



# INDEPENDENT LIVING SERVICES

**We believe you may benefit from personalized training while living with your family or others, to help you feel more confident and prepared for future independent living arrangements.**

## **Services may help you with:**

- Money management, self-advocacy, showing you how to shop, meal preparation, laundry, etc.
- Increasing your community access
- Connecting you to healthcare and public resources

## **Where to find more info:**

- [Harbor Independent Living Services Policy](#)
- [Harbor Regional Center - Family Resource Center](#)
- [Independent Living Skills/ Supported Living Services: CA Department of Developmental Services](#)

**If this service interests you, talk to your service coordinator about:**

- Your specific support needs
- Your goals for future living arrangements

## **Important:**

Services are determined through the Person-Centered Planning process. Services are for individuals 18 years and older who are not yet living independently. Level of services are determined through a formal assessment process.

