



Your Baby's Development

Babies develop at different rates and in different ways. Every baby is unique. If you or your doctor suspect that your baby's development is delayed, help is available through California's Early Start Program. You may refer your child at any time.

What is Early Start?

Early Start is California's response to federal legislation ensuring that services to eligible infants and toddlers are coordinated and family-centered. It is a statewide system of early intervention services for infants and toddlers from birth to 36 months of age. This program is coordinated by regional centers and public school districts.

Who is Eligible for Early Start?

1. Children with a development delay of 33% in one or more of the following areas of development:

- Social — emotions, interacting with others
- Adaptive — daily activities such as eating and dressing
- Physical — large and small movements
- Communication — pre-speech and language
- Cognitive — thinking and problem-solving

2. Children with multiple medical factors that place them at risk for a development delay such as:

- Prematurity of < 32 weeks and/or low birth weight
- Prenatal substance exposure
- Or an infant or toddler born to a parent with a developmental disability

3. Children born with a condition with a known probability of causing a disability or delay such as Down syndrome or cerebral palsy.

Services in the Early Start Program

Each eligible child will be assigned a Service Coordinator who will be responsible for the coordination of early intervention services. Eligible children and their families may receive a variety of early intervention services. Services for young children are family centered, based on family concerns, priorities and resources, and provided in a child's natural setting. Services may include, but are not limited to:

- Infant stimulation (specialized instruction) in your home or community
- Physical, occupational and/or speech/language therapy
- Behavior services
- Family Resource Centers for parent-to-parent support

The Individualized Family Service Plan (IFSP) is the comprehensive document that includes all of the services an eligible child may need and the corresponding funding sources. The initial IFSP is completed within 45 days of written referral to the program.

The Early Start Team

Our team believes that parents know their child best. We respect family values, culture, language and ethnicity. Parents are the most important members of the Early Start team. Parents, Service Coordinators, service providers and other professionals work together to assist children in reaching their developmental potential.

Agencies represented on the Early Start team vary by region and may include:

- Tri-Counties Regional Center
- Family Resource Centers
- County Education Offices
- Special Education Local Plan Areas (SELPA's)
- California Children Services
- Public Health
- Private Agencies and Providers
- First5

Payment for Services

There is no cost for evaluation, assessment and service coordination. Public or private health insurance is accessed for medically necessary therapy services including speech, physical and occupational therapies. Services that are not covered by insurance will be purchased or provided by regional centers or local education agencies. Depending upon your income and family size, you may be charged an Annual Family Program Fee (AFPF) of \$150-\$200. This fee does not apply to children with Medi-Cal.

Other Resources

Local educational agencies (LEAs) are responsible for infants with solely a visual, hearing, or severe orthopedic impairment. If an infant or toddler is not eligible for Early Start, a referral may be made to the Family Resource Center (FRC) for the Prevention Resources and Referral Services (PRRS) program.

Family Resource Centers

Family Resource Centers work in partnership with regional centers to help meet the needs in their communities. These centers provide a vital network of parent support, including a way for parents to connect with other parents in similar situations. They offer a variety of supports that include information and referral, peer

support, home visits and parent education. They also publish regular newsletters and calendars of local support groups and events, with information about clubs, social programs, classes, support groups, & other community resources.

Mission

TCRC provides **person and family centered planning, services and supports for individuals with developmental disabilities to maximize opportunities and choices for living, working, learning and recreating within their community**

San Luis Obispo County

Atascadero

7305 Morro Rd., Suite 101
Atascadero, CA 93422

(805) 461-7402 *phone*

(805) 461-9479 *fax*

Parents Helping Parents FRC

(805) 461-7415 *phone*

San Luis Obispo

3450 Broad St., Suite 111
San Luis Obispo, CA 93401

(800) 456-4153 *toll free*

(805) 543-2833 *phone*

(805) 543-8725 *fax*

Parents Helping Parents FRC

(805) 543-3277 *phone*

Santa Barbara County

Santa Barbara

520 East Montecito St.
Santa Barbara, CA 93103

(800) 322-6994 *toll free*

(805) 962-7881 *phone*

(805) 884-7229 *fax*

Alpha Resource Center

(805) 683-2145 *phone*

Santa Maria

1234 Fairway Dr., Suite A
Santa Maria, CA 93455

(800) 266-9071 *toll free*

(805) 922-4640 *phone*

(805) 922-4350 *fax*

Alpha Resource Center

(805) 347-2775 *phone*

Ventura County

Oxnard

2401 E. Gonzales Rd., Ste 100
Oxnard, CA 93036

(800) 664-3177 *toll free*

(805) 485-3177 *phone*

(805) 988-9521 *fax*

Rainbow Connection FRC

(805) 485-9643 *phone*

Simi Valley

2635 Park Center Dr., Ste A
Simi Valley, CA 93065

(800) 517-2524 *toll free*

(805) 522-8030 *phone*

(805) 522-8142 *fax*

Rainbow Connection FRC

(805) 823-2325 *phone*



**Tri-Counties
Regional Center**

Person Centered in All We Do

Mission: TCRC provides person and family centered planning, services and supports for individuals with developmental disabilities to maximize opportunities and choices for living, working, learning and recreating in the community.