



Welcome to our Resource page

The first thing you will want to do after getting a diagnosis is to talk to your pediatrician regarding your baby's health. You will likely have a lot of questions and the pediatrician is the first place to start. Your doctor will have a specific Down syndrome Care Plan that will have all the medical considerations to be investigated. The care plan is designed by the American Academy of Pediatrics. If your doctor does not have this guide then you can print it out here and take it with you on your doctor visits. Each stage on the care plan identifies the issues that your doctor will address specific to your child's age. Be sure to write down any questions you have in advance and take the list with you. Also, take any medications with you to every doctor's appointment so that each doctor will know exactly what medications your child is on.

Hopefully your doctor's office will make a Regional Center referral for your child after the diagnosis. If not, you can find your local regional center on the list below. This is the first phone call to make after the pediatrician. Anyone can make a referral with the parent's permission if they suspect the child has a developmental disability. Here is a little info about Regional Centers with more noted below. California is the only state in the US that has the Regional Center system. There are 21 regional centers located throughout the state. They coordinate community-based services and support for individuals with developmental disabilities or at-risk of developmental disabilities and their families. They assist in the person to have access to the services and supports best suited to them throughout their lifetime. Qualifying disabilities include Autism, Cerebral Palsy, Down syndrome, other. After the referral is made, they will send you a letter and ask for you to call them to set up an appointment for an assessment within 15 working days. After, the team will review and determine if your child meets the criteria for services. An Individual Person Centered Plan will then be developed and a case manager will be assigned to the family/client for needed services. Regional centers links and partners with community services and agencies and attempts to meet the individual client's needs through existing community resources.

The second thing to address after the diagnosis is getting emotional and social support. This is very important to your wellbeing and your readiness to take care of your child with special needs. Most parents don't know that they are having a child with Down syndrome, so you will have lots of questions. Know that there is a lot of support out there and many parents that have walked in your shoes that are ready and willing to help guide you.

If your baby has just received a Down syndrome diagnosis, you are probably experiencing a wide range of feelings and reactions. And you probably want to know everything about raising a child with Down syndrome. A great place to start is to be connected to a Family Resource Center. There you will find opportunities to connect with other parents and be paired with a parent mentor if you choose. For new parents of babies with Down syndrome, an opportunity to speak with other parents who have experienced what you are experiencing can be invaluable. Parent support groups and trained parent mentors are there to listen, share, answer questions, and provide valuable information.

RESOURCE LIST

FRESNO & MADERA COUNTIES

Central Valley Regional Center- Fresno

Fresno Regional Center is one of 21 private, nonprofit regional centers contracted by the State of California through the Department of Developmental Services (DDS) to coordinate community-based services and support for individuals with developmental disabilities and their families. Includes Fresno, Kings, Madera, Mariposa, Merced, and Tulare counties.

4615 N. Marty Ave.

Fresno, CA 93722

Ph. (559) 276-4300

Fax (559) 276-4360

<http://www.cvrc.org/index.php>

Exceptional Parents Unlimited- Family Resource Center

The mission of Exceptional Parents Unlimited is to support, empower, and strengthen the families and children who face remarkable challenges regarding medical, developmental, and parenting issues.

4440 North First Street,

Fresno, CA 93726

559-229-2000

www.exceptionalparents.org

Clovis Unified Family Resource Center

965 N. Sunnyside, #24

Clovis, CA 93611

Tel.: 559/327-8455

www.clovisusd.k12.ca.us

Down Syndrome Association of Central California (DSACC)

The mission of Down Syndrome Association of Central California is to enhance the quality of life for all people whose lives are touched by Down syndrome. The organization is dedicated to support families who have a child with Down syndrome in the Central Valley. Website features educational resources, links to organization's who support families, parent workshops and parent programs, and social events and activities for families.

1491 West Shaw

Fresno, CA 93722

559-228-0411

www.dsacc.org

BREAK THE BARRIERS

Break the Barriers offers a wide range of inclusive classes and programs. As a pioneer in inclusion, Break the Barriers is dedicated to accelerating awareness, understanding, acceptance and education for all people with various abilities. Inclusive programs allow instructors the opportunity to match the gifts and talents of each student and to encourage them to reach their full potential. Classes include Aquatics-Swimming, Archery, Buddy Program, Dance, Day Camp, Gymnastics, Health Fitness, Hope Program, Martial Arts, Music, Performing Teams and Sign Language.

Break the Barriers, Inc.
8555 North Cedar Avenue
Fresno, CA 93720
Phone: (559) 432-6292
<http://www.breakthebarriers.org/home-page>

TULARE & KINGS COUNTIES

Central Valley Regional Center- Visalia

Fresno Regional Center is one of 21 private, nonprofit regional centers contracted by the State of California through the Department of Developmental Services (DDS) to coordinate community-based services and support for individuals with developmental disabilities and their families.

5441 W. Cypress Ave.
Visalia, CA 93277
Ph. (559) 738-2200
<http://www.cvrc.org/index.ph>

Family Resource Center- Parenting Network

1900 N. Dinuba Blvd Suite C
Visalia, CA 93291
559-625-0384
www.parentingnetwork.org

Family Resource Center – UCP Parent & Me

606 W. 6th Street
Hanford, CA 93230

KERN COUNTY

Kern Regional Center

Kern Regional Center is one of 21 private, nonprofit regional centers contracted by the State of California through the Department of Developmental Services (DDS) to coordinate community-based services and support for individuals with developmental disabilities and their families.

3200 North Sillect Avenue
Bakersfield, CA 93308 Duane Law
(661) 327-8531 Inyo, Kern, and Mono counties
<http://www.kernrc.org/>

H.E.A.R.T.S. Connection of Kern County

H.E.A.R.T.S. Connection Family Resource Center provides emotional and educational support to parents of children who have or are at risk of having a disability. Our caring staff helps parents to understand their children's future which may include hospitalizations, physical therapy, speech therapy and special education. For example...we lend books from our extensive resource library, facilitate support groups, and provide assistance with Individualized Educational Plans (IEP), host sibling activities, and family fun days.

3101 N. Sillect Avenue, Suite 115
Bakersfield, California 93308
Telephone: 661.328.9055 Toll-Free: 1.800.210.7633
<http://www.heartsfrc.org/>

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MERCED COUNTY

Central Valley Regional Center- Merced Office

CVRC is a private, nonprofit corporation, funded by the state of California to provide services to persons with developmental disabilities.

530 W. 16th Street, St. A
Merced, CA 95340
Ph. (209) 723-4245
Fax (209) 723-2442

<http://www.cvrc.org/index.php>

Challenged Family Resource Center

Challenged Family Resource Center is a non-profit organization dedicated to serving families who have children with disabilities through parent-to-parent support, advocacy training and information. Services included: Support Groups, Advocacy Training, Visiting Parents, Information and Referral, Community Awareness, Parent-to-parent Support, Resource library, toy lending library, Activities for Dads, Moms, and Siblings.

827 West 20th Street
Merced, CA 95340
(209) 385-5314
Parent Support Partners: Spanish Speaking
(209) 384-0119

STANISLAUS COUNTY

Valley Mountain Regional Center

702 North Aurora Street
Stockton, CA 95202 Paul Billodeau
(209) 473-0951 Amador, Calaveras, San Joaquin, Stanislaus, and Tuolumne counties

Family Resource Network

Serving Families Raising Children with Special Needs in These California Counties: Amador, Calaveras, San Joaquin, Stanislaus and Tuolumne

Sherwood Executive Center

5250 Claremont Avenue, Suite 148
Stockton, CA 95207
209.472.3674 or 800.847.3030.

MARIPOSA COUNTY

Central Valley Regional Center- Main office Fresno

Fresno Regional Center is one of 21 private, nonprofit regional centers contracted by the State of California through the Department of Developmental Services (DDS) to coordinate community-based services and support for individuals with developmental disabilities and their families. Includes Fresno, Kings, Madera, Mariposa, Merced, and Tulare counties.

4615 N. Marty Ave.
Fresno, CA 93722
Ph. (559) 276-4300
Fax (559) 276-4360
<http://www.cvrc.org/index.php>

Family Resource Center—Early Start Connections

PO Box 8
Mariposa, CA 95338
Tel: 209/966-6299

MONO COUNTY

Kern Regional Center

Kern Regional Center is one of 21 private, nonprofit regional centers contracted by the State of California through the Department of Developmental Services (DDS) to coordinate community-based services and support for individuals with developmental disabilities and their families.

3200 North Sillect Avenue
Bakersfield, CA 93308 Duane Law
(661) 327-8531 Inyo, Kern, and Mono counties
<http://www.kernrc.org/>

Heart to Hand Family Resource Center- Mammoth Lakes

365 Sierra Park Road, Suite 103
(Mailing Address) Box 2784
Mammoth Lakes, CA 93546
(760) 935-4602

Heart to Hand Family Resource Center- Inyo County

165 Grandview
Bishop, CA 93514
(760) 872-4604

REGIONAL CENTERS

STATE OF CALIFORNIA DEPARTMENT OF DEVELOPMENTAL SERVICES

<http://www.dds.ca.gov/RC/RCList.cfm>

Regional centers are nonprofit private corporations that contract with the Department of Developmental Services to provide or coordinate services and supports for individuals with developmental disabilities. They have offices throughout California to provide a local resource to help find and access the many services available to individuals and their families.

California has 21 regional centers with more than 40 offices located throughout the state that serve individuals with developmental disabilities and their families.

To be eligible for services, a person must have a disability that begins before the person's 18th birthday, be expected to continue indefinitely and present a substantial disability as defined in Section 4512 of the California Welfare and Institutions Code. Eligibility is established through diagnosis and assessment performed by regional centers.

Infants and toddlers (age 0 to 36 months) who are at risk of having developmental disabilities or who have a developmental delay may also qualify for services. The criteria for determining the eligibility of infants and toddlers is specified in Section 95014 of the California Government Code. In addition, individuals at risk of having a child with a developmental disability may be eligible for genetic diagnosis, counseling and other prevention services. For information about these services, see Early Start.

Regional Center can provide: Diagnosis Evaluation, Case Management, Lifetime Planning, & Client Advocacy. Or arrange for: Specialized Medical Treatment, Physical Therapy, Infant Development Programs, Specialized Education, 24-hour Residential Care, Respite Care, Day Care, Genetic Counseling, and Conservatorship.

FAMILY RESOURCE CENTERS

<http://www.dds.ca.gov/EarlyStart/FamilyResources.cfm>

Families of infants and toddlers can receive parent-to-parent support from Early Start Family Resource Centers. Family Resource Centers (FRC) actively work in partnership with local regional centers and education agencies and help many parents, families and children get information about early intervention services and how to navigate the Early Start system.

California's FRC are staffed by parents who have children with special needs and provide information and parent-to-parent support. Each FRC is unique, reflecting the needs of their community. They may operate as independent sites or be based in regional centers, local education agencies, public health facilities, hospitals or homes. Family support services are available in many languages and are culturally responsive to the needs of the individual family.

Early Start FRC that are under contract with the California Department of Developmental Services may provide: parent-to-parent family support, peer counseling and home visits, information and referral, public awareness, parent education, assistance with transition from Early Start at age 3, support services in many languages, translation assistance, support services in urban and rural communities.

For more information about FRC contact the Family Resource Centers Network of California. Their mission is to support families of children with disabilities, special healthcare needs, and those at risk by ensuring the continuance, expansion, promotion and quality of family-centered, parent-directed, family resource centers.