

## Other Resources in the Community

Generic resources are other publicly funded services and supports available to people receiving services and supports from Tri-Counties Regional Center. According to the law, TCRC must exhaust all available generic resources before funding services. Many commonly used resources are included in this flyer.

### HEALTH SERVICES

#### Medicare

Medicare is a Federally funded public health insurance program for people over age 65, those with certain disabilities, & individuals with End-Stage Renal Disease. Individuals may also qualify for Medicare if they have been eligible for SSDI (Social Security Disability Insurance) benefits for at least 24 months. If you are eligible for SSI (Supplemental Security Income), you may get Medicare. Part A covers inpatient hospital care, care in a skilled nursing facility, or hospice care. Part B covers the services of physicians and other professionals, outpatient hospital services, medical supplies, & other services. Part C offers health plan options administered by Medicare-approved private insurance companies. Part D covers prescription drugs. For more information, visit [www.medicare.gov](http://www.medicare.gov).

#### Medi-Cal

Medi-Cal is California's Medicaid health care program. This program pays for a variety of medical services for children and adults with limited income and resources. If determined eligible, you can receive Medi-Cal as long as you continue to meet the eligibility requirements. Recipients of Supplemental Security Income (SSI) are automatically eligible for Medi-Cal.

Your local County Social Services Department manages Medi-Cal eligibility determinations. Learn more at [www.medi-cal.ca.gov](http://www.medi-cal.ca.gov) or contact:

#### SLO - Department of Social Services

Atascadero - (805) 461-6000  
Paso Robles - (805) 237-3110  
Morro Bay - (805) 772-6340

#### SB - Department of Social Services

Santa Barbara - (805) 681-4401  
Santa Maria - (805) 346-7135  
Lompoc - (805) 737-7098

#### Ventura - Human Services Agency

Oxnard - (805) 385-9363  
Ventura - (805) 658-4100  
Santa Clara Valley - (805) 933-8300

Expanded alcohol and drug and mental health services are available for people who are eligible for Medi-Cal. To find out more, contact CenCal if you live in Santa Barbara or San Luis Obispo Counties or Gold Coast if you live in Ventura County.

**CenCal Health** - (877)814-1861 (SB, SLO)

**Gold Coast Health Plan** - (888) 301-1228 (Ventura)

#### Denti-Cal

Dental Services are covered under Medi-Cal. For eligibility, contact your local County Social Services Department. Some services are provided at no cost to you, for other services, you may be required to share some of the cost. For help finding a dentist, call 1-800-322-6384. Find more information at [www.denti-cal.ca.gov](http://www.denti-cal.ca.gov).

### MENTAL HEALTH SERVICES

The Mental Health Services Division (MHSD) of the Department of Health Care Services (DHCS) administers mental health programs for children & youth, adults, & seniors. Read about the services at [www.dhcs.ca.gov](http://www.dhcs.ca.gov). (Select "Services" at the top and scroll down to "Mental Health and Substance Use Disorder Services". Counties deliver these services according to the local resources.

#### Mental Health Services in San Luis Obispo County

Mental health treatment services are offered for youth, adults, and seniors, including help with family, personal, or psychiatric issues. Clinics are located in San Luis Obispo, Atascadero and Arroyo Grande. To access services or for immediate help, call 1-800-838-1381. Learn more at [www.slocounty.ca.gov](http://www.slocounty.ca.gov).

#### Mental Health Services in Santa Barbara County

The Department of Alcohol, Drug, and Mental Health Services (ADMHS) provides treatment, rehabilitation and support services for children and adults with mental illness or substance use disorders. To access services or for immediate help, call 1-888-868-1649. Learn more at [www.countyofsb.org](http://www.countyofsb.org), search for "family services."

## **Mental Health Services in Ventura County**

The Ventura County Behavioral Health Department provides outpatient mental health services to adults at five clinics located throughout Ventura County. Each clinic is composed of a multi-disciplinary team that provide psychiatric assessment, medication services, psychological testing, individual and group therapy, crisis intervention, rehabilitation services, and case management services. Call 1-866-998-2243 or learn more at [www.vchca.org](http://www.vchca.org).

## **CHILDREN AND FAMILIES**

### **California Children's Services (CCS)**

CCS serves children and transition-aged young adults (up to 21) with certain genetic, neurological, and orthopedic conditions. Treatment such as physical therapy is provided through Medical Therapy Units located at neighborhood schools and is coordinated closely with the school. Medical services such as surgery and durable medical equipment are provided if deemed necessary. CCS can refer to a health-care provider and may provide some financial support.

Financial support is based on an annual adjusted gross income of \$40,000 or less; if medical expenses exceed 20% of annual income, the child may be eligible, despite higher family income. A physician refers the child for CCS services, with support by the regional center or school. To learn about CCS in your area, visit [www.dhcs.ca.gov](http://www.dhcs.ca.gov). (Select "Services" at the top and scroll down to "Children's Medical Services".)

### **Child Health and Disability Prevention Program (CHDP)**

CHDP provides well-child physicals for children through age 21. The complete examination includes hearing, vision, lead level, anemia check, urinalysis and immunizations. If the child is Medi-Cal eligible, services extend to age 21.

Other sources of these services include: Local public education agencies, private preschools, public daycare, and the Head Start program. Information is available at [www.dhcs.ca.gov](http://www.dhcs.ca.gov). (Select "Services" at the top and scroll down to "Child Health and Disability Prevention".)

## **Child Protective Services**

This is the division of the Department of Social Services that provides protective services for children who may have been or are at risk for abuse or neglect. Social services are available to ensure a child's safety. Learn more about the scope of these services at [www.cdss.ca.gov](http://www.cdss.ca.gov).

## **Early and Periodic Screening, Diagnosis, and Treatment Program (EPSDT)**

EPSDT is an important source of funding for selected public health services, and is a resource for children with Medi-Cal to age 21. EPSDT is intended to detect delays, disabilities, and to minimize problems by treating conditions and diseases early. Eligible individuals are pregnant women, newborns and children requiring health care and health care assistance. Parents and advocates are encouraged to confirm Medi-Cal qualification, and to request screening and follow-up treatment or intervention. EPSDT services can go beyond what Medi-Cal usually covers.

## **Special Education**

Under Special Education law, school districts must provide students with a disability a free and appropriate public education. Special Education and related services include preschool through secondary education and conform with an Individualized Education Plan (IEP). Special Education must be provided in the least restrictive environment, which means that to the extent appropriate, students with disabilities will be educated with students who do not have disabilities.

Eligible disabilities include, but are not limited to, sensory or orthopedic impairments, intellectual disability, serious emotional disturbance, certain learning disabilities and health conditions. Children with autism and traumatic brain injury are also eligible for Special Education under Federal law. Special Education services are available to children who meet these criteria if they are between the ages of three and 18 (or until 22 under certain circumstances).

There are early educational opportunities available to children under 3 who have disabilities but are not regional center eligible, and who are developmentally delayed

or at risk of delay. Children with special needs, ages 3 to 6, who were served by the Early Start Program, are able to enter public school programs as preschoolers if they satisfy the eligibility criteria. The Service Coordinator participates in developing the Individualized Education Plan (IEP).

### **Food Program for Women, Infants and Children (WIC)**

WIC is a nutrition program for women, infants & children. WIC helps families by providing funds to purchase healthy foods along with providing breastfeeding education and support. Referrals are also made to health care and community services. Contact WIC at (800) 852-5770.

### **ADULTS AND THEIR FAMILIES /CIRCLE OF SUPPORT**

#### **Department of Rehabilitation**

The DOR provides consultation, counseling and vocational rehabilitation, job development, job coaching, working with community partners to assist the people they serve. Learn more about DOR services at [www.dor.ca.gov](http://www.dor.ca.gov) or call:

#### **Disabled Student Centers**

Persons served by the regional center who are enrolled in the state university or community college systems can be assisted through Disabled Student Centers to be successful in school. Help may include getting around campus, note-takers, readers, or other adaptations a student requires.

#### **In-Home Supportive Services (IHSS)**

In-Home Supportive Services (IHSS) provides personal care and domestic services to persons who are over age 65, blind, or have a disability and who live in their own homes. IHSS is provided to those who otherwise might be placed in an out-of-home care facility but can safely remain at home if IHSS services are received.

The Lanterman Act requires the use of all other sources of funding and services before the regional center provides services. IHSS is considered one of these sources.

IHSS is administered by each county with oversight by the California Department of Social Services (CDSS). Find out more by visiting [www.dds.ca.gov](http://www.dds.ca.gov); type "IHSS" into the search field on the DDS web site, or contact your local county Social Services department:

#### **San Luis Obispo County Dept. of Social Services**

San Luis Obispo (805) 781-1600

#### **Santa Barbara County Dept. of Social Services**

Lompoc (805) 737-7080

Santa Maria (805) 346-7135

Santa Barbara (805) 681-4401

#### **Ventura County Human Services Agency**

Ventura (805) 477-5100

### **HOUSING**

#### **Housing Choice Rental Program (formerly called Section 8)**

The Housing Choice Rental Program provides long-term rental subsidy assistance to low income families and individuals, helping families with children, elderly and disabled individuals rent from property owners in their community. Federally funded through the US Department of Housing and Urban Affairs (HUD), local housing authorities administer the program. Waiting lists are typically quite long (two or more years in most areas). One can sometimes move up on the list by obtaining preference points, which are given for paying over 50% of income for housing along with other conditions.

Participating families or individuals pay a portion of their monthly income toward their rent, with the program paying the balance directly to the property owner. There are limitations on the amount of rent a property owner can charge, as well as a limitation to the size of housing unit a family may rent. Individuals who need round-the-clock attendant care typically will qualify for a two-bedroom unit.

Your Service Coordinator can assist you in filing an application for rental assistance.

## FINANCIAL ASSISTANCE

### CalFresh (Food Stamps)

The CalFresh program helps people who have very low or no income to buy nutritious groceries. CalFresh benefits are provided through use of an electronic benefit transfer (EBT) card that is used like a bank debit card to buy food at most grocery stores.

### Social Security Disability Insurance (SSDI)

This Federal program provides aid to people who are unable to achieve gainful employment due to a permanently disabling condition.

SSDI is financed by the Social Security tax. A person who qualifies as disabled according to the definition provided by Social Security Administration, and who has paid Social Security taxes long enough to achieve sufficient work credits, can qualify for SSDI. For SSDI, you must suffer from a permanent condition that prevents you from working. Your disability must have lasted, or be expected to last, a minimum of twelve months with an income less than \$1000 per month.

You can start the application process online at [www.ssa.gov](http://www.ssa.gov) (select "Benefits") or call toll-free at 1-800-772-1213 to make an appointment with a Social Security representative. The disability claims interview lasts about an hour.

### Supplemental Security Income (SSI)

The SSI program pays benefits to adults and children with disabilities who have limited income and resources. The level of income and amount of resources affect eligibility. The income of spouses and parents may be considered, including real estate, bank accounts, cash, stocks and bonds. You may qualify for SSI if your resources are worth no more than \$2,000, or \$3000 for a couple.

Apply online at [www.ssa.gov](http://www.ssa.gov) (select the "SSI" tab) or call 1-800-772-1213 to make an appointment with a Social Security representative. Parents or guardians apply for children under age 18.

## OTHER GENERIC SERVICES

### Home and Community-Based Services (HCBS) Waivers

HCBS Waivers allow states that participate in Medicaid, known as Medi-Cal in California, to develop creative alternatives for individuals who would otherwise require care in a nursing facility or hospital. Medi-Cal has an agreement with the Federal Government, which allows for waiver services to be offered in either a home or community setting. The services offered under the waiver must cost no more than the alternative institutional level of care. Recipients of HCBS Waivers must have full-scope Medi-Cal eligibility.

The services available under these HCBS Waivers include case management through the regional center, community transition services, private duty nursing, family training, home health aides, life-sustaining utility reimbursement, habilitation services, and respite care. Additional waiver services also exist. Learn more at [www.dhcs.ca.gov](http://www.dhcs.ca.gov).

### Public Transportation

It is important to use public transportation as well as the transportation services coordinated by TCRC (to day services or employment). Accessible public transportation services vary from area to area. Most individuals with developmental disabilities qualify for discounted bus passes to ride the public bus. Many communities operate a para-transit system (door-to-door van service) for people with disabilities who need to get to medical appointments and other community services. Check with your Service Coordinator for information about para-transit services and bus passes.

### Recreation

Each city has a parks and recreation program. Look online for your city's program. These programs offer a variety of sports, dance, art, exercise, swimming, and other activities. Some park locations have adaptive equipment for people with disabilities as well. The programs are available to the public. TCRC does not pay for recreational services.

## San Luis Obispo County

### Atascadero

7305 Morro Rd., Suite 101  
Atascadero, CA 93422

(805) 461-7402 *phone*  
(805) 461-9479 *fax*

*Parents Helping Parents FRC*  
(805) 461-7415 *phone*

### San Luis Obispo

1146 Farmhouse Lane  
San Luis Obispo CA, 93401

(800) 456-4153 *toll free*  
(805) 543-2833 *phone*  
(805) 543-8725 *fax*

*Parents Helping Parents FRC*  
(805) 543-3277 *phone*

## Santa Barbara County

### Santa Barbara

520 East Montecito St.  
Santa Barbara, CA 93103

(800) 322-6994 *toll free*  
(805) 962-7881 *phone*  
(805) 884-7229 *fax*

*Alpha Resource Center*  
(805) 683-2145 *phone*

### Santa Maria

1234 Fairway Dr., Suite A  
Santa Maria, CA 93455

(800) 266-9071 *toll free*  
(805) 922-4640 *phone*  
(805) 922-4350 *fax*

*Alpha Resource Center*  
(805) 347-2775 *phone*

## Ventura County

### Oxnard

2401 E. Gonzales Rd., Ste 100  
Oxnard, CA 93036

(800) 664-3177 *toll free*  
(805) 485-3177 *phone*  
(805) 988-9521 *fax*

*Rainbow Connection FRC*  
(805) 485-9643 *phone*

### Simi Valley

2635 Park Center Dr., Ste A  
Simi Valley, CA 93065

(800) 517-2524 *toll free*  
(805) 522-8030 *phone*  
(805) 522-8142 *fax*

*Rainbow Connection FRC*  
(805) 823-2325 *phone*



**Tri-Counties  
Regional Center**

**Person Centered in All We Do**

*Mission:* TCRC provides person and family centered planning, services and supports for individuals with developmental disabilities to maximize opportunities and choices for living, working, learning and recreating in the community.