



Program Eligibility Checklist

This checklist helps us determine whether our services are a good fit for your caregiving situation. It is not a legal agreement and does not guarantee access or outcomes. Please review and check all that apply.

Caregiver Information

- ☐ I am the primary, full-time caregiver for an adult (18+) with severe autism.
- ☐ I am a parent, guardian, or close family member who provides daily care and oversight.
- ☐ I provide care in a private home or community setting, not in a licensed institution or residential care facility.
- ☐ I am not currently receiving ongoing paid respite services through an agency or provider.
- ☐ I am the conservator or legal representative of the adult individual in my care (or equivalent legal authority).
- ☐ The individual I care for is currently being served by one of California's 21 Regional Centers.
- ☐ I am enrolled in IHSS (In-Home Supportive Services) or have an active application in process.

Care Recipient Characteristics

- ☐ The individual in my care is non-verbal or minimally verbal.
- ☐ The individual has a confirmed diagnosis of Autism Spectrum Disorder (ASD).
- ☐ The individual exhibits moderate to severe behavioral challenges, requiring ongoing supervision.
- ☐ The individual resides in my home or under my full-time care.

Support Goals

- ☐ I am seeking respite opportunities or relief from daily caregiving responsibilities.
- ☐ I am interested in participating in workshops, creative programs, or peer support events.

- ☐ I want to connect with other caregivers facing similar challenges.
- ☐ I would benefit from resources, ideas, or educational opportunities to help sustain my role as a caregiver.

Important Disclaimer

CareSphere is a philanthropic nonprofit dedicated to providing supplemental, community-based support for caregivers of severely autistic adults. Our programs are non-clinical and peer-centered in nature.

While we strive to make a positive difference, we cannot guarantee program access, outcomes, or service availability. This checklist is intended to help assess eligibility and inform our team—it does not represent a legally binding agreement and should not be interpreted as such.

Please note:

CareSphere's services do not replace or supplant state, federal, or publicly funded programs (such as Regional Center services, IHSS, Medi-Cal, or mental health services). We exist to complement existing resources—not to serve as a substitute for them.