

Common Terms and Abbreviations

The Developmental Disabilities system (called DD for short) uses many special terms and abbreviations. This supplement will help you, your family, and your advocates understand the lingo.

Area Boards on Developmental Disabilities (also called *ABs* for short)

The ABs are part of the State Council on Developmental Disabilities. The ABs protect and advocate for the civil, legal, and service rights of people with developmental disabilities in their area. They also make sure you get the highest quality supports and services.

California has 13 Area Boards. Each one covers a specific geographical area. Each Area Board is made up of 12–17 members appointed by the County Board of Supervisors and the Governor. Sixty percent of the Board members *must* be people with developmental disabilities or their parents, guardians, or conservators. The other members may be from the general public.¹

See Supplement AA for a list of Area Boards.

Adaptive Skills

Adaptive skills help you adjust appropriately to environments and situations. They include communication, self-care, home living, social/interpersonal skills, using community resources, self-direction, functional academic skills, work, leisure, health, and safety skills.

ADL (Activities of Daily Living)

ADL are routine daily activities, such as getting dressed, preparing meals, household chores, working at a job, going to school, using transportation to get around, and others.

Advocacy

Advocacy is when you or someone else actively represents and supports your needs and interests so you can get the services and supports you need.

¹ For more information on the Area Boards, see § 4543-4570 of the Lanterman Act. The § symbol means “section,” and the law referred to in this Supplement is the Lanterman Act.

Aid Paid Pending

This is your right to keep getting services while you wait for an administrative fair hearing decision. To keep getting services you must have filed for an administrative hearing within **10 days** of the regional center or state developmental center's notice that said your services would be cut back or ended.²

AM (Ambulatory) and Non AM (Non-Ambulatory) Facilities

These terms describe the consumers that a facility can serve. You are ambulatory if you can walk. According to fire regulations, if you can walk but have cognitive deficits, and cannot leave the facility without help in an emergency you may be considered non-ambulatory.

Appeal

An appeal is a legal process of challenging an official decision. In this manual, an appeal is the legal process of challenging a regional center or developmental center decision to deny or reduce your services. An appeal includes the informal meeting (optional), mediation (optional), and the state fair hearing.³

For more information on appeals, see Chapter 12.

ARCA (Association of Regional Center Agencies)

ARCA is an association of the 21 regional centers. ARCA negotiates contracts with DDS and takes policy and legislative positions on behalf of all the regional centers.

ARM (Alternative Residential Model)

ARM is a rate system for CCFs that serve people with developmental disabilities.⁴

Assessment

Assessment is a procedure to identify your unique strengths and needs, and the services to meet those needs. It can include observations, reviewing your records, and formal testing. You must have an initial assessment to decide if you

² § 4715

³ § 4701, et seq.

⁴ Welfare and Institutions Code § 4681.1

are eligible for regional center services within 120 days after your initial intake, or within 60 days if waiting longer would risk your health and safety.⁵

Assistive Devices

These are items or equipment that help you lead a more normal and productive life. They can range from simple to complex.

Authorized Representative

Your Authorized Representative has the authority to speak for you so your interests and needs can be met. This person can be your parent or guardian (if you are a minor), conservator (if you are an adult), someone you chose or someone the Area Board appoints for you.⁶

Autism

Autism is a pervasive developmental disorder (PDD) in children. Although behavior patterns of people with autism vary widely, generally people with autism have problems with social interaction and communication. They also have repetitive and stereotypic patterns of behaviors, interests, and activities.

The severity of autism varies from one person to another, and diagnosing autism can be difficult for many reasons. This is partly because autism and other PDDs share some common features, such as impaired social interaction and social behaviors.

For more information on autism, see Chapter 2.

Behavior Modification Services

These services and techniques help you change or adapt your behavior to protect your safety, the safety of others, and to improve your skills.

CADDIS (California Developmental Disability Information System)

CADDIS was going to be a statewide, computerized database that to coordinate all regional center and DDS data collection. The CADDIS program was cancelled in 2006, never having been implemented.

Case Management or Service Coordination

These terms refer to planning, finding, and getting the services you need. The regional center must actively help you do this. Usually your service coordinator is

⁵ § 4643(a)

⁶ §§ 4548(d), 4701.6, 4705(e).

a regional center employee. But if the regional center approves, you, your parent, legal guardian, or conservator can be your service coordinator instead. Your service coordinator may also be called a case manager or Client Program Coordinator (CPC).⁷

Catchment Area

A catchment area is the geographic area that a regional center serves according to its contract with the Department of Developmental Services (DDS).

CCF (Community Care Facility)

People with developmental disabilities may live or go to a CCF. A CCF can be residential (group home) or non-residential (day program). The Community Care Division of the Department of Social Services licenses CCFs. DDS usually sets the CCF rates for RC consumers, but sometimes the regional center negotiates rates.

For more information on CCFs, see Chapter 7.

CDER (Client Development Evaluation Report)

CDER is a tool that records information about your disability, level of functioning and deficits, including behavioral problems. Your CDER should be updated at your IPP meeting. The information collected using this tool may be combined (without listing the names of the consumers) to give an overview of consumer characteristics under a particular service model or across the state.

Cerebral Palsy

Cerebral palsy is a condition that affects the control you have over your movements. It is caused by developmental problems or damage to the parts of the brain that control movement and posture. Symptoms of cerebral palsy include difficulty with fine motor tasks (such as writing or using scissors), difficulty maintaining balance or walking, and involuntary movements. Symptoms differ from person to person and may change over time.

Cerebral palsy most often starts at birth or within the first few years of life. The early signs usually appear before age 3. Babies with cerebral palsy are often slow to reach developmental milestones, such as learning to roll over, sit, crawl, smile, or walk.

For more information on cerebral palsy, see Chapter 2.

⁷ § 4647

CHHSA (California Health and Human Services Agency)

CHHSA is the state agency that oversees departments that provide or license long-term care services for Californians with disabilities.

The 3 major departments that CHHSA oversees are:

- Department of Developmental Services (DDS)
- Department of Health Care Services (DHCS)⁸
- Department of Mental Health

Circle of Support

This is an informal group of people who meet and communicate with you regularly. Your circle of support helps you establish and keep natural supports and carry out some of your IPP goals and objectives. People who are in your circle of support do not get paid.⁹

CMF (Client Master File)

CMF is a computerized DDS database.

CMS (Centers for Medicaid and Medicare Services)

CMS is the federal agency that oversees Medicaid funding to the states. Medicaid reimburses the state for many services and supports for people with developmental disabilities through Medi-Cal and Home and Community Based Waivers.

For more information on DD waivers, see Chapter 13.

Cognitive Skills

Cognitive skills are defined in regulations as your ability to solve problems, adapt to new situations, think abstractly, and learn (or “profit”) from experience. See: 17 CCR § 54002.

Community Inclusion

Inclusion means you are part of your community in at least these 4 areas:

- You live in a typical community setting, such as a house or apartment rather than an isolated setting, such as an institution or a nursing home;

⁸ DHCS is California’s single state agency under Title XIX of the Social Security Act.

⁹ § 4512(f).

- You participate in local culture and lifestyle, such as being a farmhand in a rural community, owning your condominium or home, or belonging to a church or club;
- You have relationships with others who are not paid to help you, including friends, coworkers, neighbors, spouse, and others; and
- You have a right to make choices about your own life.

Community Integration

Community integration means you live, work, and play in the same places and ways as people without disabilities. It means you are physically present in naturally occurring communities - having friends, neighbors, and coworkers, belonging to community associations and boards, etc. Community integration is an important part of community inclusion, but sometimes you may need extra help to fully participate in your community.

Community Participation

Community Participation means you participate in community life. For example, you may support local businesses, join local clubs or associations, volunteer for community projects or activities, or use community doctors and dentists for your health care.

Competitive Employment

This refers to work done in the open market without help from others, such as a job coach.

Conservatorship

If you are 18 or older and need help with daily living, the court can appoint a person or agency, called a conservator, to help you. A *conservator of the person* makes sure you have appropriate food, clothes, and housing. A *conservator of the estate* manages your money and other property. Sometimes the *conservator of the person* and the *conservator of the estate* are the same person.

If you are a regional center client (or could qualify as one) and you need some help (but not a lot), you may have a *limited conservatorship*. A limited conservatorship lets you be more self-reliant and independent. It is called *limited* because you could still take care of yourself and/or manage your money and property if the court decides you are capable.

Consumer

This is the word that the Lanterman Act uses for people who have developmental disabilities and receive regional center services.¹⁰

CPC (Client Program Coordinator)

CPC is another name for a regional center service coordinator. A CPC may also be called a case manager.¹¹

CPP (Community Placement Plan)

The CPP helps you move out of or avoid being in a developmental center. Each regional center develops a CPP every year. The CPP is approved by DDS and is part of the annual budget.¹²

CRA (Clients' Rights Advocate)

A CRA makes sure your civil, legal, and service rights are protected if you get services from a regional center (RC) or live in a developmental center (DC). Your CRA provides a variety of advocacy services.

Each RC and DC has at least one CRA. But since July 1999, CRAs do not work for the RC or DC. The regional center CRAs and CRA Assistants/Associates work for PAI's Office of Clients Rights Advocacy (OCRA). The developmental center CRAs work for the Area Boards.¹³

Supplement Z lists the regional center OCRA advocates' contact information.

Supplement BB lists the developmental center CRAs' contact information.

Crisis Intervention Services

These services try to solve problems to help you stay in your living situation. Services include mental health and behavior modification, short-term residential services, or extra staff.¹⁴

DC Liaison

The DC liaison is the person who works at the regional center and coordinates your services if you live in a developmental center.

¹⁰ § 4512(d)

¹¹ § 4647

¹² § 4418.25

¹³ § 4433

¹⁴ §§ 4648(a)(9)(a) and (10)

DC (Developmental Center)

A DC is a state institution for people with developmental disabilities. There are 7 DCs in California – 5 of them are old and 2 are new.

Developmental Center	Location	Population in March 2009
Agnews, called ADC for short This DC will close in 2008. Most of the residents will move to community homes.	Santa Clara County	4 people
Sonoma, called SDC for short	Sonoma County	655 people
Fairview, called FDC for short	Orange County	504 people
Lanterman, called LDC for short	Los Angeles County	440 people
Porterville, called PDC for short This DC has a locked area for consumers who have been charged with a crime. The locked area is separated from the general area by a fence.	Tulare County	617 people
Sierra Vista	Sutter County	41 people
Canyon Springs	Riverside County	53 people

DD (Developmental Disability)

Under California law, a developmental disability (DD) is a disability that:

- starts before age 18,
- continues, or will likely continue indefinitely, and
- is a “substantial disability” for that person.

The term includes cerebral palsy, epilepsy, autism, mental retardation, and other conditions closely related to mental retardation or that require similar treatment. It does not include disabling conditions that are solely physical in nature.¹⁵

The federal definition of a DD is more broad and does not require a specific diagnosis. Under federal law a DD must:

¹⁵ § 4512(a)

- start before age 22,
- be severe, chronic, and likely to continue indefinitely, and
- cause serious limitations in at least *three* areas of major life activity:
 - Communication (receptive and expressive language),
 - Learning,
 - Self-care,
 - Mobility,
 - Self-direction,
 - Independent living, and
 - Economic self-sufficiency.

Under the federal definition, children age 0–9 are also considered to have a DD if they have a condition that will probably cause a DD if they do not get services.

DDS (Department of Developmental Services)

DDS is the state department responsible for implementing and administering the system of services under the Lanterman Act. DDS has the mandatory duty to make sure your living situation, services, and supports are in the least restrictive, most integrated setting.

DDS is in charge of California’s developmental disabilities services program, including California’s 7 DCs and community-based services for Californians with developmental disabilities. DDS contracts with the regional centers to coordinate and make sure you get your services and supports.

DHCS (Department of Health Care Services)

DHCS is the state agency responsible for California’s Medicaid program, called Medi-Cal. DHCS works with DDS on the Developmental Disabilities Home and Community Based Waiver, the Pilot Intermediate Care Facility/Continuous Care Nursing Waiver, the forthcoming Self-Directed Services Waiver and others.

DHCS licenses all Intermediate Care facilities: ICF-DDs, ICF-DD/Hs, ICF-DD/Ns and ICF-DD/CNs. DHCS also licenses and monitors nursing facilities, and monitors Developmental Centers.

Disability Rights California

Disability Rights California is California’s protection and advocacy system. It is a nonprofit agency that works with people with disabilities. Disability Rights California protects, advocates for, and advances your human and legal rights. Disability Rights California works for a barrier-free, inclusive society that values

diversity and each individual. Disability Rights California changed its name from Protection & Advocacy, Inc. in 2008.

Disability Rights California has been protecting the rights of Californians with disabilities since 1978. Disability Rights California operates under federal and state law to protect the rights of people with disabilities. The Office of Clients' Advocacy (OCRA) is the Disability Rights California office that hires and places advocates at each regional center in the state.

DMH (Department of Mental Health)

DMH is the state department responsible for services to people with psychiatric disabilities. The Lanterman Act says DMH must make sure you get the mental health services you need if you have dual diagnosis (developmental and psychiatric disabilities).

DOF (Department of Finance)

DOF is the state department in charge of all state agency budgets. DOF can approve, revise, or change any State agency budget before giving the agency their money. DOF also approves budget increases and is responsible for any regulation with a financial impact.

DOR (Department of Rehabilitation)

DOR is the state department responsible for vocational rehabilitation services. These services help you get and keep competitive employment. DOR also provides short-term supported work services and other supports.

DSM IV TR (Diagnostics and Statistical Manual of Mental Disorders, Fourth Edition, Text Revised)

This manual has descriptions and symptoms of "mental disorders", including mental retardation, autism, and psychiatric conditions.

DSS (Department of Social Services)

DSS is the state department responsible for California's Child Welfare and Foster Care system, Welfare-to-Work programs, Disabled and Adult programs, licensed community care facilities, and other programs. The DSS Licensing Division licenses and monitors community care facilities (residential and day programs) that serve people with DD.

Dual Diagnosis

You have a dual diagnosis if you have a developmental disability *and* psychiatric disability.

Emergency Services

Emergency services protect you from immediate danger to your physical or mental health or safety, or help you stay in your living situation. Your regional center provides or purchases these services.¹⁶

Epilepsy

Epilepsy is a neurological condition that makes people susceptible to *seizures*. A seizure is a change in sensation, awareness, or behavior brought about by a brief electrical disturbance in the brain. Seizures vary in intensity. Some cause moments of sensory disruption; others cause short periods of unconsciousness, staring spells, and convulsions.

For more information see:

- www.ddhealthinfo.org
- www.epilepsyfoundation.org
- Chapter 2 of this manual

Facilitation

Facilitation includes modified or adapted materials, special instructions, equipment or personal assistance that let you understand and help make decisions about your life.¹⁷

Fair Hearing

This is an administrative hearing before a judge. At a fair hearing, you and the regional center each present evidence and tell your side of the disagreement. The judge will make a decision based on the Lanterman Act.¹⁸

Family Support Services

Family Support Services are services intended to help a family live together and care for their child or children with DD.¹⁹

¹⁶ §§ 4418.7, 4648(a)(10)

¹⁷ § 4512(g)

¹⁸ § 4700 et seq.

¹⁹ §§ 4512(h), 4685

FFA (Foster Family Agency)

FFA home placement is similar to traditional foster care. The difference is that FFA certifies, trains and supports a foster family. FFA helps a foster family take care of a child with special needs because of a DD. A FFA is licensed by DSS.²⁰

FHA (Family Home Agency)

A FHA is a private nonprofit agency and regional center vendor that:

- Recruits, approves, trains, and monitors family home providers;
- Provides services and supports to family home providers; and
- Helps you move into or out of a family home.²¹

Fifth Category

The fifth category is really two categories. It refers to a condition that is closely related to mental retardation or needs similar treatment. To be eligible for regional center services under the fifth category, you must prove that *either*:

- You have a condition “closely related” to mental retardation, **or**
- You require treatment “similar to” treatment for mental retardation.

Forensic

Forensic refers to a person who has had some involvement with the criminal justice system.

Foster Family Home

In the regional center system, a foster family home is a family that gets special training and ongoing assistance to provide a home and support for a child.

Generic Service

A generic service is a service from an agency that serves the general public and gets public funds.²² A regional center must try to get the services you need from a generic agency *before* purchasing them. But, your regional center can purchase services while helping you get generic services.

²⁰ § 17710(i)(3)

²¹ § 4689.1

²² § 4644 (b)

Group Home

A group home is commonly used to refer to any small group living facility for people of any age with DD. Legally, a “group home” is a community care licensed home with up to 6 adults. Other small group living arrangements have other legal names.

HCBS (Home and Community Based Services) Waiver

The HCBS waiver is federal Medicaid funding to help states pay for community-based services, such as supported living and supported employment. California has a specific waiver for people with developmental disabilities (the HCBS DD Waiver) and some other waivers that people with DD may be eligible for. In California, if you are eligible, you have the right to be told about HCBS Waivers and the services covered.

Some consumers are on the waiver and some are not. It should not affect your services. If you are on the waiver, you must have an IPP meeting every year. DHCS may review and change a fair hearing decision that affects your waiver services.

ICFs (Intermediate Care Facilities)

These are residential health facilities for people with DDs. There are different kinds and different sized facilities, including: ICF-DD, ICF-DD-H, ICF-DD/Ns and ICF-DD/CN. They are all licensed and monitored by DHCS.

The term *ICF-MR (Intermediate Care Facility-Mentally Retarded)* is used by federal agencies to refer to all ICFs.

See Chapter 7 for more details.

IDT (Interdisciplinary Team)

Your IDT is the group of people who meet to prepare your IPP. The term is used mostly at developmental centers where many professionals attend IPP meetings. In the law, the term “IDT” has been replaced by the term “*planning team*”.²³

IEP (Individual Education Plan)

An IEP is a written plan for your education. Your IEP is developed at an IEP meeting by your planning team. Your team must include: you, your parent(s), a special education teacher, a regular education teacher (if appropriate), and a district representative or school administrator.

²³ § 4512(j)

Learn more about IEPs from Disability Rights California's publication, *Special Education Rights and Responsibilities* at:

<http://www.disabilityrightsca.org/pubs/504001SpecEdIndex.htm>

IFSP (Individualized Family Service Plan)

An IFSP is a written plan about early intervention services for eligible babies or toddlers and their families.

Learn more about IFSPs from Chapter 12 of Disability Rights California's publication, *Special Education Rights and Responsibilities* at:

<http://www.disabilityrightsca.org/pubs/504001SpecEdIndex.htm>

IHSS (In Home Supportive Services)

IHSS is a community-based program that provides people with disabilities the functional self-help skills training necessary for living independently. The IHSS program also provides support to people with disabilities so that they can live independently in their communities.

For more information on IHSS, see

<http://www.disabilityrightsca.org/pubs/501301.htm>

ILS (Independent Living Services)

ILS provides two types of services. ILS training helps you learn the skills you need to live independently, such as cooking, cleaning, grooming, and money management. You can also get ongoing ILS services if you have basic self-help skills but need ongoing help to keep your living arrangement.²⁴

Integration

See *Community Integration* above.

IPC (Individual Program Coordinator)

An IPC is the person who works at the Developmental Center and coordinates your IPP.

IPP (Individual Program Plan)

An IPP is a written plan developed by your planning team at the IPP meeting that reflects the agreed-upon goals and objectives and identifies the services and

²⁴ Cal. Code Regs., Title 17 § 54302 (a)(35)

supports you want and need to achieve your goals. The regional center is obligated by law to ensure that you receive the services listed in your IPP.²⁵

For more information on IPPs, see Chapter 4.

Lanterman Act (Lanterman Developmental Disabilities Services Act)

The Lanterman Act is the name of the set of laws in California that gives people with developmental disabilities the right to get necessary services and supports in the least restrictive, most integrated setting. This law established the regional center system and the area boards. The Lanterman Act is found at Welfare and Institutions (W&I) Code sections 4500 and following.

Learning Disabilities

Learning disabilities are a group of disabilities that make it hard to learn new academic skills. A person with a learning disability may not perform some skills as well as would be expected given his or her intelligence. For example, dyslexia makes reading difficult, which in turn makes it hard to learn from written materials.

Legal Guardian

A legal guardian is an adult who is given the legal authority by a court to take care of a child under 18 and/or the child's property.

A guardian of the person is legally responsible for the child's physical, medical and educational needs.

A guardian of the estate is legally responsible for the child's property.

LQA (Life Quality Assessment)

If you are a regional center consumer, and do not live with your family, you will have an interview, called LQA, with Area Board staff and volunteers every 3 years. The LQA is done before your IPP, and it helps you and your RC make your IPP. The LQA is based on the *Looking at Life Quality Handbook*.²⁶

LRE (Least Restrictive Environment)

LRE is a federal and state legal requirement that says you have the right to get the services you need to have the most independent, productive, and normal life possible in the most integrated and inclusive setting, regardless of your disability.

²⁵ §§ 4646, 4646.5

²⁶ § 4570

Mediation

If you and another person (or organization) do not agree about your services and supports, you can meet with them and a *mediator* to try and find a solution. This meeting is called *mediation*. The mediator is the person who helps you and the other side agree. Mediation is optional in the regional center appeal process, but can be useful and faster than going to a hearing.²⁷

Medi-Cal

Medi-Cal is a program that provides health care services for low-income people. The federal government and the state pay for Medi-Cal.

Medicare

Medicare is a health insurance program for people who qualify for social security disability payments and their dependents.

Mental Retardation

According to the American Psychiatric Association, a mentally retarded person has:

- Deficits in intellectual and adaptive functioning,
- IQ score of 70 or less (using standardized tests and full-score results), and
- Deficits in three or more of these areas:
 - Communication skills (receptive and expressive language),
 - Learning abilities,
 - Self-care,
 - Mobility,
 - Self-direction,
 - Independent living skills, and
 - Economic self-sufficiency.

People with full-scale IQ scores between 71 and 75 may also be diagnosed as mentally retarded if they have significant deficits in the areas listed above.

For more information on Mental Retardation, see Chapter 2.

Mobility Training

²⁷ § 4707

Mobility training helps you use the most independent transportation possible.²⁸

Natural Supports

Natural supports are family and community connections and relationships that help you enhance or keep your quality and security of life.²⁹

OCRA (Office of Client’s Advocacy)

OCRA is the PAI office that hires and places Client Rights Advocates (CRA for short) at each regional center.

Supplement Z lists the CRA contact information for all regional centers.

PAI (Protection & Advocacy, Inc.)

PAI changed its name to Disability Rights California in 2008. See “Disability Rights California” above.

People First

People First is a self-advocacy organization of people with developmental disabilities. In California, there is a statewide People First organization and local chapters most areas.

Person-Centered Planning

Your IPP process must be person-centered, which means it must focus on you and your choices, preferences, and needs. Person-centered planning is a way to work toward the future you want for yourself.³⁰

PDF (Program Development Fund)

These are federal funds to start new services or provide grants for projects. The State Council on Developmental Disabilities primarily controls these funds.³¹

Planning Team

Your planning team is the group that develops your IPP and authorizes your services. Your planning team includes: you, your parents or legally appointed guardian (if you are a minor), your legally appointed conservator (if you are an adult and have a conservatorship), one or more regional center representatives

²⁸ Cal. Code Regs., Title 17 § 54302(a)(46)

²⁹ § 4512(e)

³⁰ § 4646(a)

³¹ § 4677

(including the designated regional center service coordinator), and anyone you invite (including a service provider).³²

POS (Purchase of Services) Funds

POS funds are used to purchase services for consumers from vendors. Each regional center has a contract with DDS that includes POS funds.

POS (Purchase of Services) Policies

POS policies are guidelines created by a regional center about the kinds and amounts of services it will approve at your IPP meeting. POS policies often set eligibility requirements and amounts for certain supports and services. POS policies with firm limits that violate your legal right to services are illegal. You have a right to services that are planned to meet your needs. All POS policies must have an exception clause so that your services can be decided at your IPP meeting to fit your needs.

Psychiatrist

A psychiatrist is a licensed doctor with special training and/or experience in ongoing mental health disorders.

Psychologist

A psychologist is a licensed professional with a doctorate degree in psychology, and at least 2 years of clinical experience in a multidisciplinary health care facility.

RCs (Regional Centers)

RCs are private nonprofit community agencies that provide evaluations, coordinate services, and purchase services for you and your family. A California law, called the Lanterman Act, required that regional centers be set up across the state. Regional centers are under contract with DDS.³³

There are 21 RCs in California:

ACRC	Alta California Regional Center
CVRC	Central Valley Regional Center
ELARC	Eastern Los Angeles Regional Center
FNRC	Far Northern Regional Center

³² § 4512(j)

³³ §§ 4620 et seq

FDLRC	Frank D. Lanterman Regional Center
GGRC	Golden Gate Regional Center
HRC	Harbor Regional Center
IRC	Inland Regional Center
KRC	Kern Regional Center
NBRC	North Bay Regional Center
NLACRC	North Los Angeles County Regional Center
RCRC	Redwood Coast Regional Center
RCEB	Regional Center of the East Bay
RCOC	Regional Center of Orange County
SARC	San Andreas Regional Center
SDRC	San Diego Regional Center
SGPRC	San Gabriel/Pomona Regional Center
SCLARC	South Central Los Angeles Regional Center
TCRC	Tri-Counties Regional Center
VMRC	Valley Mountain Regional Center
WRC	Westside Regional Center

Supplement Y lists contact information for each regional center.

Regulations

Regulations are a set of rules and guidelines set up and enforced by a government agency to carry out the meaning and definition of certain laws.

Release

A release is a document that gives permission to see and copy documents and records. The RC needs to see certain documents and medical, psychological, and academic records when they assess you. These records are confidential. You (or your parent, conservator, or legal guardian) must sign a release to give the regional center permission to see and copy your records.

Respite Care

Respite care is occasional or regularly scheduled temporary non-medical care and supervision to:

- Help family members keep the consumer at home;

- Provide appropriate care and supervision in the absence of family members;
- Give family members a break from taking care of a consumer; and
- Provide basic self-help needs and other daily activities, including interaction, socialization, and continuation of usual daily routines usually done by a consumer's family.³⁴

RRDP (Regional Resource Development Project)

Regional Resource Development Projects are part of the Department of Developmental Services. These projects have different goals. They may:

- Keep you out of a Developmental Center³⁵;
- Admit you to a Developmental Center³⁶;
- Tell you about other community options if you live in a Developmental Center³⁷; and
- Help you move from a Developmental Center to the community.³⁸

There are 7 RRDPs. Five of them are located at Developmental Center sites:

- Delta Regional Project (Stockton area)
- Lanterman Regional Project (Lanterman DC)
- Porterville Regional Project (Porterville DC)
- RPBA or Regional Project of the Bay Area (Agnews DC)
- Sonoma Regional Project (Sonoma DC)
- SCRCP or South Coast Regional Project (Fairview DC)
- Westlake Regional Project (Camarillo area)

See Supplement CC for complete listings of RRDPs.

SCDD (State Council on Developmental Disabilities)

The SCDD is an independent state agency that helps plan, coordinate, monitor, and evaluate services for you and your family. Federal law says SCDD must

³⁴ § 4690.2

³⁵ § 4418.7

³⁶ § 4418.7

³⁷ § 4418.3(d)

³⁸ § 4418.3

suggest ways to improve and increase services. SCDD puts their suggestions into a State Plan and submits the Plan to the federal government.

Under state law, SCDD must study how people with developmental disabilities get their services. If there are gaps in service, SCDD will make recommendations to DDS about how to get the needed services. The Council also uses its federal resources to make grants for the development of new services or for self-advocacy projects.³⁹

SDS (Self-Directed Services)

SDS is a new service delivery model that gives you more opportunities for inclusive community living. It differs from the traditional service model because you get your own budget and you chose and purchase the services in your IPP. You have more freedom and control over how to meet your IPP goals.

For more information on SDS, see:

- *Rights Under the Lanterman Act*, Chapter 11, and
- *Self-Directed Services Program Frequently Asked Questions* at: <http://www.dds.ca.gov/SDS/Index.cfm>

Self Advocacy

Self advocacy means representing and communicating your own interests, making your own choices, and exerting control over your environment.

Sensory Loss

This refers to losing one or more of your 5 senses (sight, hearing, touch, taste, or smell).

Service Coordination or Case Management

This refers to the regional center's responsibility to actively assist the consumer in program planning and in finding and getting necessary services. Your service coordinator is the person responsible for service coordination or case management. Usually, your service coordinator is a regional center employee. But if the regional center approves, you, your parent, legal guardian, or conservator can be your service coordinator instead. A service coordinator is also called a case manager or CPC.⁴⁰

Self-Determination

³⁹ §§ 4520-4568

⁴⁰ § 4647

Self-determination means you have a right to make choices about your own life, to have the same rights and responsibilities as everyone else, and to speak and advocate for yourself. California's Self-Determination Pilot Project is an experimental program like the SDS Program. The money for this program comes from the state general fund.

SLA (Supported Living Arrangement)

SLA refers to your supported living services plus any other supports, such as a day program.

SLS (Supported Living Services)

SLS helps you live in a house or apartment you own or rent. SLS can be available as often and for as long as you need it. You can get a variety of services and supports to help you live in your own home, including social, behavioral, and daily living skills training and support, assistance in finding, modifying and maintaining a home, paid neighbors and paid roommates. SLS is aimed at helping you live a normal life, and be included in your community. SLS addresses the "big picture" of your life.⁴¹

SNF (Skilled Nursing Facility)

A skilled nursing facility provides extended skilled nursing care.⁴²

Social Security

Social Security is a federal program that was started in 1935. It includes old age and survivors insurance, contribution to state unemployment insurance and old age assistance.

SSI (Supplemental Security Income)

SSI is a Social Security Administration program for low-income people who have disabilities or are over 65. SSI provides cash for basic food, clothing and shelter.

Stakeholder Organizations

These statewide organizations represent the interests of consumers, family members, service providers and statewide advocacy organizations.⁴³

Statute

⁴¹ § 4689

⁴² Health & Safety Code § 1250

⁴³ § 4512(k)

A statute is a law passed by the legislature and signed by the governor. The Lanterman Act is a set of statutes about the services and rights guaranteed to people with developmental disabilities.

Substantial Disability

Department of Developmental Services regulations define a *substantial disability* as “a major impairment of cognitive and/or social functioning.” This means you are substantially disabled by a major impairment of *either*:

- Your cognitive functioning (your thinking, your intellect), **or**
- Your social functioning (how you relate to others).

You do not have to prove both.

According to the law, substantially disabling conditions require “interdisciplinary planning” and the “coordination of services” to help you “reach your maximum potential.”

In order to be eligible for regional center services, not only must you have a diagnosis or condition that fits one of the five categories of eligibility, but that diagnosis or condition must constitute a “substantial disability” for you.

For more information on Substantial Disability, see Chapter 2.

Vendor

A vendor is a person or agency approved and paid by a regional center to provide services.⁴⁴

Vendorization

This means that the regional center has made sure a vendor meets all of the requirements to provide services. The regional center gives each vendor an ID number, service code, and subcode so the vendor can get paid for the services provided.⁴⁵

Voucher

A voucher is a coupon or other written authorization for a particular service, such as respite or day care. The regional center can give a voucher to you or your family. You choose your own service provider and pay with the voucher.⁴⁶

⁴⁴ § 4648(a)(3)(A)

⁴⁵ § 4648(a)(e)(A)

⁴⁶ § 4512(i)

WIC (Welfare and Institutions Code)

WIC is the area of California law that includes the Lanterman Act.