

# Harbor Regional Center Services List

December 2024



## Important Considerations:

- **Generic Resources should be explored, as appropriate**
- **This list is not exhaustive**
- **Services are based on individual need and should be discussed with Service Coordinator**

Service	Ages 0-3	School Age	Adult	Service Description
Adaptive Skills Training		✓	✓	Addresses skill domains such as socialization, communication, personal hygiene, self-help, and community integration. Services are designed to teach the person served to become as independent in age appropriate activities of daily living when these needs are not met through the school district. Caregiver(s) involvement is highly recommended. Based on assessed need, services can be provided in group/individual settings.
Adult Day Activities Program			✓	Services that offers a wide variety of day program services which offer structured and diverse activities within the community for person served who are no longer eligible for school services. Typically, person served who participate in these programs have chosen not to pursue higher education or employment.
Assessment and Consultation	✓	✓	✓	Services provided include coordinating consultation with one or more of Harbor's specialists, to evaluate a person served needs. Assessment and consultation may assist in providing or clarifying a diagnosis, determining types of services and supports needed, identifying family health and mental health needs, etc.

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Assistive Technology: Augmentative and Alternative Communication (AAC)	✓	✓	✓	Services that provides a person served with assistive or adaptive devices for the purposes of facilitating mobility, communication, and increasing community access. May also include AAC evaluation devices used by a person served in the school district setting.
Behavior Services	✓	✓	✓	Services monitored by a Board Certified Behavioral Analyst (BCBA) and designed to address behavioral challenges. Interventions/training can be delivered to the person served and their caregiver, in the home and community environments, and in 1:1 or group settings.
Childcare Services	✓	✓		Childcare is supervision for a person served under the age of 18 whose caregivers are unavailable to provide such care and supervision because they are engaged in work or vocational/educational training. Services take place in the home or community, in licensed and unlicensed settings, and through a caregiver identified by the family or by a provider.
Community Integration Training		✓	✓	Services are designed to strengthen the ability of a person served to achieve greater access to community and activities. Service includes (not limited to), assistance with maintaining, enhancing, or improving self-help, socialization and adaptive skills which take place in a non-residential setting, separate from the home.

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Coordinated Family Support Services (CFS)			✓	Services designed for person served ages 18 and over who are living in their family home. Supports may include scheduling medical appointments, identifying transportation options, training to the person served's service providers, future planning, etc. Services are provided in the family home and in their community. This allows the provider to coordinate services paid for by Harbor and/or generic funding such as Medi-Cal, private insurance, etc.
Crisis Intervention Services		✓	✓	Services designed to prevent or reduce the intensity of serious or life-threatening actions that otherwise could result in harm or decreased quality of life for the person served, their family, and/or community. These services include developing safety plans and strategies aimed to reduce the need for emergency services utilization, psychiatric hospitalization, legal system involvement, and need for transition to a more restrictive living environment.
Durable Medical Equipment	✓	✓	✓	Medical equipment/supplies for person served with medical needs. These supplies may include: <ul style="list-style-type: none"> <li>• Diapers/Wipes/Bed Liners</li> <li>• Eyewear/hearing supplies</li> <li>• Mobility Equipment (eg: walkers and wheelchairs)</li> <li>• Nutritional supplies</li> <li>• Orthotics and prosthetics</li> <li>• Positioning and adaptive equipment</li> <li>• Vehicle/Home modification for accessibility</li> </ul>

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Employment Programs			✓	<p>Services focused in the areas of helping adult person served in obtaining and maintaining employment. Employment services may include the following:</p> <ul style="list-style-type: none"> <li>• Day programs that offer employment and training</li> <li>• Job Training Classes</li> <li>• Customized Employment Services</li> <li>• Supported Employment Services (Job Coaching)</li> <li>• Tailored Day Services</li> <li>• Coordinated Career Pathways</li> </ul>
Family Home Agency (FHA)/Family Foster Agency (FFA)		✓	✓	<p>Services provide alternative living options for a person served. For children, services are provided through Foster Family Agencies and for adults, services are provided through a Family Home Agencies. The FFA/FHA family helps persons served with day-to-day care needs and involves them in their family's activities.</p>
Family Support	✓	✓	✓	<p>Support provided to families to assist the individual served increase their sense of belonging and integration into the community. May include Parent Support Groups, the Parent to Parent Mentor Program, classes and informational presentations for families that are offered throughout the year.</p>
Health Care Facilities (HCF)	✓	✓	✓	<p>Services provide skilled nursing and inpatient care in a facility to persons served who are unable to live on their own due to the severity of their medical needs.</p>

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Home Health Supports	✓	✓	✓	Services designed to protect the medical well-being of a person served and prevent the need for hospitalization. Services may include periodic home visits by a licensed nurse, monitoring and evaluating, shift nursing, and training to caregivers.
Independent Living Services (ILS)			✓	Services designed for person served ages 18 and over who are living in their family home. Training may include but not limited to cooking, money management, community access, etc.
Infant Development Services	✓			Services designed to aid in the developmental needs of person served ages 0-5 years. Programs can be delivered in the home and community environments, and in 1:1 or group settings.
Insurance, co-payments, coinsurance, and deductibles	✓	✓	✓	Funding of out-of-pocket expenses that result from a needed medical or dental service not fully covered by the health insurance plan of a person served or any other available publicly funded resource. Eligibility is determined through an assessment of the household income.

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Medical Specialists and Professionals	✓	✓	✓	<p>Services are contracted with various medical professionals to assist in providing services, on an individual basis, in order to improve or maintain the person served health status. Specialists may include (but not limited to) the following:</p> <ul style="list-style-type: none"> <li>• Audiologists/Optometrists</li> <li>• Dentists</li> <li>• Dietitians</li> <li>• Genetic Counselors</li> <li>• Psychologists/Psychiatrists</li> <li>• Physicians/Nurses</li> </ul>
Mobility Training		✓	✓	<p>Service designed to assist individuals served ages 18 and over to learn how to use public transportation in their community.</p>
Personal Assistance / Personal Care Services		✓	✓	<p>Services that are needed to provide a person served with appropriate and direct care or supervision in their preferred home and community settings, by a caregiver identified by the family or by a provider. This may include assistance with bathing, grooming, dressing, toileting, meal preparation, and supervision. Such support may assist with community integration for persons served of adolescent and adult age.</p>
Pharmaceutical Services	✓	✓	✓	<p>Services that allow regional centers to purchase medications for persons served when they are unable to access health care insurance or when a needed medication, related to their disability, is not covered by insurance.</p>

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Residential Care Homes	✓	✓	✓	Family style homes located in typical neighborhoods that provide a safe place for person served to live together. These homes are licensed homes that have 24-hour care and supervision.
Respite Services (In-Home)	✓	✓	✓	Services provide intermittent relief or rest from the additional demands placed on a caregiver of a person served. Delivered in the family home or in a licensed setting, and by a caregiver identified by the family or by a provider. Coordinated through respite categories of non-medical, medical, or behavioral. The Medical category requires that the respite worker be a licensed medical professional or someone who is certified/ trained in providing the level of care. The Behavioral category requires the respite worker be trained in behavioral intervention techniques/ strategies.
Self-Determination		✓	✓	A non-traditional service delivery model that allows participants more freedom and control over the services and supports for the person served. With an individual budget, participants are responsible for identifying and planning their services for the year through a spending plan, as approved and agreed upon with the regional center.
Service Coordination	✓	✓	✓	Services provided include ongoing individualized service planning with the person served and their families. Through the needs assessment, planning includes coordination to community or contracted resources, advocacy and periodic review at least annually or more often when needed.

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Socialization, Leisure and Recreational Services including Non-Medical Therapies and Education		✓	✓	Services include programs or activities that promote community integration and self-advocacy training as it relates to the persons served recreation and leisure pursuits. Non-medical therapies are those services that may have some therapeutic value but are not evidence-based. Educational Services are those services typically provided by school districts for school-aged individuals.
Social Skills Training / Classes		✓	✓	A service using behavioral therapy techniques and strategies to improve social skills of a person served when the identified areas of need are not fully met in other settings, such as school/ day/ behavioral programs. Programs are research based, time-limited, and delivered in group settings.
Supplemental Program Supports		✓	✓	Additional staff that are added to person served support system when they are in crisis or in need of additional supports to continue using the services. These services are typically in place temporarily until the person served is no longer in need. These supports may be used in the following areas: <ul style="list-style-type: none"> <li>• Day Program</li> <li>• Residential</li> </ul>



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Supported Living Services			✓	<p>Services provided to an person served ages 18 and over to live in their own home to be as independent as possible. Service may include participation in activities, build relationships and connections within their community.</p> <p>Services can include, but are not limited to:</p> <ul style="list-style-type: none"> <li>• Assistance in locating a home</li> <li>• Training and support in daily living skills (i.e. meal planning, budgeting, making purchases)</li> <li>• Provision of 24/7 emergency response</li> <li>• Recruiting and training individuals to provide assistance.</li> </ul>
Therapy Services	✓	✓	✓	<p>Therapy services provided to person served which may include but not limited to:</p> <ul style="list-style-type: none"> <li>• Occupational Therapy</li> <li>• Physical Therapy</li> <li>• Speech Therapy</li> </ul>
Translation / Interpreter Services	✓	✓	✓	<p>Services are available to help person served and their families communicate and understand documentation when English is not their preferred language. Can be provided during planning meetings, trainings, delivery of services, and other meetings.</p>
Transportation	✓	✓	✓	<p>Services that enable a person served to travel, as independently and cost effectively as possible within their community. Some of these options may include, but are not limited to:</p> <ul style="list-style-type: none"> <li>• Family member paid transportation</li> <li>• Medical transport</li> <li>• Non-medical transportation</li> <li>• Public transportation such as a taxi, city bus or Access Services</li> </ul>