

HARBOR REGIONAL CENTER ALPHABETICALLY SPEAKING, WHAT DO WE MEAN?

- AAMR** The abbreviation for the American Association on Mental Retardation, a national professional organization of people who work in the field of mental retardation. This organization publishes several scientific journals.
- AB** An abbreviation used to refer to a bill coming out of the Assembly side of the California Legislature (for example, Assembly Bill 3804, or AB 3804).
- AMNIO** An abbreviation for amniocentesis, a medical test given to pregnant women. A needle is inserted into the uterus and amniotic fluid (the fluid that surrounds the fetus) is removed and tested for certain types of birth defects. For example, Down's Syndrome can be detected using this procedure. Amniocentesis is purchased by the regional center for pregnant women who may be at risk of having a child with a developmental disability.
- ARC** An abbreviation for the Association for Retarded Citizens, a national membership organization for parents of children with mental retardation. ARC-California is the state organization. There are also many local chapters, such as ARC-Long Beach and ARC-Southwest.
- ARCA** An abbreviation for the Association of Regional Center Agencies, the state association for California's 21 regional centers. ARCA speaks for regional centers on policy issues relevant to developmental services and provides a forum for information exchange and education among the centers.
- ADAPTIVE BEHAVIOR** Behaviors that allow a person to function independently at home and in the community and conform to norms of social behavior.
- ADVOCATE** A person who supports and represents the rights and interests of another person in order to ensure the individual's full legal rights are protected and that he has access to necessary services. The advocate can be a friend, a relative, a counselor, a legal professional, or other interested person.

ASSESSMENT	This is a process used in the regional center to determine whether, and to what degree, a person has a developmental delay or disability. An assessment identifies the individual's strengths, abilities, needs, and developmental level.
AUTISM	A neurological condition usually developing before the age of 3 and characterized primarily by social withdrawal, inadequate social and communication skills, and stereotypic and repetitive behaviors.
ASA	An abbreviation for the Autism Society of America, a national advocacy organization with local chapters in many communities.
BASELINE DATA	Information collected about a behavior (e.g., frequency and severity) before an intervention program is begun. As the intervention proceeds, additional data are collected and compared to the baseline in order to measure the progress of the person being treated.
BEHAVIOR	Anything a person does that can be observed or measured.
BEHAVIOR MANAGEMENT	Techniques designed to change existing behavior in some predetermined way (e.g., reduce the frequency or severity) and to replace problem behaviors with behaviors that are appropriate.
CARF	An abbreviation for the Commission on Accreditation of Rehabilitation Facilities, a national non-profit organization that develops quality standards for human services organizations and evaluates organizations to determine how well they meet those standards. In the regional center system, residential services and adult day activities are the programs most likely to be accredited by CARF.
CCS	An abbreviation for the California Children's Services, a public program that provides specialized medical and rehabilitation services for children with certain physical disabilities. The program is financed by federal, state, and county tax dollars and, sometimes, supplemented by family repayments when indicated.
CDER	An abbreviation for the Client Development Evaluation Report, an assessment instrument administered to each regional

center client in intake, and yearly thereafter, to measure the client's level of development.

CEREBRAL PALSY

A disorder of movement and posture that has its onset at birth or early infancy. There are three specific types of cerebral palsy (often referred to as CP): choreoathetosis characterized by uncontrollable jerky, irregular twisting movements; ataxia characterized by a disturbance in balance and posture; and spasticity characterized by tense, uncoordinated movements. Some people have a combination of two or three types (called mixed type).

CHAINING

The process of combining simple behaviors to form a new complex behavior. This process is used for teaching. For example, the process of washing one's hands is a combination of a series of simple behaviors that, when performed in sequence, result in clean hands.

COUNSELOR

A client's primary contact person at the regional center. A regional center counselor is a professional who is knowledgeable about developmental disabilities and about the services, supports, and other resources that can help clients and their families achieve desired outcomes.

DCFS

An abbreviation for the Department of Children and Family Services, a county agency that administers all child welfare services.

DDS

An abbreviation for the Department of Developmental Services, the state agency that administers the contracts with the 21 regional centers and establishes many of the regulations that the centers operate under. DDS also operates state developmental centers.

DHS

An abbreviation for the Department of Health Services, the state agency responsible for a wide range of health-related activities. The two activities that most directly affect regional centers are administration of the MediCal program and licensing of health care homes, such as ICF-DD (see below).

DMH

An abbreviation for the Department of Mental Health, the state department responsible for overseeing publicly-funded

treatment services to people with mental illness. DMH approves and funds community mental health programs and administers Metropolitan State Hospital in Norwalk.

- DOE** An abbreviation for the Department of Education, the state agency responsible for overseeing public education.
- DPSS** An abbreviation for the Department of Public Social Services, the county agency responsible for public assistance programs and disability evaluation.
- DR** An abbreviation for the Department of Rehabilitation, the state department responsible for vocational training and job placement of people with disabilities.
- DSS** An abbreviation for the Department of Social Services, a state agency, one function of which is the licensing of community care homes serving people with developmental disabilities.
- ECF** An abbreviation for the Exceptional Children's Foundation, a private non-profit parent organization that offers a range of programs including Early Start, day activities, residential services, work training, supported employment, and recreation to children and adults in the Los Angeles area.
- EPILEPSY** A developmental disability characterized by seizures caused by a disturbance in electrical activity in the brain. Seizures may involve loss of consciousness, uncontrolled body movements, excessive sleepiness, and loss of memory. They can occur with any frequency and may last from a few seconds to many minutes. A seizure may be expressed in many different ways, from a mere twitch of an eyelid or a pain in the stomach to mild or violent tremors occurring in various parts of the body.
- EXTINCTION** A behavior management principle in which a behavior is gradually weakened and eliminated as a result of withholding reinforcement.
- FADING** An instructional strategy involving the gradual elimination of special assistance (for example, physical assistance or modeling) until the person is able to do the behavior

independently.

FDC

An abbreviation for Fairview Developmental Center (formerly Fairview State Hospital), a state institution housing people with developmental disabilities.

GASTROSTOMY

A surgical opening in the stomach into which a tube is inserted so that the person can be fed.

GENERIC SERVICES

Services available to the general public, as distinguished from specialized services that are intended for specific groups of people. For example, training provided by the Department of Rehabilitation is considered a generic service because it is offered to any California resident in need of rehabilitation. MediCal is also a generic service, since it is offered to any California resident who meets the requirements for income and disability. When a service is not available to a client through a generic agency, the regional center may purchase that service for the client.

GENETIC COUNSELING

A service offered to an individual (or family) when there is a suspicion that the person has a genetic (inherited) condition that could result in a developmental disability if that person had a child. The counseling focuses on evaluating the person's risk of having a child with a developmental disability.

GENETIC DEFECT

An abnormality in a person's genetic makeup that is associated with a specific disability, including a developmental disability.

GOAL

A statement of purpose that defines the end result of a service provided to an individual. A goal describes the behavior or skills that a client is intended to acquire, usually within a three- to five-year period.

GR

An abbreviation for General Relief, a category of public assistance for people who are not eligible for any other public benefit program such as SSI or Temporary Help for Needy Families (TANF).

HDDF

An abbreviation for the Harbor Developmental Disabilities Foundation, a non-profit organization which has a contract to run Harbor Regional Center. HDDF also administers the Harbor Help Fund.

HRC	An abbreviation for Harbor Regional Center, a program run by the Harbor Developmental Disabilities Foundation through a contract with DDS to provide service coordination and advocacy services to people with developmental disabilities in the South Bay area.
ICF-DD	An abbreviation for Intermediate Care Facility for the Developmentally Disabled, a residential facility in the community that serves people with developmental disabilities who have medical conditions requiring ongoing supervision by health professionals. Two more specialized types of such facilities are ICF-DD/H (Habilitative) that emphasize training of residents, and ICF-DD/N (Nursing), that serve clients who have a greater need for medical supervision.
IEP	An abbreviation for the Individual Education Plan, a written statement of educational objectives and plans to achieve those objectives. An IEP is required for every child in a special education school program.
IFSP	An abbreviation for the Individual and Family Service Plan, a written statement that lists goals and objectives in areas important to the regional center client and his or her family. Each plan contains a description of the strategy that will be used to reach each objective and the date by which it should be achieved. The regional center Counselor works with the client, the family, and other members of the client's "circle of support" to develop the IFSP. In some regional centers, the IFSP is referred to as an IPP, or Individual Program Plan.
ISP	An abbreviation for the Individual Service Plan, a written statement that guides specific types of services provided to regional center clients. For example, ISPs are developed for people living in licensed homes and for adults participating in day programs and supported employment. The ISP is completed each year and contains goals, objectives and specific teaching strategies that staff of the program will use to help the client learn new skills and behaviors.
INFORMED CONSENT	The voluntary agreement given by a person to accept a specified procedure, program, or practice that is performed by another individual. The most frequent use of informed consent is relative to medical procedures and participation in experimental studies. To be truly informed, the person giving

the consent must understand the possible outcomes, including adverse reactions, and must be told about alternative procedures, programs, or practices that can accomplish the same outcome.

INTERDISCIPLINARY TEAM	A group of people who have different areas of professional expertise and knowledge of the client and the client's skills and behaviors. This team, sometimes called the ID Team, is responsible for making recommendations that help shape a client's IFSP.
LD	An abbreviation for learning disability.
LEAST RESTRICTIVE ALTERNATIVE	Refers to an intervention or environment, usually a residential or day program setting, that provides care, supervision, or training with the least amount of intrusion and disruption to the client's life and that represents the minimum possible departure from normal patterns of living.
LPS	An abbreviation for the Lanterman-Petris-Short Act, a law allowing involuntary inpatient treatment and, sometimes, conservatorship for mentally ill people who are gravely disabled or pose a significant danger to themselves or others.
LDC	An abbreviation for the Lanterman Developmental Center, formerly known as Lanterman State Hospital.
MEDI-CAL	California's version of the federal Medicaid program which pays for medical care for public assistance recipients and other low income persons.
MENTAL RETARDATION	Refers to below average general intelligence which originated during the developmental period (before the age of 18) and is associated with impaired adaptive behavior.
METRO	An abbreviated term for Metropolitan State Hospital, a state institution for the mentally ill in Norwalk.
MODELING	An instructional strategy whereby a skill or behavior is taught by showing or demonstrating the desired behavior.
MTU	An abbreviation for a Medical Treatment Unit of California Children's Service. MTUs are generally located in schools

serving students with physical disabilities.

NICU

An abbreviation for a neonatal intensive care unit of an acute care hospital. These units provide medical care to newborns who are premature or have other extraordinary medical needs.

NPI

An abbreviation for the Neuropsychiatric Institute at UCLA, a diagnostic and treatment center offering both in and out-patient psychiatric services.

**NONVERBAL
COMMUNICATION**

Signals and messages given by one person to another through facial expressions, body movements, tone of voice, or posture.

NORMALIZATION

A principle defined as the utilization of culturally valued means in order to establish and/or maintain personal behaviors, experiences, and characteristics that are equally culturally normative or valued.

OT

Abbreviation for an occupational therapist or occupational therapy.

OBJECTIVE

A statement of an expected behavior that is related to the achievement of a goal.

OBSERVABLE

One of the requirements in the definition of a behavior. Observable means the behavior can be seen or heard, in contrast to an emotion or feeling that is inferred to exist.

PH

An abbreviation for physically handicapped, previously referred to as orthopedically handicapped, a classification used in the educational system for children with physical disabilities.

PL

An abbreviation for Public Law, and referring to a law passed by the U.S. Congress. An important public law for people with developmental disabilities is PL 94-142, the Individuals with Disabilities Education Act.

POS

An abbreviation for purchase of service, the process used by the regional center to purchase a service or support that is not available to the client through a generic program, medical insurance, or any other private resource.

PT

An abbreviation for physical therapist or physical therapy.

PHYSICAL ASSISTANCE	An instructional strategy whereby a person is physically led through a behavior by another person. For example, to teach a person to wash his hands, the instructor puts his or her hands over the person's hands and completes the behavior.
POSITIVE REINFORCEMENT	Anything a person likes that is given after a behavior occurs to increase the probability that the behavior will occur again in the future.
PUBLIC LAW 94-142	The legal designation for the Individuals with Disabilities Education Act (IDEA), the federal law that guarantees all handicapped children the right to a free and appropriate public education.
RESTRAINT	Any physical or mechanical device or chemical that is used to restrict a person's movement or other behaviors.
SB	An abbreviation used to refer to a bill coming out of the Senate side of the California Legislature (for example, SB 1406).
SEP	An abbreviation for supported employment programs that provide assistance required by adults with developmental disabilities to enable them to hold down a job in a regular workplace.
SLS	An abbreviation for supported living services that provide assistance to adults with developmental disabilities to enable them to live on their own, in a home of their choosing in the community.
SNF	An abbreviation for skilled nursing facility, a residential facility for people who have significant medical needs.
SSA	An abbreviation for the Social Security Administration, a federal agency that administers benefits to retired or disabled workers and their surviving dependents.
SSI	An abbreviation for Supplemental Security Income, a federal program of financial support for people with disabilities.
SECLUSION	A technique of placing a person exhibiting undesirable behaviors in a separate quiet room that provides no stimulation in an attempt to calm him. This technique, used in the past to modify behavior, is considered an aversive

technique and, therefore, is rarely used.

SUCTIONING

A procedure in which mucous is cleared from the windpipe (trachea) so the person can breathe properly through a breathing tube inserted into the windpipe.

TASK ANALYSIS

The process of breaking down the content of a complex behavior into smaller, simpler parts in order to make it easier for a person to learn that behavior.

TECHNOLOGY DEPENDENT

People with a chronic disability or medical condition who require the routine use of technology, such as a machine, to assist with a life sustaining body function such as breathing. People who are technology dependent generally require constant monitoring by trained personnel.

TIME-OUT

A behavior management procedure that requires removal of a person for a certain period of time from a situation in which he is exhibiting undesirable behaviors.

TRACHEOTOMY

A surgical opening in the trachea into which a tube is inserted to assist the person's breathing.

UCLA

An abbreviation for the University of California, Los Angeles.

VENDOR

A community agency, program, or professional who is paid by a regional center to provide direct services to regional center clients.

VR-WAP

An abbreviation for Vocational Rehabilitation - Work Assessment Program, a federally-funded program aimed at moving people with disabilities from sheltered workshops into less restrictive work environments.