

Additional Referral and Resource Agencies

211 Services

Provides help with food, housing, employment, health care, counseling and more. Visit www.211.org or just dial 2-1-1.

First 5 LA

Promotes the health and wellbeing of children under 5 years of age. Families can obtain parenting resources and early developmental information. Visit www.first5la.org

Legal Advocacy through Office of Clients' Rights Advocacy (OCRA)

May provide individuals supported by regional centers with free legal information, advice, and representation. A Clients' Rights Advocate (CRA) is designated to each regional center to help with legal problems, conduct trainings, and investigate denials of rights. Call (310) 846-4949 and leave a detailed message for assistance.

State Council on Developmental Disabilities (SCDD)

This independent state agency provides advocacy and other assistance to ensure that appropriate laws, regulations and policies pertaining to the rights of individuals with developmental disabilities are observed and protected. SCDD regional offices provide services to individuals and their families including, but not limited to, advocacy assistance, training, monitoring and public information. Call (866) 802-0514 or email council@scdd.ca.gov.

Referrals to community agencies, events, and other generic resources are also available through a service coordinator and the Westside Family Resource and Empowerment Center.



SERVICES AND SUPPORTS • AGES 3 TO 10

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.



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



Westside Regional Center is part of a statewide network of 21 community-based, non-profit agencies serving Californians with developmental disabilities.

The Department of Developmental Services oversees the coordination and delivery of services throughout California's regional center system.

Learn more at www.dds.ca.gov.



SERVICES
AND SUPPORTS
AGES BIRTH TO 3



AGES BIRTH TO 3

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 WRC's interdisciplinary planning team.

This is not a complete listing. Other needs identified by assessment may identify other services.

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

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.

Services

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.

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.

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. 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.

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. *Individuals and families can see their 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.

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.

**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. A service coordinator will inform individuals and families about this process and will provide support as needed to obtain these insurance/managed care benefits.*

