

Have you heard?

More people now qualify to receive Independent Living Services (ILS)!

Recent changes in the State now allow adults living in their family's homes to also benefit from ILS instruction to help them learn to live more independently.



Choose CISS for ILS!

Our award winning, family-operated organization has provided individualized respite services to families since 2004.

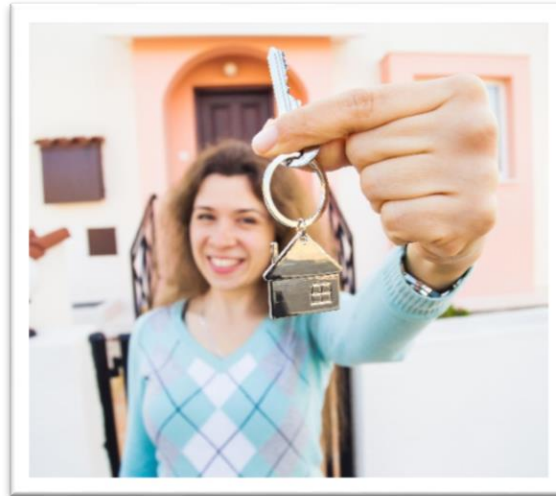
We've now expanded to bring our very unique ILS program to Ventura County!

Developed by social service leaders who have over 50+ years of combined experience, CISS knows how to build upon each person's skills to help them achieve greater independence wherever they choose to live.

Independent Living Skills



Channel Islands Social Services



(805) 384-0983

www.IslandSocialServices.org

4000 Calle Tecate, Suite 200
Camarillo, CA 93012

*Ventura County's family-operated,
trusted Respite and ILS provider.*



Recognized twice as
Service Provider of the Year
by the Autism Society
Ventura County!

INDEPENDENT LIVING SKILLS



Channel Islands Social Services



**Supporting individuals and families
in Ventura County since 2004**

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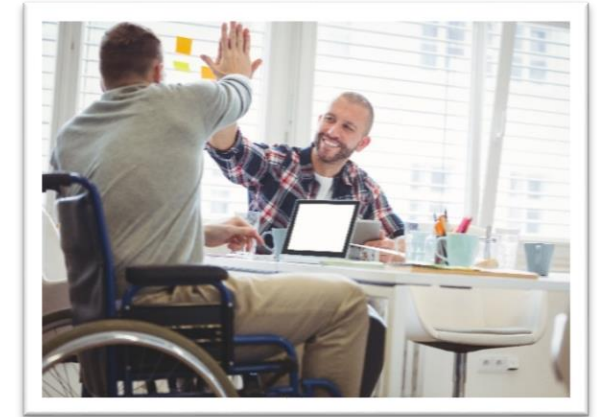
Our Program Provides:

- * **20 hours per month of ILS Training**, or as authorized by the regional center.
- * Experienced, creative staff matched to each person. Bilingual & bicultural staff available.
- * A diverse ILS curriculum that covers dozens of topics individualized for each person's interests and skill levels using a person-centered process.
- * Information and training on community resources to expand knowledge and access public benefits essential to independent living.
- * Optional shadowing of family members or other circle of support members during training, as determined by each person's planning team.
- * ILS peer mentors available to provide informal guidance and encouragement to individuals and/or family members.

Who Qualifies for ILS.?

Thanks to funding from the regional center, Independent Living Services (ILS) is **free** to individuals who:

- * Are adults served by TCRC who have graduated from high school or completed post-secondary education.
- * Have a desire to learn skills to help them live more independently in their own home OR their family's home
- * **Could benefit from a few hours per week of structured ILS training in:**
 - Home & Community Safety
 - Personal Hygiene & Attire
 - Relationship Building
 - Cleaning & Home Maintenance
 - Health & Exercise
 - Money Management
 - Menu Planning & Nutrition
 - Cooking & Meal Preparation
 - Accessing Public Transportation
 - Independent Recreation/Hobbies
 - Self-Advocacy and Managing Staff
 - Accessing Community Resources
 - Personal Goal Setting / Schedules
 - Apartment & Roommate Selection
 - Pet Care / Service Animals
 - Soft Skills for Job/Volunteering
 - College Planning
 - Parenting Skills & much more!



Independent Living Services Referral Process

1. Call Channel Islands Social Services to discuss the ILS program and if it is right for you or your loved one.
2. Then, ask your Service Coordinator at TCRC for a referral to our ILS program (Vendor # HT0651).
3. Complete a few simple forms to help us better understand your current independent living skills and some of the training topics you are interested in.
4. Once we receive a TCRC authorization, we will meet with you in person at your home to get to know you better and begin the process of designing your ILS program with you!

