



**What Services Are Available for HRC Infants and Toddlers?**



**HARBOR  
REGIONAL  
CENTER**

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/Family Services Plan (IFSP), 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 Medi-Cal, Head Start, 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 infants and toddlers (age birth to three) 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 health and infant/family mental health needs, supporting eligibility for a publicly-funded benefit, etc.

HRC has specialists with expertise in Early Childhood Development, Speech Therapy, Occupational Therapy, Psychology, Infant/Family Mental Health, Behavior Intervention, Medicine, Genetics, Nursing, Dental Hygiene, Pharmacy, Nutrition, Assistive Technology, Financial and Health Benefits, Special Education, and Law.

### EARLY CHILDHOOD DEVELOPMENT CLASSES: TOGETHER FROM THE START

Classes led by specialists in early childhood development provide opportunities for parents/family members and their infants and toddlers to interact socially with other children and parents, while enjoying songs, music, movement, and play. They help parents learn techniques in a group which can then be used at home, for building early childhood developmental and communication skills. Classes include Mommy/Daddy and Me, Early Language Development, Parenting, Toilet Training, and more.

Classes and informational presentations for families are offered throughout the year on topics such as Infant Massage, Parenting, Parent-and-Child Activity Sessions, Creating Activity Schedules, Supplemental Security Income (SSI), In-Home Supportive Services (IHSS), Special Needs Trusts, etc. HRC also offers interpreter, child care, and transportation supports at selected presentations, when this is needed to allow the client or parent to participate.

### 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 child with a developmental delay or 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 (Resources/family), discuss with your Service Coordinator, or visit the HRC Resource and Assistive Technology Center in Torrance or Long Beach.

### 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 may include referral to and coordination of services provided by HRC staff, community agencies or regional center funded service providers, advocacy for accessing appropriate services, and periodic review at least twice a year 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

### 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.

### DAY CARE

For working parents of children who 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.

### INTERPRETER AND TRANSLATOR SERVICES

HRC may provide interpretation of spoken communication at meetings with HRC, and translation of written communication (Individual/Family Service 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, Medi-Cal, or EPSDT (Early and Periodic Screening, Diagnostic and Treatment program), 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.

### RESPIRE 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.

### THERAPY PROGRAMS: SPEECH & LANGUAGE, OCCUPATIONAL THERAPY, PHYSICAL THERAPY, BEHAVIORAL HEALTH TREATMENT FOR AUTISM

Parent educational programs and groups led by therapists help parents learn techniques you can use to work with your child at home, and promote your child's development.



If your child needs individual therapies, or behavioral health treatment services for the treatment of autism, and these 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 assist families with funding to cover deductibles, co-insurance or co-payments for medically necessary therapies and treatments, 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, 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 child and parent to participate in informational presentations by HRC or a service identified on the Individual/Family Service Plan.



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