



What Services Are Available for School-Aged Children and Families?



Many times our clients or parents/family members ask us for information on the services that are available. We have developed this list to provide you with an overview of these services. Please keep in mind that services are determined on an individualized basis. Services must be identified as needed on the Individual Person-Centered Plan (IPP), and provided in accordance with Harbor Regional Center service policies, which are posted on our website.

Some services are provided by publicly-funded community agencies, such as school districts, Medi-Cal, etc., and some are funded by HRC, after we have met the requirement of exploring all other possible funding sources.

We know that you want to understand the variety of services available, so that you can be a well-informed participant in the service planning process. Here is a list of some of the services and supports that are commonly recommended for school-age children (3-22) and their families.



SERVICES PROVIDED BY HRC STAFF MEMBERS

Assessment and Consultation

Your Service Coordinator may arrange for a meeting with one of HRC's specialists, or a multi-disciplinary team, to evaluate your child's needs and provide you with consultation.

Assessment and consultation may assist in providing or clarifying a diagnosis, determining what type of services and supports are needed, identifying family health and mental health needs, supporting eligibility for a publicly-funded benefit, etc.

HRC has specialists with expertise in Early Childhood Development, Speech Therapy, Occupational Therapy, Education, Psychology, Behavior Intervention, Medicine, Genetics, Nursing, Dental Hygiene, Pharmacy, Nutrition, Assistive Technology, Mental Health, Financial and Health Benefits, Law, the Criminal Justice System, Adult Day Services, and Living Options.

Educational Support

Service Coordinators may provide support to the family by discussing upcoming individualized educational planning meetings (IEPs), identifying needs, concerns, and goals, and assisting parents to prepare for their participation in the IEP meeting. If needed, the Service Coordinator may arrange for the family to consult with the HRC Educational Specialist. The Service Coordinator may also attend the IEP meeting, if invited by the parent, to provide support.

Family Support

At Harbor Regional Center, we believe that a good support system is a critical advantage for families.

A network of information and support gives families a good foundation for navigating the service system, making informed choices, and achieving a better quality of life for the member with a developmental disability. Support is offered in the form of Parent Support Groups, the Parent to Parent Mentor Program and the HRC Sibling Club. For more detailed information on these family support options, please check the HRC website (www.harborrc.org/resources/family), discuss with your Service Coordinator, or visit the HRC Resource and Assistive Technology Center in Torrance or Long Beach.

Informational Presentations for Parents/Family

Classes and informational presentations for families are offered throughout the year on topics such as Creating Activity Schedules, benefits programs such as Supplemental Security Income (SSI) and In-Home Supportive Services (IHSS), Special Needs Trusts, Conservatorship, Transition to Adulthood, Living Options, etc. HRC also offers interpreter, child care, and transportation supports at selected presentations, when this is needed to allow the parent to participate.

Listings of upcoming presentations can be found in the HRC Training and Events Calendar and on our Website Calendar.

Opportunities for Leadership

HRC offers volunteer opportunities for parents/family members to participate in HRC committees, events, and governance on the Board of Trustees.



Resource and Assistive Technology Center

The HRC Resource and Assistive Technology Center offers support through information, education and training, technology, and through support from other parents. Services include an extensive multi-media library, computer lab, assistive technology lab, toy lending library, and family and sibling support groups.

Service Coordination

Individualized service planning with the family, referral to and coordination of services available from community agencies or regional center funded service providers, advocacy for accessing appropriate services, and periodic review at least annually or more often when needed.

Twenty-four Hour Emergency Response

HRC maintains a 24 Hour emergency response system. If you have an emergency situation and need to contact HRC outside of regular business hours, someone will be available to respond to you.

SERVICES THAT HRC PURCHASES FROM PROGRAMS AND CLINICIANS IN THE COMMUNITY

After-School Care

For working parents of children who are in school, and are not able to receive care from typical day care resources, HRC may provide day care support in a typical day care setting or in home, or care in a specialized care program, after school or during extended school breaks.

Behavior Services

Behavior services are available to assist parents/caregivers to apply principles of behavior intervention, and teach new skills using individualized and practical examples. Courses for parents, children and teenagers provide opportunities to improve socialization and safety in the community.

Interpreter and Translator Services

HRC may provide interpretation of spoken communication at meetings with HRC, and translation of written communication (Individual Person-Centered Plan), from English into the primary language of the client/family.

Medical, Dental and Nursing Services

To meet medical, dental, and nursing needs for clients who do not have other health care resources such as private insurance or Medi-Cal, assistance may be provided as needed. A nursing assessment or in-home nursing care may be provided to support the family in meeting special health care needs.

Medical Equipment and Supplies

HRC may provide assessment of medical needs, and provide assistance in identifying community resources such as Medi-Cal. If such resources are not available, we may contribute to the purchase of supplies and equipment, such as a wheelchair, specialized bed, etc.



Respite Care

Temporary relief from care and supervision may be provided to parents or other primary caregivers for clients with significant self-care deficits, ongoing medical needs, or behavioral challenges. Respite services are provided in the client/family home, by staff of home care agencies. In family-directed respite, family members may refer trusted friends or relatives to be employed by the Home Care agency, to provide respite care for your family member. Out-of-home respite care may be provided in a licensed home setting, if available.

Social Skills Training for Children and Teens with Autism Spectrum Disorder

This service is currently provided for school-aged children (four to 12 years) and teens (12-17 years) for the

development and practice of social skills, and to support participation in integrated community settings and activities. The program will include parent participation in support of their child or teen's development, including the planning of opportunities to practice skills in the community.

Therapy Programs – Speech and Language, Occupational Therapy, Physical Therapy, Behavioral Health Treatment for Autism Spectrum Disorder

If your child needs individual therapies or behavioral health treatment services for the treatment of autism, these will typically be provided by the school as part of the total educational program. If additional services outside of the school program are considered medically necessary, your Service Coordinator can guide you in obtaining a prescription from your doctor, and obtaining these services through your private health insurance plan or through Medi-Cal.

The regional center may also assist families with funding to cover deductibles, co-insurance or co-payments, when a private health insurance plan is providing coverage for such services, and the family qualifies based upon limited income.

Transportation

Based upon individual/family needs and abilities, HRC can help to connect families to appropriate transportation services in the community, such as public transportation, community paratransit services, etc. HRC also offers transportation support, when this is needed to allow the client or parent to participate in informational presentations by HRC or a service identified on the Individual Person-Centered Plan.



TRANSITION TO ADULthood

Living Options

For clients who are not able to live with their family or on their own, licensed homes or foster homes may be available to provide individualized care, health and behavioral supports, and the comforts of a typical home in the community. There is limited availability of these residential options for clients under the age of 18.

Project SEARCH/Work Experience Programs in the Schools

While students are enrolled in school transition programs, they may be referred to a work experience program where they can gain some on-the-job experience and learn about how to conduct themselves in a work environment. Your HRC Service Coordinator can assist you to find out what transition programs are offered by your school district, during the school's individual transition planning process.

Project SEARCH is a national program that promotes work experience in integrated community environments for people with developmental disabilities. HRC currently works collaboratively with Los Angeles Unified School District, Kaiser South Bay Medical Center, and Best Buddies to provide a Project SEARCH program in this area. Through this program, students in their final year of school transition gain real work experience and exposure to real work settings, to better prepare them for employment after they leave school.

Please refer to the listing, [What Services Are Available for HRC Adults](#), to learn more about services that become available after a client leaves the school system.

