

INSIDE WESTSIDE SERVICES AND SUPPORTS AGES BIRTH TO 3

Your child has recently entered Westside Regional Center's (WRC) Early Start Program. You may have questions about what to do next and which services are most important for your child. We encourage you to read *The Early Start Program at Westside Regional Center: A Guide for Families with Children Under 3* booklet for helpful information. You can also attend an Early Start Parent Orientation offered on the 4th Wednesday of every month from 9:30 AM – 10:30 AM.

Available services are listed below with a brief explanation of each support. Individuals may be eligible for services based upon need related to the nature of the qualifying developmental disability as identified and agreed to by the interdisciplinary planning team. This is not a complete listing. Other needs identified by assessment may identify other services. Services must be requested through the Individual Family Service Program Plan (IFSP) process. Please contact your service coordinator to discuss access to services.

Generic resources, private resources and/or natural supports must be explored prior to WRC funding.

Case Management

An Early Start Service Coordinator (SC) will be assigned to develop annual and semi-annual Individual Family Service Plans (IFSPs) and assist with arranging appropriate services.

Assessments

Each baby/toddler receives a developmental assessment to identify developmental progress and intervention needs and services. As each baby/toddler is unique, the types of services and supports he/she will need will vary.



For all therapy services (OT, PT, Speech, Feeding and Infant Stimulation) discussed below parent participation is crucial to continued progress and development.

Occupational Therapy (OT)***

For children with developmental delays or a known physical or mental condition associated with a high probability of delays, occupational therapy can help improve their motor, cognitive, sensory processing, communication, and play skills. The goal is to enhance development, minimize the potential for developmental delay, and help families to meet the special needs of their infants and toddlers.

Physical Therapy (PT)***

Children with significantly impaired physical function may receive therapy to preserve, enhance, and restore movement and function impaired or threatened by disability, injury, or disease. Services may include range of motion exercises, parent training, and an assessment for equipment needs.

AGES BIRTH TO 3 YEARS CONTINUED

Speech Therapy***

As your child develops, around the ages of 18-24 months, you may notice delays in speech and language. Children with delays in speech and language may receive therapy to improve communication skills.

Feeding Therapy ***

Children with identified swallowing or chewing difficulties may receive specialized therapy to improve feeding.

Infant Development Services (Infant Stimulation)

Specialized instruction and parent education services may be provided at home or in a therapeutic preschool-type setting to address developmental needs. Parent observation and participation provide the family with the skills needed to address the child's needs on an ongoing basis.

Behavior Classes

These classes are for parents and caregivers to learn techniques for developing and implementing positive behavior strategies. Classes may be offered at WRC.

Behavior Intervention Services

Services are provided by specialists who offer training and instruction to assist families, individuals supported by WRC, and caregivers in developing positive strategies and techniques to manage behaviors. For those families with private insurance and Medi-Cal Managed Care, funding of behavior services will be based on current state/federal laws and regulations *** (See service coordinator for further funding details). Parent/caregiver participation is required.

Behavior Intervention Co-Pay, Co-Insurance, and Deductibles

If your baby receives behavior intervention services funded by insurance, WRC is able to assist with insurance co-payments, co-insurance and deductibles should your family meet income requirements (Welfare & Institutions Code 4659.1).

Westside Family Resource and Empowerment Center (WFREC)

Our parent-run center offers support groups, trainings, community resources, and referrals to generic resources. Call 310-258-4063 or visit www.wfrec.org.

Support Groups and Training Opportunities

WRC has many support groups and training opportunities for individuals and families. Visit westsiderc.org for a list of groups and training events.

Conferences

WRC may fund tuition or conference registration fees up to a maximum of \$300 for ONE training or conference ONCE per year. Funding for parents or caregivers does not cover the cost of lodging or transportation. Check with your service coordinator or WFREC to inquire about training and conference opportunities.

WRC Education Support Services (ESS) Team

A referral to our education advocacy specialists can be made for families who need assistance with the Individualized Education Program (IEP) and/or accessing appropriate services through the school districts.

Written Translations and Interpretations

WRC offers written translation services for Individual Family Service Plans (IFSPs) when the family's primary language is not English. Interpretation services for IFSPs or service planning/review meetings are also available.

Incontinence Supplies

Referrals can be made to assist individuals with securing supplies available through Medi-Cal, private insurance, or through WRC funding when no other generic source is available.

Nursing Supports***

If your child needs nursing supports, your service coordinator will assist with a possible referral. Many insurance companies or specialized services, such as EPSDT, provide assistance.

Medical Equipment ***

Families can access medically necessary equipment through referrals to Medi-Cal, private insurance, or other generic sources such as California Children Services (CCS). WRC, as payer of last resort, may provide funding for equipment needs as determined through consultation with WRC specialists.

Formulas and Nutritional Supplements ***

WRC will assist families in exploring generic resources when there is a medical need for formula or nutritional supplements. In the event that all generic resources have been explored and exhausted, WRC will consider purchasing formula or nutritional supplements as the payer of last resort.

***Please note that current legislation and regulation may require families to access their private insurance or managed care plan within Medi-Cal to obtain funding for these services. Your service coordinator will inform you about this process and will provide support as needed to obtain these insurance/managed care benefits.