

Family support services

Services that may be provided by Regional Center or other generic resources are listed below. These services should be considered as part of the person-centered/family-centered planning process.

Services for families with children under 18

- Behavior management programs
- Counseling
- Diapers (3 years or older)
- Infant stimulation programs
- Mental health services
- Special adaptive equipment
- Specialized medical and dental care

Services for families

- Assistance with child's behavior issues
- Developmental disability-related counseling
- Family/individual counseling
- Homemaker services
- Parent support groups
- Parenting skills training
- Short-term assistance

Services for parents with disabilities

- Services for families (listed above)
- Parenting training
- Supported living arrangements for parents and their children
- Other services and supports

Special services for aging consumers and their families

- Assisting with the needs of aging parents through referrals to appropriate generic resources
- Referrals to senior centers
- Respite care

Questions?

If you have any questions, do not hesitate to ask your service coordinator. You may also want to visit the NLACRC Web site at www.nlacrc.org or the Department of Developmental Services (DDS) Web site www.dds.ca.gov for additional information.

Resources

NLACRC has a library with books, DVDs, videos, and many other resources. The Van Nuys library has a computer lab with Internet access and special software programs including Dragon Naturally Speaking, Kurzweil 3000, ZoomText, and Inspiration. Please call to schedule your visit.

About NLACRC and the Lanterman Act

NLACRC is a nonprofit corporation that provides case management and access to a full range of effective services for persons with developmental disabilities (consumers). These high-quality services are provided in a cost-effective manner. The center operates under a contract with the State of California Department of Developmental Services.

In accordance with the Lanterman Act, NLACRC provides assistance in accessing services and supports for consumers and their families. The Lanterman Act is the law in California that says people have the right to services and supports as determined through the IPP process and based on individual needs and preferences. Services and supports help to expand consumer opportunities and choices in the community. This law's intent is to empower consumers so that they may lead lives similar to those of people without disabilities.

You can view the Lanterman Act on the DDS Web site at www.dds.ca.gov.

Be sure to visit the NLACRC Web site for current news and information.
www.nlacrc.org

NLACRC Offices www.nlacrc.org

Business hours: Mon.-Fri., 8:30 a.m. - 5 p.m.
Library hours 9 a.m. - 4 p.m.
Closed on Sat. & Sun. and major holidays

San Fernando Valley (main office)

9200 Oakdale Avenue, Suite 100
Chatsworth, CA 91311
Telephone: (818) 778-1900
Fax: (818) 756-6140

Santa Clarita Valley Office

25360 Magic Mountain Parkway, Suite 150
Santa Clarita, CA 91355
Telephone: (661) 775-8450
Fax: (661) 775-8454

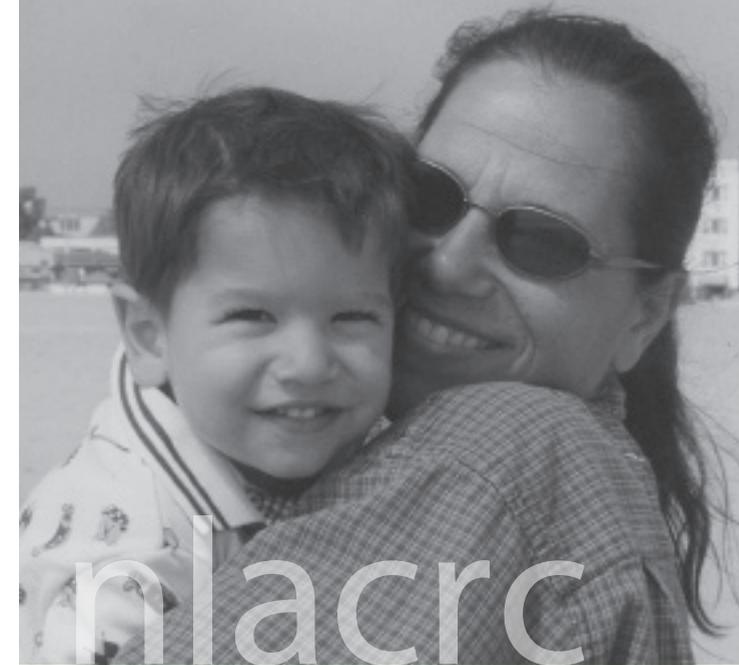
Antelope Valley Office

43210 Gingham Avenue, Suite 6
Lancaster, CA 93535
Telephone: (661) 945-6761
Fax: (661) 942-4050

24-hour / after-hours phone line (818) 778-1900
Urgent issues only. Medical emergencies dial 9-1-1

Family Support Services

Supporting
Consumers
and Families



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NorthLosAngelesCountyRegionalCenter

resources

We're here to help

North Los Angeles County Regional Center (NLACRC) will work with you, the families, to help care for your minor children at home, if that is your preference. We can also assist adult and aging persons with developmental disabilities (consumers) who choose to live at home. Your service coordinator and other Regional Center staff are here to help guide you through this important process. By working together, we can create a plan that identifies services and resources to suit your needs.

Family support

The Regional Center works closely with each family. Together, we create a plan that identifies services and resources that your family needs.

Families with children over 3 years of age meet with Regional Center staff to create the **Individual Program Plan (IPP)**. The **Individualized Family Service Plan (IFSP)** is for families with consumers under age 3.

IPP and IFSP

The IPP and IFSP are written documents developed by a team that includes the consumer, family members, regional center representatives, and others. These plans identify the consumer's or family's needs and preferences, such as having the consumer live at home, and putting together a cost-effective strategy for achieving it. Services and supports are chosen based on needs and preferences of the individual consumer, or when appropriate, of the family. Each plan discusses:

- Family lifestyle, values, and cultural preferences
- Family strengths
- Inclusion of the consumer in school and the community
- The entire family's needs

Early Start

Early Start services are provided for children (0-3 years) who are at risk of developmental disabilities. Receiving support early in life can help with your child's growth and development.

Regional Center must provide required Early Start services in a timely manner. Families that are financially able may be required to share the cost for services such as respite, day care and camping. Services and supports chosen for a consumer must:

- Be effective in meeting the goals stated in the IPP/IFSP
- Promote the consumer's self-sufficiency and choice
- Be cost-effective

Other supports

As a payer of last resort, Regional Center helps fund services and supports related to developmental disabilities that other sources do not provide.

Other examples of supports that serve consumers and their families might include:

Generic supports - government agencies such as Medi-Cal, Medicare, Supplemental Security Income (SSI), and senior services

Natural supports - personal relationships that enhance the quality and security of life (such as family and friends)

Private supports - supports such as family health insurance

Two of the most frequently requested supports by families are respite care and day care.

Respite care

Respite care is temporary, non-medical supervision provided in the consumer's own home. Because families use respite support, they are often in a better position to provide ongoing care for their child. Depending on family needs, this support can be scheduled on a regular basis, or families can use it as needed.

Families with consumers who require medical support may receive respite through a licensed agency. Otherwise, the family may choose anyone who is over 18 and who does not live in the family home to provide respite care. Out-of-home respite may also be provided.

With reference to minors, respite means providing services and supports that contribute to the ability of the family to reside together. For adults, respite is available when it is the choice of the adult consumer to reside with his or her family. Respite services and supports can give periodic relief from the ongoing responsibilities of care and supervision.

Day care

Work, school, and other responsibilities may require parents to use day care for their child. Paying for day care for children under the age of 13 is the parents' responsibility.

However, care for children with developmental disabilities may be more expensive than day care for other children. The Regional Center may be able to offset the difference in cost depending on the family's financial situation, if doing so will enable the child to remain living with the family.

Some children with developmental disabilities need day care beyond the age of 13. Depending on family need, the Regional Center can assist parents of these children.

