



Home and community-based living

HCBL Flyer

Home and community-based services (HCBS) provide supports like those offered in an Intermediate Care Facility (ICF), but which can be more individualized when considering living arrangements. Community-based services can be provided in an apartment, home, or group home.

HCBS helps people move into homes or apartments and allows people to choose where, and with whom, they want to live.

HCBS also offers supports to meet each person's unique daily needs. A worker called a support coordinator will help identify services a person needs, which might include help with medication, medical support, and supporting prioritized goals, such as staying connected to people important to them and developing skills or gaining experiences.

Services listed below are commonly used by people participating in HCBS. An education and in-reach specialist can talk with you more about the full array of services available to individuals participating in HCBS. You can contact them at icftransitions@utah.gov.

- o **Residential Supports** provide care and supervision to individuals to meet their specific needs, up to 24 hours a day, typically in a group home environment or apartment setting with roommates. Residential supports encourage independence, skill building, and community involvement.
- o **Host homes/Professional parent homes** provide individuals with residential support in a family type environment. Individuals receive ongoing support to increase independence, build skills, and participate in the community.
- o **Behavior consultation** provides a behaviorist to evaluate a person's needs and help develop, implement, and maintain a behavior support plan.
- o **Supported living** offers a person individual support to help the person design their day. Support can be provided in the home (cooking, laundry, hobbies, etc.) or in the community (accessing transportation, budgeting, shopping, outings with friends, etc.). These activities promote choices to increase independence, self-determination, and self-advocacy.
- o **Supported employment** helps people find, get, and keep a job with the help of a job coach. The job coach helps them develop appropriate skills to get a job the person wants and guides them through career activities like applying, interviews, and more.

- o **Day supports** provide a safe and productive environment for adults to spend daytime hours. These supports provide the opportunity for individuals to socialize within the community and learn new skills that are important to them. Day supports also provide afterschool and summer programs to achieve similar goals for individuals under 22.
- o **Employment preparation services** is an environment similar to day supports, with the added focus of helping people develop skills and gain work experience so they can hold competitive jobs in their community.
- o **Respite care** provides individuals support, either in or out of the home, to provide relief for the caregiver. This helps the caregiver to provide the best care for their family member.
- o **Medication monitoring services** provide nurses to oversee staff and make sure medication is taken as prescribed by your doctor.
- o **Nursing services** provide hands-on care, oversight, and delegation of skilled nursing care. Nursing services help a person maintain health and safety in the community.
- o **Transportation** provides support to get from one place to the next in the community. This can be completed with supported living staff, day programs, or UTA paratransit.