

SHARING



Peggy, FCSN ILS Client

I have always wanted to be independent. I have learned a lot from FCSN ILS trainers, such as cooking and food safety. I've learned how to use the stove and oven, measure ingredients, and handle raw meat more safely. I can now

cook full meals like fried rice, spinach ravioli, baked salmon, and beef tacos. In addition to cooking, I now know how to keep a budget, save money, and use online banking. This helps me keep up with how much I spend on the things I need. I feel more independent now than before.

Angie, ILS Client

I like my ILS 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 family and friends. I can now bake for my friends and church events. I feel so proud and happy. My ILS trainer also taught me how to do laundry, wash dishes, and learn new vocabulary. I've become more independent.



Choy, ILS Client

My ILS trainer teaches me how to cook my favorite dish, Noodles with Chives. She makes things simple and easy for me to learn. I often don't know what to wear so I don't get too cold or hot, but my trainer teaches me how to use an app on

my phone and makes a chart for me. I now can decide what to wear every morning.



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 brighter futures for individuals with special needs through support, training, innovative / therapeutic programs and advocacy.

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

CONTACT

EAST BAY LIVING SERVICES

Claudia Piña
Program Manager
claudiap@fcsn1996.org
T: 510-739-6900 x 3315

2300 Peralta Blvd.,
Fremont, CA 94536

SOUTH BAY LIVING SERVICES

Vivian Chung
Program Director
vivian@fcsn1996.org
T: 408-725-8000 x 201

1029 S. Bascom Ave.,
San Jose, CA 95128

For more information about FCSN ILS, please visit:
www.fcsn1996.org or email to ils@fcsn1996.org

FRIENDS OF
CHILDREN
WITH SPECIAL NEEDS

INDEPENDENT LIVING SERVICES



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

2 TYPES OF ILS TRAINING

INTENSIVE LIVING SKILL TRAINING

Training takes place while you reside in parents' home with the ultimate goal of moving out from the family home for more independent living. The INTENSIVE training helps you learn functional living skills to secure a self-sustaining and independent living arrangement in the community for the future. Typically, the ILS training is authorized for up to 24 hours per month.

ONGOING LIVING SKILL TRAINING

Training takes place when you move out of the family home to live independently in the community. FCSN provides continuous support and training for you to maintain your independence and housing. It usually begins with up to 40 ILS hours per month when you first move into your place. Training hours may decrease over time as you grow more independence.

FOR WHOM

- 18+ years old (after exiting school)
- A Regional Center client
- Reside in south Alameda County or Santa Clara County
- Have a goal to live independently
- Without aggressive behaviors towards self or others

INDEPENDENT LIVING SKILLS

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. Through 1:1 training, you can be more independent and self-reliant in your living arrangement.

FCSN ILS Program is dedicated to providing well-rounded living skills training and support based on your living goals, strengths and needs. FCSN conducts comprehensive living-skill assessment, enhances person-centered planning, identifies training and support needed, researches your housing choices, and encourages self-advocacy. The 1:1 ILS training can be conducted at your residence or in the community. FCSN's tailored ILS training meets your needs and builds your living skills to reach your full potential.

FCSN ILS TRAINING FOCUS

- Assistance in Applying for Affordable Housing and Section 8 Housing Program
- Personal Care Skills & Hygiene
- Meal Planning & Preparation
- Grocery Shopping
- Money Management / Budgeting
- Household Maintenance Skills
- Health Management & Maintenance
- Safety & Emergency Preparedness
- Mobility Training
- Community Integration & Planning
- Social & Communication Skills
- Self-Advocacy