



Access Central Coast



A disability services non-profit organization with a mission to promote independent living and full access for individuals with disabilities through advocacy, education, and action in our communities.



**Ed
Roberts**

**A
BRIEF HISTORY OF
INDEPENDENT LIVING CENTERS**

The desire for empowerment and self-determination for people with disabilities gave rise to the Independent Living (IL) Movement.

The IL Movement began in the early 1960s in Berkeley, California, and other places in the United States. Groups of individuals who had disabilities began working together to eliminate barriers in their communities and attain access to programs and services.

image description: a group of diverse individuals with disabilities gathered around laughing

DISMANTLING STEREOTYPES

Medical Model



This is a diagram of the traditional Medical Model of Disability, which the Social Model was developed to challenge.

vs.

Social Model



The Social Model of Disability states that the oppression and exclusion people with impairments face is caused by the way society is run and organised.

Independence
looks
different for
everyone!





**What Does
Person-
Centered Care
Look Like?**



Eligibility

Having a disability, diagnosed OR self-identified, and/or being an older adult is the only criterion.
No documentation is needed!

All ACC services are provided at no cost and we practice a "No Wrong Door" Policy

ACC Services



- Individual and Systems Change Advancement
- Assistive Technology
- Housing Navigation
- Benefits Counseling
- Personal Assistance Connection
- Emergency Preparedness
- Interpreter Registry
- Blind and Low Vision Services
- Independent Living Skills
- Community Integration
- Youth Services (14-26 years)
- Cal-Aim

Information and Referral



When you initially contact ACC, you will be connected with one of our three bilingual Community Information Coordinators in each of our respective counties. Our Community Information Coordinators conduct a conversational needs assessment and connect individuals with the staff member who provides the needed services. In addition, if an individual requests a service that ACC does not offer, we ensure they are connected with the appropriate organization to help with their needs. I&R is one of ACC's core services.

Aging and Disability Resource Center (ADRC)

The ADRC provides long-term services and support to both older adults and people with disabilities who want to live independently in their community.



Services include:
Enhanced information and referrals
Options counseling
Short-term service coordination
Transition services



Access Central Coast is a core partner in the Ventura County ADRC (VCADRC) alongside the Ventura County Area Agency on Aging (VCAAA)



Access Central Coast is a core partner in the Central Coast ADRC (CCADRC) alongside the Central Coast Commission for Senior Citizens (CCCSC), serving Santa Barbara and San Luis Obispo Counties.

Peer Support



ACC has the unique ability to offer services and support from a place of understanding as individuals with disabilities ourselves. We understand how frustrating it can be to be misunderstood. Receiving support from someone experiencing a disability can make the process of receiving services and working together less stressful.

At least 51% of our staff and board are individuals with disabilities. Currently, ACC maintains 80% of our staff and board representing individuals with disabilities.



CHAT SPACE

WEEKLY
THEMES



SOCIAL
CONNECTIONS



INTERACTIVE
ACTIVITIES



PEER
SUPPORT



JOIN US

EVERY FRIDAY AT 1:00PM

[HTTPS://US06WEB.ZOOM.US/J/82911130865](https://us06web.zoom.us/j/82911130865)

FOR MORE INFO OR TO REQUEST ACCOMMODATIONS
PLEASE E-MAIL [JLESNER@ILRC-TRICO.ORG](mailto:jlesner@ilrc-trico.org)

ACC's Peer Support Groups

Chat Space

A weekly peer support group that occurs each Friday at 1pm

Santa Barbara Peer Support Group

An in-person peer support group that occurs every other Thursday at 1:30pm

Blind/Low Vision Peer Support Groups

Monthly in-person support group that occurs on the first Thursday of each month at 1pm in our Ventura office

ACC's QuickMatch

About

A Personal Assistant Registry

Process

- ILRC recruits, interviews, and checks references
- Referrals to consumers
- ILRC is not the employer
- Fills the gaps between IHSS and home health agencies



PERSONAL ASSISTANT / CAREGIVER REGISTRY:

QUICKMATCH

The Independent Living Resource Center maintains a personal assistant registry to connect our consumers with in-home care providers.

Choose the tasks you are comfortable with including but not limited to:

- Cooking
- Housekeeping
- Grocery Shopping
- Protection Supervision
- Medical Appointments
- Personal Housekeeping

If you are interested in either providing or receiving personal assistance/caregiving, please reach out using our contact information below!

JOIN NOW!

Contact the Personal Assistance Coordinator,
Emily Bridges at
ebridges@accesscentralcoast.org

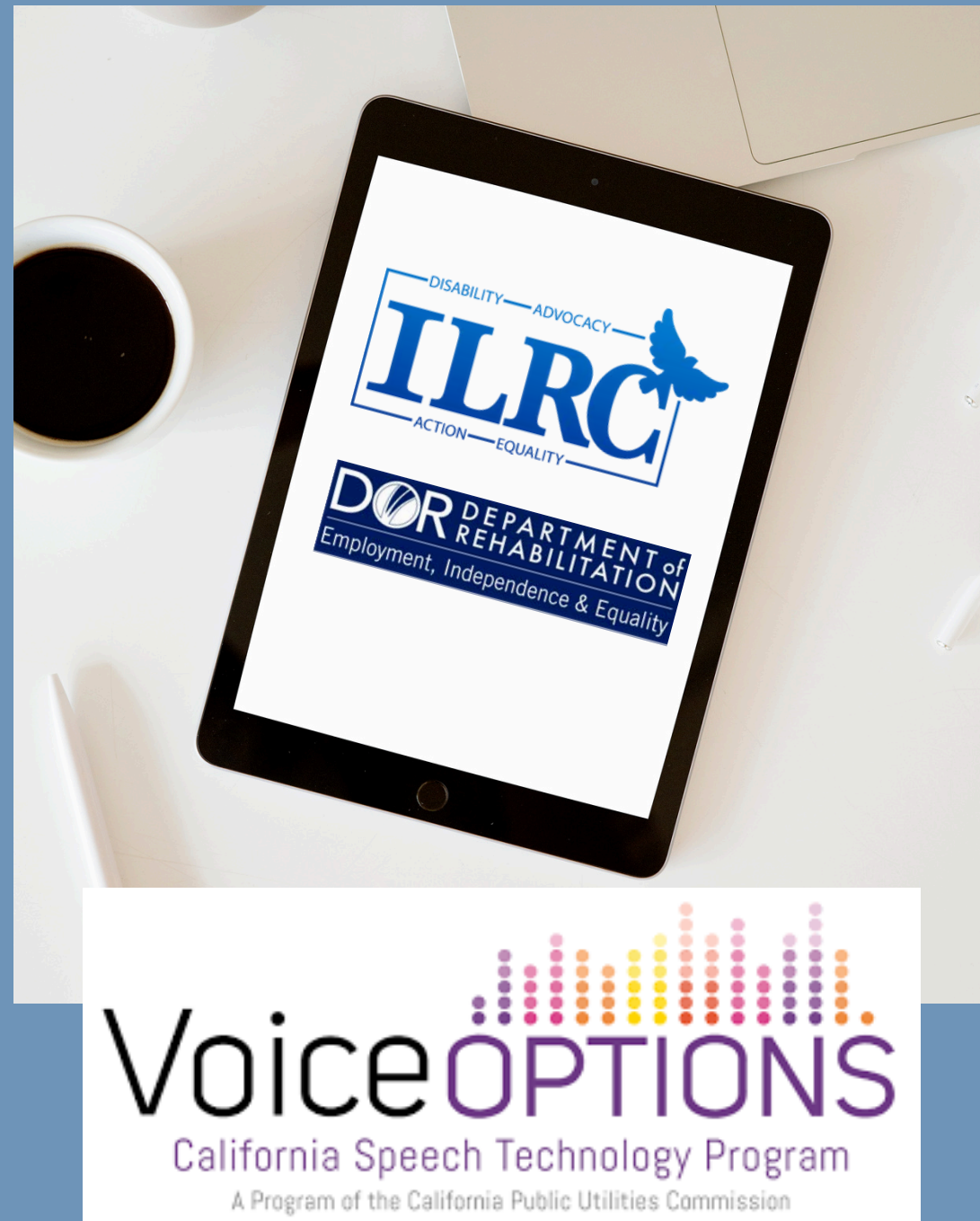
Voice Options Program

Eligibility

A Department of Rehabilitation Program with the goal of providing an iPad with a communication app to assist individuals with disabilities that impact their speech/communication

Process

1. Intake
2. Authorized Agent Form
3. Short Term Loan iPad
4. Funding Request
5. Long Term Loan iPad



ACC's Rapid Response Committee

About

ACC's Rapid Response Committee (RRC) brings together clients with disabilities to provide support for access needs.



Cal-Aim Services



California Advancing and Innovating Medi-Cal

Medi-Cal members now have access to new and improved services to get well-rounded care that goes beyond the doctor's office or hospital and addresses various social needs.

Eligibility Criteria differs depending on the service type.

Currently Providing:

- Housing Transition & Navigation Services
- Housing Deposits
- Housing Tenancy & Sustaining Services
- Nursing Facility Transition
Diversion to Assisted Living
- Community/Nursing Facility
Transition to a Home
- Environmental Accessibility
Adaptations (Home
Modifications)

Cal-Aim

CenCal Health

Santa Barbara & San Luis Obispo Counties
(intending to provide in Ventura County in 2025)



CenCal HEALTH[®]
Local. Quality. Healthcare.

What is the Independent Living Philosophy?





Ventura

702 County Square Drive #105, Ventura, CA 93003

(805) 650-5993 Voice/Text (TTY)
(805) 650-9278 Fax
(805) 256-1036 Video Phone



Thousand Oaks

1429 E Thousand Oaks Blvd #202, Thousand Oaks, CA 93101

(805) 849-3560 Voice/Text (TTY)
(805) 456-7867 Fax



Santa Barbara (ILRC Headquarters)

423 W. Victoria Street Santa Barbara, CA 93101

(805) 963-0595 Voice/Text (TTY)
(805) 963-1350 Fax
(805) 284-9051 Video Phone



Santa Maria

222 W Carmen Lane #103, Santa Maria, CA 93458

(805) 925-0015 Voice/Text (TTY)
(805) 332-3213 Fax
(805) 354-5948 Video Phone



San Luis Obispo

51 Zaca Lane #140, San Luis Obispo, CA 93401

(805) 462-1162 Voice/Text (TTY)
(805) 752-1261 Fax
(805) 464-3203 Video Phone



A graphic featuring the text "Q&A" in a large, white, sans-serif font. The text is centered within a light blue circle. This circle is surrounded by a ring of small white dots, all set against a dark blue background.

Q&A