

Regional Center Services: Preparing for your IPP

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State Council on Developmental Disabilities

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Agenda

01

Lanterman Developmental Disabilities
Services Act

02

Regional Center Services & Supports

03

Living Options

04

Person Centered Planning/Individual
Program Plan

- “The schools are not required to provide the same level of services as the regional centers are required to provide under the Lanterman Act. The school districts must provide only a free and appropriate public education (FAPE) which provides personalized instruction with sufficient support services to permit the student to benefit educationally from that instruction. (Hendrick Hudson Dist. Bd. of Ed. v. Rowley (1982) 458 U.S. 176.) This does not mean the best possible education, only one providing some benefit. **The Lanterman Act sets out a different and higher standard: providing services that foster developmental potential; services which are directed toward achievement “of the most independent, productive, and normal lives possible.”** (Section 4502, subdivision (a).) The regional centers must provide services and supports that **allow the consumer to integrate “into the mainstream life of the community” and to “approximate the pattern of everyday living available to people without disabilities of the same age.”** (Section 4501. See also, section 4648, subdivision (a) (1).) The requirement that the regional centers maximize opportunities and assist in achieving “the most” normal lives sets a far higher standard than the provision of “some benefit” which is what is required of the schools. Of course, the obligations created by the Lanterman Act are tempered by the obligation to provide the services in a cost-effective manner, but plainly the regional centers’ purposes and obligations are much higher than those of the schools. ”

- Excerpt from OAH Case No. L 2005070685
- Kevin G. v. Frank D. Lanterman Regional Center (January 2006)
- Administrative Law Judge: Christine C. McCall

Under the Lanterman Act, the Legislature has decreed that persons with developmental disabilities have a right to **treatment and rehabilitative services and supports in the least restrictive environment** and provided in the natural community settings as well as the right to choose their own program planning and implementation. (Section 4502.) The Legislature has further declared that regional centers are to provide or secure family supports that, in part, **respect and support the decision making authority of the family, are flexible and creative in meeting the unique and individual needs of the families as they evolve over time, and build on family strengths and natural supports.** (Section 4685, subd. (b).) Services by regional centers must be provided in the most **cost-effective** and beneficial manner (sections 9 4685, subd. (c)(3), and 4848, subd. (a)(11)) and must be individually tailored to the consumer (section 4648, subd. (a)(2)). Further, section 4648, subdivision (a)(8), provides that **regional center funds shall not be used to supplant the budget of any agency which has a legal responsibility to serve all members of the general public** and is receiving funds to provide those services. Section 4659, subdivision (a)(1), directs regional centers to identify and pursue all possible sources of funding for consumers receiving regional center services.

Excerpt from OAH Case No. 2011120545

Tingya T. Y. v. Regional Center of Orange County (February 2012)

Administrative Law Judge David B. Rosenman

Starting Point

The IPP is the starting point!

- IPP process helps people with developmental disabilities, and their families, obtain the services and supports needed to build capabilities*
 - Collaborative process
 - Describes the needs, preferences, and choices of the person served and/or family
 - Includes measurable desirable outcomes and the plan to achieve those goal
- Can be held anytime a need arises (regional center must hold the meeting within 30 days after the request is made)

*WIC §4646.5(a)

Starting Point

- The IPP Team develops the content for the IPP
 - Service Coordinator documents the IPP meeting
 - You review it and make additions/corrections
- ★ Do not sign that you agree with the IPP document until you have a copy of it!
- The Service Coordinator is responsible for “implementing, overseeing, and monitoring each individual program plan” WIC §4647(b)

Services & Supports

- **“An array of services and supports should be established which is sufficiently complete to meet the needs and choices of each person with developmental disabilities,** regardless of age or degree of disability, and at each stage of life and to support their integration into the mainstream life of the community. To the maximum extent feasible, services and supports should be available throughout the state to prevent the dislocation of persons with developmental disabilities from their home communities. “ (WIC §4501, emphasis added)
- “The Legislature finds that the mere existence or the delivery of services and supports is, in itself, insufficient evidence of program effectiveness. It is the intent of the Legislature that **agencies serving persons with developmental disabilities shall produce evidence that their services have resulted in consumer or family empowerment and in more independent, productive, and normal lives for the persons served.**” (WIC §4501, emphasis added)

Determining Services & Supports

- Ask yourself these questions. The answers will help you identify your goals.
 - Where does the person want to live?
 - What services does the individual need to help them live where they want?
 - In what ways would you like the person served to be included in the community? What does the person served want to do for fun, in their free time? And do they need help to do those things?
 - In what ways would you like the person served to be included in school and/or work?
 - What does the person served need to become more integrated in the community and at work? For example, the person served may need to learn certain self-help strategies, or get help with a medical or behavioral concern.
 - Does the person served have cultural and lifestyle preferences that should be taken into consideration as far as services and supports?
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- “IPP/IFSP Meeting Planner for Families with Children” Supplement L - [Rights Under The Lanterman Act Manual](#)
 - Disability Rights California – www.disabilityrightsca.org

Additional Category/Areas for Discussion

Choice/Decision-
Making

Community
Participation

Education/
Learning

Employment

Healthcare/
Wellness

Home Life and
Housing

Income/Finances


Personal/
Emotional
Growth

Relationships

Safety
Considerations

Supports in the
Home

Transportation/
Getting Around

- 
- The team together thinks about and creates a plan for the person to achieve a more meaningful life
 - Professionals and the entire group link people to resources
 - Focus on person-centered – what is important to and important for the person served
 - A guided process for learning how you want to live and developing a plan to make it happen
 - Discover what is important to you in everyday life
 - Identify what support you require and any issues of health or safety



<https://www.youtube.com/watch?v=y77y7XW8GtE> Beth Mount Video

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- Regional centers must provide or secure services and supports that:
 - Respect and support the decision making authority of the family
 - Flexible and creative in meeting unique needs
 - Build on family strengths, natural supports, community resources
 - Are culturally competent
 - Promote inclusion

WIC §4685(b)

POS Guidelines

- In seeking services and supports from the regional center, the POS Guidelines...
 - Provide *some* of the services available through regional center
 - Provide criteria used to determine eligibility for each service
 - Clarify level of service and length of service timeframes
 - Identify regional center's guiding principles
 - May help resolve disagreements in requested services (such as an exception to POS Guidelines)

POS Guidelines

- The list does not include all possible services!
- The circle of support should work very closely with the regional center to develop the most appropriate service plan for the consumer and family with a minor child living at home.
- Make your needs known!
- There are customized and creative methods to help support the consumer (and family) in difficult situations
- There are always exceptions to the POS Guidelines!

Generic Resources

- RCOC is the payor of last resort (WIC §4659)
 - Utilize generic resources first; get denial letters –
 - California Children’s Services (CCS)
 - Medi-Cal or Private insurance
 - School district
 - In-Home Supportive Services (IHSS)
 - Department of Rehabilitation (DOR)

“Regional center funds shall not be used to supplant the budget of any agency that has a legal responsibility to serve all members of the general public and is receiving public funds for providing those services.” WIC 4648(a)(8)

- If other agencies deny the request, go back to RCOC with the denial letters and make your request again.

Things to Remember

- The information provided at the IPP dictates what services and supports the individual is eligible to receive (WIC §4512(b))
 - The regional center will fund for which agency/service to help accomplish goal
 - Ensure the plans are consistent in accomplishing goal
- The Regional Center funded service must be necessary to accomplish an identified goal. (WIC 4512(b))
- And, continued funding for that service is dependent upon reasonable progress being made toward the objectives (WIC §4648(a)(6-7))
- You can tape record the IPP meeting - provide 24 hours written notice (WIC §4646.6)

Things to Remember

- Every service and support should be listed on the IPP, including those obtained by generic resources.
- If there is any service or support you need/want, even those from other agencies, ask your service coordinator to include it in the IPP, as a service/support you are trying to secure.
- ★ If written in the IPP, the regional center must...
 - Provide it themselves, or
 - Advocate for you to get it (or continue receiving it) from another agency.

*WIC §4648

Things to Remember

- “What types of services does the Regional Center offer?”
 - Each RC must post on their website a list of their vendored service providers, generally broken down by category/type of service
 - Helpful to know who Regional Center vendors and for what service.
 - However, just because a service type is not listed in their vendor directory and/or POS Guidelines, does not mean the RC can't fund for it.
- For all services,
 - You must establish the need for that service
 - The need must be related to your disability
 - You have exhausted generic resources

New(er) Regional Center delivery methods

Regional Center Services



Regional Center Service Options

These options are based on the Lanterman Act values of choice, individual decision-making through an Individual Program Plan (IPP) and promoting independence and community inclusion.

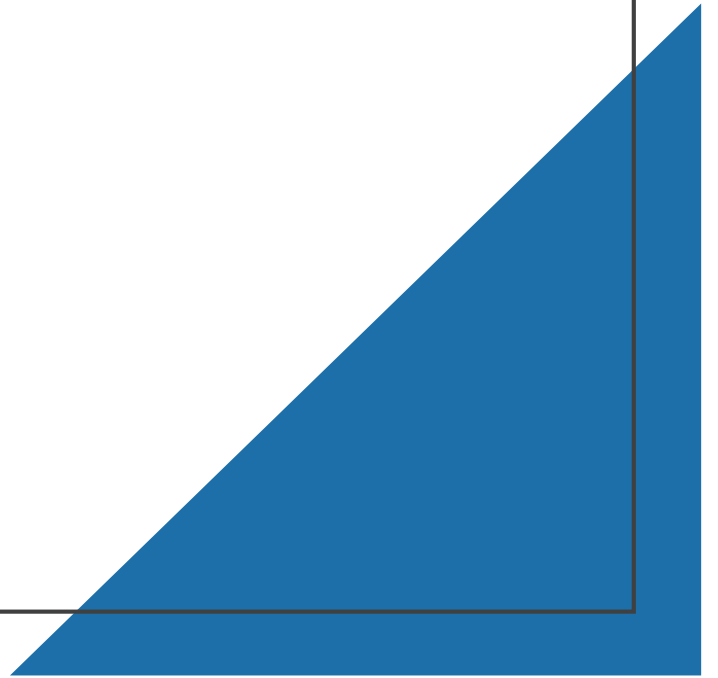
Traditional
Vendored
Services

Participant-
Directed
Services

Self-
Determination
Program

- Traditional Model - all of your services are through vendored providers. Vendored providers have a contract with your regional center to provide services.
- Participant Directed Services - mix of self-directed and traditional services. Participant-Directed Services allows you to use vendored services and some non-vendored services to meet your needs in the IPP.
- Self-Determination Program (SDP) - the participant has both budget authority through their individual budget and spending plan and employer authority through being able to hire both vendored and non-vendored service providers.

New Standardized IPP Template January 2025



All regional centers will implement and use this new template starting January 1, 2025.

- **View new standardized template, guidance, and resources here:**
- [Standardized Individual Program Plan Template and Procedures](#)
- [Enclosure A – Individual Program Plan Template](#)
- [Enclosure B – Individual Program Plan Agreement and Signature Form](#)
- [Enclosure C – Individual Program Plan Guide for Regional Centers](#)

Source site: <https://www.dds.ca.gov/rc/ipp/>

Services Available

The services and supports that regional centers provide include, but are not limited to, those listed below. This list is from section 4512(b) of the Lanterman Act, but if a consumer needs a service not contained in this list, the IPP team may still authorize it.

- Adaptive equipment services
- Advocacy
- Advocacy assistance or facilitation
- Assessment
- Assistance in finding, modifying and maintaining a home
- Behavior Modification
- Camping
- Childcare
- Community integration services
- Community residential placement
- Community support facilitation
- Counseling for the consumer
- Counseling for the consumer's family
- Daily living skills training
- Day care
- Development and provision of a 24 hour emergency response system
- Development of unpaid natural supports
- Diagnosis
- Diapers
- Domiciliary care
- Education
- Emergency and crisis intervention
- Emergency Housing

Services Available

- Emergency relief for personal care attendants
- Evaluation
- Facilitated circles of support
- Facilitation, including outreach and education
- Facilitation with a facilitator of the consumer's choosing.
- Financial assistance
- Follow-along services
- Foster family placement
- Habilitation
- Home location assistance
- Homemaker services
- Identification of circles of support
- Infant stimulation programs
- Information and referral services
- Mental health services
- Occupational therapy
- Paid neighbors
- Paid roommates
- Parent training
- Peer advocates
- Personal care or assistance
- Physical therapy
- Protection of civil, service and legal rights
- Protective services
- Provision of circles of support
- Recreation
- Recruiting, hiring and training personal care attendants
- Respite
- Respite for personal care attendants
- Self-advocacy training
- Sexuality training
- Sheltered employment
- Short term out-of-home care
- Social services
- Social skills training
- Sociolegal services

Services Available

- Special living arrangements
- Specialized dental care
- Specialized medical care
- Speech therapy
- Support services for consumers in homes they own or lease
- Supported employment
- Supported living arrangements
- Technical assistance
- Training
- Transportation services
- Travel training
- Treatment
- Vouchered services
- Services and supports that are necessary for families to maintain their children with developmental disabilities at home, when living at home is in the best interest of the child.
- Services and supports needed to maintain and strengthen the family unit, where one or both parents is an individual with developmental disabilities.
- Other service and support options which would result in greater self-sufficiency for the consumer and cost-effectiveness to the state.

Resources

- Disability Rights California “Rights Under the Lanterman Act”
<https://rula.disabilityrightsca.org/>
- Disability Rights California – additional regional center fact sheets/resources
<https://www.disabilityrightsca.org/resources/regional-center>
- Department of Developmental Services (DDS) www.dds.ca.gov
- DDS link to Regional Center Services and Descriptions
<https://www.dds.ca.gov/rc/rc-services/>



Thank you