

SHARING



Angie Wang, ILS Client

I like my trainer a lot. She taught me baking with healthy recipes. On my latest birthday, I baked a birthday cake to celebrate the special day with my families and friends. I can now bake for my friends' birthdays and church events. I feel so proud and happy. Ms. Darlynn also taught me how to do laundry, washing dishes, and new vocabulary. I've become more independent.



Choy Chung, ILS Client

My ILS Trainer teaches me how to vacuum and cook my favorite dish (Chinese chives with noodle). She makes things simple and easy for me to learn. I often don't know what to wear (weather appropriate clothing), but my ILS trainer teaches me to use an app on my phone and makes a chart for me that shows what to wear for different weather. I can now decide what to wear every morning.



Felicia Hopkins, ILS Client

I have lots of fun with my ILS trainer. She teaches me how to cook, do grocery shopping with coupons and price comparisons. I am a very picky and slow eater. My trainer and I look for healthy food recipes that I like to eat. She then teaches me step by step to cook the dish. I enjoy the food so much that I can finish a big bowl in less than 15 minutes. This makes my mom so happy and proud of me. I also practice making phone calls to doctor's office or 911 in case of an emergency.



FCSN's **MISSION** is to help children and adults with special needs and their families to find love, hope, respect and support through integrated community involvement.

FCSN's **VISION** is to build a brighter future for individuals with special needs through support, training, innovative /therapeutic programs and advocacy.

Our **PHILOSOPHY** is that we value clients' choices, promote independence and community integration, strengthen work readiness and emphasize family

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**FRIENDS OF
CHILDREN**
WITH SPECIAL NEEDS

INDEPENDENT LIVING SKILLS PROGRAM



FCSN, founded in 1996, is a 501(c)(3) nonprofit organization



2 TYPES OF ILS TRAINING

INDEPENDENT LIVING SKILLS (ILS)

The FCSN Independent Living Skills (ILS) Program offers living skills training & support to adults with developmental disabilities who have a goal to live on their own. FCSN's tailored ILS training meets clients' needs and builds their living skills to reach their full potential.

FCSN ILS Program is dedicated to providing well-rounded living skills training and support based on each individual's living goals, strengths and needs. FCSN conducts comprehensive assessment of clients' living skills, enhances person-centered planning, identifies training and support needed and promoting clients' choices and encouraging self-advocacy. The 1:1 ILS training is conducted at the client's residence.

FCSN ILS TRAINING FOCUS

- Personal Care Skills & Hygiene
- Meal Planning & Preparation
- Money Management / Budgeting
- Household Maintenance Skills
- Finding Affordable & Safe Housing
- Health Management & Maintenance
- Safety & Emergency Preparedness
- Mobility Training
- Community Integration & Planning
- Social & Communication Skills
- Self-Advocacy

Intensive Independent Living Skill Training

Training takes place while clients reside in their parents' homes with the ultimate goal of moving out from family home for more independent living. Typically, ILS training is authorized up to 24 hours per month.

Ongoing Independent Living Services

Training takes place when clients live independently in the community. FCSN provides continuous support and training for clients to maintain their living arrangement and independence. It usually begins with up to 40 ILS hours per month when a client first moves into his/her own home. Service hours may decrease over time as the client grows more independence.

ELIGIBILITY REQUIREMENTS

- 18+ years old (after exiting school)
- A Regional Center client
- Residing in South Alameda or Santa Clara County
- Having a goal of independent living
- No aggressive behaviors toward self or others