

Services and Supports for People with Cognitive Disabilities¹

People with cognitive disabilities often need these services and supports:

- Infant stimulation
- Counseling and emotional support for parents
- Child development training for parents
- Early intervention services
- Sensory stimulation
- Physical, occupational, or speech therapy (for cognitive disability)
- Training in self-help skills, such as feeding, cooking, cleaning, dressing, using the bathroom, personal hygiene, money management, using public transportation
- Training in social skills, such as how to make friends and schedule leisure activities
- Respite care
- Coordinating and managing services
- Advocacy services and training in self-advocacy
- Family counseling
- Information and referral, such as to medical, behavior, or parenting skills specialists
- Social and legal services, such as protection, advocacy, and representation
- Special education and related services required by law
- Social or recreational services
- Rehabilitative or vocational training
- Residential care
- Mental health services
- Support at a job
- Sheltered workshop services, such as vocational training and paid work opportunities
- Supported or semi-independent living arrangements
- Day programs to help learn skills, be more independent, and have fun
- Transportation

¹ The state law says “mental retardation”, but we use “cognitive disability” here, to include similar conditions. See Supplement F for a list of common characteristics of people with similar conditions. You are not automatically eligible just because you need some or all of the services on this list.

- Public assistance like SSI, Medi-Cal, SSDI or Title II Adult Disabled Child Benefits
- Help learning a task by breaking it into smaller parts, and teaching each part, step by step
- Behavioral training and behavior modification programs
- Services and supports to help integrate into the community
- Emergency and crisis intervention services
- Help finding a place to live
- Parenting skills for disabled people with children