

Other services for families

Other services and supports are available when needed to maintain and strengthen the family unit where one parent, or both parents, is an individual with developmental disabilities.

Community supports

There are other supports available to help consumers participate fully in the community. These supports include outreach to, and education and training of, community service agencies, businesses, and community activity providers. NLACRC also:

- Has information about various community resources
- Provides assistance to case managers, and family members on expanding consumer community integration
- Develops natural supports to enhance the consumer's participation in the community

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 at www.dds.ca.gov for additional information.

Our supports include outreach to, and education and training of, community service agencies, businesses, and community activity providers.

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.

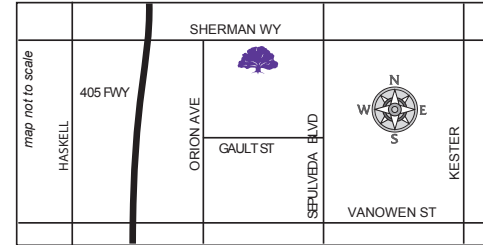
In accordance with the **Lanterman Act**, NLACRC provides assistance in accessing services and supports for consumers and their families. The Lanterman Act is the law in California that says people have the right to services and supports as determined through the IPP process and based on individual needs and preferences. Services and supports help to expand consumer opportunities and choices in the community. The intent of this law 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.

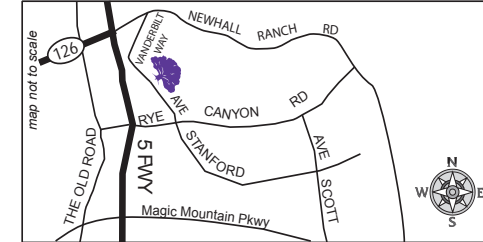
Be sure to visit the NLACRC Web site for current news and information. www.nlacrc.org

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

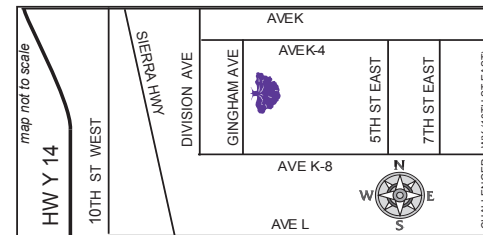
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Urgent issues only. Medical emergencies dial 9-1-1

Consumer and Family Services and Supports

Resources for Consumers and Families



resources

nlacrc

NorthLosAngelesCountyRegionalCenter

How can the regional center help?

North Los Angeles County Regional Center (NLACRC) works with persons with developmental disabilities (consumers) and their families to create a plan and identify the services and resources that you need. Our staff are here to help guide you through this important process. Please feel free to ask us for assistance.

The Regional Center can assist consumers and families with gaining access to:

- Education and training programs
- Employment opportunities
- Family supports
- Generic supports
- Living arrangements
- Recreation choices

Services and supports are identified during the **Individual Program Plan (IPP)**. They are chosen based on the needs and choices of the consumer and family.

Services and supports chosen must:

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

Early Start

The program plan for families with consumers under age 3 is called an **Individualized Family Service Plan (IFSP)**. Required Early Start services must be provided in a timely manner.

Ask your service coordinator for additional information about these and other Early Start services.

The Regional Center works closely with each family.

Types of support

As a payer of last resort, the Regional Center funds services and supports related to the developmental disability, which other sources do not provide. Examples of other supports that serve consumers and their families include:

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

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

Private supports - family health insurance

The Regional Center or other generic resources may provide the services listed below. These services should be considered during the Person-Centered/Family-Centered Planning Process.

Residential supports

NLACRC offers placement and follow-up services for consumers in:

- Family-like homes
- Health-care facilities
- Homes they lease, own, or rent
- Licensed community care facilities

There are services available to help consumers live more independently.

Supported living options

- Adaptive equipment and supplies
- Assessment of consumer needs
- Assistance in finding, modifying or maintaining a home
- Development of and provision for 24-hour emergency response systems
- Development of unpaid and natural supports
- In-home supportive service workers (IHSS)
- Paid neighbors or roommates
- Recruiting, training and hiring individuals to provide personal care and other assistance
- Respite and emergency relief for personal-care attendants

Medical supports

- Diagnosis
- Evaluation
- Occupational, physical, or speech therapy
- Treatment

Mental health services

- Counseling for consumers or families
- Partial hospitalization
- Psychopharmacological assessment

Personal supports

- Adaptive equipment and supplies
- Assessment
- Attendant care
- Behavior training
- Community integration services
- Daily living skills training
- Day care
- Financial assistance
- Follow-along services
- Habilitation
- Information services
- Parenting skills
- Personal assistance
- Personal care
- Protective services
- Referral services
- Recreation
- Socio-sexual training

Employment supports

- Development of employment goals
- Sheltered employment
- Supported employment

Advocacy

- Advocacy assistance
- Advocacy for legal, civil, and service rights
- Self-advocacy training

Transportation services

Transportation services necessary to ensure delivery of service to consumer:

- Transportation vouchers
- Travel training

Family supports

We also provide access to services and supports that contribute to the ability of a consumer to reside with his or her family. These services may include:

- Advocacy to assist persons in securing income maintenance
- Alternative child-care options
- Behavior-modification programs
- Camping
- Counseling
- Day care
- Homemaker services
- Infant stimulation programs
- Respite for parents
- Short-term out-of-home-placement
- Special adaptive equipment (not provided by other generic resources)
- Specialized dental or medical care
- Supported living arrangements for developmentally disabled parents with children
- Training for parents
- Vouchers for diapers (3 years or older)

Family Cost Participation Program

Under the Family Cost Participation Program (FCPP), families that are financially able may be required to share the cost for services including respite, day care, and camping.

www.nlacrc.org