



Utah Parent Center
Special needs, extraordinary potential

Options for Independent and Supported Living

Options for Independent and Supported Living

“Where I am going to live?” is a question you may have asked yourself when you completed your high school education. It’s not surprising that young adults with disabilities ask the same question. A variety of living arrangements are available to adults with disabilities. The level of care and type of living arrangement should be based on the needs of the individual. Arrangements can extend from 24-hour care to living independently in the community.

Types of living arrangements can include the following:

- living with family
- living independently
- living in supervised living arrangements
- living in a residential care facility
- living in a family life home
- living in an intermediate care facility

The type of living options available in your community depends greatly on where you live. If your young adult needs a state-supported living arrangement following high school, contact the Division of Services for People with Disabilities (DSPD). This contact should be made early because there can be a three to six year waiting list for many community residential service programs.

Living with Family

Many young adults live with their parents while attending school, looking for a job, or working. Living at home may be an appropriate short-term option for young adults with disabilities. Some families, however, may not want to have the young adult live at home permanently. Families also may not always be able to care for the young adult; thus, future living arrangements need to be discussed and planned. Young adults who live with their families should be encouraged to develop or improve independent living skills such as housekeeping, shopping, washing clothes, and budgeting.

Living Independently

When young adults live independently, they live by themselves or with roommates in a house or apartment. In this living arrangement, little or no help is necessary. If help is needed, it is given by family members or adult service providers through visits or telephone contacts.

Utah Parent Center

230 West 200 South
Suite 1101
Salt Lake City, UT 84101
801.272.1051
1.800.468.1160
info@utahparentcenter.org
www.utahparentcenter.org

Supervised Living Arrangements

The purpose of supervised living arrangements, such as supervised apartments, is to offer a structured living situation for individuals who, because of their disability, need some support or supervision. Young adults in supervised living arrangements receive continued assistance and training in independent living skills such as meal planning, use of community resources, and money management. Supervision of the young adult is usually provided by personnel from a local adult service provider or agency. This person is trained in working with young adults who have disabilities.

Residential Care Facility

Residential care facilities include group homes that offer help to young adults who cannot live independently, but are capable of spending time in the community with a minimum amount of supervision. Community resources are used for recreation, medical, or social services. The staff works with the young adults to develop independent living skills. Group home staff are employed by a local agency or adult service provider and are trained in working with adults who have disabilities.

Family Life Home

A professional parent or host home is a private household that offers protective social living for individuals who are unable to live independently. The family offers the young adult room and board. Opportunities for participation in social, educational, and recreational activities within the community are also provided by the family life home.

Intermediate Care Facility

An intermediate care facility provides 24-hour care for individuals who, through an illness or disability, require ongoing nursing and medical services. These medical services must be provided by a registered or licensed practical nurse or doctor. DSPD has a list of the various provider resources funded by them.

Self-Administered Services – SAS

Self-Administered Services (SAS) allow people with disabilities and their families the choice and opportunity to select providers that offer services within the home. People with disabilities and their families hire, train, and supervise employees who provide direct supports in a home setting. More information and training about how to use this model is available through the Division of Services for People with Disabilities (DSPD) or through [the Family to Family Network](#).