



EARLY START PROGRAM FAQS FOR PARENTS & PROVIDERS

The California Early Start FAQ has been created to answer common questions about early start services for children under age 3. Topics include: eligibility, referrals, services, supports, and what happens after age 3. If you need more information about Early Start services or if you have additional questions call (800) 515-BABY(2229) or e-mail us at earlystart@dds.ca.gov.

Q1. I have concerns about my child's development. Who can I contact?

A1: If you have concerns about your child's development, discuss them with your child's doctor. To learn if your child may benefit from early intervention or specialized education services through California's Early Start Program please see our [Reasons for Concern](#) brochure. For more information regarding Early Start services, please contact the Early Start Baby Line at 800-515-BABY (800-515-2229) or earlystart@dds.ca.gov.

Q2: What is the Early Start Program?

A2: California's Early Start Program was enacted in 1986 under the Individuals with Disabilities Education Act (IDEA). Early Start is California's response to this federal legislation. The purpose is to ensure that early intervention services for infants and toddlers with disabilities up to age 3 and their families are provided in a coordinated, family-centered system of services.

Q3: What is Early Intervention?

A3: "Early Intervention" are services and supports to help infants and toddlers, birth to three years old with disabilities or delays in their development. These services are intended to help eligible children learn new skills, overcome challenges, and increase success in life.

Q4: What are early intervention services?

A4: Each child has an Individualized Family Service Plan (IFSP) that is based on a child's assessed developmental needs and the families concerns and priorities. Early intervention services can include:

- Assistive technology
- Audiology
- Family training, counseling, and home visits
- Health services
- Medical services for diagnostic/evaluation purposes only
- Nursing services
- Nutrition services
- Occupational therapy
- Physical therapy

- Psychological services
- Service coordination (case management)
- Sign language and cued language services
- Social work services
- Special instruction
- Speech and language services
- Transportation and related costs
- Vision services

Q5: What is an Individualized Family Service Plan?

A5: An Individualized Family Service Plan, also known as an IFSP, is a written plan for providing early intervention services to an infant or toddler and their families who have been determined eligible for early intervention services. The IFSP is the document developed with the family to address their priorities, concerns, and the infant’s or toddler’s developmental needs.

Q6: What is Service Coordination and what is their role?

A6: “Service coordination” means assistance provided by a service coordinator whose role it is to coordinate and advocate for services and supports that help the family and child gain access to early intervention services identified on the child’s IFSP.

Q7: Who provides early intervention services?

A7: The Early Start program is available throughout California and can be accessed through local regional centers, county offices of education, local education agencies, health or social service agencies, and a network of local family resource centers (FRCs) throughout the state. The Early Start Program is an effort by the Department of Developmental Services and the California Department of Education that encourages partnerships between families and professionals, family support, and coordination of services.

Q8: What is a regional center?

A8: Regional Centers are a statewide network of 21 community-based, non-profit agencies. These regional centers help develop, pay for, and manage services for young children who have delays in their development. The Department of Developmental Services contracts and oversees each regional centers’ coordination and delivery of services for Californians with developmental delays and disabilities.

Find the regional center that serves your area by clicking this link: [Regional Center Lookup - CA Department of Developmental Services](#)

Q09: Do I have to use my insurance for early start services?

A09: Services that are identified as a need through a child’s Individualized Family Service Plan not covered by insurance shall be purchased or provided by the regional centers or local education agency.

Q10: What happens if my insurance has a waiting list for assessments and/or treatment for my child?

A10: Services that are required to meet the needs of the child must be put in place as soon as possible and without delay.

Q11: Are the early intervention services free?

A11: There is no cost for evaluation, assessment, and service coordination. Your service coordinator will provide you more information on how early start services are paid.

Q12: What is the fastest way a child can access early intervention services?

A12: Contacting a regional center will start the process to determine a child's eligibility for Early Start Services. Assessments, evaluation, eligibility determination, and the Individualized Family Service Plan (for eligible children) must be completed within 45 days unless there is an exceptional circumstance that causes delay in meeting this timeline.

Q13: Who can refer a child to the Early Start Program?

A13: Anyone can make a referral, including parents, medical care providers, neighbors, family members, foster parents, and day care providers. A referral can be made by contacting the local regional center or school district to request an evaluation for the infant/toddler.

Questions and Answers on Eligibility and Services

Q14: What can a parent expect after a referral is made to the Early Start Program?

A14: Within 45-calendar days of the referral date, the regional center or local education agency will:

- Assign a service coordinator to help the family with evaluation and assessment procedures
- Obtain parental consent for the evaluation
- Schedule and complete evaluations and assessments of the child's development
- Develop an IFSP for eligible children. The IFSP must address the strengths and needs of the child as well as parental concerns and early intervention services to be provided
- Identify early intervention services that are provided in the family home or other community settings.

Q15: Who is Eligible for California's Early Start Program?

A15: Any child under age 3 that has a disability or is at risk of having a disability may be eligible. Children may be eligible if they meet one of the criteria listed below:

- Have a developmental delay of at least 33% in one or more areas of cognitive, communication, social or emotional, adaptive, or physical and motor development including vision and hearing; or
- Have an established risk condition of known etiology, with a high probability of resulting in delayed development; or
- Be considered at high risk of having a substantial developmental disability due to a combination of biomedical risk factors of which are diagnosed by qualified personnel

This may include children who:

- Were born prematurely or had low birth weight
- Have extensive medical issues or have been hospitalized for a long period of time
- Have chromosomal conditions such as Down Syndrome, Rett Syndrome and others
- Had prenatal exposure to drugs or alcohol
- Are showing signs of developmental delays
- Experienced significant birth trauma
- Experienced neglect or abuse
- Have limited hearing, vision or use of limbs

Q16: Is eligibility based on family income?

A16: No, eligibility is not based on family income.

Q17: What is an evaluation and who conducts Early Start evaluations/assessments?

A17: Evaluations are done by psychologists, speech and language therapists, occupational therapists and other professionals to determine if a child has delays in development and need the supports and services available through the Early Start program. This evaluation will involve speaking with the parent to understand the child's needs and observation of how the child completes age-appropriate skills.

When a child is scheduled for an assessment, the professional responsible for conducting the assessment will describe the type of activities involved. If the child is delayed in developing language, following simple directions, interacting with others, walking or age appropriate skills he or she may be eligible for Early Start Services

Q18: How is Early Start eligibility determined?

A18: There are several ways to determine an infant's and toddler's eligibility including informed clinical opinion from a qualified professional, conducting an evaluation, a review of your child's history and development, gathering information from other sources including family members, other caregivers, medical providers, social workers and educators and a review of pertinent records. Also, the evaluation must be conducted in the native language of the child.

Q19: Will the child or parents' immigration status determine eligibility for the early start program?

A19: No. A child's or parent's immigration status does not determine eligibility for the early start program.

Q20: Are children and families who are living in motels, living in their vehicle, sharing a home with multiple families, or homeless eligible to receive early start services?

A20: Early start services are available to all eligible children from birth up to age three and their families in California regardless of living situation. Your service coordinator will arrange and coordinate the delivery of all needed services with you through the IFSP process. This process will include identifying when/where services will take place and how services are reviewed when needed.

For more information on resources local to your community please visit [California's Early Start Central Directory](#)

Q21: Once the infant or toddler is found eligible for the early start program, who will decide the type of early intervention services the infant or toddler will receive?

A21: The specific early intervention services that are needed to meet the unique needs of the infant/toddler and family will be decided by the IFSP team that includes the parent(s) or guardian(s), the service coordinator, and the person(s) who conducted the assessment. The IFSP team can also include other family members, an advocate, a person outside of the family, a child care provider, doctor or nurse or anyone else the family feels that can provide information that would be helpful in planning for the child.

Q22: How long will it take for the infant or toddler's early intervention services to begin?

A22: Regional centers and local education agencies are required to arrange and provide early intervention services agreed upon in the IFSP no later than 45 days after written consent from the parent is obtained.

Q23: Where will early intervention services take place?

A23: Most services for a child are required to be provided in the family home, childcare center, local playgroup, or wherever a child is during the day. These places are referred to as natural environments. At the request of the parent or caregiver, services can also be provided through remote electronic communications. This service must also be specified and agreed upon in the child's IFSP.

Q24: How often will a child receive services and how will services be implemented?

A24: Services will be provided according to the service needs identified and agreed to by the IFSP team. Also, the IFSP and services provided should be reviewed at least every six months, or more frequently when needed or when requested by the family.

Q25: How long will a child receive services?

A25: Services are provided as long as the IFSP team determines there is a need for services based on the assessment of developmental needs of the child, until the infant and toddler is determined no longer eligible for Early Start services, or when a child turns three years old.

Q26: What can a family do while waiting to hear from the regional center:

A26: Families are encouraged to review information on early intervention and how to engage with their child available in these resources:

- [California's Department of Developmental Services Early Start Program](#)
- [California's Early Start Neighborhood](#)
 - [Early Start Central Directory](#)
 - [Early Start Resources on Family Support](#)
 - [Early Start Family Community](#)
- [Infant Development Association of California](#)
- [Zero to Three](#)

A family can also get support by connecting with a parent who is familiar with the Early Start Program through the [Family Resource Network of California](#) or [Family Empowerment Center](#)

Q27: What is a Family Resource Center?

A27: Families of infants and toddlers can receive parent-to-parent support from Early Start Family Resource Centers. Family Resource Centers actively work in partnership with local regional centers and education agencies and help many families get information about early intervention services and how to navigate the Early Start system.

For more information about your local Family Resource Center please refer to [DDS-Family Resource Centers](#)

Questions and Answers on transition from Early Start at age 3

Q28: My child is turning 3 soon, what should I expect?

A28: A transition plan must be developed at least 90 days prior to the child's third birthday. Parent(s)/Guardian(s) and the service coordinator work together to develop a plan to best support the child after age 3.

This plan should include the steps and services needed to support a child turning three years old. This plan may include:

- Steps needed to coordinate services provided through special education from a local school district

- Coordination of services through Provisional Eligibility
- Coordination of services through Lanterman Eligibility, or;
- Access services/supports through generic resources that include local community programs (i.e. Head Start, First 5, Help Me Grow, etc.), medical insurances, or privately funded services.

For information related to school district special education services, please contact your local school district or the [California's Department of Education](#).

For information on provisional eligibility for Lanterman Services please refer to: [DDS Policy August 5, 2021 - Provisional Eligibility for Regional Center Services](#) and Welfare and Institution Code section 4512(a)(2)

For information relating to eligibility for Lanterman Services please refer to [Regional Center Eligibility & Services - CA Department of Developmental Services](#).

For more information about your local Family Resource Center please visit to [DDS – Family Resource Centers](#).

For more information on resources local to your community please visit [California's Early Start Central Directory](#)

Q29: Who notifies the local school district that my child is leaving Early Start services at age 3?

A29: Not fewer than 90 days before the child's third birthday, the regional center or local education Part C agency must notify the state education agency (SEA) or local education agency (LEA) that your child may potentially be eligible for special education services. The LEA could also be your local school district or county office of education.

The notification must include: the child's name, date of birth, the LEA in which the child resides, and the contact information of the parent(s). It may also include the service coordinator's name and contact information. With parental consent, additional identifying information, recent IFSPs, evaluations/assessments, and other pertinent information can be included.

This notification is required in accordance with IDEA, which states "...the lead agency notifies the SEA and the LEA for the area in which the toddler resides that the toddler on his or her third birthday will reach the age of eligibility for services under Part B of the Act, as determined in accordance with state law."

For more information on transition please refer to [Effective Early Childhood Transitions A Guide for Transition at Age Three — Early Start to Preschool](#)

Q30: If a child is not eligible to receive services through the school district, can the regional center continue to support my family?

A30: Federal guidelines require Early Start services to end at three years old. Through a different program authorized under California's Lanterman Act, the regional center will provide services if the child had been determined provisionally eligible (for children 3 and 4 years old only), or eligible for Lanterman Services.

For information on provisional eligibility for Lanterman Services please refer to: [DDS directive August 5, 2021 - Provisional Eligibility for Regional Center Services](#) and [Welfare and Institution Code section 4512\(a\)\(2\)](#)

For information related to eligibility for Lanterman Services please refer to [Regional Center Eligibility & Services - CA Department of Developmental Services](#)

For further information on Parent's Right's related to special education services through a local school district, please visit [Parents' Rights - Quality Assurance Process \(CA Dept of Education\)](#).

Q31: My child is 3 years old or will be soon, who can I call instead of a Regional Center?

A31: If you have questions please contact the Early Start Baby Line at 1-800-515-2229 or email: earlystart@dds.ca.gov.

