



# INSIDE WESTSIDE

## SERVICES & 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 at <https://westsiderc.org/> for helpful information. You can also attend an Early Start Parent Q&A 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 delay or 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.

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### **Case Management**

An Early Start Service Coordinator (SC) will be assigned to develop an Individualized Family Service Plan (IFSP) and assist with arranging appropriate services.

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**Generic Resources, Private Resources, and/or Natural Supports** must be explored prior to WRC funding. Examples include health insurance, and other state/county services.

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**Services** are based on need and must be requested through the Individualized Family Service Plan (IFSP) process. Your Service Coordinator (SC) will reach out to discuss recommended services.

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### **Assessments**

Each child receives a developmental assessment to identify developmental progress and intervention needs and services. As each child is unique, the types of services and supports they will need will vary.

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### **For All Therapy Services**

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

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### **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. Children with identified swallowing or chewing difficulties may receive specialized therapy to improve feeding. The goal is to enhance development, minimize the potential for developmental delay, and help families meet the special needs of their infants and toddlers.

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**Information continues on the back.**



**WESTSIDE**  
REGIONAL CENTER

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Call (310) 258-4121  
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### **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.

### **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.

### **Infant Development Services**

Infant stimulation, center-based programs, 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.

### **Community Navigators**

Available to assist families in ensuring that each individual has access to all generic services available to them in California.

### **Behavior Intervention Services**

Services are provided by specialists who offer training and instruction to assist families, individuals, 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 your service coordinator for further funding details.

### **Behavior Intervention**

#### **Co-Pay Assistance**

WRC may be able to assist with behavior intervention insurance co-payments, co-insurance and deductibles (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](http://www.wfrec.org).

#### **Conferences**

WRC may be able to provide funding for conference registration fees. Ask your Service Coordinator for more information.

#### **Education Support Services (ESS)**

A referral to an education advocacy vendor 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 Interpretation**

We encourage you to read "The Early Start Program at Westside Regional Center: A Guide for Families with Children Under 3" booklet at <https://westsiderc.org/services/birth-to-3-years/> for helpful information.

#### **Incontinence Supplies\***

Referrals can be made to assist individuals with securing supplies available through Medi-Cal, private insurance, or through WRC's vendored providers 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.



***It is WRC's mission to support people with developmental disabilities, their families, and communities of choice by facilitating access to person-centered, culturally responsive services and resources.***

UPDATES TO THESE FLYERS PAID FOR BY LANGUAGE ACCESS AND CULTURAL COMPETENCY FUNDING.