WELCOME!

“B.R.I.D.G.E. Project”

The B.R.I.D.G.E. Project is funded by the State of California Department of Developmental Services.

What We Believe

People with intellectual and developmental disabilities have the right to services and supports to help them live their most independent and productive lives possible.

B.R.I.D.G.E. Project *

A grant awarded by the Department of Developmental Services to A Better Life Together to determine the challenges some consumers of the San Diego Regional Center face in accessing services and supports they need.

GOALS

- **Educate members of the community about services available so those individuals can get the support they need to live their most independent life.**
- **Explain the California regional center system and how that system works.**
- **Assist individuals and families to navigate the San Diego regional center system to get the most robust plan for supports as possible.**
- **Explain the Lanterman developmental disabilities act and how this law protects your rights to services and supports through the regional center.**

* Bridging Resources into Diverse Groups Everywhere

WHAT IS THE LANTERMAN ACT?

THIS CALIFORNIA LAW GIVES PEOPLE WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES THE **RIGHT** TO SERVICES SO THEY CAN LIVE AN INDEPENDENT AND PRODUCTIVE LIFE. THE ACT IS PART OF THE CALIFORNIA WELFARE & INSTITUTIONS CODE. THE REGIONAL CENTER IS YOUR STARTING POINT.

THE LANTERMAN DEVELOPMENTAL DISABILITIES ACT (AB 846)

WHAT DOES THE LANTERMAN ACT DO?

THE LANTERMAN ACT TELLS YOU:

- WHAT YOUR RIGHTS ARE
- HOW THE REGIONAL CENTERS AND SERVICE PROVIDERS CAN HELP YOU
- WHAT SERVICES AND SUPPORTS YOU CAN GET
- HOW TO USE THE INDIVIDUALIZED PROGRAM PLAN TO GET THE SERVICES YOU NEED
- WHAT TO DO WHEN SOMEONE SAYS YOU CAN'T GET WHAT YOU NEED
- HOW YOU CAN MAKE THE SYSTEM BETTER

WHAT IS A REGIONAL CENTER?

- A focal point for coordinating services for persons with developmental disabilities and their families
- A state-funded, private nonprofit organization which contracts annually with the State Department of Developmental Services to provide services to clients
- The San Diego Regional Center is 1 of the 21 regional centers in California

WHAT DO REGIONAL CENTERS DO?

REGIONAL CENTERS PROVIDE SERVICES TO:

- ANYONE WHO HAS AN INTELLECTUAL OR DEVELOPMENTAL DISABILITY,
- ANYONE SUSPECTED OF HAVING AN INTELLECTUAL OR DEVELOPMENTAL DISABILITY, and
- ANYONE AT RISK OF GIVING BIRTH TO A CHILD WITH AN INTELLECTUAL OR DEVELOPMENTAL DISABILITY

Part C of the Individuals with Disabilities Education Act (IDEA)

WHO IS ELIGIBLE FOR SERVICES?

ANYONE THAT HAS AN INTELLECTUAL OR DEVELOPMENTAL DISABILITY THAT ORIGINATED BEFORE AGE 18, IS LIKELY TO CONTINUE INDEFINITELY AND WAS DIAGNOSED BY A LICENSED PHYSICIAN.

A DEVELOPMENTAL DISABILITY IS DEFINED AS A SEVERE AND CHRONIC DISABILITY THAT IS ATTRIBUTABLE TO A MENTAL OR PHYSICAL IMPAIRMENT.

THESE DISABILITIES INCLUDE:

- INTELLECTUAL DISABILITY
- CEREBRAL PALSY
- EPILEPSY
- AUTISM SPECTRUM
- ***OTHER CONDITIONS SIMILAR TO INTELLECTUAL DISABILITY*** - CONDITIONS THAT CONSTITUTE A SUBSTANTIAL DISABILITY IN 3 OR MORE OF THE FOLLOWING AREAS: COMMUNICATION; LEARNING; SELF-DIRECTION; CAPACITY FOR INDEPENDENT LIVING; ECONOMIC SELF-SUFFICIENCY; SELF CARE; MOBILITY

WHO IS ELIGIBLE FOR SERVICES?

- ANY RESIDENT OF SAN DIEGO OR IMPERIAL COUNTY BELIEVED TO HAVE AN INTELLECTUAL OR DEVELOPMENTAL DISABILITY MAY APPLY FOR SERVICES.

- ELIGIBILITY WILL BE DETERMINED BASED ON **SOCIAL**, **SCHOOL-RELATED**, **MEDICAL** AND **PSYCHOLOGICAL** INFORMATION AND DOCUMENTATION PROVIDED BY THE POTENTIAL CLIENT TO THE SAN DIEGO REGIONAL CENTER.

- THE APPLICATION PROCESS CAN TAKE UP TO 120 DAYS SO PATIENCE WILL BE NEEDED! (WITH YOUR INDIVIDUAL'S OR FAMILY'S CONSENT WE WILL HELP WITH THIS PROCESS).

San Diego Regional Center (SDRC)

INTAKE SERVICES (Application process)

- Evaluation and assessment to determine eligibility
- Assessment to assist with program planning
- Case Management/Service Coordination

(In order to process intake, SDRC must be contacted by the parent or legal guardian of a minor, the conservator, or the non-conserved adult.)

What Services Can SDRC Provide?

- Development of an Individual Program Plan (IPP) and coordinated services
- Coordination of developmental disability services which may include: Residential Services; Transportation; Nursing Services; Behavior Intervention; Medical Services; Work Program; Psychological Services; Respite; Physical Therapy
- Purchase of services to meet IPP objectives
- Advocacy for the protection of legal, civil and service rights
- Resource development, program evaluation and community education, public information and training

EXAMPLES OF SERVICES OFFERED THROUGH THE SAN DIEGO REGIONAL CENTER (SDRC):

- ADULT DAY PROGRAMS
- BEHAVIORAL TRAINING
- INDEPENDENT LIVING SERVICES
- INFANT PROGRAMS AND SERVICES (THROUGH EARLY START – SEPARATE INTAKE PROCESS)
- LICENSED RESIDENTIAL PLACEMENT (PARENTAL REIMBURSEMENT FEES MAY BE REQUIRED FOR MINORS
- RESPITE SERVICES
- SUPPORTED EMPLOYMENT
- SUPPORTED LIVING SERVICES
- TRANSPORTATION TO WORK/DAY PROGRAM
- COMMUNITY SERVICES - SDRC COMMUNITY SERVICES STAFF PROVIDE PUBLIC INFORMATION, COMMUNITY EDUCATION AND DEVELOP NEEDED RESOURCES.

SELF DETERMINATION

THE LANTERMAN ACT SAYS THAT YOU HAVE THE RIGHT TO MAKE CHOICES ABOUT:

- WHERE TO LIVE
- WHERE TO GO TO SCHOOL
- WHERE TO WORK
- HOW YOU WANT TO BELONG TO YOUR COMMUNITY
- WHOM TO LIVE WITH AND HAVE RELATIONSHIPS WITH
- WHAT SERVICES AND SUPPORTS YOU WANT AND NEED

THIS LAW SAYS THAT YOU HAVE A RIGHT TO MAKE CHOICES ABOUT YOUR LIFE AND MAKE DECISIONS ABOUT WHAT SERVICES AND SUPPORTS YOU WANT AND NEED.

PERSON-CENTERED CULTURE OF CARE

THE FOUNDATION OF SELF-DETERMINATION

- INDIVIDUAL RECEIVING SUPPORT
- NATURAL SUPPORTS
  - FAMILY
  - FRIENDS
  - NEIGHBORS
  - COMMUNITY MEMBERS
- GENERIC SUPPORT
  - HHSA
  - IHSS
  - EDUCATION
  - MEDI-CAL/MEDICARE
- DEPARTMENT OF DEVELOPMENTAL SERVICES: SAN DIEGO REGIONAL CENTER
- AGENCY SUPPORT SERVICES
  - I.E. A BETTER LIFE TOGETHER
  - I.E. OTHER SERVICE PROVIDERS THROUGH SDRC

ACCORDING TO THE LANTERMAN ACT REGIONAL CENTERS MUST:

- COORDINATE SERVICES FOR ALL OF THEIR REGIONAL CENTER CONSUMERS
- DEVELOP AN INDIVIDUAL PROGRAM PLAN (IPP) THAT CONSIDERS EACH PERSON'S INDIVIDUAL NEEDS AND CHOICES
- MAKE SURE THAT THE CONSUMER RECEIVES ALL OF THE SERVICES AND SUPPORTS LISTED IN THEIR IPP
- DEVELOP NEW SERVICES AND SUPPORTS AND MONITOR THE QUALITY OF THE SERVICES AND SUPPORTS PROVIDED

Welfare & Institutions Code, Division 4.5, Sections 4500 - 4885

WE CAN HELP

- WITH THE INDIVIDUAL'S OR PARENT'S CONSENT, WE OFFER ASSISTANCE WITH THE INTAKE PROCESS AND ADVOCACY DURING THE INDIVIDUAL PROGRAM PLAN (IPP) OR INDIVIDUAL FAMILY SERVICE PLAN (IFSP).
- B.R.I.D.G.E. PROJECT SPECIALISTS CAN ASSIST AN SDRC CLIENT WITH CONTACTING THEIR SERVICE COORDINATOR TO UPDATE THEIR IPP IF NEEDED.
- WE ARE ALSO ABLE TO PROVIDE COMMUNITY RESOURCES TO INDIVIDUALS AND FAMILIES TO HELP IN THESE UNPRECEDENTED TIMES.

We can "bridge" the gap!

SAN DIEGO REGIONAL CENTER OFFICES

Main Office 4355 Ruffin Road, Ste. 200, San Diego, CA 92123 Intake Unit: (858) 576-2938

Carlsbad: 5931 Priestly Drive, Ste. 100, Carlsbad, CA 92008 (760) 736-1200

Carmel Mountain: 15015 Avenue of Science, Ste. 250, San Diego, CA 92128 (858) 924-8700

Santee: 8760 Cuyamaca St, Santee, CA 92071 (619) 596-1000

National City: 2727 Hoover Ave, National City, CA 91950 (619) 336-6600

Imperial County: 512 West Aten Rd, Imperial, CA 92251 (760) 355-8383

WOULD YOU LIKE TO KNOW MORE?

- THE LANTERMAN ACT AND RELATED LAWS CAN BE FOUND ON THE DEPARTMENT OF DEVELOPMENTAL SERVICES WEBSITE AT: HTTPS://WWW.DDS.CA.GOV/TRANSPARENCY/LAWS-REGULATIONS/LANTERMAN-ACT-AND-RELATED-LAWS/
- DISABILITY RIGHTS CALIFORNIA HAS AN IMPRESSIVE COLLECTION OF GUIDES AND SUPPLEMENTS TO HELP WITH UNDERSTANDING YOUR RIGHTS. CHECK OUT THEIR RIGHTS UNDER THE LANTERMAN ACT (RULA) MANUAL: HTTPS://WWW.DISABILITYRIGHTSCA.ORG/RESOURCES/RIGHTS-UNDER-THE-LANTERMAN-ACT-MANUAL-RULA
- THE OFFICE OF DEVELOPMENTAL PRIMARY CARE HAS SOME EXCELLENT INFORMATION AS WELL: HTTPS://ODPC.UCSF.EDU/COMMUNICATIONS-PAPER/REGIONAL-CENTERS-AND-THE-LANTERMAN-ACT

Questions?