

Youth Personal Supports Services

One-on-one support to help youth build skills, confidence, and independence



At Rock Creek Foundation, we believe all youth deserve to feel confident, capable, and ready for what's next.

Our Youth Personal Supports Services provide supports to youth ages 13 and older with intellectual and developmental disabilities (IDDs) as well as those with co-occurring behavioral health needs, guided by their own Person-Centered Plan that outlines what they want for their future.

Support That Meets Your Family Where You Are

In-Person Supports	Virtual Supports
Hands-on, one-on-one support at home and in the community, helping youth build independence and reach their personal goals	Guidance and skill-building through secure, HIPAA-compliant technology, flexible for busy families

Why Rock Creek?

Flexible, individualized schedules

•In person, virtually, or a mix of both, tailored to your family's needs.

Culturally responsive and trauma-informed support staff

•Our compassionate team has experience in youth development, clinical support, behavioral health needs, and community-based services to provide effective whole-person care.

Person-centered and family-inclusive

•Every plan is built around each youth's own goals, and we work with families, schools, and care teams, *not* around them, to help reach goals.



Some of the Skills We Help Youth Develop

Everyday Independence

- Personal hygiene & meal prep
- Money management
- Home safety & routines

Community & Social Skills

- Public transportation
- Self-advocacy & communication
- Building friendships & natural supports

College & Vocational Readiness

- Interview prep & workplace skills
- Goal setting & travel training

We Support Youth Ages 13+ Who Have:

- Developmental Disabilities
- Intellectual Disabilities
- Co-occurring IDD's and Behavioral Health Needs
- A Community Pathways Waiver

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rockcreek.org

FAQs

Who is eligible for this program?

Youth ages 13 and older with IDD who are enrolled in the Community Pathways Waiver.

Where are services provided?

In the family home, independent living settings, schools (where appropriate), and community settings. Virtual supports are also available for eligible activities.

How many hours of support can an individual receive?

Support is individualized based on assessed need and generally ranges from 10 to 56 hours per week, with up to 82 hours per week with DDA pre- authorization.

Can services be provided virtually?

Yes. Virtual supports use HIPAA-compliant, real-time audiovisual technology. However, overnight supports are always provided in person.

How do we start the process?

Contact Rock Creek directly via email at info@rockcreek.org, by phone at 301-586-0900, or by visiting rockcreek.org and completing our contact form to get started.

What is the scope of services?

Each person receives one-on-one support tailored to their goals either in person, virtually, or a mix of both.

- Overnight supports cannot be provided virtually.
- Personal supports are available for up to 82 hours per week under the provider-based model unless otherwise pre-authorized by DDA.
- All services must align with developmental appropriateness and individualized goals identified within the Person-Centered Plan.