



Regional Center of the East Bay

Service Options For
Individuals with Intellectual
and Developmental Disabilities.





Regional Center of the East Bay

The Regional Center of the East Bay supports persons with developmental disabilities and their families with the tools needed to achieve lives of quality and satisfaction and builds partnerships that result in inclusive communities.

Getting Started With Us

Since 1976, RCEB has been serving families in Alameda and Contra Costa Counties as one of a statewide network of 21 Regional Centers, each serving a specific geographic area and each guided by a community-based Board of Directors. These Regional Centers serve as your resource for diagnosis, referral and support for persons with developmental disabilities and services available in the community. At RCEB, we provide individualized support and advocacy in response to your specific family needs in your own community. We're there for you. Our care and advocacy extends throughout the lifetime of those we serve.

We offer our services to residents of Alameda or Contra Costa Counties who have a developmental disability. That is defined as intellectual disability, cerebral palsy, epilepsy, autism, or other conditions closely related to intellectual disability or requiring treatment similar to that required by persons with intellectual disabilities. Please see our section on eligibility for more details.



GETTING STARTED WITH US

Our Intake and Assessment Process.....	3
How Our Family Meetings Work.....	4
Services We Can Provide	5
The Lanterman Act and You.....	6
Are You Eligible?.....	7
Early Intervention and Prevention.....	8
Our Non-Discrimination Policy.....	9

THE FOUR AGE CATEGORIES WE SERVE

Ages 3 -18 Living at Home.....	10
Ages 3 -18 Out of Home.....	14
Ages 18 - 22 Transition to Adult Years.....	18
Ages 22 and Up Adult Years.....	22

Our Intake and Assessment Process

Our intake and assessment process determines your eligibility and service needs. We offer it to any person believed to have a developmental disability according to the above-mentioned definition, and who are residents of the State of California and Alameda or Contra Costa County. Just to be clear: We do not consider eligible persons who have solely psychiatric conditions, solely learning disabilities, or solely physical handicapping conditions (with the exception of cerebral palsy).

Please expect that our Intake and Assessment process may require some diagnostic testing and evaluation and will require gathering of information from physicians, schools, and other service agencies.

After we assign your case to an assessment counselor, the Regional Center responds by scheduling a face-to-face interview. Within 120 calendar days after that interview, we will determine your eligibility.

If you are eligible, we will assign you to the case manager who will work with you and your family to identify and coordinate your service. You can make inquiries or referrals to Intake and Assessment by contacting the Intake Coordinator in San Leandro (510) 618-6122 or by email intakeoverthree@rceb.org.



How Our Family Meetings Work

Sixty days after you become eligible, you meet with your assigned case manager—someone trained to assist you and help you determine the best plan for your support in your Individual Program Plan (IPP) and identify the best way to meet your needs. We understand you may not know all of what your plans are. New circumstances, insights, and need for new services may pop up, and your case manager will contact you at least once every year to see how you are doing and assist you all along the way.

Our services are not “one-size-fits-all” but are individually designed. What RCEB will fund varies by need, age, and what is available within a community.

60 DAYS

Meet with someone trained to assist you and help you determine the best plan for your support.

Our services are not “one-size-fits-all” but are individually designed.

RCEB

Services We Can Provide

At the Regional Center of the East Bay, we provide advocacy, client program planning, coordination of generic services, and consultation as well as admissions and discharges from the State Developmental Centers. We provide case management services primarily through our own units and a contracted delegate agency: La Familia Counseling Services. Whether through our own resources or outside agencies, we are dedicated to providing you with the support you require.

As determined by policies established by our Board, we may purchase additional needed services for clients. State law requires, however, that we explore alternate sources of funding

before using Regional Center funds. Your IPP (Individual Program Plan) identifies services and plans necessary for you to achieve your agreed upon objectives. Note that an active client of the Regional Center is expected to participate in planning meetings to develop or revise an Individual Program Plan (IPP), or an Individual Family Service Plan (IFSP).



The Lanterman Act and You

Our unique support system was created by the enactment of the Lanterman Developmental Disabilities Services Act. Passed in 1969, this important California legislation, known as the “Lanterman Act,” states that people with developmental disabilities and their families have a right to get the services and support they need to live like people without disabilities. Our work with the community is inspired by that perspective.

The Lanterman Act further outlines the rights of individuals with developmental disabilities and their families, how the regional centers and service providers can help, what services and supports they can obtain, and how they can use the program plan to get needed services. It is a powerful and important tool we use for supporting members of our community with developmental disabilities.



Are You Eligible?

In order for you or your family member to qualify for RCEB support, your condition must have occurred before age eighteen and it must constitute a substantial disability: that is, one that presents significant functional limitations in three or more of the following areas of major life activity, as determined by a regional center and as appropriate to the age of the person:

- **self-care**
- **receptive and expressive language**
- **learning**
- **mobility**
- **self-direction**
- **capacity for independent living**
- **economic self-sufficiency**

There is no citizenship requirement. For children ages 0-3, please refer to the following section on Early Intervention.

19
69 PASSED

The Lanterman Act

It is a powerful and important tool we use for supporting members of our community...



Early Intervention and Prevention:

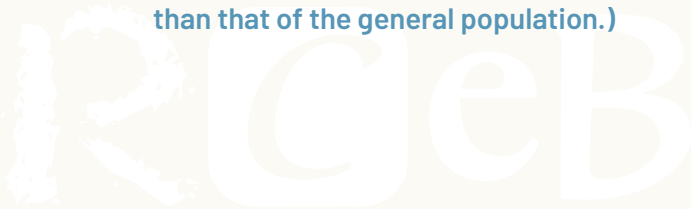
Service For Our Youngest Clients Birth to 36 Months

For infant and toddler services, we are proud to be a lead agency in implementing California's Early Start Program intended to provide services for infants zero to three years of age who:

- **have a developmental disability**
- **a significant developmental delay**
- **or who are at high risk for a developmental disability due to genetic, medical, developmental, or environmental factors (diagnosed by qualified clinicians of developmental disability substantially greater than that of the general population.)**

Our developmental services and family support are planned and delivered in a partnership with families and professionals through a process called an Individual Family Service Plan (IFSP). As case managers also known as service coordinators, our role is to assist families in assessing their child's strengths and needs, identifying desired outcomes and goals, and coordinating services with the needs and preferences of each family.

As parents or guardians of infants and toddlers potentially eligible for any regional center program, you can contact our Early Start Intake Referral line. After a child is referred to us, the initial eligibility determination, assessment, and development of an IFSP for the child and family occurs within 45 days. For a child under 3 years of age, an active client of the Regional Center is expected to participate in planning meetings to develop or revise an Individual Family Service Plan (IFSP).



Our Non-Discrimination Policy.

The Regional Center of the East Bay does not discriminate with regard to race, color, religion, sex, national origin, age, marital or veteran status, the presence of a non-job-related medical condition or handicap, or any other legally protected status.



10

Ages 3 -18 Living at Home



Ages 3 -18

Living at Home

11

When you become eligible, we'll set you up with a case manager—someone trained to assist you and help you determine the best plan for your Individual Program Plan (IPP). Your case manager will listen to your specific concerns based on your diagnosis and your needs, then create a program of service and support tailored just for you.

Depending on your individual diagnosis, functioning, needs and on community resources, the following services may be available to you as determined by policies established by our Board. State law requires, however, that we explore alternate sources of funding before using Regional Center funds. Your IPP (Individual Program Plan) identifies services and plans necessary for you to achieve your agreed upon objectives and what will be funded.



Services Provided

by RCEB Staff:

- Service Coordination - Person Centered Individual Program Plan Development
- Assessment & Consultation coordination
- Clinical Consultation
- Assessment for medical equipment
- Referral for Institutional Deeming
- Individual Education Program Support
- Collaboration with other service agencies for supports -foster care, social services, education, juvenile courts, home administrators





Services Provided

RCEB Purchases From Community Programs and Clinicians:

- Behavior Services
- Specialized Program Support for Inclusion
- Specialized Day care
- In-Home Respite
- Out-of-Home Respite (including Camp)
- Interpreter and Translator Services
- Nursing Services
- Medical Equipment and Supplies/Pharmaceutical
- Counseling (specific to individual situation)
- Funding for Family Training
- Incontinence Supplies (exceptional cases)
- Medic Alert Services
- Specialized Transportation (exceptional cases)
- Residential Homes
- Specialized Crisis Resources
- Social/Recreational Activities and Supports





ACEB

Ages 3 -18

Out of Home

15

Children may live in residential homes at the request of parents for various reasons. For children in foster care and who may have significant behavioral challenges, we support the county or CPS (Child Protective Services) with finding an available home or residence for the child. When there is a need to place a child, we can support you by finding an appropriate available situation. There may be fees assessed by the state to support that placement.

Depending on your individual diagnosis, functioning, needs and on community resources, the following services may be available to you as determined by policies established by our Board. State law requires, however, that we explore alternate sources of funding before using Regional Center funds. Your IPP (Individual Program Plan) identifies services and plans necessary for you to achieve your agreed upon objectives and what will be funded.



Services Provided

by RCEB Staff:

- Service Coordination - Person Centered Individual Program Plan Development
- Assessment & Consultation coordination
- Clinical Consultation
- Assessment for medical equipment
- Referral for Institutional Deeming
- Individual Education Program Support
- Collaboration with other service agencies for supports
-foster care, social services, education, juvenile courts, home administrators





Services Provided

RCEB Purchases From Community Programs and Clinicians:

- Behavior Services
- Specialized Program Support for Inclusion
- Specialized Day care
- In-Home Respite
- Out-of-Home Respite
- Interpreter and Translator Services
- Nursing Services
- Medical Equipment and Supplies/Pharmaceutical
- Counseling (specific to individual situation)
- Funding for Family Training
- Incontinence Supplies (exceptional cases)
- Medic Alert Services
- Specialized Transportation (exceptional cases)
- Residential Homes
- Specialized Crisis Resources
- Social Recreational Services



Ages 18 - 22

Transition to Adult Years

Preparation for transition to adulthood can start early in the teenage years. Whether you graduate from School at the age of 18 or 22, your case manager is there as someone trained to assist you and help you determine the best plan. Your case manager will listen to your specific concerns based on your diagnosis and your needs, then create a program of service and support tailored just for you.

Depending on your individual diagnosis, whether you are still eligible for special education, your functioning, needs and on community resources, the following services may be available to you as determined by policies established by our Board. State law requires, however, that we explore alternate sources of funding before using Regional Center funds. Your IPP (Individual Program Plan) identifies services and plans necessary for you to achieve your agreed upon objectives and what will be funded.



Services Provided

by RCEB Staff:

- Service Coordination - Person Centered Individual Program Plan Development
- Assessment & Consultation coordination
- Clinical Consultation
- Assessment for medical equipment
- Referral for Institutional Deeming
- Individual Education Program Support
- Collaboration with other service agencies for supports
-foster care, social services, education, courts, home administrators





Services Provided

RCEB Purchases From Community Programs and Clinicians:

- Behavior Services
- Specialized Program Support for Inclusion
- Specialized Day care
- In-Home Respite
- Out-of-Home Respite
- Interpreter and Translator Services
- Nursing Services
- Medical Equipment and Supplies/Pharmaceutical
- Counseling (specific to individual situation)
- Funding for Family Training
- Incontinence Supplies (exceptional cases)
- Medic Alert Services
- Specialized Transportation (exceptional cases)
- Residential Homes
- Specialized Crisis Resources
- Social Recreational Supports
- Supported Living Services
- Coordinated Family Supports





Ages 22 and Up Adult Years

As you graduate and leave school, you will continue to have a case manager—someone trained to assist you and help you determine your plans for the present and future. Your case manager will listen to your specific concerns based on your diagnosis and your needs, then create a program of service and support tailored just for you.

Depending on your individual diagnosis, whether you are still eligible for special education, your functioning, needs and on community resources, the following services may be available to you as determined by policies established by our Board. State law requires, however, that we explore alternate sources of funding before using Regional Center funds. Your IPP (Individual Program Plan) identifies services and plans necessary for you to achieve your agreed upon objectives and what will be funded.



Services Provided

by RCEB Staff:

- Service Coordination - Person Centered Individual Program Plan Development
- Assessment & Consultation coordination
- Clinical Consultation
- Assessment for medical equipment
- Collaboration with other service agencies for supports - social services, courts, home administrators, Department of Rehabilitation

RCEB





25

Ages 22 and Up Adult Years

ReB

Services Provided


RCEB Purchases From Community Programs and Clinicians:

- Behavior Services
- Specialized Program Support for Inclusion
- Specialized Day care(Kinship Care)
- In-Home Respite(Kinship care)
- Out-of-Home Respite (Camp-Kinship care)
- Interpreter and Translator Services
- Nursing Services
- Medical Equipment and Supplies/Pharmaceutical
- Counseling (specific to individual situation)
- Funding for Family Training
- Incontinence Supplies (exceptional cases)
- Medic Alert Services
- Specialized Transportation





- Residential Homes:
 - Community Care Facility
 - Intermediate Care Facility
 - Community Crisis Home (CCH)
 - Enhanced Behavior Support Homes (EBSH)
 - Specialized Residential Facility (SRF)
 - Adult Residential Facility for People with Special Health Care Needs (ARFPSHN)
 - Adult Family Home Agency
- Specialized Crisis Resources
- Adult Day Programs
- Social Recreational Activities
- Behavioral Day Program
- Supported Employment
- Paid Internship Program (PIP)
- Competitive Integrated Employment Opportunities
- Independent Living Services (ILS)
- Personal Assistant through a Financial Management Service
- Supported Living Services
- Coordinated Family Supports



For children birth to 36 months old, the Individual Family Services Plan (IFSP) describes the specific options for each child based on agreement of your team. For persons served over the age of 3, the Individual Program Plan (IPP) describes the goals of the individual and the specific services to meet those needs. Services described in this brochure are possible options available at each age level as of March 2022. Regional Center policies and services options are based on regulations in the Lanterman Act (California Welfare & Institutions Code) and therefore subject to legislative and regulatory changes. Your case manager will notify you of any regulatory updates as they occur.

While every effort is made to partner with persons served and families to meet the needs of the individual with developmental disabilities, sometimes there can be disagreements about decisions that are made. RCEB welcomes the opportunity to discuss and resolve disagreements in an informal atmosphere. However, when this approach does not resolve an issue, persons served and families may pursue a formal appeals process to have the regional center's decision reviewed.

For complete information about the formal appeals, visit the California Department of Developmental Services website; www.dds.ca.gov

Contact

Alameda County Office – Headquarters

Regional Center of the East Bay

Creekside Plaza

500 Davis Street, Suite 100

San Leandro, CA 94577

(510) 618-6100

Fax: (510) 678-4100

Contra Costa Office

Regional Center of the East Bay

1320 Willow Pass Road, Suite 300

Concord, CA 94520

(925) 691-2300

Fax: (925) 674-8001



@RCoftheEastBay



@RegionalCenterofEastBay



@regionalcentereastbay



www.rceb.org



**Service Options For Individuals with
Intellectual and Developmental Disabilities.**