



# What To Know

## Our Mission

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

### What Is A Developmental Disability?

The term “developmental disability” describes a group of conditions that include intellectual disabilities, epilepsy, cerebral palsy, autism, and conditions that require treatments similar to what persons with intellectual disabilities receive.

The disability must be diagnosed before the 18th birthday, constitute a substantial handicap, and be expected to continue throughout life.

**Intellectual Disability (ID)**, also called Intellectual Developmental Disorder (IDD), is a term used when a person has certain limitations in cognitive function and adaptive skills.

**Epilepsy (EP)** is a neurological disorder that is characterized by recurrent seizures. Seizures may involve partial or complete loss of consciousness, uncontrolled body movements, excessive sleepiness, and memory loss.

**Cerebral Palsy (CP)** is a group of disorders that affect a person’s ability to move and maintain balance and posture. CP is caused by abnormal brain development or damage to the developing brain that affects a person’s ability to control his or her muscles.

**Autism Spectrum Disorder (ASD)** is a disorder that affects an individual’s ability to communicate, understand language, play, and relate to others.



Let us help you or your loved one get the support they need.

**San Diego County Intake**  
(858) 576-2938

**Imperial County Intake**  
(760) 355-8383



San Diego Regional Center  
4355 Ruffin Road, San Diego, CA 92123  
[www.sdrc.org](http://www.sdrc.org)



# Intake Services



**S | D | R | C**

San Diego Regional Center

Serving Individuals with Developmental Differences  
in San Diego and Imperial Counties



Suppose you have concerns about a loved one or perhaps yourself and seek information about services or want to know more about developmental disabilities, getting help, or available resources. Start with the Intake Services Team.

Regardless of potential eligibility, we will support and educate you to assist you during this time of need.

**To receive SDRC services, individuals must first qualify through the intake process**, where we determine if the applicant meets the eligibility conditions of a developmental or intellectual disability. Typically, we review the applicant's social, medical, and psychological history to give us a clear picture of the individual's situation.

*There is no cost to you or your family for any of the services or evaluations provided during the intake process.*

## Start The Intake Process

### STEP 1

Visit our website at [www.sdrc.org/apply](http://www.sdrc.org/apply), and complete the Electronic Initial Contact Form. Once submitted, an intake coordinator will contact you within 15 working days for more information.

OR

Call Intake Services at 858-576-2938 to notify us that you wish to apply for regional center services. An intake coordinator will call you back within 15 working days to explain the intake process and gather information about you or the applicant.



### STEP 2

The intake team reviews the applicant's information. If you or your child are deemed appropriate for an assessment, an intake coordinator will be assigned to the case and contact you to schedule an interview.

We recommend you supply school records, psychological evaluations, or pertinent medical records (preferably pre-age-18 records).

*The applicant's eligibility for regional center services will be determined within 120 days following the start of intake.*

### STEP 3

During the meeting, the intake coordinator will help determine if SDRC is the right agency to support you or your child. They will provide an overview of our available services, an explanation of the intake process, and determine if a diagnostic evaluation is needed.

### STEP 4

An eligibility team will review the applicant's assessments. Once a decision has been made, the intake coordinator will contact you about your eligibility status and the team's recommendations.

If you or your child is eligible for regional center services, a meeting will be scheduled to formulate an **Individual Program Plan (IPP)** — an action plan that identifies your goals, services, and the supports you need to be more independent and participate in the community.

*The plan will be completed within 60 days of the eligibility determination.*



## Approved For Services

Once you or your child becomes an SDRC client, we will work as a **true partner** from the initial diagnosis to ongoing support throughout your or your child's life.

### 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

## Not Approved For Services

If you or your child are not eligible for services within the regional center's definition of a developmental disability, the intake coordinator will refer you to other community resources and close the case. If you or your family disagrees with the decision, you may appeal the decision and will be given information about the process.