SUPPORTED LIVING

WHERE DO I START?

Support that comes to you, in a home of your own.

Supported Living Services (SLS) brings support to you, in your own home. It's for adults 18 and older who get services from a regional center. Your support is built around the life you want, and you choose where you live: rent or own, alone or with a roommate.

> **Helping a family member?** This guide is for you too. Everything here applies to the person you're supporting. Already getting IHSS (In-Home Supportive Services)? Supported Living works alongside it.

WHERE YOU START DEPENDS ON ONE QUESTION

Do you already have a regional center?

✓ YES — I'm already working with a regional center Service Coordinator

1. **Start with your dream.** What life do you want, and what support would help you get there? This is your choice. Supported Living is built around what *you* want.
2. **Learn what it looks like.** Talk with an SLS provider about what support looks like day to day, and how you can move step by step, at your own pace.
3. **Tell your Service Coordinator.** Ask to talk about Supported Living at your planning meeting (the IPP, or Individual Program Plan). That's where SLS is decided.
4. **Choose your provider.** You get to pick. ***Empowered Living Services Agency*** is a small, local agency that gets to know you and builds your support team around your goals.

→ NOT YET — I'm not connected to a regional center yet

1. **Find your regional center.** LA County has seven. Yours depends on where you live. Use the Regional Center Lookup at **dds.ca.gov**. For example, in the eastern Los Angeles area, it's the Eastern Los Angeles Regional Center (**elarc.org**). Then call their intake line to get started.
2. **Ask if you qualify.** Generally, the disability (such as intellectual disability, autism, cerebral palsy or epilepsy) started before age 18, is lifelong, and significantly affects daily life. **Adults can apply at any age.** Income doesn't matter.
3. **Do the assessment.** The regional center usually decides within 120 days.
4. **Look at your options.** Once you qualify, you and your Service Coordinator pick the services that fit you. If Supported Living sounds right for you, follow the "Yes" steps.

Empowered Living Services Agency is an independent Supported Living provider. This guide is not produced by or on behalf of any regional center. You choose your own provider. Information current as of November 2026.

Keep reading: how it's paid for →

HOW YOUR SUPPORT IS PAID FOR AND PLANNED

Once SLS is approved, the **regional center pays your SLS provider for a set number of support hours**, based on what you need. Then your provider:

1 STARTS WHERE YOU ARE
What you're good at today, and where more support would help.

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2 MAKES A PLAN WITH YOU
Step-by-step goals like cooking, budgeting, getting around and making friends.

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3 HANDLES THE DAY-TO-DAY
Scheduling your support, tracking progress, and changing things as you grow.

Your hours and goals can change through the regional center planning process as your needs change.

"BUT HOW WOULD I PAY FOR MY OWN PLACE?"

Your support/caregiver staffing is covered through the regional center. Here's how your home works: you pay for it the way anyone does, with **your own income**. For many people, that's SSI, sometimes with a job or other benefits. A good SLS provider helps you find a home that fits your budget:

A STUDIO OR ONE-BEDROOM
A place all your own

A SHARED PLACE WITH A ROOMMATE
Shared costs, built-in company

🔑 **The goal is support that helps you thrive in your own home and community, not just move in.**

YOU LEAD YOUR PLAN
Your planning meeting is about you. You can invite family, friends or anyone you trust to be there with you.

NOT SURE YET? THAT'S OKAY.
Asking questions doesn't commit you to anything. You can learn about Supported Living first and decide when you're ready.

QUESTIONS? START WITH A CONVERSATION.

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Listen first. Plan together. Live fully.

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