

KNOW YOUR OPTIONS

BUILD YOUR FUTURE.



Understanding your options for housing, services, and supports can feel overwhelming.

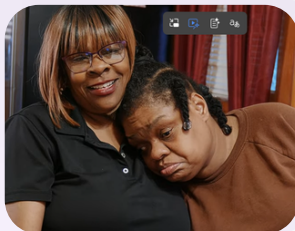
The **Know Your Options Video Series**, created in partnership with the Illinois Department of Human Services, Division of Developmental Disabilities, helps individuals with intellectual and developmental disabilities, families, and supporters understand living options and make choices that fit their needs and goals.

Each week, we will spotlight a different option available in Illinois.

Know Your Options

HBS: Home-Based Services

- Select your own supports
- Personal care, transportation, and daily living
- Can be in your home or family home
- Parents may serve as Personal Support Workers when the individual is age 18+



Host Homes

- Live with a family in their home
- Family-supported environment all day and night
- Focus on relationships, stability, and comfort



CILA: Community Integrated Living Arrangement

- Small community homes (2-8 people)
- 24-hour staff support
- Help with meals, personal care, and routines
- Home-like environment with shared decision making



ICILA: Intermittent CILA

- Your own apartment or shared home
- Staff visits as needed
- More independence with a safety net



ICF/DD: Intermediate Care Facilities

- 24-hour skilled support
- Structured environment
- Best for individuals needing consistent clinical support



Services

Day & Employment Services

- Skill-building, hobbies, and community activities
- Volunteering and job training
- Supported employment opportunities

Supports

Therapies & Supports

- Physical, Occupational, Speech & Behavior therapy
- Technology & home modifications
- Transportation for appointments, jobs, and activities

WATCH THE VIDEO SERIES

Scan or click
the link to learn
more about
your options!



qr.link/qsYuxf

A special thank you to Shirley Perez of The Arc of Illinois and her daughter for being featured in the video and helping bring this work to life.

Thank You to All the Individuals Who Allowed Us into Their Homes!