



*California's protection & advocacy system
Toll-Free (800) 776-5746*

You Can Get ILS Services Even If You Live With Your Family!

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What are ILS Services?

ILS stands for Independent Living Skills (ILS). ILS services are services that can help you learn skills to be as independent as possible. ILS services can help you learn how to:

- cook, do laundry, buy groceries
- manage your money, budget and balance your checkbook
- get around the community
- make medical appointments, get the most out of your medical visits

Who can get ILS?

The law says you can get ILS services even if you live with your parents, family members, or other people.

What should I do if I'm interested in getting ILS services?

Contact your regional center service coordinator or case manager and ask for an IPP meeting. At the meeting, you can discuss your goals to be more independent and request the ILS services you need to reach your goals.

What happens if the regional center tells me I have to move out first?

It is not required by law that you have to move out of your family's home before you can get ILS services. If the regional center denies your request

for ILS services, you have the right to appeal their decision. If you have questions, you may call the Office of Clients' Rights Advocacy at 1-800-390-7032 or Disability Right's California at 1-800-776-5746.

Disability Rights California is funded by a variety of sources, for a complete list of funders, go to <http://www.disabilityrightsca.org/Documents/ListofGrantsAndContracts.html>.