



LIST OF SERVICES

Our motto is, "At times, all we need is someone to walk next to us." We will stand by our clients and provide excellent training and support. We believe all clients can make strides toward independence and self-sufficiency. Our clients are an essential part of developing their plans and achieving their objectives. They are accountable for making progress towards their goals and will receive outstanding training and support in their home and community as needed. TLC believes everyone should be treated equally with respect and dignity to honor each other's differences. We respectfully assist individuals and their families to reach higher levels of independence through one-on-one training and collaboration with appropriate agencies and resources.

MOBILITY TRAINING HQ1257	ILS HQ1261	RESPIRE HQ1263	TDS HQ1423	DAY PROGRAM HQ1423	SLS HQ1915
<p>TLC's Mobility Training (MT) is a short-term intensive instruction program designed to teach individuals with documented developmental disabilities how to safely use public transportation. The MT program can be tailored to meet the individual's needs. Not only does it enable clients to travel to school or work safely, but also increases their independence, self-esteem, and self-reliance.</p>	<p>The Independent Living Training Program (IL) is designed to help individuals maximize their abilities and increase their self-reliance and self-confidence. This is done by providing them with training, resources, and information on adaptive equipment. TLC helps individuals take control of their lives and embark on the road to living independently. TLC Services is committed to working closely in collaboration with our participants, their families, and the San Diego Regional Center.</p>	<p>The word "Respite" means a break from lives daily challenges. At TLC Respite, we know that no one is in greater need of respite than those who are caring for a loved one with documented developmental disabilities. TLC Respite offers an in-home respite service aimed at providing high-quality and individualized support to your loved one. TLC's providers support you and your family so you can live better and easier. From companion services, the trained and certified caregivers at TLC Respite offer the best one-on-one care available to individuals with developmental disabilities, all in the comfort of their own environment.</p>	<p>Casa Mayah Tailored Day Service understands that each person is unique and has different needs. That is why it provides a full array of services to everyone. All services will be provided on a one-on-one basis and shall be individualized on the individual's personal goals, needs and interests. As identified and expressed by the individual in conjunction with their family members, friends, significant other and the planning team. Our TDS can assist the individual to be part of the community by showing him/her resources and activities that are available to them. This can give the individual several options when choosing services. When the individual uses these resources, it increases their independence, self-esteem and self-reliance.</p>	<p>Casa Mayah Day Program is a community-based program that provides services for individuals with developmental disabilities. Casa Mayah operates full days on weekdays to accommodate all participants. Services are during the day in a community group setting for the purpose of supporting participants' independence and promoting their social, physical and emotional well-being. Services are in the form of a variety of program activities designed to meet the needs and interests of the participants. Casa Mayah is committed to ensuring that the participants are receiving the maximum benefit from his/ her day program.</p>	<p>Happy Helper's Supported Living Services (or SLS) help individuals with intellectual and developmental disabilities who wish or choose to live in their own homes independently. Consumers who use SLS live apart from their guardians in apartments or houses they lease or own.</p> <p>We offer our SLS program to consumers throughout San Diego who use the San Diego Regional Center's services. SLS can give consumers the assistance they need to live successfully in their homes and be healthy and safe.</p>

Tell us your situation and TLC will be happy to work with your needs.

Contact us at: (619) 962-1841 or e-mail us at: Info@tlcss.org. Our Office location: 4102 El Cajon Blvd, San Diego, CA 92105.