

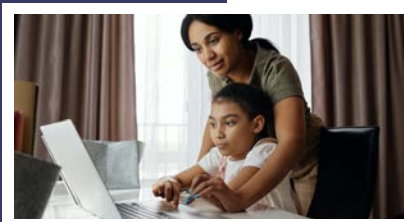
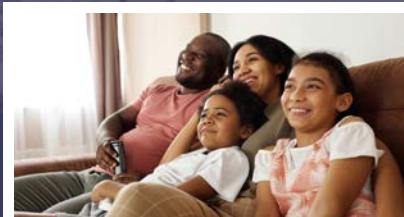


WESTSIDE
REGIONAL CENTER

FAMILY WELCOME EXPERIENCE

COURSE CATALOG

Below is the list of topics covered in the Family Welcome Experience online course for SCHOOL-AGED YOUTH.



MODULE 1: FAMILY WELCOME EXPERIENCE

TRAINING 1.1: Welcome and Overview

Welcome to the course!

TRAINING 1.2: How to Use Xperiencify

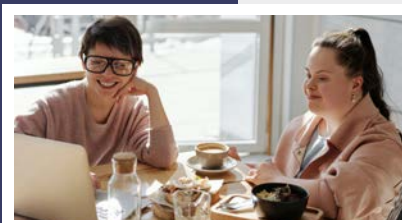
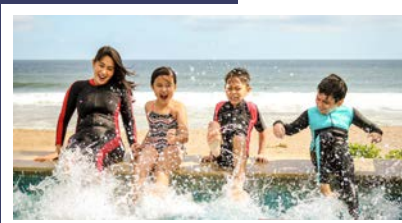
Our goal is to provide you with information in the simplest of manners. We have created this video tutorial to help you navigate our online platform. After you watched the tutorial video, download and read through the entire "How to Use Xperiencify" handout to make sure you know how to use the online platform. Need help? Contact our support team via email at westsiderc5901@gmail.com from Monday – Friday, 8:00AM – 5:00PM.

TRAINING 1.3: How to Earn Points on Xperiencify

In order to finish the course, you must complete all "action" items in each training to earn points called, "XP's." Actions that earn XP's include watching videos, downloading materials, and/or viewing websites. Your goal is to complete all actions in order to earn your Certificate of Completion.

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MODULE 2: SERVICES AND SUPPORTS

TRAINING 2.1: Respite

Respite is used to relieve family members from the constantly demanding responsibility of providing care to their loved ones with intellectual and developmental disabilities (I/DD). Services can be intermittent or regularly scheduled temporary, for non-medical care and/or supervision.

TRAINING 2.2: Day Care Supports (Specialized Supervision)

Parents who are full-time employees or in school full-time may be eligible for assistance to provide supervision primarily during after-school hours and/or during school breaks. Day care services are provided to school-aged children with a developmental disability while family caregivers are at work or attending a vocational/educational program leading to future work and have no other means to provide care and supervision. This service is designed to provide basic care and supervision only.

TRAINING 2.3: Extended School Year (ESY)

A service available to individuals younger than 18 years of age during school breaks (during the academic year), holidays, or summer breaks (when school is no longer in session). It provides care and supervision while parents/guardians are at work or school.

TRAINING 2.4: Social Skills

Social skills training is a form of therapy used by specialists and therapists to assist individuals with developmental disabilities and social deficits. These time-limited classes help to improve interpersonal skills, social interactions, and pragmatic language (knowing what to say, how to say it, and when to say it). Social skills training is offered to children over the age of three years with a developmental disability and social skill deficits.

TRAINING 2.5: Behavior Support Services

Problem behaviors such as hitting, pinching, and running away can upset the lives of individuals who do these behaviors, as well as the individuals who care for them. In many cases these behaviors can be a way for individuals to communicate their wants and needs.

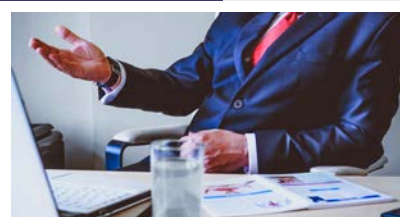
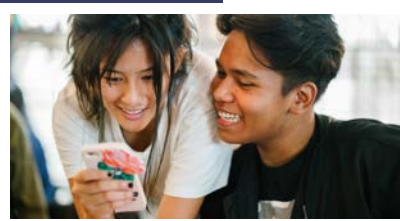
Behavior Intervention services can help to decrease problem behaviors and teach better behaviors that will allow the individual to communicate their needs more effectively.

TRAINING 2.6: Transition Planning for High School Students in Special Education

High school is the last step adolescents must complete before they transition to adulthood. This is the time when your adolescent will have the opportunity to share with you and the IEP team their vision for the future. For example, where they would like to live, work, go to college, and most importantly, discuss who can support them along the way. The WRC Education Advocacy Specialists have developed this video to help guide you and your adolescent through the next 4 years.

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MODULE 3: WESTSIDE FAMILY RESOURCE AND EMPOWERMENT CENTER (WFREC)

TRAINING 3.1: Welcome to the WFREC

The Westside Family Resource and Empowerment Center (WFREC) is housed within the same building and works in collaboration with the Westside Regional Center, local school districts, and community-based organizations that provide supports and services to children and their families. The WFREC is staffed by experienced parents and family members who are qualified to provide emotional, technical, and informational support to families who have an infant, child, or young adult with a disability, chronic illness, or other health care needs.

They offer a variety of support groups where parents have the opportunity to meet and learn from other parents. These groups are designed to provide information, resources, community, and hope. When families share common concerns and experiences, the support can be uniquely meaningful. They also sponsor training and workshops to help families learn how to understand and navigate the often-times complex systems of care in California.

MODULE 4: ADVOCACY

TRAINING 4.1: Special Education Advocacy

Learning how to navigate a new system can be overwhelming. That's why Westside has a team of professionals that can assist you along the way. Services are provided at no cost to you!

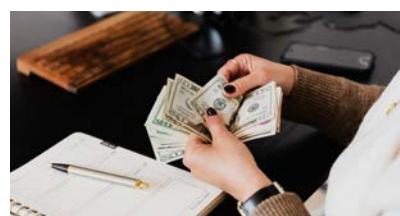
TRAINING 4.2: Self-Advocacy and the Consumer Advisory Committee

There are several active self-advocacy groups in the WRC area. These groups meet at various community locations including restaurants, malls, and community rooms. Meetings offer a great opportunity for members to make new friends and maintain lasting friendships. The frequency and duration of meetings vary depending on the group's wishes. Attendance at self-advocacy meetings is encouraged for all individuals 18 years of age or older.

Please contact Linda Butler, Consumer Advocacy Coordinator, for more information at (310) 258-4245 or via email at lindab@westsiderc.org.

TRAINING 4.3: Appeal Process & Fair Hearing

There are 3 ways to appeal a regional center decision. Learn what they are and where to find helpful resources.



TRAINING 4.4: Office of Clients' Rights Advocacy (OCRA)

The Office of Clients' Rights Advocacy (OCRA) is part of Disability Rights California. OCRA provides free legal information, advice, and representation to regional center clients. OCRA serves clients of all 21 regional centers throughout California. There is a Clients' Rights Advocate (CRA) serving each regional center.

MODULE 5: GENERIC AND COMMUNITY-BASED RESOURCES

TRAINING 5.1: In-Home Supportive Services (IHSS) Program

The In-Home Supportive Services (IHSS) Program will help pay for services to allow older adults and individuals with disabilities who need assistance, to receive non-medical care in their homes if they cannot otherwise safely remain in their homes. This video will provide an overview of the types of services offered; provide suggestions on the types of information you should collect for the application and how to keep yourself organized; how to submit your application and what to expect at the home visit; next steps; and your right to appeal if you disagree with a decision made.

TRAINING 5.2: Supplemental Security Income (SSI)

SSI provides monthly payments to adults and children with a disability or blindness and who have income and resources below specified amounts. SSI payments can also be made to people 65 and older without disabilities who meet the financial limits.

TRAINING 5.3: CalFresh

CalFresh, formerly known as "Food Stamps", provides monthly food benefits to individuals and families with low-income. CalFresh benefits stretch food budgets, allowing individuals and families to afford nutritious food, including fruits, vegetables, bread, cereals, beans, meat, fish, poultry, milk, dairy products, etc.

TRAINING 5.4: CalABLE

An Achieving a Better Life Experience (ABLE) account is a tax-advantaged savings account for an individual with a disability. You can use an ABLE account to save funds for many disability-related expenses such as those for education, housing, transportation, employment training, employment support, assistive technology, and related services. The money that you have in your ABLE account (up to and including \$100,000) does not count as a resource under SSI rules.

TRAINING 5.5: Transportation

The following transportation services are available to the general public. There may be eligibility requirements that need to be met in order to access these services.

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TRAINING 5.6: Cash Assistance Program for Immigrants (CAPI)

CAPI provides cash benefits to aged, blind or disabled legal immigrants who are not eligible for Supplemental Security Income/State Supplemental Payment (SSI/SSP) solely due to their immigration status.

TRAINING 5.7: Medi-Cal, My Health LA and Other Health Programs

Are you in need of free or low-cost health care coverage? Do you need help finding health programs to cover the cost of special healthcare needs? Or, do you need free or low-cost health prevention services (eye care, family planning, cancer detection) for yourself or your family?

TRAINING 5.8: Housing & Rental Assistance

Learn about programs that assist individuals, families, the elderly, and persons with disabilities find a place to live at a low cost.

TRAINING 5.9: Homeless Services

Are you homeless or at risk of homelessness? Or do you know of someone who may need help in finding a safe place to stay? Learn about community organizations or homeless service providers in your local area that may assist you.

TRAINING 5.10: Assistance Dog Special Allowance Program

The Assistance Dog Special Allowance Program provides a monthly payment of \$50 to eligible persons who use a guide, signal, or service dog to help them with their disability-related needs.

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