

Sierra House Individual Support Services Program is based on the principles of family-focused, accessible, needs-based, clinically appropriate and outcome-driven individualized care for children, adolescents and young adults. The program is outcome-based and is designed to assist youth with moderate self-care and habilitation skills.

Sierra House is committed to providing these services based on the needs of the child and family. Each client receives personalized, one-on-one services and a customized, individual support plan.

Our staff works closely to train parents and guardians in the implementation of the individual support plan to ensure success while increasing their ability to provide the support the youth needs to function in his/her natural environment. Services are offered in Essex, Hudson, Union, Bergen, and Passaic counties.

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Sierra House
Helping people open the
door to a better life

Individual Support Services (ISS)

Sierra House is a nonprofit 501(c)(3) organization.

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Sierra House offers individual support services for eligible children, youth and young adults under age 21 with challenging behaviors and developmental disabilities.

The purpose of these services is to transfer the necessary skills to enable our young people to achieve and/or



maintain the outcomes of increased independence, productivity, enhanced family functioning and inclusion in the community.

Individual support services will foster and increase the ability of the family, guardian and/or caregiver to provide the youth with needed support to remain home, in school, and in the community requiring minimal, if any, outside intervention.



Individual Support Services include:

- Basic Activities of Daily Living (BADLs) skill building: BADLs consist of self-care tasks, including but not limited to:
 - Bathing and showering;
 - Dressing;
 - Eating;
 - Grooming;
 - Washing hair;
 - Brushing teeth; and
- Instrumental Activities of Daily Living (IADLs) skill building: IADLs are not necessary for fundamental functioning, but they enable an individual to live independently in a community. These skills include but are not limited to:
 - Completing Housework;
 - Taking medications as prescribed;
 - Managing money;
 - Shopping for groceries or clothing;
 - Using the telephone or other forms of communication;
 - Using technology; and
 - Using public facilities.