

Family Resource Packet

If your child has recently been evaluated for physical, occupational, or speech therapy, we have created a checklist to provide you with the next steps to take to help meet your family needs. We want to make this process as smooth as possible for you, so please follow the step by step guidelines provided. If you have any further questions, do not hesitate to contact us.

- 1st: San Diego Regional Center Process
- 2nd: Supplemental Income: (either one or both)
 - In Home Supportive Services
 - Supplemental Security Income
- 3rd: Support Groups:
 - Autism support groups:
 - Autism Society San Diego (sign up for membership)
 - Autism Tree Project Foundation (explore resources and sign up for programs)
 - Talk About Curing Autism (sign up for membership)
 - Down Syndrome support groups:
 - Gigi's Playhouse (explore resources and sign up for programs)
 - Welcome to all:
 - Friendship Circle (sign up for membership)
- Additional Programs:
 - School/Educational Resource: Individualized Education Program
 - Military Resource: Exceptional Family Member Program

San Diego Regional Center Process (SDRC)

SDRC is a non-profit organization funded through the California Department of Developmental Services (DDS). SDRC provides a variety of services to individuals with developmental disabilities and their families that are based on individual needs to support their independence.

The following guidelines describe how to obtain these services:

Step 1: Eligibility Process

- Eligibility Factors:
 - California Early Start Program
 - Birth to 3 years old
 - Residence in SD or Imperial County
 - No financial qualifications
 - Developmental delay in one or more of the following five areas:
 - Cognitive
 - Communication
 - Social/emotional
 - Physical
 - Adaptive

Following criteria:

<24 months: 33% delay in one

>24 months: 50% delay in one

-or-

33% delay in 2 or more developmental area

-or-

risk for developmental disability

- Individuals over age 3
 - Residence in SD or Imperial County
 - No financial qualifications
 - Qualifications:
 - Developmental disability
 - Intellectual disability (mental retardation)
 - Cerebral palsy
 - Epilepsy
 - Autism
 - Other conditions similar to intellectual disability (mental retardation)
 - AND
 - Originated prior to age 18 years
 - AND
 - Likely to continue indefinitely
 - AND
 - Constitutes a substantial disability in 3 or more of the following areas:

- Cognitive
- Communication
- Social/emotional
- Physical
- Adaptive

▪ Intake Form:

- 1: Complete an intake form located on this website:
http://sdrc.org/?page_id=10418
 - Two programs/forms depending on age:
 - Children ages 0-3 (Early Start Program)
 - Individuals ages 3+
- 2: Email the attached form to:
San Diego County: intake@sdrc.org
Imperial Valley: imperialintake@sdrc.org

▪ Initial Request:

- Once the intake form is received, a phone call will be made to you by the following numbers for the initial request:
 - San Diego County = (858) 496-4318
 - Imperial Valley= (760) 355-8383
- During the phone call, both programs will be explained and permission is secured for the referral information to be shared with other agencies at a weekly referral review meeting
- A service coordinator will coordinate evaluations and plan for needed services
- Early Start Program (children ages 0-3):
 - Eligibility must be determined within **45 days of initial request**
- Individuals over age 3:
 - Eligibility must be determined within **120 days following the intake meeting**

Step 2: Written Plan

- After the qualification, a written plan is developed to include goals and objectives designed to meet client/family needs:
 - Early Start Program written plan: Individual Family Service Plan (IFSP)
 - Individuals over 3+: Individual Program Plan (IPP)
 - Must be completed within 60 days of eligibility determination

Step 3: Services

- After the development of the IPP/IFSP, the planning team reviews available community supports and may purchase services necessary including the following:
 - Ages 0-3:
 - Assistive Technology
 - Audiology
 - Family Training/Counseling
 - Medical Services
 - Nursing Services
 - Nutrition Services

- Occupational Therapy
 - Physical Therapy
 - Psychological Services
 - Social Work/Service Coordination
 - Speech & Language
 - Transportation
 - Vision Services
- Ages 3+:
 - Adult Day Programs
 - Behavioral Training
 - Dental/Medical Services (under special circumstances)
 - Nursing Services
 - Nutrition Services
 - Psychological Services
 - Independent Living Services
 - Licensed Residential Placement (parental reimbursement fees may be required for minors)
 - Respite Services (short term caregiver services)
 - Supported Employment
 - Support Living Services
 - Social Work/Service Coordination
 - Transportation to Work/Day Program
- DDS waiver:
 - What is it?
 - Helps to pay for additional costs, expenses such as assistive devices, and waives the costs of co-payments and services for families regardless of income
 - Helps to qualify for Medi-Cal
 - How do families receive this waiver?
 - SDRC will help provide the family with a DDS waiver at the family's request
 - Once the families are contacted by the SDRC, ask to be provided with this waiver
 - The DDS waiver will then be needed to apply for IHSS, which will further be discussed in the next step

In Home Supportive Services (IHSS)

Eligibility for IHSS:

- Child is eligible for SSI/SSP or Medi-Cal
 - *DDS waiver: qualifies families for Medi-Cal; therefore, resulting in eligibility for IHSS
- Child is blind or has a disability
- Child is living at home not a facility
- Child needs constant care

Benefits of IHSS:

- A California government program which provides crucial benefits for families of children with developmental disabilities such as autism, down syndrome, and cerebral palsy
- Any parent raising a child with special needs who requires constant supervision, you may be eligible to receive up to \$3,000 a month in benefits
- Other types of services:
 - Housecleaning
 - Meal preparation
 - Laundry
 - Grocery shopping
 - Personal care services
 - Accompaniment to medical appointments
 - Protective supervision for the mentally impaired

Applying for IHSS:

- Complete an application and submit it to your county IHSS office
 - Located on this website:
<http://www.cdss.ca.gov/cdssweb/entres/forms/English/SOC295.pdf>
- County social worker will interview you at your home to determine eligibility for types of services and number of hours the county will authorize for each of these services
- A completed Health Care Certification (SOC 873) must be received by the county prior to authorization of services
- You will be notified of either approval or denial.
- If approved, the notification will specify the services and number of hours per month which have been authorized
- If approved, you must hire someone (an individual provider) to perform the services
 - You are considered your provider's employer
 - If the county has contracted IHSS providers, you may choose to have services provided by the contractor
 - If the county has homemaker employees, you may receive services from a county homemaker
 - Other providers include:
 - YMCA of San Diego county: please visit the following website to find out more information about this resource <https://www.ymca.org/>
 - TERI Campus of Life: please visit the following website to find out more information about this resource <https://www.teriinc.org/about/>
 - You can do them yourself to receive the funding

Supplemental Security Income (SSI)

Eligibility for SSI:

- Designed to provide help for individuals who have disabilities and little or no income
- Benefit Eligibility Screening Tool (BEST):
 - This screening tool helps you find out what benefits you qualify for by taking a simple short 5-10 minute questionnaire
 - Link for BEST: <https://ssabest.benefits.gov/>

Benefits of SSI:

- A federal income supplement program funded by general tax revenues
- Provides funding through the form of cash to meet basic needs for food, clothing, and shelter

Applying for SSI:

- 1st: Application for Supplemental Security Income
 - Contact this toll-free number: 1-800-772-1213 to schedule an appointment to complete the SSI application
 - This application needs to be completed via phone or in person
- 2nd: Child Disability Report
 - This application can be completed via phone, online, or through the family's local Social Security Office
 - Online website: www.socialsecurity.gov/childdisabilityreport
 - Prior to phone interview for this portion, please gather the following documents:
 - Name, address, and phone number of every doctor, therapist, hospital, and clinic that has seen or treated the child for at least the last year
 - Any medical records you already have including the dates and patient ID numbers
 - Medications child is taking
 - Child's medical assistance number
 - Names, addresses and phone numbers of any schools the child attended in the last year including teachers, psychologists, counselors, therapists
 - Child's IFSP or IEP if child has one
 - Names, addresses, and phone numbers of social service programs and caseworkers who have information on the child
 - Name, address, and phone number of another adult who cares for the child
 - Name, address, and phone numbers of any employers the child has had
 - Child's birth certificate and U.S. citizenship
 - Names and social security numbers for all who live with the child
 - Proof of current income for child and family members living in the household (i.e. program benefits, pay stubs, etc.)
 - Proof of resources for the child and parents living in household (bank account statements, certificates of deposit, etc.)

Autism Society San Diego (ASSD)

Mission & Vision:

- Non-profit organization that serves to unite and inform parents on new intervention therapies and providing meaningful participation and self-determination for families who are affected by autism
- ASSD offers extensive financial support for the programs and membership

Becoming a Member:

- Annual Memberships:
 - Individual: \$40/year
 - Family: \$50/year
- Monthly Memberships:
 - Sustaining: \$10/month
- Becoming a member will give you access to all the following services listed below
*Do not need to be a member to participate in these services

Programs & Services:

- **Support Groups:**
 - Please visit this page to sign up for meetups to further find out available meeting times for the various support groups:
<https://www.autismsocietysandiego.org/support-groups.html>
 - Some available support groups in San Diego:
 - Adult Social Support Group
 - Adult Support and Information Meeting
 - Autism Through the Lifespan
 - North County Autism Support Group
 - Coffee Talk (North County)
 - Spanish Support Group for Parents of Children and Adults with Autism (South Bay)
 - East County Support Group
 - Hops for Heroes
 - Central San Diego Family and Pizza Party
- **Community Resources:**
 - *Take Me Home Registry*
 - Benefits of TMH:
 - The Take Me Home Program is a photo-based information system hosted by the police and sheriff department accessible by all law enforcement in San Diego created for community members with disabilities. This program allows the police department to access emergency contact information, detailed physical descriptions, and photographs of the individual, routines, favorite attractions, or special needs of the individual. This allows for the police or sheriff to communicate, locate, and handle emergencies with an appropriate manner for the needs of each individual.
 - Applying for TMH:

- Registering through several organizations:
 - SDRC: (858) 576-2966 or www.sdrc.org
 - ARC: (619) 685-1175 or www.arc-sd.com
 - Autism Society of San Diego: (858) 715-0678 or <https://www.autismsocietysandiego.org/take-me-home-registry.html>
 - Alzheimer's San Diego: (858) 492-4400 or www.alzsd.org
 - Registering online on their website: <https://www.sdsheriff.net/tmh/>
 - Click on the blue button "REGISTER ONLINE NOW"
 - Registering annual will be crucial:
 - Once registered via a valid email address, you will receive annual renewal notifications to update any information as well as the photograph
 - *Military Support:*
 - Please visit this website to choose the appropriate military base according to each family's needs: <https://www.autismsocietysandiego.org/military-support.html>
- **Recreational Programs:** <https://www.autismsocietysandiego.org/our-programs.html>
 - *Camps:*
 - *Camp I CAN:*
 - ASSD partners with YMCA to provide kids age 6-17 with ASD to have a fun and safe camp experience
 - Two locations: Kerney Mesa (Toby Wells YMCA) and Carlsbad (Ecke YMCA)
 - Daily fieldtrips to places such as Boomers, Knott's Soak City, Legoland, Chuck E. Cheese, swimming at the YMCA, and many more!
 - Registration:
 - Must be an ASSD member, San Diego County resident, and copy of first page of child's IEP
 - Financial aid may be available based on financial need
 - *Surf Camp:*
 - ASSD provides an annual 4-day (Monday-Thursday 9AM-2PM) surf camp for individuals ages 5 to adult with ASD
 - The camp provides a one-on-one surf instructor aide for each individual and includes beach sports, arts and crafts, and other beach activities
 - Registration:
 - Must be an ASSD member, San Diego County resident, and residency documentation provided
 - Financial aid may be available based on financial need
 - *Family Camp:*
 - YMCA and ASSD partner to provide a fun family filled weekend (Friday check in from 4-8PM to Sunday check out at 11AM) in the mountains of Julian at YMCA Camp Marston Julian
 - Registration:

- Must be an ASSD member
 - Financial assistance is offered by YMCA
- *Aquatic Programs:*
 - *Adaptive Swim Lessons:*
 - Eligibility: individuals 3 years and older who are members in ASSD who will receive a reduced cost
 - Program Description: one-on-one swimming lesson by a trained autism swim instructor for children and adults with autism for 30 minutes 2x/week for 3 months; scheduled individually for each student
 - Location: Aqua Pros Swim School @ Boys & Girls Club
 - 4635 Clairemont Mesa Blvd.
 - San Diego, CA 92117
 - *Monthly Family Pool Parties:*
 - Eligibility: free for the family but \$5 donation is requested for food costs
 - Program Description: swimming in an indoor heated pool with pizza and refreshments for the whole family with lifeguards on duty on the 2nd Friday of each month 6-8PM
 - Location: Boys & Girls Club
 - 4635 Clairemont Mesa Blvd.
 - San Diego, CA 92117
- *Sensory Friendly Films:*
 - AMC and ASA partnered to create a special opportunity with lights brought up and sound turned down to enjoy films once a month at the following locations:
 - AMC Theaters Mission Valley
 - AMC Palm Promenade 24 (SATURDAYS ONLY)
 - AMC Poway 10
- *Summer Activities for Young Adults:*
 - ASSD offers AWARE (Adults With Autism Recreation Experience) a day camp experience for individuals ages 18 and older with ASD who need assistance and support of others to participate in community activities
 - 1 staff to 2 participants; 12 participants maximum
 - Participants engage in daily field trips from the Ecker Y Gymnastics Center location to local venues, beach, etc.
 - For more information on times please visit the website under recreational programs
- *Gym Nights:*
 - Description: ASSD provides a family fun gymnastic night in North County with the gymnasium equipment and a bounce house
 - Location: Magdalena Ecker YMCA Gymnastics Center
6100-B Avenida Encinas
Carlsbad, CA 92011
 - Time: 3rd Saturday of every month at 4PM-6PM
- *Discount Disneyland Tickets:*

- This discount is not offered for the full year so please visit the website above under recreational programs to check for availability

➤ **Grants:**

- *Education Scholarships: Stauffer Foundation Fund for Education:*
<https://www.autismsocietysandiego.org/education-scholarships.html>
 - Eligibility: must be currently working with children or adolescents with an autism spectrum disorder and an ASSD member
 - Scholarships may cover up to \$250 of the registration fee per calendar year but may not be used for class materials, hotel, transportation or incidentals

Autism Tree Project Foundation

Mission & Vision:

- Organization dedicated to improving communities in the San Diego County and the Bay Area by assisting with education, advocacy, early intervention preschool screening, research and mentoring for families impacted by autism
- This organization provides 20 FREE services to these families

Programs & Services:

- ATPF Blue Horizons:
 - Partnership with JetBlue Airways, TSA, and the San Diego International Airport
 - Allowing families to practice safe travels
- ATPF Bridge to the Beach Program:
 - Partnership with San Diego Junior Lifeguard Foundation and the Prevent Drowning Foundation of San Diego
 - Provides family friendly beach days, one week camp with beach activities, and one-on-one mentoring for swimming
 - For more information or to sign up contact: 619.222.4465 or email Lisa@autismtreeproject.org
- ATPF Food, Farming, & Nutrition Program:
 - Program creates opportunities for families and kids to learn about farming and nutrition including cooking classes
 - For more information contact: 619.222.4465 or email Lisa@autismtreeproject.org
- ATPF Parent Mentor Program:
 - Program providing face-to-face support and knowledge for those children who are recently diagnosed
 - To register please visit this website: <http://www.autismtreeproject.org/parent-mentor-program.html>
- ATPF School & Education Resources
 - Team members available to assist with:
 - IEPs, 504 plans, educational assessments, resolution conferences, OAH hearings, appeals, etc.
 - Please visit this page for more information: <http://www.autismtreeproject.org/law-workshop-consultations.html>
- ATPF Early Intervention Programs:
 - ATPF Preschool Screening:
 - Provides free screenings for language and developmental delays to children in local preschools to help identify early signs of autism in children, give parents the chance to establish a diagnosis and treatment plan
 - For more information contact: 619.222.4465 or email Rebecca@autismtreeproject.org
 - ATPF Mommy, Daddy, & Me Playtime Group:
 - Families learn how to interact and play with their child in a fun free play environment

- To register please visit this website:
<http://www.autismtreeproject.org/mommy-daddy-me-playtime-group.html>
 - ATPF Parent & Child Musical Playgroup:
 - Monthly program for children to interact, communicate and play through music making
 - To register please visit this website:
<http://www.autismtreeproject.org/musical-playgroup.html>
- Young Adults & Teen Programs:
 - ATPF Girls in Stem Workshop:
 - Program for 6th-12th grade girls to explore computer science in a safe environment
 - For more information contact: 619.222.4465 or email
Rebecca@autismtreeproject.org
 - ATPF Ready, Set, Go!
 - Monthly workshops for teens ages 14-21 to learn teen basic life skills such as interviewing for a job, writing a college essay, balancing a checkbook, etc.
 - For more information contact: 619.222.4465 or email
Lisa@autismtreeproject.org
 - ATPF Teen Time:
 - Program designed for teens with autism to participate in organized social outings
 - To sign up, please contact: 619.222.4465 or email
Lisa@autismtreeproject.org
 - ATPF-NCL Girls Mentor Program:
 - Program that pairs ATPF with National Charity League to provide events such as Annual Mother/Daughter Tea, Daddy-Daughter Night, Annual Spa Day, etc.
 - To register please visit this website: <http://www.autismtreeproject.org/ncl-girls-mentor-program.html>
- Sport Programs: all these sports programs allow children to be paired with a player from the following sports to be their big brothers
 - ATPF-SJSU Football Player Mentor Program
 - ATPF-USD Baseball Player Mentor Program
 - ATPF-USD Football Player Mentor Program
 - ATPF-USF Baseball Player Mentor Program

For more information about the programs above please visit: <http://www.autismtreeproject.org/>

Talk About Curing Autism (TACA)

Mission & Vision:

- National non-profit organization dedicated to educating, empowering, and supporting families affected by autism
- TACA strives to create support groups by connecting families and professionals and sharing stories to allow for the best quality of life for the child

Becoming A Member:

- BASIC MEMBERSHIP: FREE
 - Receive TACA e-news
 - TACA's 12 programs and services
 - Live webinars
 - Parent members can apply to join TACA's private Facebook group: Hope and Help for Autism
- TACA + MEMBERSHIP: \$10/month or \$100/year
 - Receive TACA e-news
 - TACA's 12 programs and services
 - Live webinars
 - Recorded webinars
 - Discounts for vendors

Programs & Services:

- Chapters
 - Family events, meetings, seminars, and coffee talks
- Conferences
 - Annual conferences on the East and West Coast
- Webinars
 - Education, therapy, medical, diet, etc.
- Family Resources
 - Information for parents regarding autism journey
- Parent Mentor Program
 - Parents matched with TACA Parent Mentor, who offers one on one support and information for parents
- Autism Journey Guides
 - Book which offers therapies and treatments for all stages of the journey
- Financial Supports
 - Scholarships, grants, and other crisis situations are offered
- Spanish Outreach
 - Educational information in Spanish

Please visit this website to sign up for your membership and receive more information on the programs: <https://tacanow.org/become-a-taca-member/>

Gigi's Playhouse

Mission & Vision:

- This program aims to change the way the world views Down syndrome and send a global message of acceptance
- Provides free therapeutic-based, educational-based, and career developmental programs through a replicable playhouse model
- A place for parents/caregivers to share ideas and support/network with one another

Programs & Services:

- Therapeutic-Based: these programs focus on social skills, fine motor skills, gross motor skills, or speech and language skills and are age dependent from newborns to adults
 - For all:
 - Destination Discovery
 - Amina Grace Speech & Language Program
 - GiGiFit
 - Early Learners:
 - LMNOP
 - Crawlers & Walkers
 - Leaps & Bounds
 - School Age Learners:
 - Playhouse Pals
 - Kids Club
 - Teens:
 - Teen Tastic
 - Adults:
 - Fantastic Friends
- Educational-Based: these two programs focus on developing literacy and mathematics skills from a one-on-one learning style
 - Literacy tutoring -or- Math tutoring
- Career Development-Based: these programs focus on motivating individuals 18+ to achieve highest potential with communication skills, career skills, money management, etc.
 - Gigi Prep
 - Gigi U
 - Career Studio Internship
- For a list of the programs please visit: <https://gigisplayhouse.org/programs>

Events:

- The following events are run annually, so please visit <https://gigisplayhouse.org> to find out more information on exact location and times:
 - Chicago Region 5K and Fun Run
 - Golf Outing
 - Gigi's Playhouse Gala
 - Gigi Fest
 - Gigi Playhouse National Conference

Friendship Circle

Mission & Vision:

- A non-profit organization run by parents of children with special needs in San Diego dedicated to providing friendship and support to individuals with special needs and their families by providing recreational, social and educational programming

Becoming a Member:

- 1st: Explore the program opportunities below
- 2nd: Contact Maxime@FriendshipCircleSD.org for any questions
- 3rd: Fill out the following application: <https://friendshipcirclesd.com/get-involved/families/>
- 4th: Sign up for the programs: <https://friendshipcirclesd.com/register/>

Programs & Services:

- Youth & Teen Programs:
 - Shooting Stars Performing Arts: venue for kids and teens to perform arts such as arts and crafts, dance, music and theater
 - Friendship Dojo: club dedicated to self-defense, martial arts and active lifestyles for youth and teens
 - Gymnastics with UCSD
 - Yoga
 - Dan's Place Kosher Restaurant: vocational training for adult participant to learn work skills including customer service and people skills
 - Teen Leadership Board: monthly club for teen leaders looking to create own event, program, or legacy in community to benefit individuals with special needs
 - Camp Let Loose: one week summer program with one on one counselor-participant pair
 - Volunteer Training & Awareness Workshops
- Adult Programs:
 - Men's Club: monthly bowling league and end of the year BBQ
 - Women's Circle: social opportunity with healthy lifestyles, cooking meals, dance classes, salon opportunities, and DIY crafts
 - Young Adult's Club: social opportunity at local breweries, board game nights, and fun community events
- Family Outings:
 - Shows & Entertainment
 - Trips around San Diego
 - Community Events
- Holiday Celebrations
- Special Events & Programs:
 - Friends of Friendship Circle Dinner
 - Friendship Walk
 - Parent Support & Info Sessions
 - Friends @ Home

For more information regarding programs please visit: <https://friendshipcirclesd.com/programs/>

Individualized Education Program (IEP)

A written legal document that lays out the program of special education instruction, supports, and services children need to make progress and succeed in school. It is covered by the Individuals with Disabilities Education Act (IDEA).

Eligibility:

- Children who attend public school from the ages of 3-21
- Children under the age of 3 DO NOT qualify for an IEP but they do qualify for an IFSP (please refer to SDRC for more information regarding an IFSP)
- Specific criteria:
 - Specific learning disability: dyslexia, dysgraphia, dyscalculia, auditory processing disorder, and nonverbal learning disability
 - Health impairment
 - Autism spectrum disorder
 - Emotional disturbance
 - Speech or language impairment
 - Visual impairment
 - Deafness
 - Hearing impairment
 - Deaf-blindness
 - Orthopedic impairment
 - Intellectual disability
 - Traumatic brain injury
 - Multiple disabilities

Benefits of an IEP:

- Begins with a full evaluation highlighting the child's strengths and weaknesses, which allows the parents and the school to create a program of services and supports tailored to the child's needs
- Provides accommodations, ATs, certain legal protections, and rights for the child
- Allows the parents to be part of the team along with one of child's general education teachers, one of child's special education teachers, school district representative, expert who can interpret child's evaluation results, child, and translator as well as additional friends or parent advocates
- Three components discussed in the meeting:
 - Present level of performance in school (PLOP)
 - Annual goals (strengths based)
 - Types of supports and services needed to meet those goals
- IEPs vs. 504 Plans:
 - IEP: offers both direct services and accommodations
 - 504: offers only accommodations

Obtaining Services:

- File a formal WRITTEN request for evaluation including the following information and ask school principal for additional instructions for filing request:

- Child's full name, school, and date of birth
- The reasons you are concerned
- Evidence that supports your concerns: information from teachers, family doctors, therapists, any screenings
- A statement that your signed letter represents your consent for the evaluation
- Your signature as your consent to evaluate your child
- After the request is written, please visit the DISTRICT office to hand in the written request
- After the written request is given to the district office, there is a 60 day window period in which they must respond in

Exceptional Family Member Program (EFMP)

Designed to assist active duty service member who receive TRICARE by addressing special needs of their exceptional family members during the assignment process.

Eligibility:

- Special needs criteria include:
 - Any special medical needs
 - Dental needs
 - Mental Health
 - Developmental or educational requirement
 - Wheelchair accessibility
 - Adaptive equipment
 - Assistive technology devices and services

Benefits:

- EFMP Respite Care:
 - Helps military families who have children with special needs by providing parents up to 40 hours/month to attend appointments and to rest while their children are being cared for by a trained and licensed respite provider
- EMFP Global War on Terror:
 - Entitles families who are impacted by the Global War on Terror up to 40 hours of respite care per month for each child
 - Families must be enrolled in EFMP
 - Have members with little or no age appropriate self-help skills, continuous seizure activity, ambulation with neurological impairment that requires assistance with activities of daily living, tube feeding, tracheotomy with frequent suctioning, apnea monitor, and inability to control behavior requiring constant supervision
- Extended Care Health Options:
 - Benefits:
 - Provides financial assistance to beneficiaries with special needs for an integrated set of services and supplies
 - Eligibility:
 - Be enrolled in the EFMP through the sponsor's branch of service
 - Register for ECHO with case managers in each TRICARE region
 - For additional information in regards to ECHO please visit the following website <https://www.tricare.mil/Plans/SpecialPrograms/ECHO>
- Lending Library
 - This library provides resources such as books and other equipment at no charge to the family
 - ASSD has donated the lending library to the Exceptional Family Resource Center (EFRC) located at 9245 Sky Park Court, Suite 130, San Diego, CA 92123
- For additional benefits please visit the following programs:
<https://www.militaryonesource.mil/family-relationships/special-needs/exceptional-family-member/the-exceptional-family-member-program-for-families-with-special-needs>