

# SHARING



## Laurie, FCSN SLS Client

I am very happy that I can live in my own place. I have a team that supports me so that I can improve living skills and keep my apartment. I've learned how to build new friendships and plan for parties and group outings to the community. We have so

much fun. My support team teaches me how to advocate for myself and how to solve conflicts with others. Thank you for the support, FCSN!

## Shannon, SLS Client

My SLS trainers help me learn to live a clean, comfortable and healthy life. They always support and encourage me to try my best and learn new things. They teach me how to budget my money, pay rent and bills, do household chores, cook healthy meals, and exercise on a regular basis. I get to decide what I want to do and where I want to go.



## Johnna Laird, Parent

FCSN SLS has transformed our daughter. She has gained living skills, friendship, happiness and confidence. She has accomplished her goal to live more independently. FCSN sends weekly, detailed reports to keep me closely informed of activities she participates in as well as her progress and challenges encountered that week. Today, she lives a richer, fuller life, with activities of sports, painting, drama production, dancing groups, among others. She is part of the large and loving FCSN family, giving me peace of mind.



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

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FRIENDS OF  
CHILDREN  
WITH SPECIAL NEEDS

## SUPPORTED LIVING SERVICES



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



# SLS

## SUPPORTED LIVING SERVICES

FCSN Supported Living Services (SLS) Program provides living skills training for adults with developmental disabilities to live in their own places. 24/7 services can be provided if needed and approved by the Regional Center. FCSN SLS Program is tailored to meet your needs and interests for a successful and fulfilling life. You decide where to live, with whom, what support you need, and how you enrich your life. FCSN conducts Person-Centered Planning with you and your circle of support and assists you with affordable housing search, provides comprehensive living skills training and support, and helps you access educational and recreational opportunities in the community. You also receive 24/7 emergency support and crisis intervention.

FCSN SLS Program is rooted in family involvement and the joint effort of a large group of professionals to provide the highest quality of care.

## FCSN SLS TRAINING FOCUS

- Assistance in Finding Affordable Housing and Compatible Housemates
- Assistance in Applying for Section 8 Housing Program
- Personal Care Skills
- Meal Preparation & Grocery Shopping
- Financial Planning & Monitoring
- Home Maintenance Skills
- Health & Wellness
- Medication Handling
- Assistance with Public Benefit issues (SSI, SSA, IHSS, Medi-Cal, Medicare)
- Mobility Training
- Safety & Emergency Handling
- Communication & Social Skills
- Recreation & Activity Planning
- Self-Advocacy

## SLS FIVE PRINCIPLES

- A HOME OF ONE'S OWN
- CHOICE AND SELF DIRECTION
- RELATIONSHIP DEVELOPMENT
- COMMUNITY MEMBERSHIP
- FLEXIBLE, TAILORED SERVICES AND SUPPORT

## FOR WHOM

- 18+ years old
- A Regional Center client
- Financially able to pay for housing & living expenses
- Desire to reside in south Alameda County or Santa Clara County
- Without complicated health issues
- Without aggressive behaviors towards self or others