

# YOUR GGRC NAVIGATION CHECKLIST

## Meeting your Social Worker for the first time?

### Getting ready for your annual meeting?

Your social worker will help you figure out what's next for you or a family member with person-centered case management services.

Review this checklist with your social worker.

## EARLY INTERVENTION (AGES 0-2)

- No-cost evaluation & assessments
- Behavior Intervention Services
- Parent Education

### Early Start Services

- Family training, counseling, home visits and special instruction
- Psychological and counseling services
- Medical services for diagnostic or evaluation purposes
- Occupational therapy (to improve ability to perform tasks in daily living and working environments)
- Physical therapy (to promote mobility and function)
- Speech therapy (language skills)
- Health screening services
- Social work services
- Vision services
- Assistive Technology (AT) devices and services
- Transportation
- Service coordination services

## YOUNG SCHOOL-AGED CHILDREN (AGES 3-10)

As your child approaches school age, speak to your social worker about the transition to Preschool/ Special Education Services and invite him/her to participate in the Individual Education Plan (IEP) meeting at your school district.

- Continuous Case Management
- Respite Services (temporary relief from care and supervision of a family member with developmental disability)
- Day Care Supports
- Behavior Intervention Services
- Parent Support Groups and Training
- Individual Education Plan (IEP) Support
- Residential Services (Ages 6 and older)

## WE'RE HERE TO HELP.

**San Francisco County (Main Office)**  
1355 Market Street, Suite 220  
San Francisco, CA 94103  
(415) 546-9222

**San Mateo County**  
3130 La Selva Street, Suite 202  
San Mateo, CA 94403  
(650) 574-9232

**Marin County**  
4000 Civic Center Drive, Suite 310  
San Rafael, CA 94903  
(415) 446-3000

# PRE-ADOLESCENTS & YOUNG ADULTS

(AGES 11-22)

As your child approaches transition age, discuss your post-IEP plan with your social worker, including Post-secondary Services and invite him/her to participate in the IEP meeting at your local school district.

- Continuous Case Management
- Respite Services (temporary relief from care and supervision of a family member with developmental disability)
- Day Care Supports
- Behavior Intervention Services
- Social Skills (appropriate interaction with others)
- Individual Program Plan (IPP), including transition planning
- Individual Education Plan (IEP) Support
- Self-Advocacy (communicating your needs and asking for help)
- Employment
- Internship Programs
- Post-Secondary Education & Employment Exploration
- Independent & Supported Living Skills (age 18+)
- Residential Services

# ADULTS

(AGES 18 AND OLDER)

Age 18-22 is a transitional age – depending on the child’s needs, they may be eligible for certain services.

- Continuous Case Management
- Supplemental Security Income (SSI) is a benefit based on need and meant for the necessities of food and shelter
- In-Home Supportive Services (IHSS) Program will help pay for services so that you can remain safely in your own home. Examples: meal preparation, shopping, light housekeeping, personal hygiene, protective supervision
- Employment & Internship Programs
- Post-Secondary Education & Employment Exploration
- Independent & Supported Living Services
- Adult Day Services
- Residential Services
- Self-Advocacy (communicating your needs and asking for help)
- Respite (for individuals still living in the family home)



## HOW TO GET AN IEP FOR YOUR CHILD

An **Individual Education Plan (IEP)** is a document written by a school district to support your child’s educational goals and to ensure they are achieved. Children who receive Early Start services are referred to Special Education by their GGRC social worker.

- Look, listen and list your concerns. Detail your reasons and include supporting doctors’ notes and/or test results.
- Talk to your pediatrician and/or preschool teacher.
- Ask your school district for evaluations to help identify learning difficulties.



**Your social worker will connect you with community resources and service providers who will work with you.** GGRC does not directly provide programs and services itself.

## FUNDING OF SERVICES

If you or a family member is eligible, your GGRC social worker will work with you to identify payment sources for services. This includes:

1. Accessing private insurance for medically necessary therapy services (speech, feeding, occupational, and behavioral or physical therapies).
2. Exploring generic resources.
3. An Annual Family Program Fee may apply if you are under age 18, receive services and do not have Medi-Cal.



**GGRC is the “payer of last resort.”** This means that if a service is available from another state/federal program, the regional center is not allowed to pay for it. Your social worker is required by law to suggest you contact these other programs before offering to pay for a similar service.



**If you or a family member qualify for SSI, you will likely qualify for Medi-Cal.** For information on how to qualify for SSI, visit [ssa.gov](http://ssa.gov) or call (800) 772-1213.