



January 2024	– Respite Services
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Friday, January 12th 6:30 PM – 8:00 PM

Register here: https://us06web.zoom.us/meeting/register/tZIucOyhrDssHNXdHQXzkpDASaRE5UwXyGB5

Respite services allow for care of an individual when their primary caregiver may need a break. Some things we will learn in this presentation are:

> Types of respite services. Knowing how one qualifies for hours. Knowing the options for your providers.

February 2024 – Participant Directed Services (Choosing Your Own Providers)

Friday, February 9th 6:30 PM – 8:00 PM

Register here: https://us06web.zoom.us/meeting/register/tZ0kd-mrrTguE9JbB66X7XkqmLDwyauItKV2

For some select services, you may be able to choose the person who provides the service. Some things we will learn in this presentation are:

> What services are "participant directed"? How do I hire the person I want to hire? What will my providers be paid?

March 2024 – Social Recreation

Friday, March 8th 6:30 PM – 8:00 PM

Register here: https://us06web.zoom.us/meeting/register/tZEud-ypqTIoEtSgFZbOrS3c52kmfd6ScsSq

Social Recreation services allow you to participate in activities such as karate or soccer. Some things we will learn in this presentation are:

> What Social Recreation Services can Regional Center pay for? Are there limits on how much, or what, can be purchased for social recreation? How does the service work for the activity to be paid for?





April 2024 – Living & Housing Options

Friday, April 12th 6:30 PM – 8:00 PM

Register here: https://us06web.zoom.us/meeting/register/tZMsf-uppjwvGNLuS2yIX_Ca0FV7BsA5zIo3

Living options can range from homes to independent living or housing searches. Some things we will learn in this presentation are:

What are the living options available?

What are the differences between home placement options or an independent housing search? What is the difference between ILS and SLS?

May 2024 – Day Program Options

Friday, May 10th 6:30 PM – 8:00 PM

Register here: https://us06web.zoom.us/meeting/register/tZctcOCppjwtHNPy5ubGxdw0Jq0t-azQeYN1

Day Programs and day services allow for structured activities either at a location or in the community. Some things we will learn in this presentation are:

Who qualifies for day program services?

What types of day programs are there?

How do I find a good fit if I am interested in going to a day program?

June 2024 – Emergency Preparation

Friday, June 14th 6:30 PM – 8:00 PM

Register here: <u>https://us06web.zoom.us/meeting/register/tZwoce2ppj8vE9doosa9QTUS7y0HJwB-LAZX</u>

Emergency Preparation skills are great to be ready just in case of an unexpected emergency. Some things we will learn in this presentation are:

What emergencies should I prepare for?

Basics for an emergency safety plan.

How to make a "go kit" or a "stay kit" for emergencies.



July 2024 – Healthcare Planning: Advance Directives and POLST

Friday, July 12th 6:30 PM – 8:00 PM

Register here: https://us06web.zoom.us/meeting/register/tZEuf-msrT4qE9wnizUT_7g_gtlLqolq27PS

This segment takes a moment to explore planning ahead for healthcare needs. Some things we will learn in this presentation are:

What is an Advance Directive?

What is a POLST?

What are some things to think about to prepare for my healthy future and for care at end of life?

August 2024 – Daycare

Friday, August 9th 6:30 PM – 8:00 PM

Register here: <u>https://us06web.zoom.us/meeting/register/tZYuf-qtqDgtGtJgHOI7TJ1RtKpUDyoJbi9z</u>

Daycare reimbursements allow for families to supplement costs when a day care charges additional fees. Some things we will learn in this presentation are:

How to qualify for daycare reimbursement.

How much will the service pay for?

What is needed to request the daycare reimbursement service?

September 2024 – Your Rights

Friday, September 13th 6:30 PM – 8:00 PM

Register here: https://us06web.zoom.us/meeting/register/tZ0sdOmgpz4qGNQY9xD6nIv-X3M4F5h0O07U

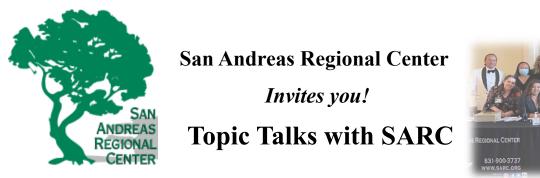
For all services you have rights – This presentation will review some of the basic rights and resources. Some things we will learn in this presentation are:

How do I access advocacy support?

What are basic rights I have?

What can I ask for when it comes to the Regional Center and how they provide my IPP?

Please contact Kait Wilkerson at <u>kwilkerson@sarc.org</u> or 669-333-9390 for questions or comments.





October 2024 – Employment Options

Friday, October 11^{th} 6:30 PM – 8:00 PM

Register here: <u>https://us06web.zoom.us/meeting/register/tZIkfuGsqzkqHtQk_9VOyHxd4cKWPwSB5YEp</u>

Employment options explore how to move forward and prepare for the job field and what services can help! Some things we will learn in this presentation are:

What are the first steps if I am interested in employment? What services are available to help me with employment? What do I do if I am not ready to have a job right away?

November 2024 – Crisis Supports

Friday, November 8th 6:30 PM – 8:00 PM

Register here: https://us06web.zoom.us/meeting/register/tZEpcOCvrzsuH9MYqdiHJ15DoMD9KkyOGZ3O

Crisis support services are available for those who have difficulty maintaining safety for themselves. Some things we will learn in this presentation are:

> What are crisis support services? Who can most benefit from this service?

What can I expect from the crisis support teams?

December 2024 – Conservatorship & Conservatorship Alternatives

Friday, December 13th 6:30 PM – 8:00 PM

Register here: https://us06web.zoom.us/meeting/register/tZYldOygpzsqGNVGnszKeqxFSj_y5AKydkpq

Conservatorship allows one to be able to make legal decisions on behalf of another. Some things we will learn in this presentation are:

What can a conservatorship offer?

What are alternatives to a conservatorship?

How can I support my loved one who may need help with decisions?