

# Resources for Children with Special Health Care and/or Developmental Needs in Sacramento County

2008



## WarmLine Family Resource Center

*"Serving Families and Professionals Involved with Children with Special Needs."*

*In*

Sacramento, Placer, Yolo, Nevada, El Dorado and Alpine Counties

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This guide has been adapted from  
"Resources for Children with Special Health Care Needs and their Families in California,"  
September 2002, Los Angeles Medical Home Project for Children with Special Health Care Needs.

This booklet was made possible through a contract with Sacramento County CCS

## Sacramento County Child Resources at a Glance

*All area codes are 916 unless otherwise stated*

### *\*Sacramento County Child Health:*

California Children's Services (CCS): 875-9900  
Child Health & Disability Prevention Program  
(CHDP): 875-7151  
Childhood Illness & Injury Prevention:  
875-5869  
Healthy Families: 800-880-5305  
Pregnancy Care Guidance Program: 875-2229  
Medi-Cal (General information): 874-2256  
Denti-Cal (General information): 800-423-0507  
Women, Infants & Children (WIC): 427-5500

### *\*Medi-Cal/GMC Plans*

Medi-Cal: 874-2256  
Blue Cross: 800-407-4627  
Health Net: 800-675-6110  
Kaiser: 800-464-4000  
Molina: 888-665-4621  
Western Health Advantage: 800-667-2103

### *\*Dental Plans:*

Access Dental: 800-707-6453  
Denti-Cal: 800-322-6384  
Community Dental: 800-764-5393  
Healthy Families: 800-880-5305  
Liberty Dental: 888-703-6999  
Western Dental: 800-805-8000

### *\*Childcare:*

Child Action (Childcare referral): 369-0191

### *\*Crisis:*

Children's Protective Services (CPS): 875-5437  
Sacramento Crisis Nursery:  
394-2000 or 679-3600

### *\*Developmental/Special Needs:*

Alta California Regional Center: 978-6400  
Sacramento County Office of Education Infant  
Development Program: 277-5900  
Easter Seals Superior California: 485-6711  
WarmLine Family Resource Center:  
Sacramento: 922-9276  
Roseville: 782-7147

### *\*Education:*

Head Start (SETA): 263-3800  
Early Head Start (SETA): 263-3804  
Sacramento Co. Office of Education:  
228-2500

### *\*Financial:*

Temporary Assistance for Needy Families  
(TANF): 874-2074  
Supplemental Security Income (SSI):  
800-772-1213  
In-Home Support Services (IHSS): 874-9471

### *\*Information, Referral & Resources:*

Info Line Sacramento: 498-1000  
Community Resource Project: 567-5220  
La Familia Counseling Center: 452-3601  
Health Rights Hotline: 551-2100  
WarmLine Family Resource Center:  
Sacramento: 922-9276  
Roseville: 782-7147

### *\*Transportation:*

Paratransit: 429-2744

## What Is WarmLine Family Resource Center?

- "My two year old needs a daycare program. No one I've talked with will even consider her because she has special needs. Can you help?"
- "My teen with special needs is leaving high school and I don't know where he'll live or what kind of work he'll be able to get. Do you know who I can call?"
- "My daughter is pregnant with our first grandchild and just found out that the baby will be born with Down syndrome. We don't know anything about this. Can you give us some information and tell us where to find support?"
- "I have a client whose two year old has recently been diagnosed with a developmental delay. They really need to connect with another family. The stress of dealing with this is really hard on them. Do you know a parent who has a child with a similar diagnosis who can provide support?"
- "I'm working with the family of a child who is receiving special education services and they have questions about their rights. Can you help them?"

WarmLine is an information and support center for parents and professionals involved with children with special health care or developmental needs. We receive calls from both parents and professionals regarding a vast array of issues, needs, and services such as health care, child care and special education.

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 — Books, tapes and articles on disability, as well as WarmLine publications.
- Information Packets — Customized information on disability related subjects.
- Community Resource Parents — Local staff in each of the six counties we serve.

Information is empowering. People going into a situation well prepared have a better chance of coming out knowing that they have given it their best. WarmLine seeks to inform and support parents and professionals in any way we can.

Sacramento: 916-922-9276 / 800-660-7995  
Roseville: 916-782-7147



## Introduction

This guide has been prepared for professionals who are involved with children from birth through age 21 who have special health care and/or developmental needs. It is intended to provide information about the various services and supports available for children and families, and to provide general information about regulations, eligibility requirements, and application procedures. Contact information is also included. *This is by no means an exhaustive list.* There are many, many programs available for families and children and it would be impossible to include them all. If you cannot find the information that you're looking for, please call WarmLine for help.

"Resources for Children with Special Health Care and/or Developmental Needs..." has been developed by WarmLine Family Resource Center through a contract with Sacramento County CCS. At WarmLine, we understand that having a child with special needs affects the whole family for a lifetime. We are there for families of children from birth as they navigate the challenging and sometimes frustrating world of locating resources and learning how to access them. We help parents of children with special needs find answers to questions about:

- Special education,
- Transition issues,
- Finding child care,
- Vacationing,
- Disability specific information,
- Sibling support projects (for the brothers and sisters of children with special needs,)
- Provide a "listening ear" (members of our staff, are all parents of children with special needs.)

For information about WarmLine Family Resource Center or any of the resources that we offer, please call us - we're here to help.

### *Sacramento:*

2035 Hurley Way, Suite 250, Sacramento, CA, 95825

916-922-9276 / 800-660-7995

email: [warmline@warmlinefrc.org](mailto:warmline@warmlinefrc.org) website: [www.warmlinefrc.org](http://www.warmlinefrc.org)

### *Roseville:*

151 N. Sunrise Ave., Suite 1307, Roseville, CA, 95661

916-782-7147

email: [placerrwl@warmlinefrc.org](mailto:placerrwl@warmlinefrc.org) website: [www.warmlinefrc.org](http://www.warmlinefrc.org)

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## Health Services

### Access for Infants and Mothers (AIM)

#### Description:

Health coverage for pregnant women and newborns (age birth to two). Designed for middle-income families who lack health insurance and whose income is too high to qualify for no-cost Medi-Cal. AIM is also available to those with health insurance if the maternity-only deductible or co-payment is more than \$500.



#### Services:

- Physician visits
- Hospital newborn nursery services
- Prescriptions
- Diagnostic testing
- Medical equipment
- Well-baby care
- Emergency services
- Mental health services

#### Eligibility:

- Pregnant women (not more than 30 weeks)
- California resident for the last 6 months
- Not on Medi-Cal or Medicare
- Cannot have maternity benefits through private insurance
- 200-300% FPL (Federal Poverty Level)

#### How to Apply:

The application is completed and sent in by mail. To request an application, call 800-433-2611. Web site: [www.aim.ca.gov/english/AIMhome.asp](http://www.aim.ca.gov/english/AIMhome.asp)

### California Children's Services (CCS)

#### Description:

A county-administered program that pays for specialty health care for children birth to 21 with eligible medical condition(s). Services are provided by health care professionals who are approved by the State CCS program at Special Care Centers and Medical Therapy Program sites located on public school campuses.

#### Services:

- Diagnostic evaluations if a CCS-eligible diagnosis is suspected
- Treatment services (hospitalizations, surgeries, social services, nutrition, consultation, equipment, supplies, medications, orthodontics)
- Therapy (Occupational and/or Physical)



Eligibility:

- Must be under age 21
- Meet residential requirements
- No income eligibility for therapy or diagnostic evaluation, but for treatment services, must be enrolled in Medi-Cal, Healthy Families, have an annual family income of less than \$40,000 or will expend more than 20% of annual family income on treatment of the CCS condition.
- Have a CCS-eligible condition:
  - AIDS
  - Cancers, tumors
  - Cataracts
  - Cleft lip/palate
  - Cerebral palsy
  - Diabetes
  - Fractures (certain types)
  - Heart disease (congenital)
  - Hearing loss
  - Hemophilia
  - Intestinal diseases
  - Liver diseases
  - Muscular dystrophy
  - Premature birth (problems)
  - Rheumatoid arthritis
  - Seizures (uncontrolled)
  - Serious chronic kidney problems
  - Severe head, brain or spinal cord injuries
  - Severe burns
  - Severely crooked teeth
  - Sickle cell anemia
  - Spina bifida
  - Thyroid problems

How to Apply:

In Sacramento County, call 916-875-9900 for application information. There is an appeals process if eligibility is denied. Website: [www.sacdhs.com/default.asp?WOID:CCS](http://www.sacdhs.com/default.asp?WOID:CCS)

*Child Health and Disability Prevention (CHDP) Program*

Description:

A preventive, well-child screening program for infants, children, and teens on Medi-Cal (birth to age 20) who have low to moderate income (through age 18, up to 200% of the FPL). Services are provided by private physicians, county health departments, and clinics.

Services:

- Case coordination
- Health assessment (physical examinations)
- Health education, camp and sports physicals
- Hearing screening
- Immunizations
- Lead exposure testing
- (Some) laboratory tests
- Nutritional assessment
- Referral to dentists for children with severe dental disease who qualify
- Vision services

Eligibility:

- Medi-Cal beneficiaries, birth through age 20
- Children (birth through age 18) from families with low to moderate income
- Children in Head Start and state preschool programs

How to Apply:

Call 916-875-7151 for application information.

Web site: [www.sacdhhs.com/article.asp?ContentID=62](http://www.sacdhhs.com/article.asp?ContentID=62)

Dental Health Services (For individual plan numbers, please see inside front cover.)

Description:

Provided through several programs in California, including CHDP, Medi-Cal, CCS, Healthy Families, and Regional Centers and provides preventive care and treatment of dental conditions.

CHDP/Denti-Cal: Children who are eligible for Medi-Cal or CHDP may receive dental services from a provider who participates in Denti-Cal. Services include annual preventive dental care for eligible children three years of age and older. Call 800-322-6384 to apply.

CCS: (For children who do not have Denti-Cal.) Dental and orthodontic services are provided if they are related to the treatment of the CCS-eligible condition or if the CCS-eligible condition would complicate routine dental care. Services include preventive and restorative services and general anesthesia when administered in a CCS-approved facility. Call 916-875-9900 or contact the case manager if the child already has CCS services.

Schools of Dentistry: Most dental schools will see children with special health care needs in their general pediatric or advanced general dentistry clinics. Services are usually covered through Denti-Cal, third party payers, or fee-for-service (usually reduced fees).

- School of Dentistry, University of California, San Francisco, 415-476-1891  
Web Site: [www.dentistry.ucsf.edu/](http://www.dentistry.ucsf.edu/)
- School of Dentistry, University of Pacific, 415-929-6550  
Web site: [www.dental.uop.edu/](http://www.dental.uop.edu/)



Alta California Regional Center: Alta California Regional Center-eligible children who have no access to dental care may be funded for care, including general anesthesia or orthodontics if the need is related to the developmental disability. Contact the child's service coordinator for more information at 916-978-6400.

Western Career College: Provides free dental cleanings, X-rays, dental sealants, fluoride applications and home care instruction by dental hygiene students. Work is supervised by licensed dentists and dental hygienists. *Patients must be at least 3 years old.* Appointments required. Call 916-361-5168.

### Genetically Handicapped Persons Program (GHPP)

#### Description:

State program which provides medical case management and covers the medical and dental costs of individuals 21 years and over who have genetic diseases including cystic fibrosis, hemophilia, sickle cell disease, and other neurological and metabolic diseases.

#### Services:

- Medical treatment and case management

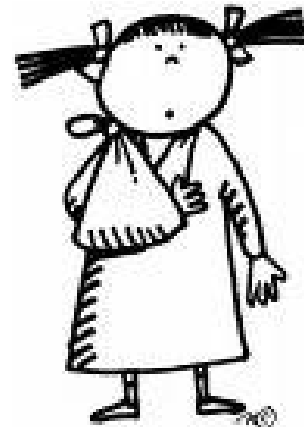
#### Eligibility:

- Individuals age 21 and over with genetic conditions who are partially or wholly unable to pay for care
- Individuals under 21 with eligible conditions if they are financially ineligible for CCS

#### How to Apply:

Call 800-639-0597 or 916-327-0470.

Web site: [www.dhs.ca.gov/pcfh/cms/ghpp/](http://www.dhs.ca.gov/pcfh/cms/ghpp/)



### Healthy Families

#### Description:

California's State Children's Health Insurance Program (SCHIP) provides health benefits to children of low-income families who do not qualify for Medi-Cal and do not have access to private insurance. Requires co-payments, premium contributions, and high-risk- condition carve-outs.

#### Services:

- Dental benefits
- Doctors' visits
- Inpatient and outpatient services
- Laboratory tests
- Medical and surgical services
- Mental health services

- Pharmaceuticals
- Therapy (occupational, physical, speech)
- Vision
- Well-baby care
- X-rays

Eligibility:

- Children birth to 18 whose family income is under 250% FPL
- Children without public, private, or employer-sponsored coverage
- Must be California residents

How to Apply:

Call 800-880-5305 for enrollment forms (in a variety of languages). Web site: [www.healthyfamilies.ca.gov/hf/hfhome.jsp](http://www.healthyfamilies.ca.gov/hf/hfhome.jsp)

Healthy Kids

Description:

Health plan for children birth through 18 years regardless of documentation status who do not qualify for Medi-Cal or Healthy Families and who are not covered by insurance through a family members' employer. Participants are required to use participating providers. Yearly reapplication is required. Premiums run from 0 - \$15 per child per month. The most a family will pay ranges from \$8 to \$45 per month. "Hardship assistance" is available to help pay premiums.

Other costs:

- Possible co-pay for doctor or dentist visit
- Sick child, dental and eye visits are \$5 per visit
- Prescriptions are \$5 each
- Emergency room visits are \$5 per visit
- (Well child visits and immunizations are free)

How to Apply: Call 866-850-4321

Hear Now

Description:

Provides assistance to individuals and families with limited financial resources, maintains the National Hearing Aid Bank, which provides new and reconditioned hearing aids to deaf and hard of hearing people who cannot afford them. These hearing aids are distributed through hearing health care providers in communities nationwide. Hear Now also has a cochlear implant program that raises funds to provide cochlear implant and related service to both adults and children. In



addition, Hear Now has developed the National Hearing Assistance Directory (NHAD), which provides state-by-state listings of financial and social resources offered through government agencies and private organizations.

Contact: 800-648-4327

### Hearing Agency for

#### Description:

The hearing clinic is staffed by an audiologist. Clients can either bring a recent hearing test (audiogram), or be given comprehensive testing. New and reconditioned hearing aids are available to people as a long-term loan. Hearing Aid Loan Program (HALP) in which person is charged a small, sliding scale fee (based on income) from \$15-\$125 to help cover the cost of repairs, ear-molds and the audiologist's time. Will repair or exchange the aids loaned out if a problem occurs. Oral rehabilitation services are also provided, including lip reading classes.

Contact: 916-732-9040 / 888-725-8372

### Kaiser Permanente (KP) Cares for Kids

#### Description:

Provides preventive, primary, and specialty health care coverage for children in families with low to moderate incomes who do not qualify for other public or private programs. Services are provided in Kaiser Permanente offices and hospitals.

#### Services:

- Doctors' visits
- Health education
- Hospital services
- Laboratory tests
- Mental health services
- Pharmaceuticals
- Substance abuse services
- Vision

#### Eligibility:

- Uninsured children birth to 19 whose family income is between 200% FPL and 275% FPL
- Can not be enrolled in other public or private programs, can not be eligible for employer-sponsored coverage
- Must live within the Kaiser Permanente California Division Service Area

#### How to Apply:

- Call 800-255-5053 to request an enrollment application. Must provide proof of income. Processing takes 30-60 days.

## Medi-Cal

(For individual plan numbers, please see inside front cover.)

### Description:

California's "Medicaid" program and provides health insurance for low-income families and children who lack health insurance. Services may be obtained from any physician, clinic, or hospital that is a state-approved Medi-Cal provider. There are several forms of Medi-Cal services:

Fee-for-Service ("Straight") Medi-Cal: For those in foster care or who receive Supplemental Security Income (SSI). Recipient can go to a Medi-Cal provider and receive services without having to go through a health plan.

Medi-Cal Managed Care: Medi-Cal recipients receive health care from a state- approved health plan. Recipient may select a health plan and physician. Allows members to change doctors or health plans. Care is coordinated by the primary care physician. SSI recipients can choose either Managed Care or Straight Medi-Cal. Others must choose a Managed Care Plan.

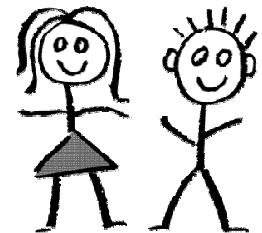
Share-of-Cost Medi-Cal: Health coverage for individuals and families whose incomes are too high to qualify for regular Medi-Cal but too low to meet health care costs. The member pays a share-of-cost to the provider for services received.

Medi-Cal Waiver Services: A federal waiver which allows the state to disregard portions of the Social Security Act and provide Medi-Cal to individuals who may not otherwise be eligible.

Emergency Medi-Cal: Can be provided to individuals who would otherwise be ineligible due to immigration or other restrictions.

Services: (These services might vary based upon the specific Medi-Program. For example, Emergency Medi-Cal does not cover all of these services)

- Doctors' visits
- Equipment and supplies
- Hospital inpatient care
- Laboratory tests
- Medical transportation
- Outpatient care
- Pharmaceuticals
- Skilled nursing care
- X-rays



### Eligibility:

- Individuals receiving public assistance:
  - CalWORKS
  - SSI/SSP
  - Refugee Assistance
  - Foster Care or Adoption Assistance
- Some individuals who are low-income but do not otherwise qualify for Medi-Cal
- Medically needy or indigent (those whose income is too high to qualify for cash assistance but qualify for CalWORKS or SSI/SSP)
- Low-income pregnant women, children under 21, adults in long-term care
- Pregnant women and infants in families with incomes at or below 200% of the FPL

- Children aged 1-5 in families with incomes at or below 133% of the FPL
- Children aged 6-19 in families with incomes at or below 100% of the FPL

**How to Apply:**

Automatically eligible if receiving SSI/SSP. Children and pregnant women may enroll via a mail-in application. Applicants are notified of their status within 45 days of application.

Sacramento County: 916-874-2256/888-747-1222

Website: [www.sacdhhs.com/article.asp?ContentIbz45](http://www.sacdhhs.com/article.asp?ContentIbz45)

*Mental Health Services*

**Description:**

Children may be eligible to receive mental health services through more than one program; therefore, care coordination is extremely important. The primary sources for mental health services for children are listed below.

AB 3632: This program combines special education services with services provided by the Sacramento County Children's Mental Health Services. It is available to students who qualify for special education services and who have been determined to need mental health treatment to benefit from their educational services. A written referral from the regular education staff or a dated letter requesting assessment from the parent should be sent to the Special Education Department of the child's school district. (Call WarmLine for more information.)

Early and Periodic Screening Diagnosis and Treatment (EPSDT): Medi-Cal eligible children can receive mental health services from mental health professionals. Children need not have a diagnosis of Emotional Disturbance (ED) to qualify. EPSDT also offers Therapeutic Behavior Services (TBS) which is a behavioral program for children who are seriously disturbed who would benefit from a behavior coach.

The child's primary care provider must make the referral by calling 916-875-7151.

Medi-Cal Managed Care: Mental health services are available through a child's managed care plan for children whose mental health needs are not related to a diagnosis of ED or to their CCS-eligible condition. The referral must be made by the child's primary care provider. Call 916-874-2256 or 888-747-1222

Healthy Families: Provides two mental health benefits: 1) basic mental health services for children who do not have an ED diagnosis; and 2) drug and alcohol treatment services. The referral must be made by the child's primary care provider. Call 800-880-5305

*Planned Parenthood*

**Description:**

Provides family planning and primary care information and services including birth control, pregnancy testing and options counseling, HIV testing, cancer screening, testing and treatment for sexually transmitted infection for men and women, prenatal and postpartum care, child and adult immunizations.

Contact: 916-446-6921

## Shriners Hospital

### Description:

Shriners Hospitals for Children Northern California, located in Sacramento is the only hospital in the Shriners system that houses facilities for treatment of all three Shriners specialties – spinal cord injuries, orthopedics, and burns. All care is provided to children up to age 18 years at no charge. Eligibility for care is not based on financial need or relationship to a Shriner.

- Burns
  - Acute injuries
  - Reconstruction and rehabilitation
- Orthopedic Conditions
  - Spina bifida
  - Orthopedic problems of cerebral palsy
  - Congenital absence of limbs
  - Congenital and acquired limb deficiencies
  - Hand deformities
  - Diseases of bones and joints
- Spinal Cord Injury Rehabilitation
- Plastic Surgery
  - Scars from any cause
  - Congenital ear abnormalities
  - Birthmarks

Contact: (916) 453-2000

## Medication Assistance

- Needy Meds  
[www.needymeds.com](http://www.needymeds.com)
- National Organization of Rare Disorders (NORD)  
[www.rarediseasesorg/programs/medication](http://www.rarediseasesorg/programs/medication)  
203-744-0100 or 1-800-999-6673 (voicemail only)
- Pharmaceutical Manufacturers Association  
[www.rxhelpforca.org](http://www.rxhelpforca.org)  
877-777-7815
- RX Outreach-Volunteers in Health Care  
[www.Rxassist.org](http://www.Rxassist.org)  
877-844-8442



## Developmental and Rehabilitation Services

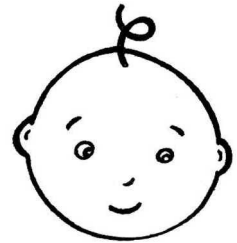
### Early Start Program

#### Description:

The Early Start Program provides early intervention services to eligible infants and toddlers aged birth to three. Services are provided through the Regional Center system, or for infants and toddlers with vision, hearing, or orthopedic impairments ("solely low- incidence disabilities"), through the local school district. Each eligible child and family receives an Individual Family Service Plan (IFSP) which describes the services which will be provided.

#### Services which may be provided:

- Assistive technology
- Evaluation to determine eligibility
- Infant development programs
- Medical services
- Nutrition and feeding services
- Occupational therapy
- Parent support
- Physical therapy
- Respite
- Service coordination
- Social work
- Speech therapy
- Transportation
- Vision and hearing services



#### Eligibility:

- Infant or toddler (under 36 months) with a delay in one area of development
- A condition with a known probability of causing a disability or delay
- At high risk of having a developmental disability
- Diagnosed developmental disability
- Vision, hearing, or orthopedic disability

#### How to Apply:

Primary referral sources can make referral, with parent consent. Parents can also refer their child.

For infants or toddlers with a developmental disability or at risk for a developmental disability, call the Alta California Regional Center at 916-978-6400.

Web site: [www.altaregional.org](http://www.altaregional.org)

[www.dds.ca.gov/Early5tart/ESHome.cfm](http://www.dds.ca.gov/Early5tart/ESHome.cfm)

For children with solely low-incidence disabilities (vision, hearing, or orthopedic impairments), call Sacramento County Office of Education at 916-228-2380.

## Regional Centers

### Description:

The Regional Center system in California serves individuals with developmental disabilities (from birth throughout their lives, if they have qualifying diagnosis, see "Eligibility") and their families. In Sacramento County, the Regional Center is the Alta California Regional Center. "Alta" contracts with agencies and individuals who provide a wide variety of services, including developmental services, respite, supported employment and help with supported living arrangements for its consumers.

### Services:

For children *birth-3 years of age who have or who are at risk for a developmental delay through the Early Start Program, Alta may provide:*

- Assistive technology
- Audiology
- Counseling
- Home visits and training for the family
- Health services
- Medical services
- Nursing services
- Nutrition services
- Occupational therapy
- Physical therapy
- Psychological services
- Respite
- Service coordination
- Social work services
- Special instruction/education
- Speech and language therapy
- Transportation and related costs
- Vision services

*For children over three years old (through adulthood) who have an eligible diagnosis, services may include:*

- Advocacy
- Assessment and diagnosis
- Behavior support services
- Counseling
- Diapers
- Genetic counseling
- Information and referral
- Placement for out-of-home care
- Respite
- Service coordination
- Supported employment

### Eligibility:

*Infants and toddlers under age 36 months* who have a developmental delay or are at-risk may be referred to the Regional Center for the Early Start Program.

*Over three years old.*

- Mental Retardation
- Cerebral Palsy
- Epilepsy
- Autism
- A condition requiring treatment similar to that required by persons with mental retardation.
- Must have initiated before age 18, be likely to continue throughout the lifespan, and constitute a substantial disability for the individual.

### How to Apply:

Call the Alta California Regional Center at: 916-978-6400 Web site: [www.altaregional.org](http://www.altaregional.org)  
Department of Developmental Services: [www.dds.ca.gov](http://www.dds.ca.gov)

### California Department of Rehabilitation



### Description:

Youth and adults with disabilities are provided rehabilitation services designed to assist them to obtain employment, live independently, and become self-sufficient. An Individualized Plan for Employment (IPE) is developed for each eligible person that specifies the employment goal and activities to be undertaken to achieve the goal, and needed rehabilitation services. Clients of the Regional Center are eligible for services to help them obtain or maintain employment.

### Services:

- Vocational training,
- Purchase of work-related equipment and supplies
- Help with a job search
- Job coaches
- On-the-job training
- Job placement services

### Eligibility

Youth aged 16 and up with disabilities that impede employment. Determination of disability requires submission of documentation including medical and school records.

### How to Apply:

Applicants can apply directly to the local Department of Rehabilitation office. (See below) Notification of eligibility occurs within 60 days of application. Eligible persons may be placed on a waiting list.

**Sacramento District**

(916) 274-5801 (Voice & TTY)

**Elk Grove Branch**

(916) 691-1555 (VOICE) (916) 691-1764 (TTY)

**Midtown Branch**

(916) 274-5829 (VOICE) (916) 274-6217 (TTY)

**Northeast Branch**

(916) 537-2640 (VOICE) (916) 537-2659 (TTY)

**South Sacramento Branch**

(916) 262-1575 (VOICE) (916) 262-2863 (TTY)

Web site: /www.rehab.cahwnet.gov

*Easter Seals*

Description:

Provides services for people with disabilities of all ages and their families.

Services (pediatric):

- Child development
- Occupational therapy
- Physical therapy
- Speech therapy
- Warm water therapy
- Parent and sibling support
- Feeding clinic
- Swallowing therapy



Services (adult):

- Supported employment
- Vocational training,
- Adult day programs
- Warm water therapy.

*Easter Seals also offers an Assistive Technology Loan Library for people of all ages.*

How to Apply:

Call Easter Seals at 916-485-6711

Website: [www.superiorca.easter-seals.org](http://www.superiorca.easter-seals.org)

Mary Jane Rees Language, Speech and Hearing Center

Description:

Located at California State University, Sacramento. Provides evaluation and treatment by graduate audiology and speech pathology students of conditions that limit a person's ability to communicate freely.

Services: (For both children and adults)

Assessment and treatment of disorders associated with:

- Articulation
- Fluency
- Voice
- Accent modification
- Language and augmentative /alternative communication

Diagnosis and rehabilitation of:

- Hearing impairments
- Central auditory processing testing and intervention
- Hearing aid assessment
- Speech reading
- Auditory training

Eligibility:

First come, first served basis. Referral is not necessary. There are set fees for services, there is no sliding scale or waiver and the center does not bill insurance, including Medi-Cal or Medi-Care.

How to Apply:

Call 916-278-6601

Sacramento Scottish Rite Clinic for Childhood Language Disorders

Description:

Offers speech, language, learning services to children and adolescents with speech language or learning disabilities at no charge.

How to Apply:

Call 916-454-3000

## Educational Services

### Head Start

#### Description:

Head Start is a federally-funded program that provides comprehensive child development services that are family-focused and include educational, social, medical, dental, nutrition, and mental health services. Ten percent of enrollment is offered to children with disabilities. *There is also an Early Head Start program which serves children birth to three years old*

#### Services:

- Dental care
- Education (including parent involvement)
- Health care (medical exams, immunizations, health education)
- Mental health services
- Nutrition
- Social services

#### Eligibility:

Early Head Start serves low-income pregnant women and children aged birth to three. Children between three and five years of age from families meeting Federal Poverty Guidelines are eligible for Head Start. Children with disabilities (who have an IFSP or IEP) are not required to meet income requirements.

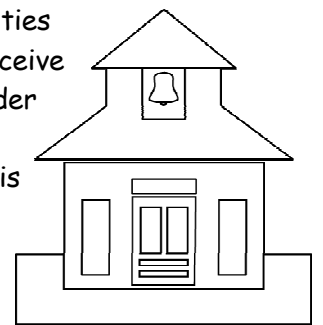
#### How to Apply

Call 916-263-3804. Web site: [www.headstart.seta.net](http://www.headstart.seta.net)

### Special Education

#### Description:

Special education is provided under the federal Individuals with Disabilities Education Act (IDEA) to eligible children age 3 to 22. It enables children to receive the services and supports needed to benefit from their education program. Under this law, each child must receive an appropriate assessment in all areas of the suspected disability, and, if eligible, an Individualized Education Program (IEP) is developed with parent participation. The IEP is reviewed at least annually. Services are provided in a classroom placement determined by the IEP team, and each school district is required to offer a continuum of placements ranging from least restrictive to most restrictive, with the law requiring maximum integration with non-disabled peers (placement in the "least restrictive environment" or LRE).



#### Services:

- Adaptive physical education
- Art therapy
- Assistive technology
- Audiology services
- Counseling
- Extended school year
- Health and nursing
- Home and hospital instruction
- Occupational therapy
- One-to-one aide
- Orientation and mobility instruction
- Parent training
- Physical therapy
- Psychological services
- Recreation
- Sign language or oral interpreter
- Social work services
- Speech and language therapy
- Transportation
- Vision services
- Vocational training

#### Eligibility:

- Autism
- Deafness
- Deaf -blindness
- Hearing impairment
- Mental retardation
- Multiple disabilities
- Specific learning disability
- Speech and language impairment
- Orthopedic impairment
- Other health impairment (OHI)
- Serious emotional disturbance (SED)
- Traumatic brain injury
- Vision impairment, including blindness

#### How to Apply:

A referral (or request for assessment from the parent) should be made in writing to the Special Education Department of the school district in which the child lives. An assessment plan must be provided to the parent within 15 days of the referral. Parents must consent to the assessment. The school district then has 60 calendar days to complete the assessment and schedule an IEP meeting. Additional information can be obtained by calling the Special Education Department numbers below or contact the WarmLine Family Resource Center.

Special Education Departments:

Elk Grove Unified School District: 916-686-7780

Folsom Cordova Unified School District: 916-985-7700 ext. 184

San Juan Unified School District: 916-971-7953

Sacramento City Unified School District: 916-643-9163

*If the student does not live within one of these school districts, call:*

Sacramento County Office of Education: 916-228-2380

Web site: [www.cde.ca.gov/spbranch/sed](http://www.cde.ca.gov/spbranch/sed)

Section 504

Description:

Section 504 of the Rehabilitation Act of 1973 guarantees students' equal access to services, including public education. Each school district has a 504 Coordinator who is responsible for ensuring that student needs are identified and that appropriate accommodations are made. A 504 Plan, which is less rigorous than an IEP is developed for eligible students. There is no funding for services listed in the 504 Plan.

Services:

Reasonable accommodations in the school setting, including, but not limited to:

- Extra time for assignments or tests,
- Note taking,
- Moving the student's desk within the classroom,
- Providing assignments in writing,
- Reading test questions to a student.

Eligibility:

Students with a disability *that does not meet IDEA requirements*, including:

- Physical or mental impairment
- History of impairment
- Being regarded as having an impairment

How to Apply:

Contact the 504 Coordinator in the local school district. Additional information can be obtained by contacting WarmLine Family Resource Center.

Special Education Departments:

Elk Grove Unified School District: 916-686-7780

Folsom Cordova Unified School District: 916-985-7700 ext. 184

San Juan Unified School District: 916-971-7953

Sacramento City Unified School District: 916-643-9163

*If the child does not live within one of these school districts, call:*

### Disabled Students' Programs and Services (DSPS)

#### Description:

Students with special needs who continue on to higher education have a number of services available to them. Upon admission to college, the student should contact the DSPS office which will refer the student to services. Every public and private community college, college, and university has a DSPS office.

#### Services:

- Alternate course assignments registration assistance
- Classroom accommodations
- Large type print
- Learning disability services
- Mobility services
- Note-taking
- Priority scheduling



#### Eligibility:

Students with a disability must submit verification when registering with the DSPS office. Criteria used to verify the diagnosis will depend on the diagnosis. It is helpful to have copies of medical records. Depending on the disability, students will be eligible for one or more services.

#### How to Apply:

Ideally, students will self-refer to the DSPS office of the campus they wish to attend. Students transitioning from public school districts should be provided assistance as part of their IEP.

#### Local DSPS offices:

American River College: 916-484-8382  
Cosumnes River College: 916-688-7275  
Sacramento City College: 916-558-2087  
Sierra College: 916-781-0592  
California State University, Sacramento: 916-278-6955  
University of California, Davis: 530-752-3184

### Regional Occupational Centers and Programs (ROP)

#### Description:

These programs offer technical education courses in health care, business, culinary arts, agriculture, information technology, construction, auto repair, etc. Programs are located throughout California in many job sites, with classroom instruction offered on ROP campuses.

Services:

- Career technical preparation courses
- Career planning services
- College-level academic courses
- Workforce preparation services

Eligibility:

High school students aged 16 and up, and adults, including those with disabilities.

How to Apply:

High school students who have an IEP should discuss ROP services with their program specialist or high school guidance counselor and must have verification of their disability to receive accommodations.

## Financial Assistance

### CalWORKS

Description

CalWORKS provides temporary financial support to needy families combined with assistance in obtaining employment. Cash benefits are provided for 18 months (with an option to extend aid for 6 months) during which time the individual is assisted to obtain employment. Adults are required to work or be engaged in work activities.

Services:

- Cash benefit
- Domestic violence services
- Food stamps
- Mental health services
- Referral to Medi-Cal
- Substance abuse treatment
- Subsidized child care
- Transportation
- Vocational training

Eligibility:

Families with eligible needy children who are deprived because of the absence, disability or death of a parent or unemployment of the principal earner.

How to Apply:

Based on Zip code - call 916-875-3601

Web site: [www.saccounty.net/dha](http://www.saccounty.net/dha)

[www.dss.cahwnet.gov/cdssweb/CaliforniaI69.htm](http://www.dss.cahwnet.gov/cdssweb/CaliforniaI69.htm)

### Centralized Eligibility List (Subsidized Child Care)

#### Description:

Provides assistance to low-income families to cover part or all of their child care costs.

#### Eligibility:

- Child under age 13 years
- Parent is working
- Parent is in a training program
- Parent is going to school
- Parent has a reason why he or she cannot care for own children
- Family income must meet eligibility requirements
- Parent wishes 3-5 year old to attend a state preschool

#### How to Apply:

Call Child Action at 916-369-0191



### Community Resource Project (CRP)

#### Description:

Designed to alleviate some of the struggles of people living on limited incomes by providing services that assist families to become self-sufficient. The programs are tailored to meet each person's needs and have been designed to create an economically and physically healthy community.

#### Services:

- Home Energy Assistance Program (HEAP) to off-set the costs of heating and/or cooling. Call 916-567-5200
- Weatherization Program assists in providing attic insulation and venting, replacement of broken glass, door weather stripping, low flow showerheads. Call 916-567-5220 ext. 229
- WIC (Women's, Infants, and Children) nutritional assistance program. Call 916-326-5835

### Family Leave

#### Description:

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-BETHERE or [www.edd.ca.gov](http://www.edd.ca.gov)

- US Dept. of Labor  
866-487-9243 or [www.dol.gov](http://www.dol.gov)
- Labor Project for Working Families  
[www.paidfamilyleave.org](http://www.paidfamilyleave.org)

*In Home Support Service (IHSS)*

Description:

IHSS is a county program designed to keep people in their homes who might otherwise be institutionalized. It provides payment to a care provider who can be a family member or someone hired to help care for the person with special needs. The number of hours for which someone can be paid is based upon the time it takes for the provider to do the tasks that have been authorized. The maximum number of hours is 283 per month.

The county has a formula for determining "time for task". In order to prepare for the application /evaluation, consider keeping a diary log of the amount of time it takes to do each task with which the recipient requires help in order to make sure that you allot enough time for each task. People often do not realize all of the tasks involved in care and the length of time they take. For instance, if there are bathroom accidents, the clean-up time is not just the time for cleaning, but also the time it takes to take out the cleaning supplies and put them away again. Also, the time involved in certain tasks may vary from day to day. For instance, it may take twice as long one day to dress a person with spastic quadriplegia cerebral palsy as it does the next day because of differences in limb flexibility. The IHSS authorization will be based on an average time, so it is important to know the range of time a task may take.

In addition to paying someone to help with tasks for the consumer, IHSS may also pay for "protective supervision". Protective supervision is watching people with severe mental impairments so they don't hurt themselves at home. An IHSS provider may be paid to watch a disabled person to prevent injuries or accident when the person needs 24 hour supervision and can remain safely at home if it is provided.

Services:

- Personal care services (bathing, grooming, bowel and bladder care)
- Skin care
- Transfers
- Feeding
- Medication assistance
- House cleaning
- Meal preparation
- Laundry
- Grocery shopping
- Protective supervision

For more information on IHSS:

Sacramento County IHSS: 916-874-9471 Web site: [www.sacihsspa.net](http://www.sacihsspa.net)  
[www.dss.cahwnet.gov/cdssweb/In-HomeSup\\_I73.htrn](http://www.dss.cahwnet.gov/cdssweb/In-HomeSup_I73.htrn)

### InfoLine Sacramento

Description:

Comprehensive, multilingual telephone information and referral service in the Sacramento area including:

- Senior programs
- Children's services
- Financial assistance
- Employment and training
- Health care
- Low cost housing
- Food programs
- Education
- Family support services

Contact: 916-498-1000

### Supplemental Security Income (SSI)

Description:

Supplemental Security Income (SSI) is a monthly cash benefit program administered by the Social Security Administration. The State of California adds a State Supplemental Payment (SSP). It is not necessary to have paid into Social Security, but applicants must meet financial and medical eligibility criteria. Children who were not eligible under age 18 because the family income was too high may qualify on their own and should reapply after age 18. SSI recipients are automatically eligible for Medi-Cal.

A person can work and still get SSI unless his or her income gets so high that he or she is no longer financially eligible. SSI has generous income counting rules. One half of the earned income is not counted in figuring the amount of the SSI payment. A person can also reduce countable income and thus increase the amount of the SSI payment through Impairment Related Work Expense (IRWE) deductions. These are the charges the recipient pays out of pocket for assistance and treatment related to the disability and for the extra expenses someone has because of working and having a disability. For example, if a person lives in a board and care home which provides care and supervision in addition room and board, the value of these services can be deducted from any earned income as an Impairment Related Work Expense.

## SSI and PASS Plans

With a "Plan for Achieving Self Support" or PASS, income or an excess resource can be sheltered and not counted in determining eligibility for SSI. The income or resources sheltered can be used to pay for tuition, equipment needed to work, etc. Persons interested in seeing whether a PASS would assist them, and particularly persons not now eligible for SSI, should be referred to someone with expertise in writing and implementing Plans for Achieving Self Support.

### Services:

- Medi-Cal
- Monthly cash benefit

### Eligibility:

- Must be blind or have a physical or mental impairment resulting in marked and severe functional limitations and expected to last at least 12 months
- Have limited income (below \$500/month for a child) and limited resources (less than \$2,000)
- Meet citizenship and residence requirements

How to Apply: Call 800-772-1213 Web site: [www.ssa.gov](http://www.ssa.gov)

### Other Resources:

- Protection and Advocacy: 916-488-9950
- Resources for Independent Living: 916-446-3074

## Advocacy

### Area Board III

#### Description:

Area Board III is part of the State Council on Developmental Disabilities (SCDD) and was established by state and federal law as an independent state agency to ensure that people with developmental disabilities and their families receive the services and supports they need. Area Boards advocate on behalf of people with disabilities in California.

Contact: 916-324-742 [www.areaboard3.org](http://www.areaboard3.org)

### California Department of Education (CDE) Procedural Safeguards Unit

#### Description:

Department of CDE unit to which you can obtain information about special education dispute resolution or to file a complaint if you feel that your child's special education rights under IDEA (Individuals with Disabilities Education Act) have been violated.

#### Contact:

Procedural Safeguards: 800-926-0648.



General Assistance or Information regarding Special Ed. Programs: 916-445-4613  
www.ccooe.k12.ca.us/selpa/welcome/prntrgts.html\_California Department of Education

### Health Rights Hotline

**Description:**

Provides free assistance and information about your rights in health care. HRH serves residents of El Dorado, Placer, Sacramento and Yolo counties.

Contact: 916-551-2100 Website: [www.hrh.org](http://www.hrh.org)

### Office of Clients Rights Advocates (OCRA)

**Description:**

Protection and Advocacy (PAI) operates the Office of Clients' Rights Advocacy (OCRA) under a contract with California's Department of Developmental Services (DDS). OCRA provides clients' rights advocacy to individuals with developmental disabilities who are clients of California's 21 regional centers.

Contact: (916) 575-1615

### Protection and Advocacy (PAI)

**Description:**

Works to support the rights of people with disabilities in the areas of housing, employment, health care and education.

Contact: 916-488-9950 / 800-776-5746 Website: [www.pai-ca.org](http://www.pai-ca.org)

### WarmLine Family Resource Center

**Description:**

Provides support and resources to families of children with special needs in Sacramento, Placer, El Dorado, Yolo, Nevada and Alpine Counties. Staffed by parents of children with special health care and/or developmental needs.



**Contact:**

Sacramento: 916-922-9276 / 800-660-7995

Roseville: 916-782-7147

[www.warmlinefrc.org](http://www.warmlinefrc.org)

## Community Resources

### **General Information:**

#### InfoLine Sacramento

##### Description:

Comprehensive, multilingual telephone information and referral service in the Sacramento area including:

- Senior programs
- Children's services
- Financial assistance
- Employment and training
- Health care
- Low cost housing
- Food programs
- Education
- Family support services

Contact: Sacramento County: 916-498-1000

#### La Familia Counseling Center

##### Description:

Multilingual, comprehensive, multicultural professional counseling, outreach, support services.

Contact: (916) 452-3601

### **Child Care/After School Care:**

#### Access Leisure Teen Program

Access Leisure Teen Programs are located on four sites throughout Sacramento County (Sacramento, Elk Grove, Natomas and Carmichael). Provides teen recreation and after school care for students with special needs, aged 13-22 years. Program may be paid for by the Alta California Regional Center.

Contact: 916-808-6085

### After School Programs

Most school districts have after school programs that care for children through age 12 and are located on elementary school sites. These programs are required to make "reasonable accommodations" for children with special needs. For more information about finding child care for children with special needs and working with providers, call WarmLine Family Resource Center.

#### Contact:

Elk Grove Unified School District, "Twilight Program": 916-686-7712

Folsom Cordova Unified School District: 916-635-2379

Sacramento City Unified School District, "Fourth R Program": 916-808-6021

San Juan Unified School District, "Discovery Club": 916-971-5980

If the student attends school in another district, call the district's main phone number and ask for the number for their after school program.

### Child Action, Inc.

Child Action is a child care referral agency that can help locate child care for children with special needs (called an "enhanced referral").

#### Contact:

Child Action: 916-369-0191

Special Needs Coordinator: 916-369-3319

Website: [childaction.org/families/specialneeds.asp](http://childaction.org/families/specialneeds.asp)



### My Friends Pediatric Day Center:

My Friends is locally owned and operated by a nurse and provides care for medically fragile children aged birth - 21 years.

#### Services:

- Supplements home care for times when home nursing is not available
- An alternative to homecare to provide the child the opportunity for socialization
- Respite care
- After school care (limited transportation is available)

Eligibility: Medi-Cal, Alta California Regional Center or private pay.

#### Locations:

- 8632 Greenback Lane, Suite A, Orangevale, CA 95662
- 3151 Dwight Road, Suite 400, Elk Grove, CA 95758

Contact: 916.987.8632 Website: [www.myfriendsonline.org/](http://www.myfriendsonline.org/)

## Respite

### Description:

Respite services may be available to families of children with special health care needs who are also clients of the Alta California Regional Center. Families should contact their service coordinator to find out if they qualify. For families whose children are not consumers of ACRC, they can call 916-978-6400 and ask for the intake section to find out if their child qualifies.

## Sacramento Crisis Nurseries

- Provide respite care for children birth - 5 years for 24 hours up to 30 days.
- Open 24 hours - call anytime.
- Offer counseling and support.
- Free to the family and confidential.

### Contact:

- South Sacramento: 916-394-2000
- North Sacramento: 916-679-3800

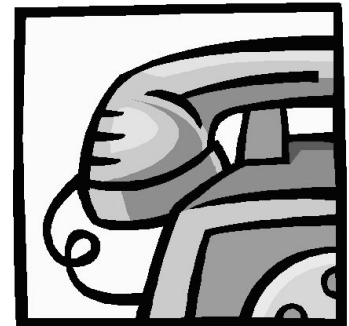
## Communication

### California Telephone Access Program

Provides equipment and/or service free of charge to people with special needs to help them use telephone services more effectively.

### Services/Equipment:

- Speed dial
- Three way calling
- Operator assisted dialing
- Directory assistance exemption
- Amplifiers
- Braille TTYs
- Headsets
- Ring signal devices
- Switches
- Special telephones
- TTYs
- Accessories



### Eligibility:

To be eligible, a person must:

- Live in California

- Have telephone service at residence
- Be certified in one or more of the following disabilities - either temporarily or permanently:
  - Deaf/deafened
  - Hard of hearing
  - Cognitive disability
  - Mobility problems
  - Blind/low vision
  - Speech difficulty

To Apply: Complete application form that is available from call center at 800-806-1191  
 Website: <http://www.ddtp.org/DDTP/>

### Adapting the Home for an Adult with a Disability

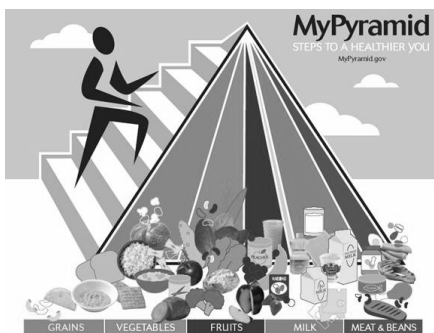
A teen may outgrow his or her parents in size and weight. If he or she plans on continuing to live at home as an adult and has mobility issues, the family should start early to plan for what type of assistance and adaptive equipment the teen will need as an adult, especially if he or she is currently a client of California Children's Services (CCS) since CCS covers children only up until age 21.

- CCS: 916-875-9900 (ask for your teen's nurse case manager)
- Housing Now: 916-454-4005
- Rebuilding Together: 916-455-1880
- Resources for Independent Living: 916-446-3074
- Sacramento Housing & Redevelopment Agency: 916-444-9210

## Nutrition

### Women Infants, and Children (WIC)

WIC is a temporary assistance program for low-income women, infants, and children who are at nutritional risk. Pregnant and breastfeeding women and infants are considered highest priority for program enrollment. Health Care Financing Agency (HCFA) regulations require that all Medi-Cal recipients be referred to WIC.



#### Services:

- Vouchers for nutritious supplemental foods
- Nutrition education and counseling
- Referral to health care providers and other community services
- Special formulas for children with special needs

#### Eligibility:

- Pregnant and breastfeeding women up to 1 year after childbirth
- Postpartum women up to 6 months after childbirth
- Children birth to 5 years

- Individuals whose income is 185% FPL
- At nutritional risk as identified by a health professional
- Persons receiving Medi-Cal or CHDP

**How to Apply:**

Call 916-427-5500 to make an appointment. Web site: [www.fns.usda.gov/wic/](http://www.fns.usda.gov/wic/)

Recreation

*This is just a partial list of the many recreational opportunities of people with special healthcare and/or developmental needs. For a more complete list, call the WarmLine Family Resource Center.*

Access Leisure (City of Sacramento)

Access Leisure offers a variety of adapted sports programs such as wheelchair basketball, wheelchair softball, power soccer, Access Aquatics and even a cheerleading team. Access Leisure offers information on where to participate in wheelchair tennis, adapted water skiing, white water rafting, dance, drama, the arts, adapted downhill or cross country snow skiing, and adapted weight training for adults.

Contact: Steve Hornsey at (916) 808-2340

Challenge Sports

Challenge sport provides a structured soccer program for school-age kids with physical and/or developmental disabilities. Players that use manual wheelchairs, walkers, crutches or other assistive devices are encouraged to join.

Contact:

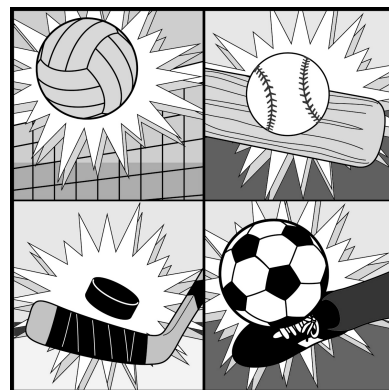
- Challenge Soccer: 916-554-0889
- Challenge Basketball: 916-554-0889
- Challenger Baseball: 916-381-0898 or 916-381-1026
- Tri-City Challenger Baseball: 916-447-8560

Disabled Sports

Disabled Sports serves any individual with a disability regardless of age and ability including: Autism, developmental disabilities, paraplegics, quadriplegics, amputees, stroke survivors and people with visual impairments, cerebral palsy, multiple sclerosis, spina bifida, head injuries and muscular dystrophy.

Disabled Sports offers the following programs:

- Snow sports instruction
- Water ski instruction



- Golf instruction
- White water rafting
- Cycling
- Water sports
- 4-wheel drive adventures

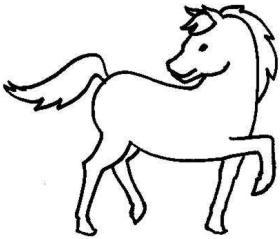
Contact:

Citrus Heights: (916) 722-6447

Truckee: 530 581-4161

### Therapeutic Horseback Riding

Programs utilize horseback riding skills to improve balance, flexibility, muscle strength. Most programs have eligibility requirements and most have waiting lists.



For more information, call:

- Horses for Healing (Auburn): 530-887-9573
- Lakeside Therapeutic Riding Center (Granite Bay): 916-652-2197
- Project RIDE (Elk Grove): 916-685-7433
- Ride to Walk (Lincoln): 916-434-0693
- Saddle Pals (Orangevale): 916-726-7257

### Therapeutic Recreation Services (County of Sacramento)

TSR provides recreation and creative leisure activities to those with developmental and physical disabilities.

Contact: (916) 381-0255

### Miscellaneous

#### Service Dogs

There are many types of service dogs for people with special needs, including guide dogs for the blind, dogs who can sense and warn of impending seizures, "hearing ear" dogs, dogs who help with mobility wheelchairs, and many more.

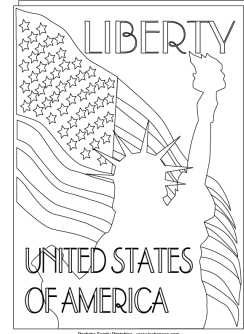
Contact: (The programs listed here are all in Northern California.)

- Assistance Dog Institute: 707-545-3647 ([info@assistedog.org](mailto:info@assistedog.org))
- Canine Caretakers for Life: 209-470-2215 ([www.service-dog.org](http://www.service-dog.org))
- Canine Companions for Independence: 707-577-1700 ([www.cci.org](http://www.cci.org))
- Discovery Dogs: 415-479-9557 ([www.discoverydogs.org](http://www.discoverydogs.org))
- Guide Dogs for the Blind: 800-295-4050 ([www.guidedogs.com](http://www.guidedogs.com))
- Loving Paws Assistance Dogs: 707-586-0798 ([www.lovingpaws.com](http://www.lovingpaws.com)]
- San Francisco SPCA Hearing Dog Program: 415-554-3020 ([www.sfspca.org/hearing\\_dogs/index.html](http://www.sfspca.org/hearing_dogs/index.html))



## Selective Service Registration

All male U.S. citizens born after December 31, 1959, who are 18 but not yet 26 years old, including those who are "handicapped physically or mentally and able to function in public with or without assistance" must register for selective service. Among those not required to register are those who are "handicapped physically or mentally and who are continually confined to a residence, hospital or institution."



Here are some places to register:

- **On-line**  
Young men may now register on-line with Selective Service at [www.sss.gov](http://www.sss.gov)
- **At The Post Office**  
Selective Service registration forms are available at any U.S. Post Office.
- **By Mail**  
A young man may also register by filling out a Reminder Mailback Card. Selective Service sends this card to many young men around the time they turn 18. Mailback cards are also available at some post offices. A man can fill out the card at home and mail it directly to Selective Service. Forms will be sent to: Selective Service System, Registration Information Office, P.O. Box 94638, Palatine, IL 60094-4638.
- **Check Box**  
Another way a young man can register is to check a box on the application form for Federal Student Financial Aid (FAFSA form). A man can check "Yes" on Box #29 of that form, and the Department of Education will furnish Selective Service with the information to register the man.
- **At Their High School**  
More than half the high schools in the Nation have a staff member or teacher appointed as a Selective Service Registrar. These individuals help register male high school students.

## Transportation

### Department of Motor Vehicles

#### Parking Placard

##### Description:

A person can be certified disabled by a physician if he or she has limited mobility or one of the following conditions:

- Heart or circulatory disease
- Lung disease
- A disease or disorder that significantly limits the use of lower extremities
- Specific visual problems, including low vision, partial-sightedness, or blindness
- The loss, or loss of the use, of one or both lower extremities or both hands



Disabled *license plates* are available only to those with permanent disabilities. There is no fee for the plates other than the normal annual vehicle registration fee.

Both permanent and temporary disabled parking placards require a doctor's certification unless the person has lost a lower extremity or both hands, and goes in person to your local DMV office to obtain a placard or already has a California disabled person (DP) or disabled veteran (DV) license plates.

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

- Download and print a copy of the "Application for Disabled Person Placard or Plates" form from <http://www.dmv.ca.gov/forms/reg/regl95.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 to deliver the application in person.
- The placard or plates will be received within three weeks after the DMV receives the application.

#### Renewals:

Placards for permanently disabled persons are automatically renewed by the DMV.

#### Parking privileges for DP placard, DP plates or DV plates:

- In parking spaces with the International Symbol of Access (wheelchair symbol).
- Next to a blue curb authorized for handicap parking.
- Next to a green curb for as long as you wish.
- In an on-street metered parking space at no charge.
- In an area that indicates it requires a resident or merchant permit.

*In addition to parking privileges, service stations must refuel a disabled person's vehicle at self-service rates unless the service facility has only one employee on duty.*

#### Drivers License



People who have special needs frequently can obtain a drivers license. Under the Americans with disabilities Act (ADA) drivers training companies must make reasonable accommodations" to people with disabilities. After drivers training, the person must also pass both a drivers test and a written (with accommodations, as necessary) test with the Department of Motor Vehicles (DMV). Check local phone books to find drivers training programs in the area.

The Association for Driver Rehabilitation Specialists (ADED) supports professionals working in the field of driver education/driver training and transportation equipment modifications for persons with disabilities. The ADED is the primary professional organization in this specialized area and it supports and encourages equipment development to maximize the transportation options for persons with disabilities.

Contact:

To locate a professional in your area, call (800) 290-2344 Toll Free in the US

Website: <http://www.driver-ed.org>

California Identification (ID) Card

DMV issues ID cards to persons of any age. The ID card looks like a driver license, but is used for identification purposes only. A regular ID card is valid for six years, and a senior citizen ID card is valid for 10 years. To qualify for a senior citizen ID card, the person must be age 62 or older.

To apply for an ID card:

- Visit a DMV office (make an appointment for faster service) and complete an application form. (An original form must be submitted. Copies will not be accepted.),
- Give a thumb print,
- Have a picture taken,
- Provide a social security number. (It will be verified with the Social Security Administration),
- Verify birth date with birth certificate,
- Pay the application fee. (No fee for a senior citizen ID card.)

Verify the address on the application before leaving DMV and tell the DMV representative if the address is incorrect. The new ID will be mailed within 60 days. If the card has not been received after 60 days, call 800-777-0133 to check the status. Have the receipt and/or old ID card available to provide information when requested.

DMV will exchange a valid license for a no-fee ID card to drivers who are no longer able to drive safely because of a physical or mental condition. Please call the local DMV for additional information.

To renew an ID card:

- Visit a DMV office (make an appointment for faster service) and complete an application form. (An original form must be submitted. Copies will not be accepted.),
- Give a thumb print,
- Have a picture taken,
- Provide a social security number. (It will be verified with the Social Security Administration),
- Verify birth date with birth certificate,
- Pay the application fee. (No fee for a senior citizen ID card.)

Verify the address on the application before leaving DMV and tell the DMV representative if the address is incorrect. The new ID will be mailed within 60 days. If the card has not been

received after 60 days, call 800-777-0133 to check the status. Have the receipt and/or old ID card available to provide information when requested.

#### Reduced-fee ID card

You may pay a reduced application fee for an original or renewal identification card if you meet income requirements from a public assistance program. If you are eligible, the governmental or non-profit program will give you a completed Verification for Reduced Fee Identification Card form (DL 937) to take to DMV to apply for your reduced fee identification card.

See your local public assistance program agency for information about eligibility requirements and obtaining a DL 937 form.

Double check your address before you leave DMV and tell the DMV representative if your address is incorrect. Your new ID will be mailed to you within 60 days. If you have not received your ID after 60 days, call 1-800-777-0133 and they can check on the status for you. Have your receipt and/or old ID card with you to provide information when requested.

#### Paratransit, Inc.

##### Description:

Private, nonprofit corporation that provides transportation services to individuals with disabilities. Mobility Training provides assistance to people learning how to ride Regional Transit (RT) buses and light rail.

##### Contact:

Mobility Training: (916) 429-2009 (x 341, 352, or 343).  
Paratransit 916-429-2744 Website: [www.paratransit.org](http://www.paratransit.org)

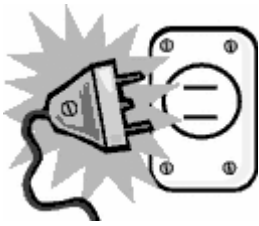
#### Regional Transit

##### Description:

Provides bus and light rail services.

Contact: 916-321-2877

## Utilities (Medical Rates)



### Description:

SMUD (electrical service) and PG&E (gas service) have discounted rates for people with special healthcare needs who meet their requirements.

### SMUD

If a full-time resident of the household requires an electrically powered device for medical reasons, SMUD's Medical Equipment Discount (MED)) Rate can save more than 30 percent on the electric bill every month.

A medical equipment device, for purposes of MED Rate, is defined as any medical device requiring utility-supplied energy for its operation that is regularly required to sustain the life of a full-time resident in the home.

Qualifying medical equipment devices include, but are not limited to:

- respirators
- iron lungs
- hemodialysis machines
- suction machines
- electric nerve stimulators
- pressure pads and pumps
- electrostatic and ultrasonic nebulizers, compressors, IPPB machines
- motorized wheelchairs

The term also includes air conditioning or electric heat for paraplegic, hemiplegic, or quadriplegic and multiple sclerosis patients.

To qualify, the customer must provide certification by a physician or osteopath that a full-time resident in the home is:

- Dependent on a medical equipment device used in the home, or
- Paraplegic, hemiplegic or quadriplegic, or a multiple sclerosis patient with special electric space-heating needs or air conditioning needs. Medical conditions other than paraplegia, hemiplegia, quadriplegia or multiple sclerosis may also qualify for this rate if electrically operated equipment is used to sustain, restore or supplant a vital function.

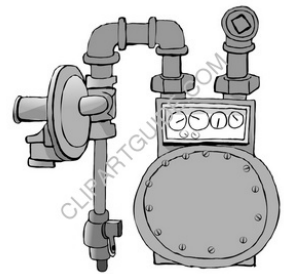
To print out the application, go to [http://www.smud.org/residential/pdf/MEb\\_rate.pdf](http://www.smud.org/residential/pdf/MEb_rate.pdf) or call 888-742-SMUD (7683)

### P.G. & E.:

Pacific Gas and Electric Company's 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.

To qualify for medical baseline, a licensed California doctor must certify that a fulltime



resident in the home is:

- Dependent on life-support equipment used in the home.
- A paraplegic, hemiplegic, quadriplegic or multiple sclerosis patient with special heating and/or cooling needs.
- A scleroderma patient with special heating needs.
- Being treated for a life-threatening illness or compromised immune system with special heating and/or cooling requirements to sustain the patient's life or prevent deterioration of the patient's medical condition.
- Other medical conditions may qualify if the condition requires special heating or cooling essential to sustain the patient's life (*as determined by a licensed doctor*).

Life-support equipment includes any medical device used to sustain life or relied upon for mobility (as determined by a licensed doctor). Equipment must be used in the home. Equipment used for therapy rather than for life support generally does not qualify for medical baseline. If the customer notifies P.G. & E. (and applies for medical baseline) that a full-time resident in the home is dependent on life-support equipment, P.G.&E. can place a special code on the account. P.G. & E. will attempt to notify customers with this code if service will be interrupted due to planned maintenance, repair or construction. They will also attempt to notify life-support customers with this code in the event of rolling blackouts.

To print out the application, go to:

[http://www.pge.com/docs/pdfs/customer\\_service/english\\_brochures/medical\\_base\\_app\\_english.pdf](http://www.pge.com/docs/pdfs/customer_service/english_brochures/medical_base_app_english.pdf) or call 800-743-5000

### *Community Resource Project (CRP)*

Description:

Designed to alleviate some of the struggles of people living on limited incomes by providing services that assist families to become self-sufficient. The programs are tailored to meet each person's needs and have been designed to create an economically and physically healthy community.

Services:

- Home Energy Assistance Program (HEAP) to off-set the costs of heating and/or cooling. Call 916-567-5200
- Weatherization Program assists in providing attic insulation and venting, replacement of broken glass, door weather stripping, low flow showerheads. Call 916-567-5220 ext. 229
- WIC (Women's, Infants, and Children) nutritional assistance program. Call 916-326-5835

## Voter Registration

Anyone, including people with a disability can vote as long as he or she meets these conditions. The person must:

- Be a United States citizen,
- Live in California,
- Be at least 18 years old,
- Not be in prison or on parole for a felony,
- Not have been told by a court that he or she cannot register to vote.



To register to vote, a person must obtain a voter registration card from the Secretary of State's office, the county registrar's office, Alta California Regional Center, Protection and Advocacy, Inc. (PAI).

To obtain help registering, your teen's Regional Center service coordinator can help. In fact, under federal law the regional center has a responsibility to help you register to vote. If you or your service coordinator has questions, you can contact Protection and Advocacy at 916-488-9950.

## Agencies & Groups Helpful For Parents of Teens with Special Needs

### **Advocacy/Family Support**

\* *Area Board 3* (Advocates on behalf of people w/ disabilities in California.)

[www.Areaboard3.org](http://www.Areaboard3.org) 916-324-7426

\* *The ARC* (Nat'l organization of and for people w/ mental retardation & related disabilities.)

[www.thearc.org](http://www.thearc.org) 800-433-5255

\* *Beach Center of Families & Disability* (Works to enhance the quality of life of families, their partnerships with professionals, the support they receive during early childhood years, and their transition to adulthood to increase great expectations for the future.)

[www.beachcenter.org](http://www.beachcenter.org) 785-864-7600

\* *California Association of Family Empowerment Centers* (The California Association of Family Empowerment Centers provide information, resources, technical assistance, and systems change advocacy 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)

\* *Disability Rights Education & Defense Fund (DREDF)* (The mission is to advance the civil and human rights of people with disabilities through legal advocacy, training, education, and public

policy and legislative development.)

[www.dredf.org](http://www.dredf.org)

800-348-4232 / 510.644.2555

\* *Family Village* (Web 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.familyvoicesca.org](http://www.familyvoicesca.org)

888-835-5669

\* *Kentucky Cabinet for Health Services Commission for Children with Special Health Care Needs* (Information on youth transition to adulthood.)

[www.chfs.ky.gov/ccshcn/ccshcntransition.htm](http://www.chfs.ky.gov/ccshcn/ccshcntransition.htm)

\* *Make-A-Wish Foundation* (Grants wishes to children w/ life threatening medical conditions)

[www.wish.org](http://www.wish.org)

916-437-0206

\* *Matrix* (Parent Training & Information Ctr.)

[www.matrixparents.org](http://www.matrixparents.org)

707-586-3314

\* *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)* (Information 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

\* *Resource Foundation for Children with Challenges* (Provides educational resources & emotional support to families of children, adolescents, and young adults w/ disabilities.)

[www.specialchild.com/RFCC/about.html](http://www.specialchild.com/RFCC/about.html)

\* *Sibling Support Project* (Dedicated to the life-long concerns of brothers and sisters of people who have special needs.)

[www.siblingsupport.org](http://www.siblingsupport.org)

206-297-6368

\* *University of Minnesota National Center on Secondary Education & Training* (Information on transition to adult life. Parent briefs are clear & concise.)

[www.ncset.org](http://www.ncset.org)

612-624-2097

\* *University of Washington Adolescent Health Transition Program* (Information for adolescents to learn to manage their own health care.)

[www.depts.washington.edu/healthtr/](http://www.depts.washington.edu/healthtr/)

206-685-1358

\* *WarmLine Family Resource Center* (Support and resources for families of children with special needs)

[www.warmlinefrc.org](http://www.warmlinefrc.org)

Sacramento: 916-922-9276 / 800-660-7995 Roseville: 916-782-7147

## **Health Services**

\* *California Children's Services* (Health care for children who qualify and who have an eligible diagnosis)

[www.dhs.ca.gov/org/pcfh/cms/ccs](http://www.dhs.ca.gov/org/pcfh/cms/ccs) 916-875-9900

\* *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

## **Developmental Disabilities**

\* *Alta California Regional Center (ACRC)* (Serves individuals with developmental disabilities and their families.)

[www.altaregional.org](http://www.altaregional.org) 916-978-6400

\* *California Department of Developmental Services (DDS)*

[www.dds.cahwnet.gov](http://www.dds.cahwnet.gov) 916-654-1690 / 800-515-2229

\* *California Services for Technical Assistance and Training (CalSTAT)* (Supports and develops partnerships with schools and families by providing training, technical assistance and resources to both special education and general education.

[www.calstat.org](http://www.calstat.org)

\* *Easter Seals* (Provides 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

## **Education**

\* *California Department of Education, Special Education Division* (State agency which oversees both general and special education programs)

[www.dds.ca.gov/spbranch/sed/](http://www.dds.ca.gov/spbranch/sed/) 916-319-0800

## Diagnosis/Disability Specific

\* *Alliance of Genetic Support Groups* (Contact information for groups that are involved with genetic diagnoses.)

[www.geneticalliance.org](http://www.geneticalliance.org)

202-966-5557

\* *Canadian Adult Congenital Heart Network* (Provides comprehensive care and information to adult patients with congenital heart disease and their care providers.)

[www.cachnet.org/](http://www.cachnet.org/)

\* *Families for Early Autism Treatment (FEAT)* (Non-profit organization providing education, advocacy and support for the Northern California autism community)

[www.feat.org](http://www.feat.org)

916-463-5323

\* *MIND Institute (UC Davis)* (An international, multidisciplinary research organization which strives to understand the causes and develop better treatments and ultimately cures for neurodevelopmental disorders.)

[www.mindinstitute.org](http://www.mindinstitute.org)

888-883-0961

\* *National Down Syndrome Society* (Works with people with Down syndrome and their families through national leadership in education, research and advocacy.)

[www.ndss.org](http://www.ndss.org)

800-221-4602

\* *National Organization for Rare Disorders (NORD)* (Serves as the primary non-governmental clearinghouse for information on rare disorders. NORD also provides referrals support groups and other sources of assistance.)

800-999-6673

[www.rarediseases.org](http://www.rarediseases.org)

\* *United Cerebral Palsy, Sacramento* (Provides programs and services that improve the independence, productivity, and quality of life of people with developmental disabilities and their families.)

[www.ucpsacto.org](http://www.ucpsacto.org)

916-565-7700



# WarmLine Family Resource Center

## *Sacramento:*

2035 Hurley Way, Suite 250  
Sacramento, CA 95825  
916-922-9276/800-660-7995  
Fax: 916-922-9341  
[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  
Fax: 916-782-7148  
[www.warmlinefrc.org](http://www.warmlinefrc.org)  
email: [placerwl@warmlinefrc.org](mailto:placerwl@warmlinefrc.org)

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