



Independent Living Services (ILS)

Accepting Referrals • Immediate Openings • No Long waiting list



Mission

We help adults with developmental disabilities live, work, and thrive in their home, community, and workplace.



Our Service

Our ILS program provides a wide range of support to help the clients we serve maintain their independence and create a safe and healthy lifestyle that brings them joy.



We partner with the San Diego Regional Center to provide support to individuals with various backgrounds, interests and goals.

- OWNER

ILS PROGRAM

We help our clients align their lifestyle with their personal and professional goals.



Healthcare (Dental + Medical)

We help our clients stay up to date with their healthcare and utilize all their healthcare benefits.



Cooking + Grocery Shopping

We ensure all clients have access to food, know how to meal prep, access affordable groceries and utilize supplemental programs like CalFresh and food banks.



Health & Personal Safety

We provide support to ensure our participants are safe in their home, community and workplace.



Community Integration

We provide community and recreational resources that are relevant and meaningful to our clients.



Access to Community Resources

We develop a needs assessment. If we determine the client is lacking essential resources we provide support to help our client access the resources they need.



Community Access / Public Transportation

We provide mobility training and ensure clients have transportation to their home, community and workplace.



Parenting Support

We provide support to families who need help securing daycare and resources related to improving the lives of their children.



Budgeting and Paying Bills

We help our clients create a budget, pay their bills and acquire the resources they need to supplement their income and enjoy recreational spending.



Specialty Services

Our ILS Program provides guidance to clients who have complex needs. Some of the specialized support includes but is not limited to:

- Enrollment support for SSI and Medi-cal
- Client Development and Community Resources
- Rental Assistance
- Housing + Emergency Housing
- Mental Illness (Dual diagnosis)
- Clients with Forensic Backgrounds
- System Navigation Support To Access Healthcare Resources (i.e. Mobile healthcare, Transportation)
- Person-Centered Planning
- Family Legacy Planning
- Client Advocacy



Other Programs + Services

- Coordinated Family Support
- Customized Employment (Certified Customized Employment Specialist)
- Community Integration
- Post-Secondary Education
- Microenterprise Start Up



Locations:

We provide services all throughout San Diego County:

Central San Diego

E. County

S. Bay

Mira Mesa, Poway, Carmel Mountain, Rancho Bernardo

North County



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active_adultsprogram