



## Regional Center of Orange County Services for Adults

The individuals we serve and their families often ask what services are available to them. We provide this list as an overview of some of the services and supports that are commonly recommended for adults. Please remember that services are determined on an individualized basis and no two individuals are the same. Services must be identified as needed on the Individual Program Plan (IPP) that is developed for each person served. There are also additional services provided through other sources that may need to be explored (such as insurance, Medi-Cal, and others) before Regional Center services are used.

### Services Provided by Regional Center Staff Members

- **Assessment and Consultation** - Our Intake and Assessment Unit will determine eligibility for Regional Center services by assessment and consultation to clarify a diagnosis, determining what type of services and supports are needed, identifying family health and mental health needs, supporting eligibility for a public-funded benefit, etc.
- **Classes and Informational Presentations for Parents/Adults** - RCOC notifies service coordinators and families about upcoming educational opportunities in the community or provided by Regional Center of Orange County.
- **Family Support** - RCOC provides a network of information and support through the Comfort Connection Family Resource Center and support groups. Please check the RCOC website for more detailed information on these family support options:  
<http://www.rcocdd.com/frc/>
- **Futures Planning** - RCOC staff may provide support to the family of an older adult to formulate plans for future care and support.
- **Opportunities for Leadership** - RCOC offers volunteer opportunities for adults we serve to participate in RCOC committees, events and board committees.
- **Service Coordination** - Individualized service planning with the individual and family, referral to and coordination of services available from community agencies or regional center funded service providers, advocacy for accessing appropriate services, and periodic review at least annually or more often when needed.
- **Specialists** - RCOC staff include members with expertise in Psychology, Behavior Intervention, Medicine, Genetics, Nursing, Dental Hygiene, Pharmacy, Assistive Technology, Mental Health, Financial and Health Benefits, the Criminal Justice System, Adult Day Services and Living Options and provide consultation to Service Coordinators as needed.
- **Support Groups** – RCOC provides information regarding a variety of support groups for individuals/families. Please contact Comfort Connection FRC at (714) 558-5400.

Referrals to community agencies, events, and other generic resources are also available through your Service Coordinator, the Comfort Connection Family Resource Center (714-558-5400, <http://www.211.org/>) or just dial 2-1-1.

## Services that Regional Center of Orange County Purchases from Programs and Clinicians in the Community

- **Adult Day Programs and Employment**
  - **Adult Day Programs** - Adult Day Programs provide meaningful activities during the day for adults. Services, supports, and activities are designed to provide the maximum inclusion possible in the community and individualized options for training in self-care skills, self-advocacy skills, vocational training, and community integration. Vocational training can include volunteer work, as well as paid work. The staffing ratio will vary depending on the program's design, and the needs of the individuals served by the program.
  - **Supported Employment Programs** - Supported Employment Programs provide individualized employment related services and supports for adults who are ready to begin working. Services may include an assessment of the individual's skills and interests, individualized job development and placement (either in an individual or group setting), and on-the-job training to promote successful employment. These services are provided in collaboration with the Department of Rehabilitation.
  - **Please refer to RCOC's Adult Day Services Chart for more details regarding specific program models.**
- **Behavior Services** - Behavior services are available to assist parents/caregivers to apply principles of behavior intervention, and teach new skills using individualized and practical examples. Courses for adults we serve and their families provide opportunities to improve socialization and safety in the community.
- **Crisis Support Services** - RCOC has a crisis response team that provides support when individuals and families are in crisis due to emotional or serious behavior issues.
- **Interpreter and Translator Services** - RCOC may provide interpretation of spoken communication at meetings with RCOC and translation of written communication from English into the primary language of the person we serve.
- **Living Options**
  - **Independent Living Training** - For adults who are no longer in school and living at home and have goals and objectives to learn skills to live independently.
  - **Independent Living Services** - For adults who can live on their own but may need minimal support in areas such as cleaning, financial needs, hygiene, accessing the community.
  - **Licensed Homes** - If someone we serve is not able to live with his/her family or on their own, licensed homes provide individualized care, health and behavioral supports, and the comforts of a typical home in the community.
  - **Supported Living Services** - For adults who no longer live with their family, supported living assists those we serve become increasingly independent while living on their own in the community.
- **Medical, Dental and Nursing Services** - To meet medical, dental and nursing needs for those we serve who do not have other health care resources such as private insurance or Medi-Cal, assistance may be provided as needed. A nursing assessment or in-home nursing care may be provided to support the person or family in meeting special health care needs.
- **Medical equipment and supplies** - RCOC may provide assessment of medical needs, and provide assistance in identifying community resources such as Medi-Cal. If such resources

are not available, RCOC may contribute to the purchase of supplies and equipment, such as a wheelchair, specialized bed, etc.

- **Mobility** - RCOC works with Orange County Transportation Authority and other resources to assess mobility skills, training and referral to adults to support their use of public transportation resources to get to and from work or day training locations.
- **Personal Assistance** - In some cases, personal assistance may be provided to support an adult with severe physical or medical needs.
- **Post-Secondary Support** - There are several community colleges that have received the Adult Education Block Grant and provide courses specific to the needs of students with disabilities. RCOC can help guide young adults to the program close to where they live. In addition, students attending other colleges may receive support from Disabled Student Services offered by the campus, such as registration assistance, counseling, note-takers, assistive computer technology. If students need personal assistance to support activities of daily living while on campus, RCOC may assist with providing this support.
- **Respite Care** - Temporary relief from care and supervision may be provided to parents and other primary caregivers for adults we serve having significant self-care deficits, ongoing medical needs, or behavioral challenges. Out-of-home respite care may be provided in a licensed home setting, if available.
- **Transportation** – Based upon individual/family needs and abilities, RCOC can help connect families to appropriate transportation services in the community, such as public transportation, community paratransit services, and regional center contracted service providers. We sometimes contract with parents/family members to provide transportation when this is a cost-effective option.

Referrals to community agencies, events, and other generic resources are also available through your Service Coordinator and the RCOC Comfort Connection Family Resource Center (714-558-5400).

Additional service descriptions are provided in Title 17 of the California Code of Regulations. Please click on the following link to be re-directed to the appropriate Title 17 regulation, Section 54342-

[https://govt.westlaw.com/calregs/Document/I08DD8A7A6FED4632AD2C129CC76F5FE9?viewType=FullText&originationContext=documenttoc&transitionType=CategoryPageItem&contextData=\(sc.Default\)&bhcp=1](https://govt.westlaw.com/calregs/Document/I08DD8A7A6FED4632AD2C129CC76F5FE9?viewType=FullText&originationContext=documenttoc&transitionType=CategoryPageItem&contextData=(sc.Default)&bhcp=1)

Should you have any questions about your services please contact your Service Coordinator.