The San Diego Regional Center services support individuals three years and older.

We determine eligibility and help plan, access, coordinate, and monitor the services and supports needed because of a developmental disability.

There is no charge for the diagnosis and eligibility assessment.

Once eligibility is determined, a case manager or service coordinator is assigned to help develop an Individual Program Plan (IPP) for services, identify where services are available, and help you get the identified services.

Most services and supports are free.

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

San Diego County

Early Start Intake: (858) 496-4318
Regional Center Intake: (858) 576-2938

Imperial County

Early Start & Regional Center Intake:
(760) 355-8383

Eligibility

SDRC
San Diego Regional Center

Serving Individuals with Developmental Differences
in San Diego and Imperial Counties

What To Know

To be eligible for services you must be a resident of San Diego or Imperial County.

California Early Start is a federally funded system of early intervention services for infants and toddlers from birth to 36 months of age.

The program combines resources and services to help infants and toddlers grow and learn, prevent or lessen the need for special services later, and ensure the child is off to the best start possible.

Our Mission

To serve and empower persons with developmental disabilities and their families to achieve their goals with community partners.

California Early Start Eligibility

Infants and toddlers, birth to 36 months, are eligible for the Early Start program if they require early intervention services due to **one** of the following:

1 Developmental Delays

Infants and toddlers who are determined to have a significant difference (at least 25%) between the expected level of development for their age and their current level of functioning in the following six areas:

- Cognitive
- Physical/Motor
- Expressive Communication
- Receptive Communication
- Social/Emotional
- Adaptive Skills

2 Established Risk

When an infant or toddler has a condition that has a high probability of resulting in developmental delay. An example is a child born with Down syndrome or Prader-Willi.

3 High Risk of a Developmental Disability
With two or more of the following factors:

- Less than 32 weeks gestation and/or birth weight less than 1500 grams
- Assisted ventilation for 48 hours or longer during the first 28 days of life
- Small for gestational age
- Asphyxia neonatorum
- Severe and persistent metabolic seizures during the first three years of life
- Multiple congenital anomalies
- Neonatal seizures or nonfebrile seizures during the first three years of life

- CNS lesion or abnormality
- CNS infection
- Biomedical insult (injury, accident, or illness) which may affect the developmental outcome
- Prenatal exposure to teratogens
- Prenatal substance exposure, positive tox screen or withdrawal
- Fetal alcohol syndrome
- Clinically significant failure to thrive
- Persistent hypertonia or hypotonia

OR the parent of the infant/toddler is a person with a developmental disability

The Regional Center's Role

- Coordinate or arrange for evaluations to determine eligibility for Early Start services
- Complete assessments for service planning
- Develop an Individual Family Service Plan (IFSP), including age three transition planning
- Monitor services and provide periodic reviews and assessments of the plan
- Provide coordination of required Early Intervention services based on the child's needs

Services May Include:

- Audiology and vision services
- Family training/specialized instruction
- Medical services
- Nursing services
- Occupational and physical therapy
- Psychological services
- Speech and language pathology

San Diego Regional Center Eligibility

Individuals three years and older may be eligible for SDRC services based on a developmental disability defined as:

- Intellectual Disability (ID) also called Intellectual Developmental Disorder (IDD)
- Cerebral Palsy (CP)
- Epilepsy (EP)
- Autism also called Autism Spectrum Disorder (ASD)
- Other conditions similar to intellectual disabilities

and originated prior to age 18 years
and is likely to continue indefinitely
and constitutes a substantial disability in *three* or more of the following areas:

- Communication
- Learning
- Self-Direction
- Capacity for Independent Living
- Economic Self-Sufficiency
- Self Care
- Mobility

If the child is not eligible under SDRC's definition of a developmental disability **and is three or four years old**, then **Provisional Eligibility** may apply.

The following must be met:

The disability is not solely physical in nature and the child has significant functional limitations in at least two of the following areas of major life activity:

- Self-care
- Receptive and expressive language
- Learning
- Mobility
- Self-direction

The Regional Center's Role

- Coordinate or arrange for evaluations to determine eligibility for services
- Complete assessments for service planning
- Develop an Individual Program Plan
- Case Management/Service Coordination
- Provide coordination of developmental disability services

The Services We Provide Or Fund:

- Assessment or diagnostic evaluations
- Case management or service coordination
- Individual Program Plan (IPP) development
- Transition planning services
- Licensed residential placement services
- Independent living services
- Supported living services
- Supported employment services
- Adult day training activities/day programs
- Consultant evaluations or services
- Advocacy for the protection of legal, civil, and service rights
- Behavioral services
- Respite
- Information and referral services
- Transportation

In order to process intake, SDRC must be contacted by the parent or legal guardian of a minor, the conservator, or the unconserved adult.