

# The Lanterman *Developmental Disabilities Act*

A BETTER LIFE TOGETHER, INC.

This California law gives people with intellectual and developmental disabilities the right to services so they can live an independent and productive life. The act is part of the California welfare & institutions code. The regional center is your

*starting point.*



# What does the Lanterman Act Do?

## The Lanterman Act Tells You:

- WHAT YOUR RIGHTS ARE
- HOW THE REGIONAL CENTERS AND SERVICE PROVIDERS CAN HELP YOU
- WHAT SERVICES AND SUPPORTS YOU CAN GET
- HOW TO USE THE INDIVIDUALIZED PROGRAM PLAN TO GET THE SERVICES YOU NEED
- WHAT TO DO WHEN SOMEONE SAYS YOU CAN'T GET WHAT YOU NEED
- HOW YOU CAN MAKE THE SYSTEM BETTER

# SELF DETERMINATION

THE LAW SAYS THAT YOU HAVE THE RIGHT TO MAKE CHOICES ABOUT:

- WHERE TO LIVE
- WHERE TO GO TO SCHOOL
- WHERE TO WORK
- HOW YOU WANT TO BELONG TO YOUR COMMUNITY
- WHOM TO LIVE WITH AND HAVE RELATIONSHIPS WITH
- WHAT SERVICES AND SUPPORTS YOU WANT AND NEED

THE LANTERMAN ACT SAYS THAT YOU HAVE A RIGHT TO MAKE CHOICES ABOUT YOUR LIFE AND MAKE DECISIONS ABOUT WHAT SERVICES AND SUPPORTS YOU WANT AND NEED.



# Know Your Rights

## The Lanterman Says That You Have The Right To:

- **DIGNITY AND HUMANE CARE**  
Having a safe and comfortable place to live
- **PRIVACY**  
You do not have to tell private thoughts to anyone
- **PARTICIPATE IN AN APPROPRIATE PROGRAM OF PUBLIC EDUCATION**  
Under 22 years old: Public schools must provide you with a free education that is right for you 22 years old and older: you can get more education if you choose
- **PROMPT MEDICAL CARE AND TREATMENT**  
You have the right to services and supports to help you find a good doctor, get to the doctor or hospital and sign up for medical

## The Lanterman Says That You Have The Right To (cont.):

- **RELIGIOUS FREEDOM AND PRACTICE**  
Other people cannot tell you what to believe, punish you for what you believe, or stop you from becoming a member of or practicing a religion of your choice
- **SOCIAL INTERACTION AND PARTICIPATION IN COMMUNITY ACTIVITIES**  
You can choose the people you spend time with and choose where you want to go in your free time
- **PHYSICAL EXERCISE AND RECREATION**  
You can choose the types of exercise and recreation activities you like
- **BE FREE FROM HARM**  
NO ONE CAN SCARE YOU, TIE YOU DOWN OR HURT YOU  
NO ONE CAN STOP YOU FROM TALKING OR GOING SOMEWHERE  
IMPORTANT  
NO ONE CAN REFUSE TO HELP WHEN YOU NEED IT  
NO ONE CAN GIVE YOU MEDICINE YOU DO NOT NEED

## The Lanterman Says That You Have The Right To (cont.):

- BE FREE FROM HAZARDOUS PROCEDURES

Procedures that hurt you unnecessarily or harm other parts of your body or mind are considered hazardous.

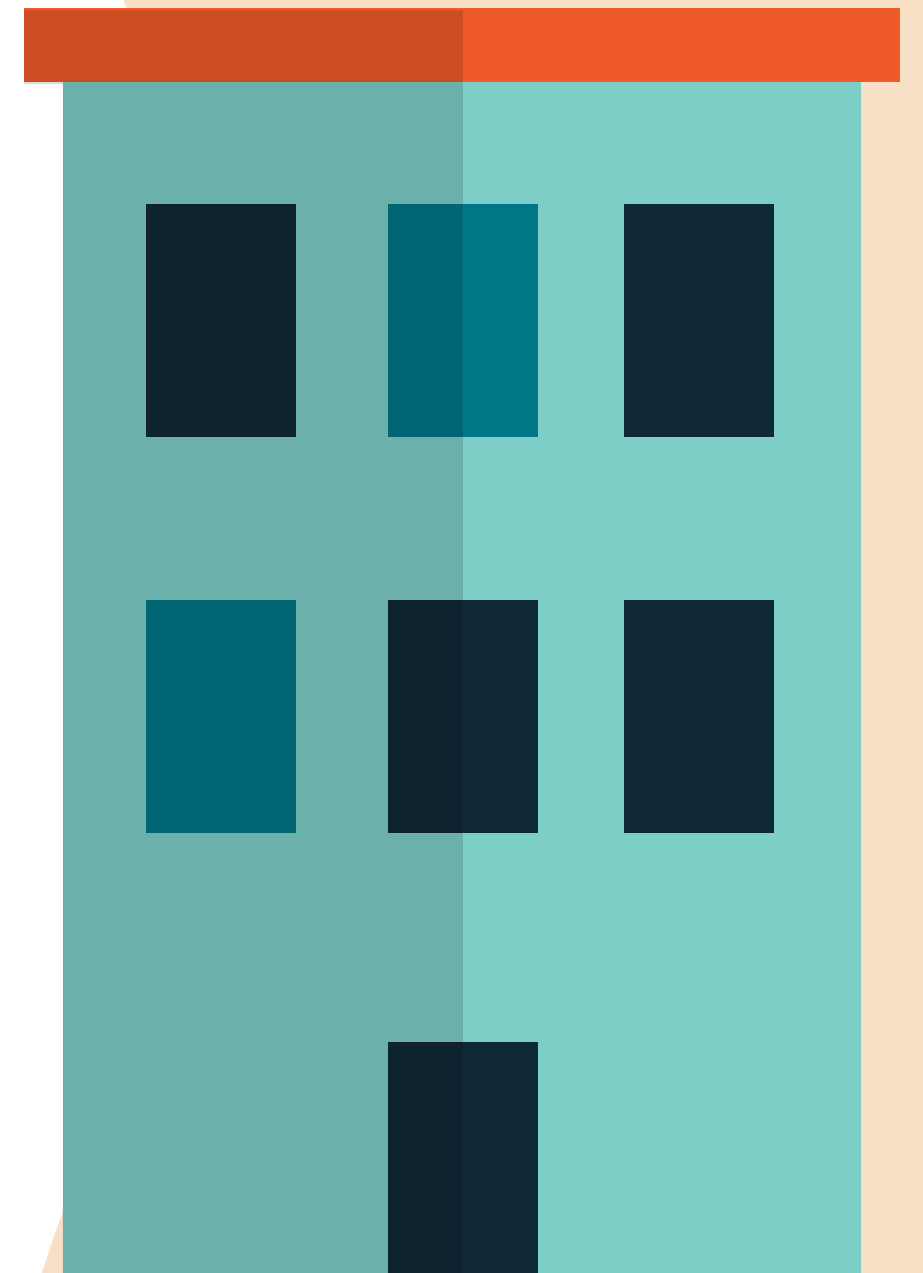
Example: using electric shock to get you to change your behavior

- GET SERVICES AND SUPPORTS IN THE LEAST RESTRICTIVE ENVIRONMENT

Your services and supports should be near your home and with people from your community

# What Is A Regional Center?

- A focal point for coordinating services for persons with developmental disabilities and their families
- A state-funded, private nonprofit organization which contracts annually with the State Department of Developmental Services to provide services to clients
- The San Diego Regional Center is 1 of the 21 regional centers in California



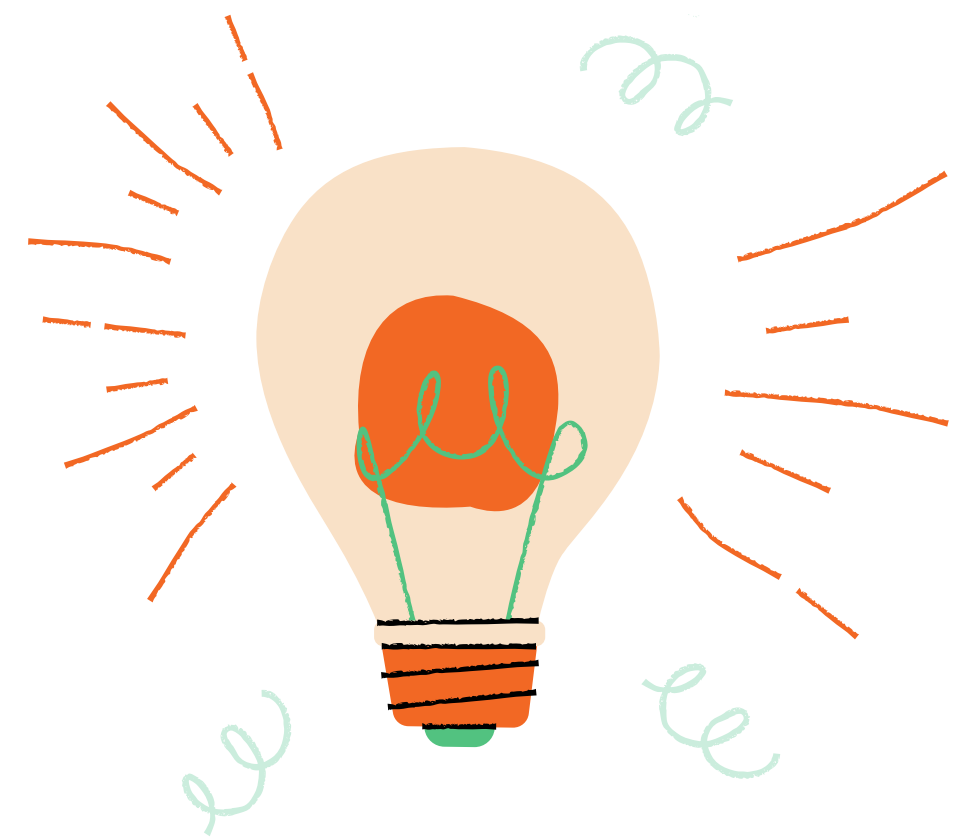


# What Do Regional Centers Do?

## REGIONAL CENTERS PROVIDE SERVICES TO:

- ANYONE WHO HAS AN INTELLECTUAL OR DEVELOPMENTAL DISABILITY,
- ANYONE SUSPECTED OF HAVING AN INTELLECTUAL OR DEVELOPMENTAL DISABILITY, and
- ANYONE AT RISK OF GIVING BIRTH TO A CHILD WITH AN INTELLECTUAL OR DEVELOPMENTAL DISABILITY

PART C OF THE INDIVIDUALS WITH DISABILITIES EDUCATION ACT (IDEA)



# According to the Lanterman Act *Regional Centers Must:*



- FIND AND IDENTIFY PEOPLE WHO MAY NEED REGIONAL CENTER SERVICES
- EVALUATE PEOPLE WHO APPLY FOR REGIONAL CENTER SERVICES TO DECIDE IF THEY ARE ELIGIBLE
- REFER PEOPLE AT HIGH RISK OF HAVING A CHILD WITH INTELLECTUAL OR DEVELOPMENTAL DISABILITIES TO FAMILY RESOURCE CENTERS FOR ASSISTANCE WITH PREVENTATIVE SERVICES

WELFARE & INSTITUTIONS CODE, DIVISION 4.5, SECTIONS 4500 - 4885



# According to the Lanterman Act *Regional Centers Must:*

- COORDINATE SERVICES FOR ALL OF THEIR REGIONAL CENTER CONSUMERS
- DEVELOP AN INDIVIDUAL PROGRAM PLAN (IPP) THAT CONSIDERS EACH PERSON'S INDIVIDUAL NEEDS AND CHOICES
- MAKE SURE THAT THE CONSUMER RECEIVES ALL OF THE SERVICES AND SUPPORTS LISTED IN THEIR IPP
- DEVELOP NEW SERVICES AND SUPPORTS AND MONITOR THE QUALITY OF THE SERVICES AND SUPPORTS PROVIDED

WELFARE & INSTITUTIONS CODE, DIVISION 4.5, SECTIONS 4500 - 4885

# Who Is Eligible *For Services?*

ANYONE THAT HAS AN INTELLECTUAL OR DEVELOPMENTAL DISABILITY THAT ORIGINATED BEFORE AGE 18, IS LIKELY TO CONTINUE INDEFINITELY AND WAS DIAGNOSED BY A LICENSED PHYSICIAN.

A DEVELOPMENTAL DISABILITY IS DEFINED AS A SEVERE AND CHRONIC DISABILITY THAT IS ATTRIBUTABLE TO A MENTAL OR PHYSICAL IMPAIRMENT.



# Who Is Eligible *For Services?*

THESE DISABILITIES INCLUDE:

- INTELLECTUAL DISABILITY
- CEREBRAL PALSY
- EPILEPSY
- AUTISM SPECTRUM



# Who Is Eligible For Services (cont.)?

- OTHER CONDITIONS SIMILAR TO INTELLECTUAL DISABILITY - CONDITIONS THAT CONSTITUTE A SUBSTANTIAL DISABILITY IN 3 OR MORE OF THE FOLLOWING AREAS: COMMUNICATION; LEARNING; SELF-DIRECTION; CAPACITY FOR INDEPENDENT LIVING; ECONOMIC SELF-SUFFICIENCY; SELF CARE; MOBILITY
- ANY RESIDENT OF SAN DIEGO OR IMPERIAL COUNTY BELIEVED TO HAVE AN INTELLECTUAL OR DEVELOPMENTAL DISABILITY MAY APPLY FOR SERVICES.



# Who Is Eligible *For Services (cont.)?*

- YOU DO NOT NEED A DOCTOR'S REFERRAL TO GO THE REGIONAL CENTER. ANYONE WHO BELIEVES S/HE MAY HAVE AN INTELLECTUAL OR DEVELOPMENTAL DISABILITY HAS THE RIGHT TO BE EVALUATED BY THE REGIONAL CENTER
- ELIGIBILITY WILL BE DETERMINED BASED ON SOCIAL, SCHOOL-RELATED, MEDICAL, AND PSYCHOLOGICAL INFORMATION AND DOCUMENTATION PROVIDED BY THE POTENTIAL CLIENT TO THE SAN DIEGO REGIONAL CENTER.
- THE APPLICATION PROCESS CAN TAKE UP TO 120 DAYS SO PATIENCE WILL BE NEEDED! (WITH YOUR INDIVIDUAL'S OR FAMILY'S CONSENT WE WILL HELP WITH THIS PROCESS).



# Would You Like To *Know More!*

- THE LANTERMAN ACT AND RELATED LAWS CAN BE FOUND ON THE DEPARTMENT OF DEVELOPMENTAL SERVICES WEBSITE AT:  
[HTTPS://WWW.DDS.CA.GOV/TRANSPARENCY/LAWS-REGULATIONS/LANTERMAN-ACT-AND-RELATED-LAWS/](https://www.dds.ca.gov/transparency/laws-regulations/lanterman-act-and-related-laws/)
- DISABILITY RIGHTS CALIFORNIA HAS AN IMPRESSIVE COLLECTION OF GUIDES AND SUPPLEMENTS TO HELP WITH UNDERSTANDING YOUR RIGHTS. CHECK OUT THEIR RIGHTS UNDER THE LANTERMAN ACT (RULA) MANUAL:  
[HTTPS://WWW.DISABILITYRIGHTSCA.ORG/RESOURCES/RIGHTS-UNDER-THE-LANTERMAN-ACT-MANUAL-RULA](https://www.disabilityrightscalifornia.org/resources/rights-under-the-lanterman-act-manual-rula)
- THE OFFICE OF DEVELOPMENTAL PRIMARY CARE HAS SOME EXCELLENT INFORMATION AS WELL:  
[HTTPS://ODPC.UCSF.EDU/COMMUNICATIONS-PAPER/REGIONAL-CENTERS-AND-THE-LANTERMAN-ACT](https://odpc.ucsf.edu/communications-paper/regional-centers-and-the-lanterman-act)
- JOIN US FOR OUR NEXT SESSION TO LEARN MORE ABOUT REGIONAL CENTERS, HOW TO APPLY FOR SERVICES AND HOW TO ADVOCATE FOR A FULSOME INDIVIDUAL PROGRAM PLAN (IPP)



# Questions & *Answers*



# Elizabeth Jackson

*Get in touch with me if you have questions or suggestions.*



[ejackson@abetterlifetogether.org](mailto:ejackson@abetterlifetogether.org)



(619) 832-5990