

# Common Services



## North Los Angeles County Regional Center (NLACRC)

### **TRANSITION**

individuals age 14 to 21

This brochure includes commonly requested services for children ages 14 to 21.

**Transition planning begins now to plan for your child's life after high school.** You and the planning team, along with the school district, will look at what your child likes to do. This includes seeing if your child wants to go to college, volunteer, and/or get a paid job. The planning team will help find what your child needs to be successful. Your child's Service Coordinator will attend the Individualized Education Program Planning (IEP) meeting to talk about transition planning.

The IEP should have goals that will help your child prepare for life after high school; work-related (vocational) goals such as how to fill out a job application, write a resume, and participate in an interview. Independent living and social skills goals can also be in the IEP. It is important to learn about your child's rights at school. Your Service Coordinator can help you learn more.

It's also important to continue to help children learn other life skills such as getting dressed, brushing their teeth, taking a bath, preparing a simple meal, and making friends. NLACRC may provide services to you and your child age 14 to 21 to teach these skills. It is also important to help children join activities outside of school. This will help your child make new friends and help your family meet other families.

Other services called generic resources can also help your family and your child. Generic resources include your school district, In-Home Supportive Services (IHSS), Medi-Cal, Child and Family Guidance Centers, and Childcare Resource Centers. Some services may also be available through private insurance. NLACRC also has a Family Focus Resource Center (FFRC) that can help you. Please see the NLACRC Family Guide to learn more about generic resources and the services offered.

All services paid for by NLACRC must be decided through the individual program planning process, and must be agreed upon by the parents and NLACRC, unless the consumer is 18. It is important to know that a regional center cannot pay for services that an individual can receive from a generic resource.

**Below are the most common services for an individual age 14 to 21:\***

## **Instructional Services**

- Adaptive Skills Training
- Behavior Intervention Services
- Community Integration Training
- Educational Services
- Independent Living Skills Training
- Social Skills Training
- Vocational Services

# **Family Support Services**

- Respite
- Day Care
- Personal Assistance Services
- Counseling Services
- Continence Supplies
- Interpreter/Translation Services
- In-Home Supportive Services

You may be asked for a payment called the Annual Family Program Fee (AFPF). Also, for families that receive camp, respite, and/or day care services, your family may be asked to pay for part of the cost of those services through the Family Cost Participation Program (FCPP). NLACRC is not able to pay for camp, social recreation, educational, and non-medical therapy services, unless there is a good reason that would allow for us to pay for one of these services.

This list does not have every service that you can get or that can be paid for by NLACRC; it is to inform you about the most common services used by NLACRC consumers and families.

NLACRC is interested in any feedback or suggestions you have about your services. Please share them with your Service Coordinator.

**\*NLACRC does not pay for services that have not been proven to be effective.**

## **NLACRC Websites**

**Visit our website at:**

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

**Facebook page:**

[www.facebook.com/NLACRC/](http://www.facebook.com/NLACRC/)

**Spanish Facebook page:**

[www.facebook.com/NLACRCespanol/](http://www.facebook.com/NLACRCespanol/)

# **NLACRC Locations**

## **San Fernando Valley (Main Office)**

9200 Oakdale Avenue, Suite 100

Chatsworth, CA 91311

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Fax: (818) 756-6140

## **Santa Clarita Valley Office**

25360 Magic Mountain Parkway, Suite 150

Santa Clarita, CA 91355

Telephone: (661) 775-8450

Fax: (661) 775-8454

## **Antelope Valley Office**

43850 10th Street West

Lancaster, CA 93534

Telephone: (661) 945-6761

Fax: (661) 942-4050

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