

MOVING FORWARD:
Choosing Where
to Live



Golden Gate Regional Center

Where Would You Like to Live?

Dreaming and choosing where and how to live as an adult is a big step. Finding the right home for you can take time.

Golden Gate Regional Center is here to help you learn about your housing options and help you make a plan for where you want to live.

In general, you may want to consider the following types of places to live:

- Your family's home
- House or apartment owned or rented by you
- Group home (Community Care Facilities)
- Family Home Agency (FHA) homes



The regional center is the “payer of last resort.”

This means if a service is available from another state or federal program, the regional center is not allowed to pay for it. Your social worker is required by law to suggest you contact these other programs before offering to pay for a similar service.

Living at Home with Family

Some young adults decide to live at home after they leave high school. If you do, the regional center can help provide services and supports for you and your family.

- While you are living at home with your family, you may choose to learn skills that can help you live in your own home in the future. An Independent Living Skills (ILS) provider can help you learn skills like how to budget your money, how to go grocery shopping, how to do laundry and much more. Ask your social worker about ILS services if you want to learn more.
- Support to help you with your medical, nursing or physical needs can be arranged.
- You may be eligible to receive In Home Support Services (IHSS) from the county. Use IHSS to hire an attendant to help you with personal care, housekeeping and more. For more information on this important service, ask your social worker.
- Your social worker may offer Respite Services to provide support for you at home while your family members are away.



Your social worker will connect you with community resources and service providers who will work with you. GGRC does not directly provide programs and services itself.



Other Housing Options

Do you want to live outside your family's home? There are different types of housing available for people receiving regional center services. Talk with your social worker on where and how you want to live. Also talk to your social worker about how much money you will have to pay for living expenses so you can choose the housing option that fits your budget. Different types of housing options are:

Living in a House or Apartment that You Own, Lease or Rent

If you want to live on your own or with a friend or housemate, ask about local agencies that can help you find **affordable housing**.



- You can work with your social worker and family or friends to identify options in your budget.
- Having a roommate can help reduce the costs of living on your own and may be enjoyable company. Consider whether you want to live alone or with other people.
- Independent Living Skills (ILS) and Supported Living Services (SLS) are available to people living in a home they rent or own. These services can help you with things like budgeting, setting up medical appointments, cleaning, shopping and many other things. Ask your social worker about ILS or SLS for more information.



It can be very difficult to find affordable housing in the San Francisco Bay Area. GGRC can refer you to agencies who will help you sign up for services such as "Section 8" housing. However, there are often very long waiting lists. In the meantime, you may want to choose another housing option until affordable housing becomes available.

Living in a Group Home

If you want to live with other people and have staff available any time you need help, you may decide you want to live in a group home. (Sometimes group homes are called Community Care Facilities).



In these homes, staff are there to help take care of you, help you be a part of your community and help you stay safe.

- Group homes provide housing, meals, life skills training and support based on your needs. (They are licensed by “Community Care Licensing”.)
- Typically, living in a group home means you will be living with several other people who may be served by the regional center.
- In some group homes you might share a room with a roommate, while in other group homes you might have your own room.
- If you need nursing support, there are different types of homes that provide nursing support. Some homes provide nursing support for a few hours each day while other homes provide 24-hour nursing support.



Sometimes it might take a while to find a group home that is a good fit for you. Your social worker will help you learn about the housing options available, so you can make the best decision for you.

Other Housing Options

Living in a Family Home Agency (FHA) Home

If you like the comfort of living with a family but want or need to live outside of your parents' home, ask about FHA homes.

- These family homes include you as a “member of the family.”
- There may be 1 or 2 people who receive regional center services living in the home.
- You are considered part of the family and participate in family activities and responsibilities.
- The family with whom you live will help you if needed. This may mean helping you take medications, go to the doctor, do laundry or provide other help you may need.

If you decide to move into a group home or FHA home, you may want to:

- Visit the home.
- Ask to meet the other people who live there and the staff or family.
- Check out the room that will be yours.
- Ask about meals, social time at home, and activities in the community.
- Ask about shared responsibilities like chores.
- Ask yourself, “Does it feel comfortable to me?”



If you are unsure of what type of housing you prefer, ask your social worker if you can visit different options.

Who Pays for Housing?

The cost of housing is different depending on the option you choose. You will pay for housing with some of your money. Your social worker will explain how housing costs are paid depending on the housing choice you make.



Supplemental Security Income (SSI) is a benefit based on need and meant for the necessities of food and shelter. If you qualify for SSI, you will also qualify for Medi-Cal. To learn how to qualify for SSI, visit ssa.gov or call (800) 772-1213. Ask your social worker for more information.

How Do I Choose the Housing That is the Best for Me?

How, where and with whom to live are big questions. You may want to talk to family, friends, other trusted people and your social worker about your housing dreams, goals and needs. Consider:

- Do you want to live alone or with other people?
- What type of support do you want and need?
- How will you get around to the places you want to go?
Do you need help with transportation?
- Where do you want to develop a community? Do you want to live near the people who already support you?

Just like your goals and dreams can change over time, your housing choice might change. If you want to change your housing, talk to your social worker about other choices available for you.

Where Would You Like to Live?

Talk with your regional center social worker and move forward!

Golden Gate Regional Center Offices

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1355 Market Street, Suite 220

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San Mateo, CA 94403

(650) 574-9232

Marin County

4000 Civic Center Drive, Suite 310

San Rafael, CA 94903

(415) 446-3000

Additional housing information is available from California's Department of Developmental Services at dds.ca.gov/AH/Home.cfm.

