

## WHAT IS AN INDIVIDUAL FAMILY SERVICE PLAN?

An Individual Family Service Plan (IFSP) is a family-focused, outcome-oriented plan built upon a family's natural supports. It is written to address the infant's or toddler's developmental needs, family concerns and the needs of the family related to meeting the developmental needs of the child.

## WHAT IS THE ROLE OF THE SERVICE COORDINATOR?

A service coordinator is assigned to work with the child and family at the time they are referred for evaluation and assessment. They will serve as a primary point of contact for coordinating services and providing assistance to the child and family. The service coordinator is responsible for planning the development of the Individual Family Service Plan, and reviewing it with the family and service providers every six months. As the child approaches his or her third birthday, the service coordinator, with the IFSP team, will develop a plan to transition out of the Early Start Program by age 3.

## WHAT HAPPENS AT AGE THREE?

Early Start infants and toddlers may be served through the San Diego Regional Center until age 3. By age 3, those toddlers who are not developmentally disabled are referred to community resources for other services as needed. Toddlers who are found to be developmentally disabled by or before their third birthday continue to be eligible for Regional Center services, and are referred to a case management unit in their geographic area for ongoing support and assistance. Eligibility for Regional Center services is defined through the Lanterman Act, and includes individuals who have the following conditions: intellectual disability (mental retardation), cerebral palsy, epilepsy, autism, and other conditions requiring services similar to those required by individuals with intellectual disability (mental retardation).

For additional information on California Early Start or to apply for services, please contact:

SAN DIEGO COUNTY—San Diego Regional Center  
Early Start Intake  
4355 Ruffin Road, Suite 200  
San Diego, CA 92123-1648  
858-496-4318

IMPERIAL COUNTY—San Diego Regional Center  
512 West Aten Road  
Imperial, CA 92251-9718  
760-355-8383

SAN DIEGO REGIONAL CENTER  
4355 Ruffin Road, Suite 200  
San Diego, CA 92123-1648  
858-576-2996  
858-576-2873 (fax)  
[www.sdrc.org](http://www.sdrc.org)

*A Service of San Diego-Imperial Counties Developmental Services, Inc.*

# Facts about

## SAN DIEGO REGIONAL CENTER AND CALIFORNIA EARLY START

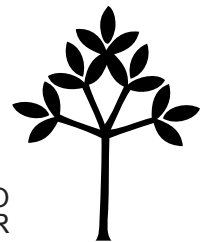


BIRTH TO AGE 3



SAN DIEGO  
REGIONAL CENTER

Serving Individuals with Developmental Disabilities  
in San Diego and Imperial Counties



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# Early Start

Many parents have questions and concerns about their baby's growth and development, even when everything goes well. But, if there have been serious problems in pregnancy, around the time of birth, or in the first few days or weeks of life, parents wonder and worry about whether their baby will be alright.

## WHAT IS CALIFORNIA EARLY START?

California Early Start is a federally funded program through Part C of the Individuals with Disabilities Education Act (IDEA). The program is designed to ensure that eligible infants and toddlers and their families receive evaluation and assessment of their current functioning and coordinated services early enough to make a difference in development.

## WHICH CHILDREN ARE ELIGIBLE FOR THE SAN DIEGO REGIONAL CENTER EARLY START PROGRAM?

Infants and toddlers, birth to age 3, are eligible for the SDRC Early Start Program if they require intervention services due to one of the following:

### 1. Developmental Delay

Infants and toddlers with developmental delays are those who are determined to have a significant difference between the expected level of development for their age and their current level of functioning in the following 5 areas:

- Cognitive
- Physical/Motor
- Communication
- Social/Emotional
- Adaptive Skills
- Younger than 24 months:  
33% delay in one developmental area
- 24 months and older:  
50% delay in one developmental area or  
33% delay in 2 or more developmental areas

### 2. Established Risk

An established risk condition exists when an infant or toddler has a condition which has a high probability of resulting in developmental delay. An example of an established risk condition is a child born with Down syndrome.

## HOW CAN THE EARLY START PROGRAM HELP CHILDREN AND THEIR FAMILIES?

The Early Start Program brings together resources and services to help infants and toddlers grow and learn, and provides support to families to enhance their child's development. Early intervention services are planned and delivered to help prevent or lessen the need for special services later in the child's life. The goal is to help answer questions and concerns about each child's development, and to assure that infants and toddlers are off to the best possible start.

## WHAT DOES EARLY INTERVENTION MEAN?

Early intervention involves the prompt identification of delays and risk factors and the provision of assistance to eliminate or minimize problems resulting from them. Early intervention services are designed to meet the developmental needs of each eligible infant or toddler and the needs of the family related to the infant's or toddler's development.

## WHAT RESOURCES ARE AVAILABLE FOR EARLY INTERVENTION SERVICES?

Resources are available to families depending on the need. Generic resources include, but are not limited to: Medi-Cal, Supplemental Security Income (SSI), In-Home Support Services (IHSS), California Children's Services (CCS) and Tri-West. Families are required to use their private insurance or health care service plan for required Early Start services identified in the IFSP.

## EXPECTED DEVELOPMENT

Smiling.....	birth to 2 months
Rolling over.....	3 to 4 months
Sitting alone.....	5 to 6 months
Pull to stand.....	7 to 9 months
Standing.....	10 to 12 months
Walking.....	13 to 15 months
Talking words.....	16 to 18 months
Talking sentences.....	24 months

## WHAT TYPES OF INTERVENTION SERVICES ARE THERE?

There is a wide range of early intervention services. Here are a few:

- Medical services for diagnosis and evaluation
- Physical, occupational and speech therapy services
- Special instruction provided by infant education teachers to promote development
- Social Services to provide family support, counseling and home visits

## WHO PROVIDES SERVICES FOR EARLY INTERVENTION?

There are a number of providers of services in this community. Here are a few:

- Neonatal Intensive Care Unit Follow-Up Programs
- Public Schools
- Public Health Departments
- Regional Centers for the Developmentally Disabled
- Private, Nonprofit Agencies which provide infant/parent educational programs, therapies, equipment, etc.
- California Children's Services (CCS)

## WHAT IS THE RESPONSIBILITY OF THE REGIONAL CENTER IN CALIFORNIA EARLY START?

- To provide service coordination
- To coordinate or arrange for evaluations to determine eligibility for Early Start services
- To complete assessments for planning for services
- To develop an Individual Family Service Plan (IFSP)
- To monitor services and provide periodic reviews and assessment of the IFSP