

WarmLine  
Family Resource Center

Local Directory

*For Families and Professionals Needing Special Resources  
For Children From Birth To Three Years Old*

A Guide To Resources In:  
Sacramento  
Placer  
Yolo  
Nevada  
El Dorado  
Alpine  
Counties



Summer 2010



# Parent's Vision for Their Children

- ♥ We want our children to be happy.
- ♥ We want our children to progress developmentally.
- ♥ We want our children to be safe from ridicule.
- ♥ We want our children to have appropriate social skills.
- ♥ We want our children to have friends who love them for who they are.
- ♥ We want our children to be invited to birthday parties.
- ♥ We want our children to feel loved and accepted by our community.
- ♥ We want our children to reach their greatest potential.
- ♥ We want our children to be involved in fun after-school activities with neighborhood friends.
- ♥ We want our children to have similar opportunities as their same-age peers and siblings.





## WarmLine Family Resource Center

WarmLine Family Resource Center is a place where families can turn when they discover their child has special health care or developmental needs. We are parents who have "been there" and our goal is to provide a link to whatever you may need on your journey. We offer a toll-free telephone resource network that gives you access to helpful services, information, referrals, books, videos, a useful website, a listening heart and parent-to-parent support.

WarmLine is an important part of the Early Start program in Sacramento, Placer, Yolo, El Dorado, Nevada, and Alpine Counties. We are parents of children with special needs. We understand what you are going through. We are here to listen when you need information ... or to "just talk."

WarmLine Family Resource Center can make a difference in the lives of families we serve. Family time is often hampered by the stress and demands of locating supportive services. We link callers with resources, often saving them numerous hours of research and frustration. Our services include:

- ❁ **Information and Referral:** Linking families with services.
- ❁ **Family Support:** Providing one-to-one parent support and support group referrals.
- ❁ **Outreach:** Increasing public awareness of disabilities and available services.
- ❁ **Advocacy:** Strengthening parents' knowledge and decision-making abilities.
- ❁ **Workshops and Seminars:** Training parents and professionals.
- ❁ **Resources:** Offering books, tapes, and articles on disability.
- ❁ **WarmLine Publications:** "The Family Notebook", "Turning Three Years Old" and others—all available on our web site ([www.warmlinefrc.org](http://www.warmlinefrc.org))
- ❁ **Newsletter:** *The Networker* (available by email and on our web site)
- ❁ **Community Resource Parents:** Local representatives in each county.

Information is empowering. People going into a situation well prepared have a better chance of being successful when they feel confident of what they know. WarmLine seeks to inform and support parents and professionals in any way we can.

### We invite you to visit us at:

#### Sacramento:

2025 Hurley Way, Suite 100  
Sacramento, CA 95825  
916-922-9276 / 800-660-7995  
Spanish: 916-922-1490  
[www.warmlinefrc.org](http://www.warmlinefrc.org)  
email: [warmline@warmlinefrc.org](mailto:warmline@warmlinefrc.org)

#### Placer County:

151 N. Sunrise Ave., Suite 1307  
Roseville, CA, 95661  
916-782-7147  
Spanish: 916-922-1490  
[www.warmlinefrc.org](http://www.warmlinefrc.org)  
email: [placerwl@warmlinefrc.org](mailto:placerwl@warmlinefrc.org)

#### Yolo County:

Located in  
Socially Speaking  
907 3rd Street  
Davis, CA 95616  
530-759-1127  
Spanish: 916-922-1490  
[www.warmlinefrc.org](http://www.warmlinefrc.org)  
email: [yolowl@warmlinefrc.org](mailto:yolowl@warmlinefrc.org)

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## California's Early Start Program

The California Early Start Program is California's response to federal legislation which assures that services to infants and toddlers with disabilities and their families will be provided in a coordinated, family-friendly manner. The vision for California's program includes family/professional collaboration and family support, as well as coordination of services provided by agencies and service providers in your community. The intent of the program is to assure that families have rights, protections and access to appropriate early intervention services.

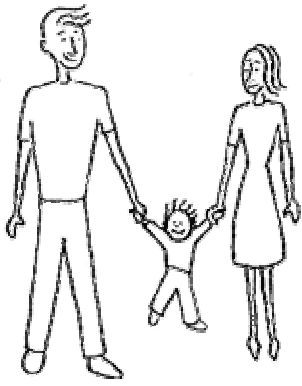
### *Early Intervention Can Help Your Family*

Early Intervention is a collection of many types of services designed to enhance the development of infants and toddlers who have developmental delays. It brings together resources you may need to help your child learn and grow and to give you support as well. Early Intervention during the first years of your child's life can make a big difference for your whole family.

Early Intervention may:

- ✓ Help answer your questions about your child's development;
- ✓ Improve both developmental and educational growth;
- ✓ Help children with developmental delays become more independent;
- ✓ Link you with other families who have had similar experiences to provide support to you & your family;
- ✓ Help you understand and maintain a close relationship with your baby and foster this relationship as part of your family.





## Family Centered Care

### *Definition of Family*

"Families are big, small, extended, nuclear, multi-generational, with one parent, two parents, and grandparents. We live under one roof or many. A family can be as temporary as a few weeks, as permanent as forever. We become part of a family by birth, adoption, marriage, or from a desire for mutual support... A family is a culture unto itself with different values and unique ways of realizing its dreams. Together, our families become the source of our rich cultural heritage and spiritual diversity. Our families create neighborhoods, communities, states, and nations."

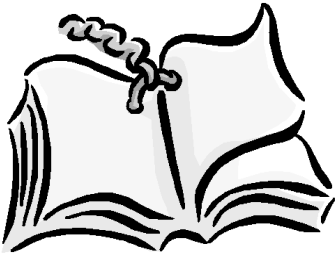
Family-Centered Care (FCC) was first defined as part of a program for children with special health care needs and their families. At the very heart of FCC is the recognition that the family is the constant in a child's life. For this reason, Family-Centered Care is built on partnerships between families and professionals. There is no single approach that is right for all families. Family-centered professionals acknowledge and respect family diversity. Family-Centered Care improves and enhances outcomes for children with special needs and provides support for their families as they deal with the challenges and joys of raising a child with special health care or developmental needs.

#### Family-Centered Care (FCC) Core Concepts:

- ♥ The family is the constant in the child's life. FCC supports and empowers family members as partners and decision-makers in their child's care and helps them feel more confident with their decisions about their child's special health care and developmental needs.
- ♥ FCC requires trust and respect, including respect for each family's values, beliefs, religious and cultural background. FCC values families' knowledge of their children, acknowledges their authority as decision-makers and respects their choices.
- ♥ FCC provides the information families need to make educated choices about treatment and supports the choices they make. When families understand their options, they feel empowered to make decisions about their child's special health care and developmental needs.
- ♥ Families have different life experiences, values, beliefs, education, religious and cultural backgrounds. FCC emphasizes that caregivers must be flexible so they can meet the needs and preferences of all families.
- ♥ As partners in care, professional staff and family members work together as collaborators in the best interest of the child.
- ♥ Families have the right and the authority to care for their children. The core concepts of family-centered care empower families in the care of their children.

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## About *The Local Directory*



*The Local Directory* has been designed to help parents and caregivers locate appropriate services for their children and families. A kind of "mini phone book", this directory is useful for families that are concerned about the healthy development of their child or want support in meeting his or her special needs. The Local Directory is specifically designed for **Sacramento, Placer, Yolo, Nevada, El Dorado and Alpine Counties.**

If you feel that your child or family might benefit from any of the services contained in this directory, please contact those agencies that offer the kinds of assistance you or your child may need. Many health or developmental problems can be prevented or helped if you receive the right services as soon as possible.

Because the directory will be used by many families, each having different needs, we have included as many kinds of services as possible. Some agencies have specific eligibility requirements. When you call agencies to ask about their services, it will be important to ask about eligibility requirements. These requirements may include:

- ✓ Nature of your child's needs or disability
- ✓ Income level (some serve low income families only, others may accept insurance, others charge a sliding scale fee for service and still others may be free of charge for everyone.)
- ✓ Residency (where you live)
- ✓ Your family situation (teen parents, parents with a disability, etc.) only as it relates to eligibility

See the following sections on 'Telephone Tips' for further information on contacting agencies.

Every effort has been made to ensure accuracy and completeness in the Local Directory. Please call **WarmLine Family Resource Center (WLFRC)** if you have information that will help make the next edition better.

Please note that numbers are listed under the county name (counties are arranged in order of population) and there is an additional listing for regional numbers whenever possible. Inclusion of a program or resource does not imply endorsement or recommendation by WarmLine.

*This 2010 update of The Local Directory was edited by Laura Soto, Tracey Benedict, Cid Van Koersel and Al Millan.*



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# Telephone Tips



When dialing numbers with a different area code, dial 1, the area code and the number (this includes "800" numbers.)

1. **BE PREPARED.** Think about what concerns you have about your child. It might be helpful for you to write them down before making the call(s). Describe what you or your child need and what services you think the agency can provide. Ask if the agency provides any other services.

2. **ALWAYS HAVE A PEN AND A PAPER** with you before calling an agency. (It is a good idea to keep information you are collecting in a notebook.)

3. **TELL WHO YOU ARE** and where you live; a large agency may need to refer you to an office that services families in your city or area.

4. **STATE THE REASON** you are calling:

I'm calling for information about...

I would like to make an appointment for...

I was told to call your office by (name) from (agency)...

I am returning a call from (name)...



5. **FIND OUT IF THERE IS A SPECIFIC PERSON** or branch within that agency with whom you should speak. Write down that person's name and phone number so that you may contact them directly. This way you will be sure you are talking to the right person and, hopefully, you will not have to repeat your whole story.

6. **HAVE INFORMATION AVAILABLE.** The person helping you may need income or insurance information, names of doctors, health clinics or case managers, social security numbers, etc.

7. **TAKE BRIEF NOTES** of your conversation. Be assertive and polite. If you do not understand what is being said, repeat what you do understand and ask the person to clear up any misunderstanding. If you feel you have not been given enough information, ask if there is anyone else there who might be able to help you further.

8. **FOLLOW-UP**

\*\* Find out if and when you need to call back.

\*\* Let the staff know times and phone number that are best for them to reach you.

\*\* Write down any appointments or office visits that you will need to make.

\*\* Double check the address and business hours of the agency.

\*\* Find out what papers, documents or other information you will need before you contact the agency again.

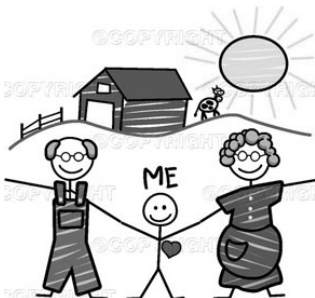
\*\* If the agency is sending information to you, ask when you should expect to receive it. (To speed up the process, you might want to ask the person if the information can be sent by email.)



**FURTHER ASSISTANCE** - Contact WarmLine Family Resource Center if you want to talk about your concerns with a parent who has had similar experiences.

## Tips for Parents

1. You and the special people in your life are the most important people to your baby. The professionals you meet are part of your "support team". Every family is different. Even if you're not sure what type of services your baby needs, let the professionals know what is important for you and your family in helping your child.
2. Identify one person at each agency or program who would be available to speak with you when you have questions about your child or the services that are being delivered.
3. Each agency or program has an information brochure. Collect the ones that offer services for your child and write the names of your contact people on them. (It can be helpful to save some of this information even if you don't currently need it. Your child and family's needs will change and services that you don't need today may be helpful at a later date.)
4. As you will see, there are many services and programs in California and our local communities for children and babies with special health or developmental needs and for those at risk for developmental delays. Sometimes there are so many people and services involved, you will need to set limits for your child and family. Know and respect your priorities. Know what you are, and are not able to manage. This is a sign of strength, not weakness. To do otherwise may lead to exhaustion and to feeling overwhelmed.
5. Occasionally all parents become stressed with the responsibility of caring for a child with special needs. If you or any member of your family needs special help in coping with parenting, please contact your doctor, public health nurse, social worker or service coordinator who can help in finding the best solution. Take care of yourself and enjoy your child's precious and unique qualities.



Remember...  
**You are the most important person  
in your baby's life!**

# *Hotlines / Crisis Intervention Lines*

## *When I Need Help Immediately, Who Do I Call?*

The Hotline/Crisis Intervention Lines below may or may not be available 24 hours a day.

For County Social Service Departments, please see page 23

**For EMERGENCY ASSISTANCE,  
always dial 911**

### SACRAMENTO

- California Youth Crisis Line ..... (800) 843-5200
- Child & Adolescent Abuse Resource & Evaluation Center  
(CAARE) @ UCDMC.....(916) 734-8396
- Children's Protective Services (CPS).....(916) 875-5437
- Families First, Inc. (Child abuse prevention,  
foster care, special education) .....((916) 388-6400
- La Familia Counseling Ctr. (Spanish).....(916) 452-3601
- Mental Health  
Crisis Line .....(916) 732-3637 or (916) 875-1000
- Child Services Access Team.....(916) 875-9980
- Poison Control.....(800) 222-1222
- Sacramento Crisis Nursery (North).....(916) 679-3600
- (South).....(916) 394-2000
- Suicide Prevention.....(800) 784-2433
- Victim-Witness Assistance.....(916) 874-5701
- WEAVE (Women Escaping a  
Violent Environment) Crisis Line .....(916) 920-2952

### PLACER

- Child Protective Services  
Tahoe /Auburn .....(530) 886-5401
- Family & Children's Services  
(Mental Health, formerly ACCESS)  
.....(800) 293-1940 or (916) 872-6549
- Family Resource Centers  
Auburn Family Resource Ctr. .... (530) 887-3536
- Lighthouse-Lincoln Family Resource Ctr.(530) 645-3300
- North Tahoe Family Resource Ctr. .... (530) 546-0952
- Roseville Family Resource Ctr..... (530) 774-6802
- Kare Crisis Nursery.....(530) 265-0693
- Peace for Families (Placer Women's Ctr) .....(800) 575-5352
- Poison Control.....(800) 222-1222
- Suicide Prevention.....(800) 784-2433
- Tahoe Women's Services Crisis Line .....  
.....(530) 546-7804 or (800) 736-1060
- Victim-Witness Assistance.....(916) 543-8000

### YOLO

- Allied Services for Kids (ASK) (Mental Health Crisis)  
Davis .....(530) 753-0797
- West Sacramento.....(916) 371-3779
- Woodland.....(530) 668-8445
- Child Abuse Hotline (Child Protective Svcs.)(888) 400-0022  
or .....(530) 669-2345
- Families First, Inc. (Child abuse prevention,  
foster care, special education,etc.).....(530) 753-0220
- Mental Health Services  
Access .....(888) 965-6647
- West Sacramento.....(916) 375-6350
- Woodland.....(530) 666-8630
- Poison Control.....(800) 222-1222
- Sexual Assault & Domestic Violence Ctr. Crisis Line  
West Sacramento.....(916) 371-1907
- Woodland.....(530) 662-1133
- Suicide Prevention.....(800) 784-2433
- Victim-Witness Assistance.....(530) 666-8187
- Yolo Crisis Nursery (Davis).....(530) 758-6680
- Yolo Family Resource Ctr.....(530) 406-7221
- Yolo Family Service Agency (Davis).....(530) 753-8674
- West Sacramento.....(916) 375-1254
- Woodland.....(530) 662-2211

### EL DORADO

- Center for Violence-Free Relationship, Placerville  
Crisis Lines: ..... (530) 626-1131 / (916) 939-6616
- Child Protective Services  
Placerville.....(530) 642-7100
- South Lake Tahoe .....(530) 544-7236
- Food Bank of El Dorado & Alpine Co. ....(530) 621-9950
- Mental Health Crisis Line .....(530) 622-3345
- Poison Control.....(800) 222-1222
- South Lake Tahoe Women's Ctr Crisis Line .(530) 544-4444
- Suicide Prevention .....(800) 784-2433
- Tahoe Youth & Family Services .....(530) 541-2445
- Crisis Line (Straight Talk).....(530) 541-3310
- Victim-Witness Assistance  
Placerville.....(530) 642-4760
- South Lake Tahoe .....(530) 573-3100



**HOTLINE/CRISIS INTERVENTION continued:**

**NEVADA**

Child Protective Services	(530) 265-9380 or (888) 456-9380
Kare Crisis Nursery	(530) 265-0693
Domestic Violence Coalition	
Crisis Line	(530) 272-3467
Truckee Crisis Line	(530) 587-3101
Emergency Food & Shelter	(530) 265-1340
Housing and Community Svcs	(530) 265-1388
Mental Health Crisis Line	(530) 265-5811
Nevada Co. Behavioral Health Svcs	(530) 265-1437
Truckee	(530) 582-7803
Poison Control	(800) 222-1222
Suicide Prevention	(800) 784-2433
Tahoe Women's Services	(530) 582-9117 or (800) 736-1060
Victim Witness Assistance	(916) 543-8000

**ALPINE**

Alpine County Behavior Health Svcs	(530) 694-1816
Alpine County Women's Ctr	(888) 750-6444
Calaveras Crisis Center	(209) 736-4011
Child Protective Services	(888) 755-8099
Food Bank of El Dorado & Alpine Co.	(530) 621-9950
Mental Health Crisis Line	(800) 486-2163
Minden Urgent Care	(775) 782-8181
Poison Control	(800) 222-1222
Suicide Prevention	(800) 784-2433
Victim-Witness Assistance	(530) 694-2971
So. Lake Tahoe Women's Center	(530) 544-2118

**REGIONAL**

AIDS Hot Line	(800) 367-2437
El Dorado, Placer, Sacramento Co.	(888) 259-4448
Poison Control	(800) 222-1222
Suicide Prevention	(800) 784-2433

**Information & Referral**

*Who Can I Call To Find Out About  
Developmental Programs Offered In My Community?*

- ✓ **Alta California Regional Center** is one of twenty-one regional centers throughout the state and serves as a point of entry into the service system for infants birth to 3 years who have developmental delays in our six county area. Regional centers provide intake and assessment to determine eligibility and service needs. They work with other agencies to arrange, purchase and provide services; including early intervention services. They can provide specific information on the services available in each community.
- ✓ **Public Health Agencies** in your community may offer a variety of health services for California children from birth through adolescence, including well-child care, immunizations, and specialized health, therapy and rehabilitation services. They also may offer programs serving the health and medical needs of infants and toddlers with disabilities, those at high risk for disabilities and their families. Call your local public health agency to find out about eligibility requirements and services available in your community.
- ✓ **Family Resource Centers** are designed to provide parent and family oriented support and information. They help parents and family members find and understand local services and the overall early intervention service delivery system. If you have a problem, a concern or need and aren't sure where to go for help, the staff at WarmLine Family Resource Center can guide you to the appropriate agency or resource.



**INFORMATION AND REFERRAL continued:**

**SACRAMENTO**

**Alta California Regional Center** ..... (916) 978-6400  
 Public Health Nursing  
 North..... (916) 648-0982  
 South..... (916) 875-0900

**PLACER**

**Alta California Regional Center (Auburn)....(530) 885-8447**  
**Roseville.....(916) 782-8110**  
 Auburn Family Resource Ctr. .... (530) 887-3536  
 Kings Beach Family Resource Ctr. .... (530) 546-0952  
 Lighthouse-Lincoln Family Resource Ctr. .... (530) 645-3300  
 Roseville Family Resource Ctr. .... (530) 774-6802  
 Public Health..... (530) 886-1870  
 North Lake Tahoe ..... (530) 546-1900

**YOLO**

**Alta California Regional Center** ..... (530) 666-3391  
 Public Health  
 West Sacramento ..... (916) 375-6380  
 Woodland..... (530) 666-8645  
 Yolo Family Resource Center..... (530) 406-7221

**EL DORADO**

**Alta California Regional Center**  
**Placerville..... (530) 626-1353**  
**South Lake Tahoe..... (530) 542-0442**  
 Family Connections El Dorado Family Resource Center  
 ..... (530) 626-5164  
 Public Health ..... (530) 621-6100  
 So. Lake Tahoe ..... (530) 573-3155  
 Tahoe Area Coord. Council for the Disabled .. (530) 544-1127

**NEVADA**

**Alta California Regional Center.....(530) 272-4231**  
 Public Health..... (530) 265-1450  
 Truckee..... (530) 582-7814

**ALPINE**

**Alta California Regional Center** ..... (530) 542-0442  
 Choices for Children ..... (530) 694-2129  
 Public Health..... (530) 694-235  
 Tahoe Area Coord. Council for the Disabled..... (530) 544-1127

**REGIONAL**

WarmLine Family Resource Center  
 Sacramento ..... (916) 922-9276 / (800) 660-7995  
 Placer County ..... (916) 782-7147  
 Yolo County..... (530) 759-1127  
 Spanish..... (916) 922-1490

*Support Groups & Organizations*

*How Can I Get In Touch With Other Parents?*



Many parents with children with special needs are seeking the same resources you are and want to meet other parents to exchange information and ideas. Listed below are some parent support networks that you might want to contact. *Most of these groups welcome parents regardless of where they live.* Support group information changes frequently. Please call **WarmLine Family Resource Center** or go to [www.warmlinefrc.org](http://www.warmlinefrc.org) for more information.

**SACRAMENTO**

ADD/ADHD (CHADD)..... (888) 759-9758  
 Apoyo De Padres Para Padres (Spanish) ..... (916) 685-1649  
 Asperger's Syndrome ..... (916) 682-1740  
 Autism ..... (916) 683-5652  
 Autism (FEAT) ..... (916) 491-1033  
 Bereavement (Sharing Parents) ..... (916) 424-5150  
 Bereavement (Compassionate Friends) ..... (916) 457-4096  
 Blind/Visually Impaired (Soc. for the Blind) ..... (916) 452-8271  
 Burn Recovery..... (916) 453-2098  
 Cystic Fibrosis (UCD Pulmonary Dept.)..... (916) 734-3189  
 Deaf-Blind (Cope D-B) ..... (800) 822-7884  
 Deaf/Hard of Hearing ..... (916) 349-7500  
 Diabetes (PACED) ..... (916) 733-8478  
 Down Syndrome ..... (916) 658-1686  
 Epilepsy ..... (916) 595-9867  
 Head Trauma ..... (916) 485-6711 / (916) 485- 6660  
 Heart Conditions (Hearts of Hope)..... (916) 733-7031  
 Bereavement (Compassionate Friends) ..... (916) 457-4096  
 Blind/Visually Impaired (Soc. for the Blind) ..... (916) 452-8271  
 Burn Recovery..... (916) 453-2098  
 Cystic Fibrosis (UCD Pulmonary Dept.)..... (916) 734-3189

Deaf-Blind (Cope D-B) ..... (800) 822-7884  
 Deaf/Hard of Hearing ..... (916) 349-7500  
 Diabetes (PACED)..... (916) 733-8478  
 Down Syndrome ..... (916) 658-1686  
 Epilepsy ..... (916) 595-9867  
 Head Trauma ..... (916) 485-6711 / (916) 485- 6660  
 Heart Conditions (Hearts of Hope)..... (916) 733-7031  
 Learning Disabilities..... (800) 203-7542  
 Mental Illness (NAMI) ..... (916) 364-1642  
 Muscular Dystrophy..... (916) 921-9518  
 NICU (Special Care Parents)..... (916) 658-8588  
 Prader-Willi ..... (916) 682-6119  
 Scoliosis ..... (916) 684-6382  
 Special Needs (Women w/ children w/ special needs)  
 ( Our Time Out) ..... (916) 989-9710  
 Special Needs (Women w/ children w/ special needs)  
 (Time For Me)..... (916) 922-9276  
 Special Needs (Men w/ children w/ special needs)  
 (Trailblazers)..... (916) 922-9276  
 Tourette Syndrome ..... (916) 338-0863  
 Twins (Mothers of Multiples)..... (916) 725-TWIN  
 Velo-Cardio-Facial & DiGeorge Syndrome ..... (916) 624-1711

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## PLACER

Down Syndrome.....(530) 885-0429  
Down Syndrome.....(916) 532-4773  
Spanish.....(916) 922-1490  
Special Needs (Men w/ children w/ special needs)  
(Trailblazers).....(916) 782-7147  
Special Needs (Women with children with special needs)  
(Moms Night Out).....(916) 782-7147

## YOLO

Down Syndrome.....(916) 372-3628  
Special Needs .....(530) 406-7221  
Special Needs (SKIES).....(530) 758-8978

## EL DORADO

Family Connections El Dorado.....(530) 626-5164  
Pride & Joy (Infants w/ special needs)  
Georgetown Divide Office.....(530) 333-1917  
Kinship.....(916) 941-8793  
Learning Disabilities .....(530) 677-5711  
Special Education.....ourorhskids@yahoo.com  
Special Needs (El Dorado Cares).....(530) 677-7325  
Special Needs (Native Americans w/ children w/ special needs)  
(Tutoring).....(530) 621-3096

## NEVADA

Sierra Nevada Children's Svcs (Grass Vly) .....(530) 272-8866  
Truckee.....(530) 587-5960  
Bereavement.....(530) 272-5739  
Blind/Visually Impaired (Sierra Services for the Blind)  
.....(530)265-2121

Down Syndrome.....(530) 272-1009  
Special Needs (FREED) (18 and over) .....(530) 265-4444

## ALPINE

Choices for Children.....(530) 694-2129

## RESOURCE CENTERS

### WarmLine Family Resource Center

Sacramento .....(916) 922-9276 / (800) 660-7995  
Placer County .....(916) 782-7147  
Yolo County.....(530) 759-1127  
Spanish.....(916) 922-1490

### Alpine County:

Choices for Children.....(530) 694-2129

### El Dorado County:

Family Connections Family Resource Ctr.....(530) 626-5164

### Nevada County:

Sierra Nevada Children's Svcs (Grass Vly).....(530) 272-8866  
Sierra Nevada Children's Svcs. (Truckee) .....(530) 587-5960

### Placer County:

Auburn Family Resource Ctr. (Kids First) .....(530) 887-3536  
Kings Beach Family Resource Ctr .....(530) 546-0952  
Lighthouse-Lincoln Family Resource Ctr. ....(530) 645-3300  
Roseville Family Resource Ctr. (Kids First).....(530) 774-6802

### Yolo County:

Yolo Family Resource Center... ..(530) 406-7221

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## Assessment & Intervention

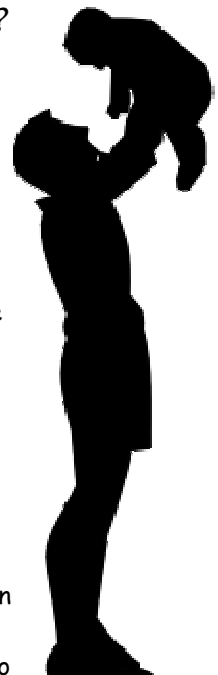
### *Who Can I Talk To If I Have Concerns About My Baby's Development?*

The doctor who checks your baby regularly can give you information and answer questions about your baby's development. Don't hesitate to seek a second opinion if you feel you need more information. Some **public health nurses** (See Information and Referral on page 11.) may follow a baby's development in the first year of life. In addition, some hospitals have NICU (Neonatal Intensive Care Unit) follow-up programs and specialized medical clinics for their patients.

Sometimes babies need extra help with their development and may "go to school" or have a teacher or therapist work with them at home. Local infant programs also can evaluate your baby and give you information about development. Education and support services are also available for your family. Call the **Infant Development Program** serving your area to discuss your baby's development and ask for an evaluation. (See Infant Development Programs on page 14.)

**Alta California Regional Center** (ACRC, also called Alta) is a state funded program serving persons with developmental disabilities. Alta's Early Intervention Unit helps families with children birth to 3 years old who have developmental delays. ACRC coordinates a variety of services to families including medical evaluations for diagnostic purposes, as well as developmental, nutritional, vision and hearing assessments. Call Alta (see page 14 for Alta phone numbers by county) and ask for information on Early Intervention assessment and services.

**Early Head Start** provides free comprehensive child development and family support services to income eligible pregnant women and families with children under age three, including children with disabilities. (See Infant Development Programs on page 14.)



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## *What are "Early Intervention" Services?*

The first three years of a child's life are crucial for growth and development. Infants and toddlers who have a developmental delay or disability need special help to reach their full potential.

Early Intervention services and supports in California are provided generally at no charge under a program called Early Start. Early Intervention or Early Start services may be provided by Alta California Regional Center (ACRC) or your Local Education Agency (LEA) and may include:

- ☆ Assistive Technology
- ☆ Audiology (hearing) services
- ☆ Family training, counseling and home visits
- ☆ Some health services
- ☆ Medical services for diagnostic or evaluative purposes only
- ☆ Nursing
- ☆ Nutrition counseling
- ☆ Occupational therapy
- ☆ Physical therapy
- ☆ Psychological services
- ☆ Respite
- ☆ Service coordination
- ☆ Social work services
- ☆ Speech and language services
- ☆ Transportation services
- ☆ Vision services
- ☆ Others as needed

Families may be required to access their health insurance to fund Early Start services. Your ACRC Service Coordinator can give you information about the process.

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## *What is the Prevention Program?*

(Excerpted from "A Guide to Regional Center Services for Infants and Toddlers at Risk for Developmental Delay", May 2010, California Dept. of Developmental Services.)

Alta California Regional Center is the point of entry for both Early Start and the Prevention Program. If your child is found to be eligible for the Prevention Program, WarmLine is here to assist you with information and resources. Prevention Program services which are provided through the Regional Centers include:

- ☆ Assessment
- ☆ Developmental Monitoring & Guidance
- ☆ Case Management
- ☆ Referral to Generic Agencies
- ☆ Exit Planning

The areas of development which are considered during the evaluation are:

- ☆ Cognitive (Thinking)
- ☆ Physical
- ☆ Communication
- ☆ Social/Emotional Self-Help

## *Who is Eligible for Prevention Program Services?*

1. Infants and toddlers who are at risk for developmental delay or disability with two or more risk factors;
2. Toddlers age 24 to 36 months of age at the time of initial referral who have a delay of less than 50% in one developmental area;
3. Infants and toddlers with a parent who has a developmental disability.

## *Who Can Make a Referral to the Prevention Program?*

Anyone can make a referral, including parents, medical care providers, neighbors, family members, foster parents and day care providers. Call Alta California Regional Center at 916-978-6249 (for Spanish speakers—916-285-4532) and ask to speak with an Intake Coordinator.

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## Infant Development Programs

### *Who Do I Call To Find Out About Infant Development Programs For My Baby?*

There are programs in every county specifically designed to meet the needs of children birth to three years old who have special health care and/or developmental needs.

#### SACRAMENTO

**Alta California Regional Center.....(916) 978-6400**  
Early Head Start .....(916) 263-3804  
Head Start, SETA .....(916) 263-3804  
Sacramento County Office Of Education  
Infant Development Program.....(916) 277-5900

#### PLACER

**Alta California Regional Center (Auburn).....(530) 885-8447**  
**(Roseville) .....(916) 786-8110**  
Early Head Start/Head Start .....(530) 885-5437  
Placer County Office of Education.....(530) 889-8020  
Placer Infant Dev. Program .....(916) 435-9804

#### YOLO

**Alta California Regional Center.....(530) 666-3391**  
Early Head Start / Head Start .....(530) 668-3001  
First Steps Infant Program  
West Sacramento .....(916) 371-9561  
Woodland.....(530) 668-3873

#### EL DORADO

**Alta California Regional Center .....(530) 626-1353**  
**Placerville.....(530) 626-1353**  
**South Lake Tahoe.....(530) 542-0442**  
Early Head Start .....(530) 295-2270  
El Dorado County Office of Education.....(530) 622-7130  
Lake Tahoe Unified School District .....(530) 543-2318  
PRIDE & Joy Program .....(530) 626-5164

#### NEVADA

**Alta California Regional Center .....(530) 272-4231**  
Early Head Start.....(800) 655-0432  
First 5 Nevada County .....(530) 265-0611 x 223  
Nevada County Infant Program .....(530) 265-0611 x 225

#### ALPINE

**Alta California Regional Center .....(530) 542-0442**  
Alpine Children's Center.....(530) 694-2390  
Alpine Co.Office Of Education .....(530) 694-2230  
Alpine Early Learning Center .....(530) 694-1159

#### REGIONAL

California Department of Education,  
Special Education Department .....(916) 445-4613



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### *What is an IFSP?*

The Individual Family Service Plan (IFSP) is a written plan which provides the framework for meeting the unique needs of your child and family and is based upon your child's strength and your family's concerns and priorities.

The first IFSP meeting should be held after all of the necessary assessment information has been gathered and you have had the opportunity to share your family's concerns, priorities and resources with all of the involved people.

You may invite anyone you want to the meeting to develop or update your child's IFSP. The people who assessed your child should attend; but you may also include any other person you would like to assist you in developing your child's plan, including other family members or friends.

Remember that the IFSP is not a final document and should be reviewed frequently—at least every six months and changed as necessary.

The service coordinator is the person who is responsible for coordinating all Early Intervention services and helping you to identify and obtain the services and assistance you might need to help your child's development. The service coordinator will typically be either from Alta California Regional Center (ACRC), the Local Education Agency (LEA) or an Infant Development Program (IDP).

The IFSP explains:

- ⊙ Your child's present levels of physical development (including vision, hearing and health), cognitive (thinking) development, communication development, social/emotional development and adaptive development.
- ⊙ What is important to you about your child's development, your family's resources , priorities and concerns.
- ⊙ The goals/outcomes for the next 6-12 months upon which you and the team have agreed, how and when they will be measured.
- ⊙ The specific Early Intervention services necessary to meet the unique needs of your child to achieve those goals. This will include *how often*, *where* and *how* the services will be delivered, the *natural environments* in which the services will be provided and the payment arrangements, if any. (Natural environment means settings that are "natural" or "typical" for the child's typically developing same-age peers. It includes the home and community settings in which children without delays or disabilities participate. The decision as to whether a location is a natural environment must be made by taking into account the particular services for the individual child and is a team decision made by all IFSP team members, including you as the parent.)
- ⊙ Other Early Intervention services that your child needs and the funding sources to be used to pay for those services.
- ⊙ The dates for the start of the services as soon as possible after the IFSP meeting and the anticipated duration of the services.
- ⊙ The name of the service coordinator who will be responsible for making sure the IFSP is followed and coordination with any other agencies or providers.
- ⊙ The steps to be taken to support your child's transition to preschool at age 36 months.



Services will not begin until the IFSP is signed. If you need to take extra time to review it with your family, you may do so—you do not have to sign the document immediately. At the end of the meeting, you will receive a copy of the IFSP that was developed. (If photo copying equipment is not available at the meeting, a copy will be mailed to you as soon as possible.)

### *How Can I Prepare for the IFSP Meeting?*

Each family receiving Early Intervention services has its own priorities, concerns and resources. The questions below can help you focus on what services might be most useful to your child and family. Remember that your child's needs and your concerns will change over time and that this is just the beginning in the planning process that the IFSP team will use.

As you prepare for the IFSP meeting, think about:

- ⊙ What pleases you most about your child's development?
- ⊙ What concerns you most about your child's development?
- ⊙ What kind of help or information about your child's development or health care do you need?
- ⊙ In the next several months, I'd like to see my child be able to: \_\_\_\_\_
- ⊙ In addition to my family, other people I would like to include in the IFSP meeting: \_\_\_\_\_

You know your child best! To prepare for the IFSP meeting, think about the services and supports that your child and family will need, goals and desired outcomes. Write them down and share them with the IFSP team.

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## Transition to Preschool

### *What Happens When My Child Turns Three Years Old?*

As your child approaches three years old you will be preparing to leave the early intervention program and transition to a preschool program. This transition is a time that can be very exciting - knowing that your child is growing and changing and that you have helped him or her get off to a good start by participating in an Early Start program. It can also be stressful for you and your family as you leave the familiar service providers who may have become a part of your family by coming into your home, sometimes since your child's birth. It will help to relieve your stress if you understand how the process works and the differences between infant and preschool programs.

When your child is about **30 months** of age your service coordinator will notify you and your school district that transition planning is beginning. By **33 months** of age you (and anyone else you choose to invite), your service coordinator and a staff person from the school district will meet to start planning the transition. This is your opportunity to share your child's abilities and strengths and to voice your concerns and expectations about his or her current and future educational needs.

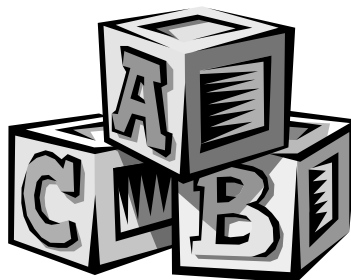
By the age of **36 months** the law requires that an IEP (Individualized Education Plan) meeting be held to determine if your child qualifies for special education services and if so, develop long range (1 year) and short range (3-6 months) goals in the areas where your child has identified needs.

Unlike infant programs that are based on developmental and therapeutic goals and are delivered in the home, preschool programs are based on an educational model. Children generally go to a classroom and instruction is primarily in groups. There will be less emphasis on individual, intensive therapy and skill development than in the infant program. Designated Instructional Services (DIS) may also be provided to your child as determined by the IEP team and may include deaf and hard of hearing services, speech/language therapy, transportation, vision and orientation/mobility services, occupational/physical therapy services and extended school year (summer school). They may be provided in addition to a preschool program. You may, however choose to have your child participate only in DIS programs.

There are several options for preschool programs. Some of these programs have income requirements and, in the case of private preschools, your child may have to be transported to a public school site in order to receive special education services. You should discuss what services your child needs and what options are available with your service coordinator and the school district (LEA) representative - you should be able to visit any placement program(s) recommended before you agree that your child will attend.

Finally, remember that no IEP goals are "written in stone". If, after a few weeks you think that your child's program(s) and/or services need to be revised, you may call an IEP meeting and discuss any changes that are needed with the team.

WarmLine has created a booklet, "Turning Three Years Old", available in both English and Spanish, which explains the process in detail and contains worksheets to help you plan you child's preschool needs. The booklet is available from your service coordinator or from WarmLine Family Resource Center and is also on WarmLine's web site at [www.warmlinefrc.org/WarmLinePublications.html](http://www.warmlinefrc.org/WarmLinePublications.html). WarmLine staff are also available to answer your questions and guide you through your child's transition to preschool services.



# Special Education Local Plan Area (SELPA)

## How Do I Find Out About Preschool Options?

Special education and related services are provided or coordinated by the **Special Education Local Plan Areas (SELPA)** and local education agency (school district) for children (3 to 22) with disabilities. Under California's Early Start Program, the SELPA and Regional Center have shared responsibility for developing and coordinating early intervention services, including transition to preschool at the local level. The SELPA can provide local program information and information on other public and private education and related services available in your community.

You may explore a variety of preschool programs to find one that suits the needs of your child and family. Community preschools, parent participation preschools, school district funded programs, school district special day classes and Head Start are among the potential options. The Head Start program is a free, comprehensive preschool program for income eligible families (or for children with special needs) and programs are available for three and four year old children throughout WarmLine's six county region. Contact your **SELPA**, local **Head Start**, or **WarmLine Family Resource Center** for more information about preschool options.



### SPECIAL EDUCATION LOCAL PLAN AREA (SELPA) & HEAD START:

#### SACRAMENTO

Elk Grove Unified, SELPA ..... (916) 686-7780  
 Folsom-Cordova Unified SELPA ..... (916) 635-2802  
 Head Start, SETA ..... (916) 263-3804  
 Sacramento City Unified SELPA ..... (916) 643-9163  
 Sacramento County SELPA ..... (916) 228-2446  
 San Juan Unified SELPA ..... (916) 971-7953

#### PLACER

Head Start ..... (530) 885-5437  
 KidzKount ..... (530) 885-5437  
 Placer County Office of Education ..... (530) 889-8020  
 Placer County SELPA ..... (530) 889-8020  
 Placer County Office of Education Child Dev... (530) 745-1380

#### YOLO

Head Start ..... (530) 668-5177  
 First Steps Infant Program  
     West Sacramento ..... (916) 371-9561  
     Woodland ..... (530) 668-3800  
 Yolo County Office of Education ..... (530) 668-6700  
 Yolo County SELPA ..... (530) 668-3786

#### EL DORADO

El Dorado County Office of Education ..... (530) 622-7130  
 El Dorado County SELPA  
     Placerville ..... (530) 295-2228  
     Tahoe Alpine ..... (530) 541-2850  
 Head Start/Early Head Start ..... (530) 622-7130 x 2270

#### NEVADA

Nevada County Office of Education ..... (530) 478-6400  
 Nevada County SELPA ..... (530) 265-0611

#### ALPINE

Alpine County Office of Education ..... (530) 694-2230  
 Tahoe Alpine, SELPA ..... (530) 541-2850 x 248



Every SELPA has a group called the **Community Advisory Committee (CAC)** which is made up primarily of parents of children with special needs, which advises the Special Education Department and provides training and information to parents of children who receive Special Education services. Your SELPA can give you information about when the CAC meets. (There is also generally CAC information available on the SELPA or Special Education Department web page.) In addition to learning more about Special Education, participating in your CAC will also give you the opportunity to meet other parents. For more information on CACs, please contact WarmLine.

## Nutrition & Feeding Assistance

### *Who Do I Call If I Have Questions About Feeding My Baby?*

*If you have questions or concerns about your baby's weight gain, nutritional status or health, always contact your pediatrician with feeding questions.*

The **Women, Infants, and Children (WIC) Supplemental Food Program** provides nutrition education and food vouchers for women and children who are income-eligible, including those with special nutritional needs such as PKU, diabetes, and other conditions that may result in a disability or place the mother and/or child at high risk for a disability. The **Le Leche League** provides support and information on nursing techniques. The following groups, as well as your county health department or **Public Health Nurse** (page 11) may be helpful.



#### SACRAMENTO

Breastfeeding Coalition of Sacramento..... (916) 734-5051  
 Le Leche League ..... (916) 442-5920  
 Women, Infants and Children (WIC) ..... (916) 876-5000  
 ..... (916) 326-5830  
 WIC Breastfeeding Helpline ..... (916) 875-2020  
 ..... (Spanish) (916) 875-2010

#### PLACER

Breastfeeding Coalition..... (916) 780-6454  
 Le Leche League ..... (916) 631-1721 or (916) 747-1180  
 Women, Infants and Children (WIC) ..... (530) 889-7187  
 (Roseville only)..... (800) 829-7199 x718

#### YOLO

Breastfeeding Warmline..... (800) 663-8685  
 Le Leche League ..... (530) 753-9824  
 Women, Infants and Children (WIC)  
     Davis ..... (530) 666-8445  
     West Sacramento ..... (916) 375-6390  
     Woodland..... (530) 666-8445  
 Woodland Food Closet..... (530) 662-7020

#### EL DORADO

Le Leche League (South Lake Tahoe)..... (530) 318-9939  
 Women, Infants and Children (WIC)  
     Placerville ..... (530) 621-6176  
     Placerville (Spanish Contact) ..... (530) 621-6171  
     South Lake Tahoe..... (530) 573-3491

#### NEVADA

La Leche League (North Lake Tahoe)..... (530) 550-8974  
 Women, Infants and Children (WIC)..... (530) 265-1454  
     Truckee ..... (530) 582-7884

#### ALPINE

Women, Infants and Children (WIC)..... (530) 573-3491

#### REGIONAL

Hollister Breastfeeding Equipment..... (877) 992-6332  
 Breastfeeding National Network (BNN)... (800) TELL-YOU  
 Le Leche League..... (800) LA-LECHE

**"Out of the Mouths of Babes"** by Cheryl Kremer  
 From *Chicken Soup for the Soul, Children with Special Needs*

One of my six-year-old daughter's favorite kids in school is a nine-year-old boy named Sammy. According to Nikki, Sammy is in a wheelchair and has a feeding tube.

One day, during one of our after-school chats, I asked, "Nikki, can Sammy talk?"

"Oh yes", she assured me. "He can talk."

"Are you sure?" I asked her. "I thought the kids in his class couldn't talk."

"Yes, he can," insisted Nikki, her voice growing louder. "Sammy talked to me today."

"What did he say?" I asked her.



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## Child Care / Respite

### *Where Can I Find A Child Care Provider Who Understands My Baby's Special Needs?*

Finding child care for a child with special health care or developmental needs can be challenging. Parents are sometimes faced with providers who are willing, but who have not had previous experience taking care of children with special needs and who are nervous about what might be expected of them. Your local child care referral agency has lists of licensed day care homes and center providers with experience and/or interest in caring for children with special needs. The child care referral agency will ask you a few basic questions about your child's needs and what things you are looking for in a child care setting. The key to this process is to be open about your child's (and your) needs. You will then be given a list of providers to interview.

The agencies with an asterisk (\*) are available for resource and referral services.

For more information about inclusive child care, what to look for in a child care setting and tips on how to more effectively communicate with your child care provider, please call WarmLine.

**Respite care** is short-term care that is provided to families of children who qualify and who are clients of the Alta California Regional Center. Respite care is important because it gives families a "break" from caring for their child with special needs and is typically provided in the family's home. Your child's Alta service coordinator can let you know if your child qualifies for respite services and how to access those services.

Some children with special health care needs will also qualify for in-home nursing care. Ask your Alta service coordinator or nurse case manager if your child qualifies for in-home nursing services.

#### SACRAMENTO

\*Child Action .....(916) 369-0191  
(Ask for "enhanced referral" for child with special needs.)  
My Friends Pediatric Care Center .....(916) 987-8632  
Sacramento Crisis Nursery (North) .....(916) 679-3600  
(South).....(916) 394-2000

#### PLACER

\*Child Care Services Resource and Referral.(530) 745-1380  
Kare Crisis Nursery .....(530) 265-0693

#### YOLO

\*Child Care Services.....(530) 757-5695  
or .....(800) 723-3001  
Yolo Crisis Nursery (Davis).....(530) 758-6680



#### EL DORADO

\*Choices for Children  
South Lake Tahoe.....(530) 541-5848  
Placerville.....(530) 676-0707

#### NEVADA

Kare Crisis Nursery .....(530) 265-0693  
\*Sierra Nevada Children's Services  
Grass Valley.....(530) 272-8866  
Truckee .....(530) 587-5960

#### ALPINE

\*Choices for Children .....(530) 694-2129

#### REGIONAL

Community Care Licensing (State agency which licenses child care facilities & provides child care site lists.)  
Day Care Licensing .....(916) 229-4530  
Residential Care Licensing.....(916) 263-4700  
United Cerebral Palsy (Respite).....(916) 779-6262

## Financial Concerns

### *How Do We Get Financial And Other Help With Our Family's Special Needs?*

Finances are often a worry for families of children with special health care or developmental needs. In California, there are agencies that assist families with funding for medical services and others which can provide help with other financial concerns.

Speak with your hospital social worker, patient representative or your doctor about applying for any of the programs that may be appropriate for your family. You can also speak with your Alta service coordinator or call WarmLine for more information.

### *California Children Services (CCS)*

CCS is a statewide program for specialized medical care and rehabilitation for children who have a medically eligible diagnosis. Once a diagnosis is established, families must meet income guidelines to qualify for assistance; however, occupational therapy (OT) and physical therapy (PT) are not income dependent. CCS funding is also available to families who have some types of insurance or Medi-Cal. Your doctor or hospital may already have referred your baby to CCS. If not, you may call one of the telephone numbers listed below for more information.



SACRAMENTO.....(916) 875-9900  
 PLACER.....(530) 886-3630  
 YOLO.....(530) 666-8333

EL DORADO.....(530) 621-6128  
 South Lake Tahoe.....(530) 573-3157  
 NEVADA.....(530) 265-1450  
 ALPINE.....(530) 694-2235

### *Child Health and Disability Program (CHDP)*



CHDP provides complete health and dental assessments for early detection and prevention of diseases and disabilities in children and youth (including school entry exams, sports physicals and immunizations). CHDP serves Medi-Cal eligible children birth through 20 years and children from birth through 18 years whose families are at or below 200% of the federal poverty level.

SACRAMENTO.....(916) 875-7151  
 PLACER.....(530) 886-3620  
 YOLO.....(530) 666-8249

EL DORADO.....(530) 621-6110  
 NEVADA.....(530) 265-1450  
 ALPINE.....(530) 694-2235

### *Child Support Services*

Counties have departments specifically to help collect child support that has not been paid. Call "Child Support Services" for more information.

SACRAMENTO.....(866) 901-3212  
 PLACER.....(866) 901-3212  
 YOLO.....(866) 901-3212

EL DORADO.....  
 Placerville.....(530) 621-5600  
 South Lake Tahoe.....(530) 573-3455  
 NEVADA.....(866) 901-3212  
 ALPINE.....(866) 901-3212

## Family Leave

Both the State of California and the federal government offer programs that allow a parent to take up to six weeks (paid or unpaid) time off of work to care for a family member who has a serious medical condition. Each has different requirements, so it is advisable to investigate both programs.

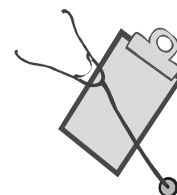
### Contact:

- California Employment Development Department: 877-238-4373 or [www.edd.ca.gov](http://www.edd.ca.gov)
- US Dept. of Labor: [www.dol.gov](http://www.dol.gov)
- Labor Project for Working Families: [www.paidfamilyleave.org](http://www.paidfamilyleave.org)

## Healthy Families

Healthy Families provides health and dental care for low-income children under the age of 19 whose families have incomes above the eligibility for Medi-Cal. The program does have an immigration status requirement. Children who are enrolled in Medi-Cal or have employer-sponsored coverage do not qualify.

Call 800-880-5305 for more information or to apply. Download an application packet at [www.healthyfamilies.ca.gov](http://www.healthyfamilies.ca.gov)



## In-Home Support Services (IHSS)



Children who require extra help for their care at home may be eligible for IHSS. This is funding given to your family to supplement your income if you are caring for your baby full-time and it may be used to hire a part-time caregiver. There are income qualifications.

SACRAMENTO.....(916) 874-9471  
PLACER (Auburn) .....(530) 886-3680  
    (Roseville) .....(916) 787-8800  
YOLO.....(530) 661-2955

EL DORADO.....  
    Placerville ..... (530) 642-4800  
    South Lake Tahoe ..... (530) 573-3060  
NEVADA..... (530) 265-1639  
ALPINE ..... (530) 694-2235

## Medi-Cal

If your family's income is within certain guidelines, you may be eligible for Medi-Cal. This provides financial assistance for regular check-ups and special medical care. You may be eligible for both Medi-Cal and CCS. Your hospital or CCS representative can help you apply.

SACRAMENTO.....(800) 747-1222  
PLACER  
    Auburn.....(530) 889-7610  
    Roseville .....(916) 784-6000  
YOLO  
    West Sacramento .....(916) 375-6200  
    Woodland .....(530) 661-2750

EL DORADO  
    Placerville.....(530) 642-7300  
    South Lake Tahoe.....(530) 573-3200  
NEVADA .....(530) 265-1340  
    Truckee.....(530) 582-7803  
ALPINE.....(530) 694-2235  
REGIONAL .....(800) 952-5253

## Parking Placard

A person can qualify for a parking placard if certain medical and/or mobility conditions exist. Your baby, who requires extra equipment such as oxygen may qualify for a parking ("disabled") placard.

### To Apply for a Disabled Placard or License Plate:

- Download and print a copy of the "Application for Disabled Person Placard or Plates" from [www.dmv.ca.gov/forms/req/req195.pdf](http://www.dmv.ca.gov/forms/req/req195.pdf)
- Have a doctor sign the disability certification.
- Mail the completed application to the address indicated on the form. For a temporary placard, include a \$6 fee. Permanent placards and license plates are free.
- Or, make an appointment at a local DMV office (800) 777-0133 to deliver the application in person.
- The placard or plates will be received within three weeks after the DMV receives the application.

## Supplemental Security Income (SSI)

If your baby has a disability that will last more than one year, he or she may qualify for Supplemental Security Income (SSI). If your baby is found eligible you may receive financial support. The amount is dependent upon family income. If your family qualifies, your baby will also receive MediCal under SSI.

(800) 772-1213..... [www.ssa.gov](http://www.ssa.gov)

## Temporary Assistance for Needy Families (TANF)

TANF may provide eligible applicants with financial assistance (food stamps, etc.). Income must fall within established guidelines based on family size.

SACRAMENTO .....	(916) 874-2072	EL DORADO	
PLACER (North Lake Tahoe).....	(530) 546-1900	Placerville.....	(530) 642-7300
Auburn .....	(530) 889-7610	South Lake Tahoe.....	(530) 573-3200
YOLO		NEVADA .....	(530) 265-1340
West Sacramento .....	(916) 375-6200	Truckee.....	(530) 582-7803
Woodland.....	(530) 661-2750	ALPINE.....	(530) 694-2555

## Utilities

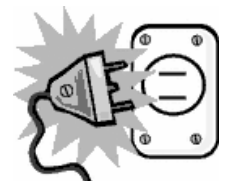
Pacific Gas and Electric Company's (PG&E) Medical Baseline Program provides additional quantities of energy at the lowest (baseline) price to residential customers with certain medical conditions.

Customers dependent on life-support equipment and those with special heating or cooling needs may be eligible to receive a standard medical baseline rate.

For more information or to print out the application, go to:

[www.pge.com/myhome/customerservice/financialassistance/medicalbaseline/howtoapply/](http://www.pge.com/myhome/customerservice/financialassistance/medicalbaseline/howtoapply/) or call 800-743-5000.

Sacramento Municipal Utility District (SMUD) also has a medical equipment discount rate. For more information or print out the application, go to [www.smud.org/en/residential/services/Pages/medical-rate.aspx](http://www.smud.org/en/residential/services/Pages/medical-rate.aspx) or call 888-742-SMUD (7683).





## Public Service Agencies

### *How Can I Find Out About Other Public Services?*

Agencies provide a range of services that may include assessment, counseling, dental, vision, AIDS information, family planning, prenatal care, nutrition, and general health care.

### *Health Departments & Related Agencies*

#### SACRAMENTO

North.....(916) 648-0982

South.....(916) 875-0900

PLACER.....(530) 886-1870

North Lake Tahoe.....(530) 546-1970

YOLO.....(530) 666-8650

#### EL DORADO

Placerville.....(530) 621-6100

South Lake Tahoe.....(530) 573-3155

NEVADA.....(530) 265-1450

Truckee.....(530) 582-7814

Maternal Child Health Program.....(800) 371-6662

ALPINE.....(530) 694-1816

### *Social Services*

SACRAMENTO.....(916) 875-2072

#### PLACER

Children's System of Care.....(530) 889-6701

YOLO.....(530) 661-2750

#### EL DORADO

Placerville.....(530) 642-7300

South Lake Tahoe.....(530) 573-3200

NEVADA.....(530) 265-1340

Truckee.....(530) 582-7803

ALPINE.....(530) 694-2235

### *Drug and Alcohol Treatment*

SACRAMENTO.....(916) 874-9754

PLACER.....

Auburn.....(530) 889-7240

Roseville.....(916) 787-8800

YOLO..... (Crisis & Access) (888) 965-6647

Davis.....(530) 757-5530

West Sacramento.....(916) 375-6350

Woodland.....(530) 666-8630

EL DORADO.....

Placerville.....(530) 621-7560

South Lake Tahoe.....(530) 573-3386

NEVADA.....(530) 265-1437

ALPINE.....(530) 694-1816

### *Mental Health Services*

SACRAMENTO.....(916) 875-7070

(Child Services Access Team).....(916) 875-9980

#### PLACER

Roseville.....(916) 787-8800

Tahoe.....(530) 889-7240

YOLO..... (Crisis & Access) (888) 965-6647

Davis.....(530) 757-5530

West Sacramento.....(916) 375-6350

Woodland.....(530) 666-8630

EL DORADO.....(530) 621-6200

NEVADA.....(530) 265-1437

Truckee.....(530) 582-7803

ALPINE.....(530) 694-1816

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## Health Care

### *Where Can I Find Medical Care For My Baby?*

Some of the funding sources listed previously may help with medical care after a child goes home from the hospital, although some funding may be limited to specific services. It will be helpful to discuss what your baby's medical needs at home will be, even while your baby is still hospitalized. While still in the hospital, you can talk with your baby's doctor, the hospital discharge planner or the hospital social worker to help you find outside medical care resources such as Medi-Cal or CCS.

If you already have a pediatrician, let the hospital know his or her name. If you do not have a pediatrician, ask the doctor, discharge planner or social worker to help you find one who is familiar with your child's diagnosis and who accepts the type insurance that your baby has.

Another good way to find a doctor is to ask other parents for recommendations.

#### **Ways To Work With Your Doctor**

- ✓ Select a doctor with whom you feel comfortable. You'll be working *together* to help your child.
- ✓ Be assertive about asking for what your child needs.
- ✓ If you don't understand what the doctor has told you, ask for clarification. It may be helpful for you to ask the doctor's nurse to summarize what you've been told.
- ✓ Write down your questions as you think of them and take them with you to your child's appointment. Write down the answers to your questions and keep them with your baby's medical information.
- ✓ You may want to bring a friend or if possible, an Early Intervention provider to help you ask questions and hear what is being said. Having that person take notes for you is always helpful.
- ✓ Give honest and direct answers and expect the same. Have confidence in your own observations and opinions.
- ✓ Don't hesitate to seek a second opinion if you feel you need more information.
- ✓ *Ask for and keep copies of medical records and reports in a notebook.* A parent record-keeping notebook (called the "Family Notebook") is available from WarmLine (and also at [www.warmlinefrc.org/WarmLinePublications.html](http://www.warmlinefrc.org/WarmLinePublications.html)). The Center for Children with Special Health Care Needs also has a care notebook a [www.cshcn.org/planning-record-keeping/care-notebook](http://www.cshcn.org/planning-record-keeping/care-notebook)



(Having copies of reports is especially important since, because of federal health care privacy laws, it can be time consuming for agencies to get copies of medical records from providers. If you already have copies, you can provide them when ever they are needed.)

**A note about medical records:** When children are young, especially if they have complex medical needs, it's important to maintain records that include procedures and tests that were performed and their dates. Parents are encouraged to continue to do so even after children are medically stable since that information will also be needed by adult medical providers and when applying for programs such as Social Security Income (SSI) when the child becomes an adult.

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## *What Kinds of Medical Specialists Might Be Involved In My Baby's Care?*

Some common medical specialists involved with an infant with special medical needs are:

- ✓ **Pediatrician** or family practice doctor - a doctor who is responsible for well child care. He or she can provide your child's routine health care, refer you to specialists and monitor your child's development.
- ✓ **Pulmonologist** - a doctor who specializes in lung problems.
- ✓ **Neurologist** - a doctor who specializes in the child's nervous system and brain development.
- ✓ **Ophthalmologist** - a doctor who diagnoses and treats eye and vision problems.
- ✓ **Cardiologist** - a heart specialist.
- ✓ **Gastroenterologist** - a doctor who specializes in the digestive system.
- ✓ **Orthopedist** - a doctor who monitors bone growth and development.



There may be other specialists involved with your child who are not physicians, such as an audiologist for hearing, speech therapist for speech development or nutritionist for diet and feeding problems. Sometimes your baby may need a physical therapist (PT) or occupational therapist (OT) to help with his/her movement and mobility skill development. These specialists generally work on referral from your doctor, educational program, or other early intervention program.

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## *With All These Special Doctors, How Do I Know Whom To Call When I Have A Question ?*

This is an important question to ask the hospital doctor before your baby is discharged, especially if you have not yet had an opportunity to talk with your baby's pediatrician or family doctor.

When you visit your pediatrician or family doctor after your baby is first discharged from the hospital or first diagnosed with a special health care need, discuss the medical specialists your baby will be seeing and ask who should be consulted and under what circumstances.

If you are ever not sure whom to call, you should first call your primary pediatrician or family doctor. He or she can then refer you to the appropriate specialist.

Keep the numbers of all of your baby's doctors handy so you don't have to spend time looking them up.

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## *Where Can I Find Dental Care For My Baby/Toddler?*

Dental health needs are as important as other health needs. Children have all of their "baby teeth", typically, by age two. Your child should visit a dentist within six months of the first tooth erupting, by age one or when your pediatrician recommends.

Finding a dentist for your child with special needs can be challenging. A dentist who does take patients with special needs may not take your dental insurance. To find a dentist for your child, ask your pediatrician or other medical specialist(s) for recommendations. You may also talk with friends and ask them if they recommend their child's dentist. While WarmLine does not endorse or recommend providers, we do maintain a list of dentists who have had experience with children with special needs. If your child has services through Alta, you can also ask your service coordinator for name(s) of dentists who might be available to care for your child.

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## Legal Rights / Advocacy

### *Who Can Help Me Understand My Legal Rights?*

Sometimes it is difficult to decide what is right for your child's developmental and educational programs. There may even be a time when you and the service providers disagree on the best program. Sometimes you may need help convincing agencies that your child needs special equipment or assistance. At times like these, it might be helpful to learn more about your child's legal rights to services. There are organizations that are available to provide information, consult with you about your needs and may help you to advocate for your child.

Area Board III .....	(916) 263-3085	NICHCY: National Information Center for Children and Youth with Disabilities .....	(800) 695-0285
California Department of Education Procedural Safeguards Referral Service..	(800) 926-0648	Office of Clients Rights Advocacy (OCRA) ..	(916) 575-1615
Capitol People First .....	(916) 486-2657	.....	(800) 390-7032
Court Appointed Special Advocates (CASA)		Parent Training & Information Centers & Community Parent Resource Centers:	
El Dorado County .....	(530) 622-9882	*Disability Rights & Education Defense Fund (DREDF) (Yolo Co.).....	(800) 348-4232
Nevada County.....	(530) 265-9550	*Rowell Family Empowerment Center.....	
Placer County.....	(530) 887-1006	(Sacramento, Placer, El Dorado, Nevada, Alpine Co.)	
Sacramento County .....	(916) 875-6460	.....	(877) 227-3471
Yolo County .....	(530) 661-4200	Patients' Rights Advocates .....	(916) 654-2327
Disability Rights California.....	(916) 488-9950	WarmLine Family Resource Center	
.....	(800) 776-5746	Sacramento .....	(916) 922-9276 / (800) 660-7995
Health Rights Hotline.....	(916) 551-2100	Placer County. ....	(916) 782-7147
.....	(888) 354-4474	Yolo County .....	(530) 759-1127
Legal Services of Northern California.....	(916) 551-2150	Spanish .....	(916) 922-1490
National Fathers Network .....	(425) 653-4286		

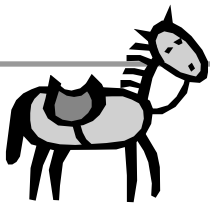
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## Resource Libraries, Toys, Equipment, Etc.

### *Where Can I Find Materials And Books About My Baby's Special Needs?*

Our experience as parents of children with special challenges has shown us the enormous value of information, technical knowledge and support. Resource libraries located in each county often feature a variety of resources. Materials are also located in county libraries and many support groups have their own resource libraries.

Alta California Regional Center, George F. Kelso Foundation Library (Sacramento).....	(916) 978-6252	Marshall Medical Community Health Library (Placerville).....	(530) 626-2778
Child Care Services (Davis).....	(530) 757-5695	Sacramento Co. Office of Education	
.....	(800) 723-3001	Infant Dev. Program (Sacramento).....	(916) 277-5900
Children's Therapy Center (Woodland) .....	(530) 668-1010	Sierra Nevada Children's Services	
Choices for Children (Markleeville) .....	(530) 694-2129	Grass Valley .....	(530) 272-8866
Early Start Library (Sacramento).....	(916) 492-4020	Truckee.....	(530) 587-5960
Early Start Resources.....	(800) 869-4337	Sutter Health Resource Library (Sacramento)	(916) 733-3880
Family Connections El Dorado		WarmLine Family Resource Center .....	
Family Resource Center (Placerville)....	(530) 626-5164	Sacramento .....	(916) 922-9276 / 800-660-7995
FEAT .....	(916) 491-1033	Placer County .....	(916)782-7147
Greengate Elementary School Library (Woodland)		Yolo County .....	(530) 759-1127
.....	(530) 668-3800	Spanish .....	(916) 922-1490
		Woodland Toy Library .....	(530) 666-2918



# Recreational Opportunities

## How Can I Find Recreational Activities For My Family ?

(This list includes activities for all ages—not just birth to three.)

Many specialized recreation activities are available as well as opportunities to participate in regular recreational programs. Most programs do not have residency requirements.

Special events, such as the **Special Kids Picnic** occur regularly and there are always new events and activities being planned. Please visit WarmLine's Event Calendar at [www.warmlinefrc.org](http://www.warmlinefrc.org) or call **WarmLine Family Resource Center** for more information regarding recreation in your area.

If you are interested in sending your child to camp during the summer, you should know that most camps have registration periods during the late winter and spring, so plan to register early.

### ✓ Clubs, Group Activities

- Boys & Girls Club.....(916) 442-2582
- Boy Scouts of America.....(916) 929-1417
- Campfire Girls and Boys.....(916) 635-3435
- Girl Scouts of America.....(916) 638-4475

### ✓ Golf/Tennis

- Disabled Sports USA.....(916) 722-6447 x 101
- First Tee of Sacramento.....(916) 455-7888

### ✓ Gymnastics

- Gold Country Gymnastics (Grass Vly).....(530) 273-3680
- Tricks Gymnastics (Placer Co.).....(916) 791-4496
- Tricks Gymnastics (Sacramento Co.).....(916) 481-4496

### ✓ Movement Activities

- Project Play.....(916) 278-5041
- Baby and Me (Truckee) .....(530) 587-2313 x 110
- Music for Me (Truckee) .....(530) 582-7720

### ✓ Snow Skiing/Ice Skating

- Hockey, Sled (Skatetown).....(916) 783-8550
- Ice Skating, Special Friends (Skatetown).....(916) 783-8550 x109
- Skiing, Disabled Sports USA.....(916) 722-6447
- Skiing, Tahoe Adaptive Ski School .....(530) 581-4161
- Skiing, Environmental Travel Companions.....(415) 474-7662

### ✓ Team Sports

- Challenger Little League (Nevada County).....(530) 274-9456
- Challenger Little League (Sacramento).....(916) 381-0898
- Challenger Soccer.....(916) 554-0889
- Power Soccer.....(916) 554-0889
- River Cats Independence Field (Baseball) .....(916) 808-2340
- Super Kicks Soccer.....(916) 962-1048

### ✓ Water Activities

- Kayaking/Rafting .....(415) 474-7662
- No. Calif. Swimstitute.....(916) 851-0840
- Sailing (BAADS).....(415) 281-0212
- Swim School, Debbie Meyer.....(916) 972-0343
- Swim Lessons, Warm Water (Bowman-Solinsky).....(530) 265-3245
- Water Skiing, Disabled Sports USA.....(916) 722-6447
- WAVE Camp.....(916) 808-6017

### ✓ Recreation, Miscellaneous

- Assn. for People w/ Dev. Disabilities (Grass Vly).....(530) 274-9729
- Blind Olympics.....(530) 626-5587
- California Disabled Discount Pass (State Park) .....(800) 777-0369
- California Fishing License (Free for regional center clients— contact your service coordinator for application.)
- Camp Guide Book ([www.acacamps.org](http://www.acacamps.org)).....(800)333-5344
- Disabled Sports USA.....(530) 581-4161 / (916) 722-6447
- Fishing- Kids Catch a Smile Day.....(<http://kidscatchasmile.com> Annual one-day free event at Aerojet in Sacramento)
- Fishing– No Limits Fishing Derby (Nevada Co.).....(530) 274-9456
- Golden Access Passport (Federal Parks).....(888) ASK-USGS
- NorCal Kids Bowling (Placer Co.).....(530) 559-2200
- Special Olympics.....(916) 375-1930

### ✓ Recreation Depts. with Adaptive Programs

Some recreation departments have adaptive programs but many of the “regular” activities may also be appropriate for children with special needs. Talk with the recreation leaders to find out if a program is appropriate for your child and what accommodations he or she may need.

Many recreation districts are building accessible playgrounds. Call or check their web sites for availability.

- Auburn Recreation District.....(530) 885-8461
- Cordova Recreation & Park Dept.....(916) 362-1841
- Davis, City of, Alternative Recreation.....(530) 757-5694
- Roseville, City of, Adaptive Recreation.....(916) 774-5200
- Accessible playgrounds at Mahany and Maidu Parks)
- Sacramento, City of, Access Leisure.....(916) 808-3809
- Sacramento, Co. of, Therapeutic Rec. Svcs.....(916) 381-0255
- Tahoe City Parks and Recreation.....(530) 583-3796
- Truckee-Donner Parks and Recreation.....(530) 582-7725
- West Sacramento, City of, SPARKS Prog.....(916) 617-4620

### ✓ Therapeutic Horseback Riding

- Grace Foundation (El Dorado Hills).....(916) 719-1040
- Horses for Healing (Auburn).....(530) 887-9573
- Kids & Horses (Minden).....(775) 267-1775
- Lakeside Therapeutic Riding Ctr. (Granite Bay).....(916) 652-2197
- Project R.I.D.E., Inc (Elk Grove).....(916) 685-7433
- Ride and Shine (Shingle Springs).....(530) 676-1920
- Ride to Walk (Lincoln).....(916) 434-0693
- Saddle Pals (Orangevale).....(916) 988-7734

✓**Marshall Arts**

- Ah Po's Karate Studio.....(916) 331-5800
- Ajay's Karate, Inc.....(916) 681-4141
- Granite Bay Karate.....(916) 791-4948
- Kovar's Karate Center, Inc.....(916) 791-7650
- Langley's Karate School.....(916) 435-4000

✓**Other Activities**

- Camp Sacramento.....(916) 277-6098
- Effie Yeaw Center .....(916) 489-4918
- Fairytale Town.....(916) 808-5233  
(Child with special needs & one adult are admitted free.)
- Kids Zone Museum/Truckee .....(530) 587-5437
- NorCal Kids Club.....www.norcalkidsclub.com
- Placer Nature Center.....(530) 878-6053
- REACH After-School Teen Program (Sacramento & Elk Grove)  
.....(916) 422-2477
- Sacramento Zoo.....(916) 808-5880  
(Child w/ special needs and one adult are each 1/2 price.)
- Sky High Sports (Trampoline).....(919) 853-8567
- Sierra Nevada Children's Museum .....(530) 587-5437
- Sierra Nevada Children's Svcs (Grass Vly).....(530) 272-8866  
(Truckee) .....(530) 587-5960
- Society for the Blind, Children's Enrichment Program  
.....(916) 452-8271
- Southside Park .....(916) 808-2340  
(Fully accessible playground at 6th and U Streets in Sacramento)
- Woodland Toy Library.....(530) 666-2918

Notes

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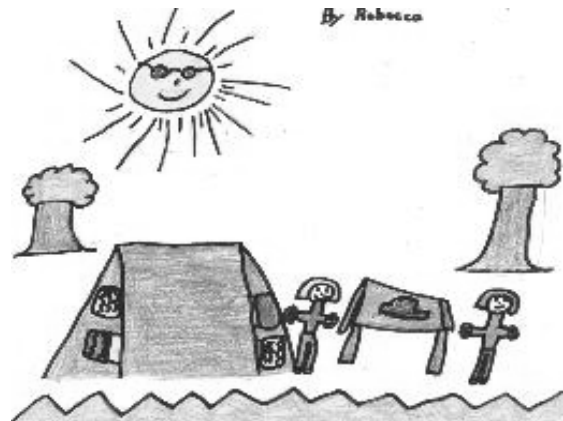
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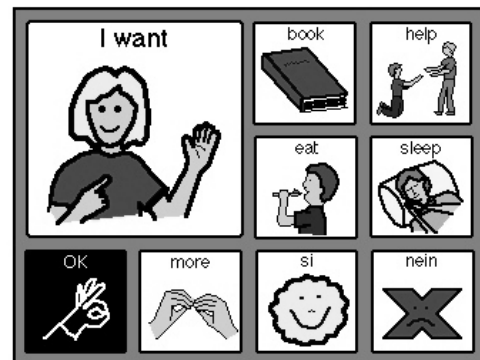


## Technology / Assistive Devices / Equipment

### *Where Can I Find Out About Technology That Might Help My Child?*

Technology can make a big difference for people with disabilities, enhancing their active participation in their communities. Adaptive or assistive technology is described in Federal Legislation as: "...any item, piece of equipment, or product system whether acquired off the shelf, modified or customized that is used to increase, maintain, or improve functional capabilities of individuals with disabilities." Your child's Individual Family Service Plan (IFSP) must include a statement on the benefits of any recommended assistive device or service. There are several groups specializing in assistive device information, computer opportunities and equipment. You might also want to talk with your service coordinator about assistive technology.

- Alliance for Technology Access ..... (800) 914-3017  
[www.ataccess.org](http://www.ataccess.org)
- Assistive Technology Network..... (800) 390-2699  
[www.atnet.org](http://www.atnet.org)
- California Children's Services (CCS)  
(for medically eligible conditions).....See page 17
- Communication Technology Education Center .....  
..... (916) 921-5639
- Easter Seals Superior California ..... (916) 485-6711
- SEEDS Workgroup on Early Education Technology (SWEET)  
[www.scoe.net/seeds/resources/at/at.html](http://www.scoe.net/seeds/resources/at/at.html)  
..... (916) 228-2379



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# Agencies & Groups Helpful for Parents of Children with Special Healthcare & Developmental Needs

*"(Sp)" indicates that the website is also available in Spanish.*

## Advocacy/Family Support/General Information

- ☆ *American Academy of Pediatrics* (General information on health of children with special needs, especially how to make a "care notebook")  
[www.aap.org](http://www.aap.org) 847-434-4000
- ☆ *Area Board 3* (Advocates on behalf of people w/ disabilities in California.)  
[www.Areaboard3.org](http://www.Areaboard3.org) 916-263-3085
- ☆ *The ARC* (Nat'l organization of and for people w/ mental retardation & related disabilities.)  
[www.thearc.org](http://www.thearc.org) 800-433-5255
- ☆ *California Association of Family Empowerment Centers* (Provide information, resources, technical assistance, and more for a statewide network of local FECs which provide family education, empowerment, and parent-professional collaborative activities for families of children with disabilities ages 3-22 years old.)  
[www.cafec.org](http://www.cafec.org) 916-285-1801
- ☆ *Capitol People First* (Self-Advocates Training Self-Advocates.)  
[www.peoplefirstca.org](http://www.peoplefirstca.org) 916- 552-6625
- ☆ *Center for Children with Special Health Care Needs* (improve and promote the health and well being of children with special health care needs and their families)  
[www.cshcn.org](http://www.cshcn.org)
- ☆ *Circle of Inclusion* (Supports inclusion of children with special needs)  
[www.circleofinclusion.org](http://www.circleofinclusion.org) (Sp.)
- ☆ *Disability Rights Education & Defense Fund (DREDF)* Parent Training & Information Center for Yolo County  
[www.dredf.org](http://www.dredf.org) 800-348-4232 / 510-644-2555
- ☆ *Disability Rights California* (Formerly Protection & Advocacy) (Advocating and advancing the rights of Californians with disabilities.)  
[www.disabilityrightsca.org/](http://www.disabilityrightsca.org/) 916-488-9950
- ☆ *Family Village* (Site for children and adults w/ disabilities and their families, and their friends and allies.)  
[www.familyvillage.wisc.edu](http://www.familyvillage.wisc.edu)
- ☆ *Family Voices of California* (Grass roots family advocacy group focusing on health care related issues.)  
[www.familyvoicesofca.org/](http://www.familyvoicesofca.org/)
- ☆ *Fathers Network* (Supports fathers of children with special needs)  
[www.fathersnetwork.org](http://www.fathersnetwork.org) (Sp.)
- ☆ *Health Rights Hotline* (Provides free assistance and information about rights in health care.)  
[www.hrh.org](http://www.hrh.org) (Sp.) 916-551-2100 / 888-354-4474
- ☆ *Make-A-Wish Foundation* (Grants wishes to children w/ life threatening medical conditions)  
[www.wish.org](http://www.wish.org) 916-437-0206
- ☆ *Mothers United for Moral Support (MUMS)* (Nat'l parent match organization)  
[www.netnet.net/mums/](http://www.netnet.net/mums/) 877-336-5333
- ☆ *National Information Ctr. For Children & Youth w/ Disabilities (NICHCY)* (Info. on disabilities in infants, toddlers, children, and youth, IDEA, No Child Left Behind (as it relates to children with disabilities), and more.)  
[www.nichcy.org](http://www.nichcy.org) 800-695-0285
- ☆ *Rowell Family Empowerment Center* (Parent Training & Information Center for Northern California)  
[www.rfenc.org](http://www.rfenc.org) 877-227-3471
- ☆ *Placer ARC* (Advocacy, Resources & Choices) Programs for individuals with developmental disabilities.  
[www.placerarc.org](http://www.placerarc.org) 916-781-3016



- ☆ *Sibling Support Project* (Supporting the life-long concerns of siblings of people who have special needs.)  
[www.siblingsupport.org](http://www.siblingsupport.org)
- ☆ *WarmLine Family Resource Center* (Support and resources for families of children w/ special needs)  
[www.warmlinefrc.org](http://www.warmlinefrc.org)      *Sacramento:* 916-922-9276 / 800-660-7995    *Roseville:* 916-782-7147  
*Davis:* 530-759-1127    *Spanish:* 916-922-1490

## Health Services

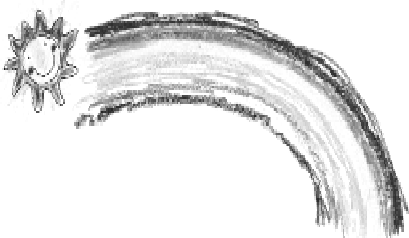
- ☆ *California Children's Services* (Health care for children who qualify and who have an eligible diagnosis)  
[www.dhcs.ca.gov/services/ccs/Pages/default.aspx](http://www.dhcs.ca.gov/services/ccs/Pages/default.aspx)
- ☆ *Health Rights Hotline* (Provides free assistance and information about rights in health care.)  
[www.hrh.org](http://www.hrh.org)      (Sp.)      916-551-2100 / 888-354-4474
- ☆ *My Friends Pediatric Day Healthcare Center* (Respite care for medically fragile children up to age 21.)  
[www.myfriendsonline.org](http://www.myfriendsonline.org)      916-987-8632
- ☆ *Shriners Hospitals* (Free medical care for children up to 18 years who have orthopedic diagnoses, spinal cord injuries, limb deficiencies, burns or who require plastic surgery.)  
[www.shrinershq.org/Hospitals/NorthernCalifornia](http://www.shrinershq.org/Hospitals/NorthernCalifornia)      916-453-2000

## Developmental Disabilities

- ☆ *Alta California Regional Center (ACRC)* (Serves people with developmental disabilities and their families.)  
[www.altaregional.org](http://www.altaregional.org)      916-978-6400
- ☆ *California Department of Developmental Services (DDS)* (Serves people with developmental disabilities and their families.)  
[www.dds.cahwnet.gov](http://www.dds.cahwnet.gov)      916-654-1690 / 800-515-2229
- ☆ *Easter Seals* (Developmental services, employment training, adult day programs and warm water therapy)  
[www.superiorca.easter-seals.org](http://www.superiorca.easter-seals.org)      916-485-6711

## Special Education

- ☆ *Area Board 3* (Advocates on behalf of people w/ disabilities in California.)  
[www.Areaboard3.org](http://www.Areaboard3.org)      916-263-3085
- ☆ *California Department of Education, Special Education Division* (State agency which oversees both general and special education programs)  
[www.cde.ca.gov/sp/se/](http://www.cde.ca.gov/sp/se/)      916-319-0800 (Procedural Safeguards: 800-926-0648)
- ☆ *Disability Rights California* (Formerly Protection & Advocacy) (Advocating and advancing the rights of Californians with disabilities.)  
[www.disabilityrightscalifornia.org/](http://www.disabilityrightscalifornia.org/)      916-488-9950
- ☆ *National Information Ctr. For Children & Youth w/ Disabilities (NICHCY)* (Info. on disabilities in infants, toddlers, children, and youth, IDEA, No Child Left Behind (as it relates to children with disabilities), and more.)  
[www.nichcy.org](http://www.nichcy.org)      800-695-0285
- ☆ *Wright's Law* (Info. about special education law, education law, and advocacy for children with disabilities.)  
[www.wrightslaw.com/](http://www.wrightslaw.com/)



## Diagnosis/Disability Specific (Alphabetical by Diagnosis/Disease)

☆ <i>Family Village</i>	(Links to sites that address many specific diagnoses.)
<a href="http://www.familyvillage.wisc.edu">www.familyvillage.wisc.edu</a>	
☆ <i>Mothers United for Moral Support (MUMS)</i> (Nat'l parent match organization. Helpful for rare diagnoses.)	
<a href="http://www.netnet.net/mums/">www.netnet.net/mums/</a>	877-336-5333
☆ <i>Mothers of Asthmatics</i>	(asthma)
<a href="http://www.aanma.org">www.aanma.org</a> (Sp)	800-878-4403
☆ <i>Families for Early Autism Treatment (FEAT)</i>	(autism)
<a href="http://www.feet.org">www.feet.org</a>	916-463-5323
☆ <i>C.H.A.D.D.</i>	(ADD/ADHD)
<a href="http://www.chaddnorcal.org">www.chaddnorcal.org</a>	800-759-9758
☆ <i>Association of Birth Defect Children</i>	(birth defects)
<a href="http://www.birthdefects.org">www.birthdefects.org</a>	407-566-8304
☆ <i>American Cancer Society</i>	(cancer)
<a href="http://www.cancer.org">www.cancer.org</a> (Sp)	916-446-7933
☆ <i>John Tracy Clinic for Preschool Deaf Children</i>	(deaf)
<a href="http://www.jtc.org">www.jtc.org</a> (Sp)	800-522-4582
☆ <i>NorCal Center for Deafness</i>	(deaf)
<a href="http://www.norcalcenter.org">www.norcalcenter.org</a>	916-349-7500
☆ <i>National Down Syndrome Society</i>	(Down syndrome)
<a href="http://www.ndss.org">www.ndss.org</a>	800-221-4602
☆ <i>United Cerebral Palsy, Sacramento</i>	(developmental disabilities, cerebral palsy)
<a href="http://www.ucpsacto.org">www.ucpsacto.org</a>	916-565-7700
☆ <i>Genetic Alliance</i>	(genetic disorders)
<a href="http://www.geneticalliance.org">www.geneticalliance.org</a> (Sp)	202-966-5557
☆ <i>Kids with Heart</i>	(heart disorders/disease)
<a href="http://www.kidswithheart.org">www.kidswithheart.org</a>	800-538-5890
☆ <i>Juvenile Diabetes Research Foundation</i>	(juvenile diabetes)
<a href="http://www.jdrf.org/norcal">www.jdrf.org/norcal</a>	916-920-0790
☆ <i>March of Dimes</i>	(prematurity, birth defects)
<a href="http://www.marchofdimes.com">www.marchofdimes.com</a>	916-922-1913
☆ <i>National Alliance for the Mentally Ill</i>	(mental illness)
<a href="http://www.namicalifornia.org">www.namicalifornia.org</a> (Sp.)	916-364-1642
☆ <i>Mitochondrial Disease Foundation, United</i>	(mitochondrial disease)
<a href="http://www.umdf.org">www.umdf.org</a>	800-317-8633
☆ <i>MIND Institute (UC Davis)</i>	(neurodevelopmental disorders)
<a href="http://www.mindinstitute.org">www.mindinstitute.org</a>	888-883-0961 / 916-703-0280
☆ <i>National Institute of Neurological Disorders and Stroke</i>	(neurological diseases)
<a href="http://www.ninds.nih.gov">www.ninds.nih.gov</a>	800-352-9424
☆ <i>National Organization for Rare Disorders (NORD)</i>	(rare disorders)
<a href="http://www.rarediseases.org">www.rarediseases.org</a>	800-999-6673 / 203-744-0100



# County Listing of Resources

(Counties are listed in order of population.)

*Where Can I Find A Listing Of The Resources In My County?*

## Sacramento

### Information & Referral for Developmental Programs & Services

- Alta California Regional Center..... (916) 978-6400
- Info Line Sacramento..... 211 or (916) 498-1000
- Public Health, North ..... (916) 648-0982
- Public Health, South ..... (916) 875-0900

### Infant Development / Education

- Early Head Start..... (916) 263-3804
- Elk Grove Unified School District
  - Special Education Local Plan Area ..... (916) 686-7780
- Folsom-Cordova Unified School District
  - Special Education Local Plan Area ..... (916) 635-2802
- Head Start, SETA ..... (916) 263-3804
- Sacramento City Unified School District
  - Special Education Local Plan Area ..... (916) 643-9163
- Sacramento County Office Of Education
  - Infant Development Program..... (916) 277-5900
- Sacramento County Office of Education
  - Special Education Local Plan Area ..... (916) 228-2446
- San Juan Unified School District
  - Special Education Local Plan Area ..... (916) 971-7953

### Child Care/Respite

- Child Action ..... (916) 369-0191  
(Ask for "enhanced referral".)
- My Friends Pediatric Health Care Ctr ..... (916) 987-8632
- Sacramento Crisis Nursery (North) ..... (916) 679-3600
- (South)..... (916) 394-2000

### Nutrition/Feeding Assistance

- Breastfeeding Coalition of Sacramento ..... (916) 734-5041
- Le Leche League..... (916) 442-5920
- Women, Infants and Children (WIC)
  - ..... (916) 876-5000
  - ..... (916) 326-5830
- WIC Breastfeeding Helpline ..... (916) 875-2020
- Spanish ..... (916) 875-2021

### Support Groups

Please see pages 11 &12

### Recreation

Please see "Recreation" pages

### Resource Libraries

Please see page 25

### Financial Assistance

- CCS - California Children's Services ..... (916) 875-9900
- CHDP-Children's Health & Disability Prog.... (916) 875-7151
- Child Support Services ..... (866) 901-3212
- In-Home Support Services..... (916) 874-9471
- Medi-Cal ..... (888) 747-1222
- SSI - Supplemental Security Income ..... (800) 772-1213
- TANF - Temporary Assistance for Needy Families
  - ..... (916) 874-2072

### Public Service Agencies

- County Health Dept., North..... (916) 648-0982
- County Health Dept., South..... (916) 875-0900
- Drug and Alcohol Treatment ..... (916) 874-9754
- Social Services ..... (916) 874-2072
- Mental Health Services..... (916) 875-7070

### Emergency

**For EMERGENCY ASSISTANCE, always dial..... 911**

### Hotline/Crisis

- California Youth Crisis Line..... (800) 843-5200
- Child & Adolescent Abuse Resource
  - & Evaluation Center (CAARE)..... (916) 734-8396
- Children's Protective Services (CPS) ..... (916) 875-5437
- Families First, Inc. (child abuse prevention,
  - foster care, special education)..... (916) 388-6400
- La Familia Counseling Center, Inc.
  - (Spanish) ..... (916) 452-3601
- Mental Health Crisis Line.... (916) 732-3637 / (916) 875-1000
  - Child Services Access Team ..... (916) 875-9980
- Poison Control..... (800) 222-1222
- Sacramento Crisis Nursery (North)..... (916) 679-3600
- (South)..... (916) 394-2000
- Suicide Prevention..... (800) 784-2433
- Victim-Witness Assistance ..... (916) 874-5701
- Women Escaping a Violent Environment
  - (WEAVE ) Crisis Line ..... (916) 920-2952

### Notes

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## *El Dorado*

### **Information & Referral for Developmental Programs & Services**

- Alta California Regional Center .....  
Placerville ..... (530) 626-1353  
So. Lake Tahoe ..... (530) 542-0442
- Family Connections El Dorado  
Family Resource Center.....(530) 626-5164
- Public Health..... (530) 621-6100
- Public Health, So. Lake Tahoe ..... (530) 573-3155
- Tahoe Area Coordinating Council for the Disabled.....  
..... (530) 544-1127

#### **Infant Development / Education**

- Early Head Start..... (530) 295-2270
- El Dorado Co. Office of Education.....(530) 622-7130
- Head Start .....(530) 622-7130 x 2270
- Lake Tahoe Preschool/Toddler Program ..... (530) 543-2318
- Lake Tahoe Unified School District ..... (530) 543-2318
- PRIDE & Joy Program ..... (530) 626-5164
- Special Education Local Plan Area  
Placerville ..... (530) 295-2228  
Tahoe-Alpine ..... (530) 541-2850

#### **Child Care/Respite**

- Choices for Children, Placerville..... (530) 676-0707
- Choices for Children, South Lake Tahoe..... (530) 541-5848

#### **Nutrition/Feeding Assistance**

- Le Leche League (South Lake Tahoe)..... (530) 318-9939
- Women, Infants & Children (WIC)  
Placerville ..... (530) 621-6176  
Placerville (Spanish Contact) ..... (530) 621-6171  
South Lake Tahoe (English & Spanish) .. (530) 573-3491

#### **Support Groups**

Please see pages 11 & 12

#### **Recreation**

Please see "Recreation" pages

#### **Resource Libraries**

- Family Connections, El Dorado Family Resource Ctr.  
..... (530) 626-5164
- Marshall Medical Community Health Library (530) 626-2778  
(Placerville)
- Lake Tahoe Unified School District..... (530) 541-2850

#### **Financial Assistance**

- CCS - California Children's Services  
Placerville ..... (530) 621-6128  
South Lake Tahoe ..... (530) 573-3157

- CHDP-Children's Health & Disability Program  
..... (530) 621-6110
- Child Support Services .....  
Placerville ..... (530) 621-5600  
South Lake Tahoe ..... (530) 573-3455
- In-Home Support Services.....  
Placerville ..... (530) 642-4800  
So. Lake Tahoe..... (530) 573-3060
- Medi-Cal, Placerville..... (530) 642-7300
- Medi-Cal, South Lake Tahoe..... (530) 573-3200
- SSI - Supplemental Security Income ..... (800) 772-1213
- TANF - Temporary Assistance for Needy Families,  
Placerville ..... (530) 642-7300  
Tahoe ..... (530) 573-3200

#### **Public Service Agencies**

- County Health Dept..... (530) 621-6100  
South Lake Tahoe ..... (530) 573-3155
- Drug and Alcohol ..... (530) 621-7560
- Mental Health..... (530) 621-6200
- Social Services ..... (530) 642-7300

#### **Emergency**

**For EMERGENCY ASSISTANCE, always dial..... 911**

#### **Hotline/Crisis**

- Center for Violence-Free Relationships, Placerville .....  
Crisis Lines: .....(530) 626-1131 / (916) 939-6616
- Child Protective Services,  
Placerville ..... (530) 642-7100  
So. Lake Tahoe..... (530) 573-3201
- Child Support Services, Placerville ..... (530) 621-5600  
South Lake Tahoe..... (530) 573-3455
- Food Bank of El Dorado & Alpine Counties .. (530) 621-9950
- Mental Health Crisis Line..... (530) 622-3345
- Poison Control..... (800) 222-1222  
South Lake Tahoe  
Women's Center Crisis Line ..... (530) 544-4444
- Suicide Prevention ..... (800) 784-2433
- Tahoe Youth & Family Services..... (530) 541-2445  
Crisis (Straight Talk) ..... (530) 541-3310
- Victim Witness Assistance .....  
Placerville ..... (530) 642-4760  
So. Lake Tahoe ..... (530) 573-3100

#### **Notes**

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## Emergency Preparedness for Children with Special Needs

*"I used to get overwhelmed about emergency preparedness, but once I broke it down into small steps it got easier. Each week I put a few items on my shopping list. Then I got other supplies at second hand stores and the Red Cross. I feel better knowing I'm ready instead of worrying about getting ready". -Parent*

### Consider your child's needs if there was:

- ☆ No water, electricity, telephone, heat, air conditioning, computer
- ☆ No local access to prescription refills or health products
- ☆ No refrigeration
- ☆ Separation from your family
- ☆ Evacuation to a shelter or elsewhere
- ☆ Confinement to home
- ☆ Limited health care access
- ☆ Lack of transportation
- ☆ Limited emergency rescue services

### Planning for Special Needs

- ☆ Talk with your family about different types of emergencies... and how to care for your child with special needs during an emergency
- ☆ Talk with...your child's health care team about how to care for your child during different types of emergencies. Develop a plan for how you will communicate with (them) during an emergency.
- ☆ Plan for back-up sources of heat, refrigeration and electricity. Your family can use an emergency shelter for storing medicine, charging equipment, help with medical needs, getting a meal and more. You do not have to be staying in a shelter to use its resources. For more information go to: *Using a Generator When Disaster Strikes* at [www.redcrossalcoast.org/Portals/0/Generator%20Fact%20Sheet%2007.pdf](http://www.redcrossalcoast.org/Portals/0/Generator%20Fact%20Sheet%2007.pdf)
- ☆ If your child depends on dialysis or other life-sustaining treatment, know the location of more than one facility and find out *their* plans for emergencies and how your child will get treatment, medication, etc. Get their emergency contact numbers.

- ☆ Store extra medications and equipment at your child's school (or other alternate site).
- ☆ Create and practice an escape plan for your home. Are there clear exit paths for a child who uses mobility devices or has vision loss?
- ☆ For each person in the home, keep a pair of shoes stored under their bed to use in an evacuation.
- ☆ Talk to your local police and fire departments about their emergency services or plans for people with special needs.
- ☆ Plan for your child's service animal.
- ☆ Obtain a medical alert and/or identification bracelet for your child. (*Consider wearing a matching one in case you become separated and are unable to communicate.*)
- ☆ In the event of a disaster, listen to your emergency radio station.

### Create a Support Network

A support network includes family, neighbors or friends that can help you and your child.

- ☆ Tell your support network about your child's special needs and where your emergency supplies are stored.
- ☆ Give a trusted member of your network a key to your home.
- ☆ Agree upon a system with your neighbors to signal for help if phones and electricity are not working.
- ☆ Show others how to handle your child's...equipment.
- ☆ Talk to other families who have a child with the same condition ...about ideas and tips.

### Pack Emergency Supplies Including:

- ☆ A copy of your child's up-to-date Emergency Information Form and care plan. (Sample forms are available at [www.aap.org/advocacy/eif.doc](http://www.aap.org/advocacy/eif.doc))
- ☆ Current medical information and ...records stored in an easy to carry format such as a CD or flash drive. Keep at least one paper copy in a waterproof bag.
- ☆ Two weeks worth of medical supplies such as syringes, dressing materials, nasal cannulas or suction catheters.

- ☆ At least a 3 day supply of medications (14 days is ideal). Talk with your child's doctor about how to obtain an extra supply. Keep prescription information in your wallet, car and survival kit, along with the name, location and phone number of an out-of-town pharmacy. Ask your doctor or pharmacist how to properly store medications for use in an emergency. Note: Rotate prescription supplies so that medication does not expire.
- ☆ Back-up power support (generator or battery) for electrical medical equipment. *(Due to deadly fumes, use generators, camp stoves or grills outdoors.)*
- ☆ Have a way to charge your cell phone without electricity. You can use a car adaptor or crank radio/flashlight that includes a cell phone charger. Look for battery powered or travel versions of medical equipment your child uses.
- ☆ An AC adaptor for your car that can run small electrical equipment such as a nebulizer. Know how long your battery will last while using the adaptor.
- ☆ Manual wheelchair or other non-electric equipment.
- ☆ Extra contact lenses, lens supplies, glasses.
- ☆ Batteries for hearing aids, communication devices.
- ☆ Special dietary foods and supplies.
- ☆ Cooler and chemical ice packs for storing medications that must be kept cold.
- ☆ Items that calm or entertain your child.
- ☆ Identification to be carried by each child in case your family gets separated.
- ☆ Proof of service animal status to insure it can go with you into a shelter. *(Don't forget to keep vaccination records with other important emergency papers and make sure the animal has identification.)*
- ☆ Store your supplies in water and pest-proof containers that are easy to get to. Update supplies and emergency contact and medical forms each year and replace water every six months. Store batteries out of devices until ready for use.

## Links to Other Emergency Preparedness Resources for Special Needs:

### ☆ Disability Resource Center

[www.disabilitypreparedness.gov/ppp/disabil.htm](http://www.disabilitypreparedness.gov/ppp/disabil.htm)

Emergency preparedness for special needs including specific tips by disability.

### ☆ Family Voices

[www.familyvoices.org/info/emergencies.php](http://www.familyvoices.org/info/emergencies.php)

"Emergencies and Disasters: Keeping Children and Youth with Special Health Care Needs Safe"





## “Alphabet Soup”—Common Acronyms

**AAC** Augmentative Alternative Communication  
**ABA** Applied Behavior Analysis  
**ACRC** Alta California Regional Ctr.  
**ACOE** Alpine Co. Office of Education  
**ADA** Americans with Disabilities Act  
**ADD** Attention Deficit Disorder  
**ADHD** Attention Deficit Hyperactivity Disorder  
**ASD** Autism Spectrum Disorder  
**AT** Assistive Technology  
**AUT** Autism  
**CAC** Community Advisory Committee  
**CCS** California Children Services  
**CH** Communicatively Handicapped  
**CP** Cerebral Palsy  
**DD** Developmentally Delayed  
**DDS** Dept. of Developmental Services  
**DHOH** Deaf and Hard of Hearing  
**DIS** Designated Instruction and Services  
**DOE** Department of Education  
**ED** Emotionally Disturbed  
**EDCOE** El Dorado Co. Office of Education  
**ECSE** Early Childhood Special Education  
**FBA** Functional Behavior Assessment  
**FRC** Family Resource Center  
**HI** Hearing Impaired  
**IBI** Intensive Behavioral Intervention  
**IDEA** Individuals with Disabilities Education Act  
**IEP** Individualized Education Program  
**IFSP** Individualized Family Service Plan  
**IHSS** In-home Support Services  
**IPP** Individual Program Plan  
**IQ** Intelligence Quotient  
**LD** Learning Disabled/Learning Disability  
**LEA** Local Education Agency (local school district)  
**LH** Learning Handicapped

**LRE** Least Restrictive Environment  
**LSH** Language, Speech and Hearing (specialist)  
**MD** Muscular Dystrophy  
**MD** Multiple Disabilities  
**MH** Multihandicapped  
**MM** Mild/Moderate  
**MR** Mentally Retarded  
**NCOE** Nevada Co. Office of Education  
**NPS/NPA** Nonpublic school/Nonpublic agency  
**OH** Orthopedically Handicapped  
**OI** Orthopedically Impaired  
**OHI** Other Health Impaired  
**O&M** Orientation and Mobility  
**OT** Occupational Therapy  
**PCOE** Placer Co. Office of Education  
**PDD** Pervasive Developmental Disorder  
**PDD/NOS** Pervasive Developmental Disorder, Not Otherwise Specified  
**PHN** Public Health Nurse  
**PSP** Preschool Specialist Program  
**PT** Physical therapy  
**RC** Regional Center  
**RTI** Response to Intervention  
**SCOE** Sacramento Co. Office of Education  
**SDC** Special Day Class  
**SELPA** Special Education Local Plan Area  
**SH** Severely Handicapped  
**SI** Severely Impaired  
**SLD** Specific Learning Disability  
**SLI** Speech and Language Impairment  
**SLT** Speech / Language Therapy  
**SLP** Speech & Language Pathologist  
**SPD** Sensory Processing Disorder  
**SSI** Supplemental Security Income  
**SST** Student Study Team  
**TBI** Traumatic Brain Injury  
**TDD** Telecommunications Device for the Deaf  
**VI** Visually Impaired  
**YCOE** Yolo Co. Office of Education

# WarmLine Family Resource Center

"Serving Families and Professionals Involved with  
Children with Special Needs Since 1993."

## **Sacramento:**

2025 Hurley Way, Suite 100  
Sacramento, CA 95825  
916-922-9276 / 800-660-7995  
Spanish: 916-922-1490  
Fax: 916-922-9341  
email: [warmline@warmlinefrc.org](mailto:warmline@warmlinefrc.org)  
[www.warmlinefrc.org](http://www.warmlinefrc.org)

## **Placer County:**

151 N. Sunrise Ave., Suite 1307  
Roseville, CA 95661  
916-782-7147  
Spanish: 916-922-1490  
Fax: 916-782-7148  
email: [placerwl@warmlinefrc.org](mailto:placerwl@warmlinefrc.org)  
[www.warmlinefrc.org](http://www.warmlinefrc.org)

## **Yolo County:**

Located in  
Socially Speaking  
907 3rd Street  
Davis, CA 95616  
530-759-1127  
Spanish: 916-922-1490  
email: [yolowl@warmlinefrc.org](mailto:yolowl@warmlinefrc.org)  
[www.warmlinefrc.org](http://www.warmlinefrc.org)

WarmLine is grateful for funding support from California Department of Developmental Services Early Start Program, First 5 of Placer County, Alta California Regional Center's Prevention Program, First 5 of Sacramento County, Sacramento County Office of Education, Teichert Foundation, Rotary Club of Davis, Socially Speaking, the annual WarmLine Golf Tournament, our community partners and friends.

