style-type: none"> • Personal Care • Educational activities, e.g. time telling • Making purchases 	Typical supports include: <ul style="list-style-type: none"> • Nursing oversight— medication administration; health monitoring • 24 hour supervision • Independence at home and in the community 	Typical supports include: <ul style="list-style-type: none"> • 24 hour supervision • Nursing oversight— medication administration; health monitoring • Transportation • Skills and opportunities for increased independence at home and in the community
Usually 15 hours of support per week in the home or community in addition to work and day services. Some people receive more than 15 hours .	Usually 15 hours of support per week in the home or community in addition to work and day services. Some people receive more than 15 hours.	24 hour supervision and support including work and day services.	24 hour supervision including work and day services.

When the person receives CILA services the supports are flexible and are personalized to meet the needs and preference of each person.

During the Day,

Most people who participate in CILA services have a job or participate in day services. This includes the following options based on the person's preferences and needs:



WORK

People are employed independently in a job in the community



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 or has medical or health conditions that make focus on gaining and maintaining skills in taking care of themselves, leisure and recreation and health most important, the person may choose to participate in a community adult day care center with other seniors from the community.



At Home Day Services

Sometimes a person has a medical or behavioral reason for not participating in work, developmental or day care services; that person may choose to receive day services at home. The program is individually designed to address the person's interests and needs.

OTHER SUPPORTS

People who receive CILA services also may receive other supports to help them be successful at home, work and the community. These include:



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 someone is ringing the doorbell, large button phones or a TTY so someone with a hearing impairment can use the telephone



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



THERAPY SERVICES

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