

# A Checklist for Getting Started



- Do I need more information to understand my child's diagnosis?
- Do I know of any local support groups in my area that I can get involved with?
- What additional follow up or evaluation is needed?
  - Medical follow up?
  - Specialty care? Hearing testing? Vision testing?
  - Further evaluation by developmental specialist?
  - Educational evaluation?
  - Nutritional evaluation?
- Does my child qualify for early intervention/educational services?
  - Birth to 2 years 11 months - Contact the Children's Developmental Services Agency (CDSA) **704-786-9181**
  - Ages 3 to 4 years 11 months – Contact your local school system for Exceptional Children's Preschool services.  
**Kannapolis City/704-932-7433**      **Cabarrus County/704-782-5712**
  - Ages 5 years to 21 years 11 months – Contact your local school system.  
**Kannapolis City/704-938-3151**      **Cabarrus County/704-262-6118**
  - Contact your local school system to ask about Homebound Services if your child is severely medically or physically disabled and therefore may be unable to participate in a regular school day?
- Are services or therapy needed due to the following concerns?
  - \*Behavioral \_\_\_\_
  - \*Nutritional/Feeding Issues \_\_\_\_
  - \*Hearing Impairment \_\_\_\_
  - \*Mental Health \_\_\_\_
  - \*Social-Emotional \_\_\_\_
  - \*Sensory Issues \_\_\_\_
  - \*Vision Impairment \_\_\_\_
  - \*Developmental Delay \_\_\_\_
- Is your child receiving therapies at his or her school? Do they need additional therapies at home such as:
  - \*Speech Therapy \_\_\_\_
  - \*Physical Therapy \_\_\_\_
  - \*Occupational Therapy \_\_\_\_

## **Community Services**

- Does my child have a Mental Health condition, an Intellectual Disability, or a Developmental Disability? Could they qualify for NC Innovations Waiver services, respite, care coordination, etc.?

**Piedmont Community Operations Center (formerly PBH) 1-800-939-5911**

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- Does my child qualify for CAP-C (Community Alternative Program for Medically fragile children up to age 21) services through RHA because they have a severe medical condition and/or need nursing assistance to perform functions of daily living? [RHA Howell 1-888-207-7828](tel:1-888-207-7828)

## Financial Resources

- Is my child covered by health insurance? Does my child qualify for Medicaid or Health Choice? You can apply for either of these through your local Department of Social Services office? [Cabarrus County DSS 704-920-1400](tel:704-920-1400)
- Have I thought about future expenses related to my child's medical needs, therapy/services, adaptive equipment, etc.? Do I need help covering these expenses?
- Does my child qualify for Supplemental Security Income (SSI) through Social Security Administration due to his/her disability?  
[Concord Social Security Office 1-888-366-6149](tel:1-888-366-6149)

## Supplies

- Does my child need specialized medical equipment? Does he/she need Assistive Technology equipment that would provide assistance for communication or mobility?
- Does my child qualify for diapers or pull-ups/incontinent supplies?

## Transitions

Have I started thinking about future transitions in my child's life?

- Coming home from the NICU?
- Starting Preschool?
- Starting Kindergarten?
- Going into Middle School?
- Starting High School?
- Graduating High School and entering Adulthood?
- Leaving Pediatric medical care and transitioning to an Adult medical provider?

**\*\*Under the Tools section of the Resource CAFÉ website, you can click "Preparing For Transitions" and then choose a transition point for specific information.**