

Some people want to do a variety of things during the day: work, take college classes, volunteer, and/or start their own business. You can get support to do all of these things and have the kind of life you want.



Tailored Day Service (TDS)

Tailored Day Service (TDS) is a service that helps you have more control over what you do during the day. TDS is -

- ✓ **Individualized** – based on what you want to do.
- ✓ **Flexible** – you don't have to be at a program all day, every day.
- ✓ **Community-based** – helps you to do the things you want to do in your community.

How Does TDS Work?

Instead of going to a day or work program, with TDS you would have support to find a job, or a volunteer position, or take a college class, or start a business, or all of these. You choose what to do during the day, and you get the support you need to succeed.

Here's What the Law Says

The Lanterman Act is the state law that talks about the rights of Californians who have developmental disabilities. The Lanterman Act says that it's important for adults who have disabilities to have choices, opportunities, and to be involved in the community. Your services should help you have more control over your services and help you be more included in the community. The Lanterman Act says adults can choose to have TDS.

Every time you have an Individual Program Plan (IPP) meeting, the regional center must tell you about TDS. You can ask for information about TDS anytime, and you can ask to have an IPP meeting at anytime to get TDS. If you want TDS, your IPP has to say what you want to do and how your choices and needs will be supported.

(If you want to read more about what the law says about TDS, it's in section 4688.21 of the Lanterman Act.)

Who Can Get TDS?

Any adult who gets services from regional center can get TDS. You don't need to be at a program every day, all day. If anyone tells you no, ask for help from a friend, a staff person, your case manager, or an advocate. The Lanterman Act says that you have the right to live the kind of life you want.

Next Steps

1. If you want TDS, or you want to know more about it, call your case worker (CPC) to set up an IPP meeting.
2. Before your IPP meeting, think about what you want to do. Maybe you want to volunteer with animals, or try an office job, or take a horticulture (plant) class at college. Maybe you want to start a recycling business and want help to do it. It's okay if you don't know what you want to do; you can talk about ideas at your IPP meeting.
3. If you have ideas about what you want to do, write them down and take this list to your IPP meeting. You can have a friend go with you to your IPP meeting to support you.

For more information about your rights, contact Area Board 4 at 707-953-8403 or cindy.ruder@scdd.ca.gov

