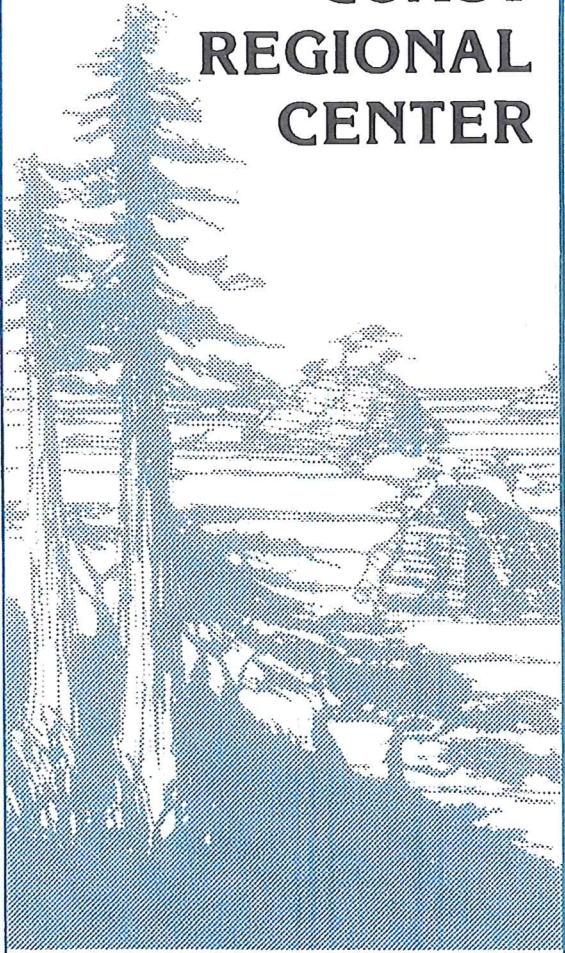


REDWOOD COAST REGIONAL CENTER



*Providing comprehensive
services for people with
developmental disabilities*

CONSUMER BROCHURE

■ INTRODUCTION

Welcome to the Redwood Coast Regional Center. This agency exists for two reasons: to prevent and/or lessen the effects of developmental disabilities; and to provide a wide array of supportive services to people who have developmental disabilities, individuals at risk for disabilities and their families.

This brochure is designed to acquaint you with Redwood Coast Regional Center. We want you to know about our agency, how we work, and what services you can expect to find here. We also want you to feel comfortable about asking questions. Much of what we offer may be new to you and you may have many concerns that are not answered in this brochure. Please contact your assigned case manager or any RCRC staff member with any questions.

■ WHAT IS A DEVELOPMENTAL DISABILITY?

California law defines a developmental disability as a substantial disability resulting from cognitive impairment, cerebral palsy, autism, epilepsy or other disabling conditions which present a substantial disability, had its onset before the age of 18 and has the probability of continuing throughout the life of the individual.

■ WHAT CAN BE DONE TO HELP PEOPLE WHO HAVE DEVELOPMENTAL DISABILITIES?

While a developmental disability can be considered a permanent condition, a great deal can be done to make the effects of the disability less serious. Early intervention with individually planned programs of stimulation and therapy, proper medication and assistance in participating in the mainstream of society reduce the occurrence of more serious disabilities. This intervention can make a major difference in the quality of life a person with a developmental disability will lead.

■ WHAT IS COGNITIVE IMPAIRMENT?

Cognitive impairment (sometimes referred to as mental retardation) is a condition in which there is a permanent impairment that may cause a delay in the development of academic, intellectual, social or physical skills. About three percent of the general population have cognitive impairments. Diagnosis of cognitive impairment is often based upon such indicators as slowness in areas such as sitting, walking or talking and a below average score on psychological tests. There are many other factors which are taken into consideration when an evaluation is made.

■ WHAT IS CEREBRAL PALSY?

Cerebral palsy, sometimes caused by a prenatal or birth injury, is a lack of normal muscle functioning caused by damage to areas of the brain involved in the control of muscles. A person may be stiff, weak, lack balance, or have extra movement of the head, arms, or legs that cannot be controlled. The ability to speak and to eat may also be impaired. Cerebral palsy is the most common, permanent physical disability of childhood. Its incidence has been estimated at five per thousand in the population under 20 years of age. Approximately one-third of the children with cerebral palsy have normal intelligence, while the remainder may have some deficits in their learning abilities.

■ WHAT IS EPILEPSY?

Epilepsy consists of recurring attacks of abnormal nerve cell action within the brain which may be associated with loss of consciousness or uncontrolled movement of the body. There are a variety of types of epilepsy. About one percent of the general population has epilepsy, three-fourths of whom develop it before the age of 21. About 80 percent of people with epilepsy will have good control of seizures through medication. In many instances an individual who has epilepsy as a child will not have it as an adult.

■ WHAT IS AUTISM?

Autism is a condition usually appearing in the very early years of life. It is a disorder of development that may include extreme withdrawal, difficulties in relating to people, impaired communication, unusual social behavior and severe learning disorders.

■ WHAT ARE OTHER DISABLING CONDITIONS?

“Other disabling conditions” are disorders which require treatment similar to those required by a person with cognitive impairment.

■ SERVICES

Services that are provided by the staff of Redwood Coast Regional Center are varied and include the following: prevention services, direct services to consumers, purchase of services from providers within the community, resource development/service evaluation and administration.

■ EARLY START PROGRAM

The regional center’s Early Start Program was developed to provide service to infants and children, birth to age three, who show delay in their development, or whose genetic, medical or environmental history is predictive of substantially greater risk of developmental disability than that of the general population. Services include genetic counseling and prenatal diagnostics; interagency case management; medical, developmental and nutritional assessment and consultation; and services purchased to lessen developmental disabilities.

■ DIRECT SERVICE

Those on the direct service staff assess and diagnose new consumers coming to the regional center, determining their eligibility for regional center services. This staff works individually with consumers and their families or guardians and other persons who are significant in the individual’s life, to formulate a Person Centered Plan (Individual Program Plan or IPP). Direct

service staff help to design the Plan to specifically fit each person’s needs and are charged with seeing that the plan is kept up to date with the consumer’s preferences and changing needs. The direct service staff also works with local agencies, including schools, to insure that consumers and their families receive the services called for in the individual plans. They also provide advocacy and counseling services for families and individuals when appropriate.

■ PURCHASE OF SERVICES

Some services are purchased from vendored individuals and agencies as specified in a consumer’s Individual Program Plan (IPP). This plan is developed jointly by the consumer, regional center case managers, professional staff and parents/guardians or significant others. Regional center accounting staff then process these service authorizations and arrange payment.

■ COMMUNITY SERVICES/RESOURCE DEVELOPMENT/PROGRAM EVALUATION SERVICES

These services include providing information to the community, the identification and development of needed services for consumers, the monitoring of vendored services for compliance with set standards and the provision of quality assurance evaluations of services provided for RCRC consumers. Training and technical assistance to staff, service providers and other agencies are also provided.

■ ADMINISTRATION

The administrative staff oversees the day-to-day functioning of the regional center according to the fiscal and procedural directives of the Redwood Coast Developmental Services Corporation, RCRC’s Board of Directors.

■ REGIONAL CENTER STAFF/SERVICE PROVIDERS WITH WHOM YOU WILL LIKELY HAVE CONTACT

CONSUMER PROGRAM COORDINATOR: Consumer Program Coordinators coordinate the assessment and case planning for all regional center consumers. They are the primary contact that an individual and his/her family will have in receiving services from the regional center.

CLIENTS’ RIGHTS ADVOCATE: The Clients’ Rights Advocate is an attorney employed to guarantee that the rights of consumers are protected and to provide legal advocacy services specifically related to the consumer’s developmental disability.

NURSE SPECIALIST: Nurse consultation provides coordination of specialty medical services for children and adults who have a developmental disability. Additionally, prenatal diagnostic counseling and access to genetic information and education are offered.

PHYSICIAN: The physician reviews medical information as it relates to eligibility, provides an assessment as needed and participates in the ongoing evaluation of a consumer’s program.

PSYCHOLOGIST: The psychologist assesses a consumer’s learning level, evaluates his/her social functioning and self help skills, and surveys the consumer’s basic academic skills. The psychologist meets with families, conservators, case managers and other professionals in developing treatment plans and program planning for consumers.

COMMUNITY RESOURCE MANAGER: The Community Resource Manager works with consumers, families, regional center staff and the community to identify needed services, develop new resources, provide support and technical assistance to new and existing service providers, and monitor quality of services.

■ THE AGENCY

■ WHAT IS THE REDWOOD COAST REGIONAL CENTER?

Redwood Coast Regional Center is one of 21 regional centers that has been established throughout California. Regional centers were established through State legislation, sponsored by Assemblyman Frank Lanterman and others, in answer to the needs of families of persons who have developmental disabilities. Regional center services are legislatively mandated and are available throughout a consumer's lifetime, if necessary. Regional centers also provide services to prevent or lessen the impact of developmental disabilities.

■ HOW ARE REGIONAL CENTERS FUNDED AND GOVERNED?

Redwood Coast Regional Center is a private, nonprofit corporation governed by a 17-member board of directors, the Redwood Coast Developmental Services Corporation. The RCDSC contracts for five years at a time with the State of California's Department of Developmental Services. Funds made available through this contract are generated by tax revenues. There are no fees for most services of the Redwood Coast Regional Center.

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If you have questions about regional center services, please call our nearest office.

*Respecting Choice in the
Redwood Community*

■ REDWOOD COAST REGIONAL CENTER COUNTY LOCATIONS

■ HUMBOLDT

525 2nd Street, Suite 300
Eureka, CA 95501
(707) 445-0893
FAX (707) 444-3409
Toll Free 1-888-584-9473

■ DEL NORTE

1301-A Northcrest Dr.
Crescent City, CA 95531
(707) 464-7488
FAX (707) 465-4230

■ LAKE

180 3rd Street
Lakeport, CA 95453
(707) 262-0470
FAX (707) 262-0475
Toll Free 1-888-909-0470

■ MENDOCINO

270 Chestnut St.
Suite A
Fort Bragg, CA 95437
(707) 964-6387
FAX (707) 964-0226
Toll Free 1-866-515-6387

1116 Airport Park Boulevard
Ukiah, CA 95482
(707) 462-3832
FAX (707) 462-3314
Toll Free 1-800-281-3832

■ REDWOOD COAST REGIONAL CENTER WEB PAGE

<http://www.redwoodcoastrc.org/>