

# Birth to Age 3

Early Intervention (ESIT), Individualized Family Service Plan (IFSP), Early Childhood Transition from Part C (early intervention) to Part B (special education with school district)



Ready, Set, Know

## RESOURCES

### Ages Birth to Three



#### NAVIGATING YOUR WAY

The following resources are described in *Navigating Your Way, Ages Birth to Three*, is the first in a series of videos that provides a bird's eye view of services, supports and resources for every stage of life. Visit [informingfamilies.org/0-3](http://informingfamilies.org/0-3) to watch the video.



#### SERVICES

##### Early Intervention for Infants and Toddlers (ESIT)

No referral is needed to request an evaluation for ESIT. To get started, connect with an early intervention program directly or call ParentHelp123's Family Health Hotline at 1-800-322-2588, or visit [parenthelp123.org](http://parenthelp123.org).

##### Developmental Disabilities Administration (DDA)

Case management and supportive services for children and adults with Intellectual/Developmental Disabilities in Washington State. Children enrolled in ESIT are also eligible for DDA up to age 4, when eligibility must be renewed. Learn more at [dshs.wa.gov/dda](http://dshs.wa.gov/dda).

#### HEALTH CARE

##### WithinReach

Helps families across Washington State navigate complex health and social service systems and connect with the resources – food assistance, health insurance, childhood screenings and more – they need to be healthy and safe. Call the Help Me Grow Washington Hotline at 1-800-322-2588 or visit [parenthelp123.org](http://parenthelp123.org) to get connected.

##### Early Periodic Screening, Diagnosis, and Treatment (EPSDT)

EPSDT is an important benefit for children who are eligible for Apple Health. With EPSDT, children can get a regular check up and treatment for medical issues found during an exam up to age 21. Call 1-800-562-3022 and ask about EPSDT services.

#### FINANCIAL ASSISTANCE

If your family is low income and in need of financial assistance, contact the Social Security Administration to find out if your child qualifies for Supplemental Security Income (SSI). Call 1-800-772-1213, or visit [ssa.gov](http://ssa.gov).

#### SUPPORT

**Parent to Parent (P2P)** provides emotional support and information to families of children with special health care needs or other disabilities. Find a P2P program near you at [arcwa.org/parent-to-parent](http://arcwa.org/parent-to-parent).

**Arc chapters** provide information, referral and advocacy. Find chapter near you at [arcwa.org](http://arcwa.org).

**Partnerships for Action, Voices for Empowerment (PAVE)** provides information, training and support to families. Learn more at [wapave.org](http://wapave.org).

**Sibshops** provide peer support from other siblings in a recreational setting. Learn more at [siblingsupport.org](http://siblingsupport.org).

#### HELPFUL IDEAS AND PLANNING

##### The Family Community Connections Guidebook

Tips and worksheets for identifying people, places and ideas to help broaden your family member's social circle and community connections. Available in English and Spanish. Download a free copy at [informingfamilies.org/publications](http://informingfamilies.org/publications).

##### My Life Plan

Free online planning tool for every stage of life. Visit [mylifeplan.guide](http://mylifeplan.guide) to get started.

# EARLY INTERVENTION

Early Intervention is a system of services that helps babies and toddlers with developmental delays or disabilities. Early Intervention provides a free screening to all families that suspect a delay or disability. No referral needed.

## Department of Children, Youth and Families (DCYF)

Information and resources for children's first and most important teachers— parents—as well as others who care for and teach young children. **Early Support for Infants and Toddlers (ESIT)** - Ages birth -3 years Provides services to children birth to 3 who have disabilities and/or developmental delays. Eligible infants and toddlers and their families are entitled to individualized, quality early intervention services in accordance with the federal Disabilities Education Act (IDEA), Part C.

### Early intervention service providers in Island County: NO REFERRAL NEEDED!

**Whidbey Island: Steps** (360) 679-1039 <https://www.takingstepstogether.org/>

**Camano Island: Sherwood Community Services** (425)334-4071 <https://www.sherwoodcs.org/>

If a child is eligible, the Family Resource Coordinator will work with the family and early intervention service providers to develop an Individualized Family Service Plan (IFSP). This plan will address any physical, cognitive, communication, social, emotional and adaptive needs of their child. Family concerns, priorities and resources guide the entire IFSP process. The FRC works with the family throughout their child's participation in early intervention and helps with transition into pre-school special education or other community services at age 3, if those services are needed.

Services a child and family may need include:

- Physical therapy
- Speech therapy
- Occupational therapy
- Developmental services

Early intervention is a voluntary program that is funded by a variety of sources. This includes the use of a family's private and public insurance and in some cases a monthly fee. Some services are covered at public expense such as FRC services, evaluation and assessment, development of the Individualized Family Service Plan (IFSP) and explanation of their rights and safeguards associated with early intervention.

**IFSP: Individualized Family Service Plan** The IFSP is a written treatment plan for Early Intervention (EI). It details your child's current levels of functioning, specific needs and goals for treatment (referred to as outcomes). The first step in writing the IFSP will be for the members of your child's team to conduct various types of assessments to identify your child's individual strengths and needs. The IFSP will include information about your child's current level of development in the following areas:

#### Early Intervention – IFSP Components

44

- Child's current functioning
- Family's concerns
- Needs and resources of child and family
- All services child/family need (initiation, method, frequency and duration)
- Identify natural environment
  - "Natural Environment" is home or other setting in which children without disabilities participate
- Expected outcomes
- 6-month reviews and annual re-evaluation
- Transition plan

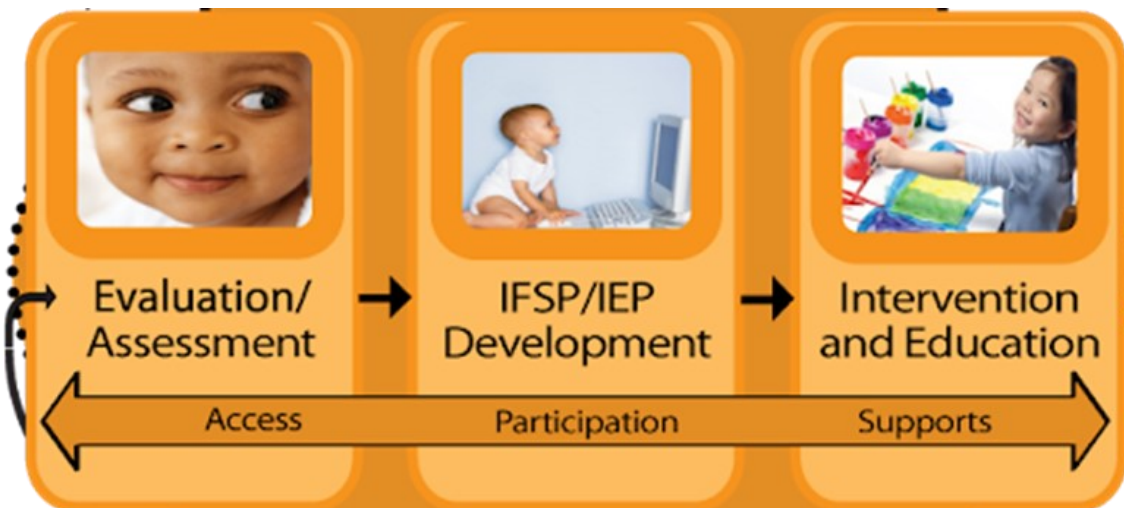
**Physical development**  
**Cognitive development**  
**Communication development,**  
**Social & emotional development,**  
**Adaptive development,**  
**Fine and gross motor skills,**  
**Vision, Hearing, etc.**

The IFSP is developed with input from the child's entire family, and it includes features that are designed to support the entire family.

## Evaluation Determines Eligibility

After a referral is accepted, a team of professionals uses standardized tools and observations to evaluate a young child's development in five areas:

- **Physical:** Reaching for and grasping toys, crawling, walking, jumping
- **Cognitive:** Watching activities, following simple directions, problem-solving
- **Social-emotional:** Making needs known, initiating games, starting to take turns
- **Communication:** Vocalizing, babbling, using two- to three-word phrases
- **Adaptive:** Holding a bottle, eating with fingers, getting dressed



**Early Learning Toolkit:** Overview of Services for Families of Young Children

<https://wapave.org/early-learning-toolkit-overview-of-services-for-families-of-young-children/>

New parents have a lot to manage. Concern about whether a child's growth and development are on track can be confusing. This toolkit provides places to begin if caregivers suspect that a baby or young child may need services due to a developmental delay or disability.



Part C is the Birth to Three program (Early Intervention).

Part B is the School District Ages 3-21

## Differences between IDEA Part C and B

### Part B (starting at age 3)

- ▶ Individualized Education Program (IEP)
- ▶ IEP team with the equal involvement of all
- ▶ Measurable child goals
- ▶ Least restrictive environment
- ▶ Special Education services: related services if needed may include extended school year

### Part C (birth to 3)

- ▶ Individualized Family Service Plan (IFSP)
- ▶ IFSP team focus on parent priorities
- ▶ Child outcomes and family outcomes
- ▶ Natural environments
- ▶ Early interventions must include service coordination year round services

## **TRANSITION: EARLY INTERVENTION TO YOUR LOCAL SCHOOL DISTRICT**

**Learning Who's Who:** Rather than the family-centered approach of birth-to-three services, school district professionals are focused solely on your child. Whether it's an Early Childhood Coordinator, Readiness to Learn Coordinator, or school psychologist, the professionals involved in coordinating special educational services will vary. Before your child transitions, find out the name and contact information for each of the school district professionals who will be involved in your child's education.

**Becoming Your Child's Advocate:** No one knows your child better than you do, so when it comes to making decisions regarding his/her education, it's important to speak up and ensure that your child's needs are being met. Organizations such as Island County Parent to Parent (P2P) (360)632-7539 and Partnerships for advocate. (800)5-PARENT

As a member of the IEP team, you are your child's best advocate, making sure that the proper supports are in place to work toward learning goals that are meaningful and educationally appropriate. It's not always easy, but there are steps you can take to ensure that your child's educational needs are being met in a way that reflects his/her individual strengths, needs and priorities for learning.

**The school district will provide an interdisciplinary evaluation. Eligible children will be provided a program with an Individualized Education Plan (IEP).**

**Oak Harbor School District (360)279-5073**

**Coupeville School District (360)678-2420**

**South Whidbey School District (360)221-6808 xt 2206**

**Stanwood/Camano Island School District (360)629-1236**

## What's Next when Early Childhood Services End at Age 3?

Services for families with infants and very young children include family-focused, home-based support. Families are served with an Individualized Family Service Plan (IFSP). An IFSP ends when the child turns 3.

A child who qualifies for an Individualized Education Program (IEP) receives those services at school. Not all children who qualified for an IFSP will qualify for an IEP. An IEP is for children ages 3-21, or until high-school graduation.

Families may transition from getting in-home help for their child with special needs to participating as members of an IEP team. This can feel like a big change. The information in this article can empower parents.

Transition planning starts at least half a year before the child's third birthday. Providers, teachers, school administrators and the family start thinking and collaborating early about what the child might need to do well.

Read on to learn what parents need to know when a young child with special needs makes the transition from Birth-3 services into preschool or another program.

A parent-support agency called Informing Families provides a 12-minute video to guide parents through the early-learning transition process.

<https://wapave.org/whats-next-when-early-childhood-services-end-at-age-3/>

\*\*\*Your child may qualify for diapers and other continent supplies if your child has a developmental disability and Medicaid. Talk to your child's doctor about a prescription.

\*\*\***Transitioning from birth-to-three services to the Age 3-21 school system comes with a series of changes for you and your child. Be prepared for not one, but several transitions, and start planning at least six months ahead. Your IFSP will help with this process. Talk to your Family Resource Coordinator (FRC) if you have questions.**

IFSP	IEP
Birth through age 3	Age 3-21
Is inclusive of the family's needs	Focuses on the child's needs
Services provided in natural environments	Services provided at school
Families are assigned a service coordinator	No service coordinator
Generally reviewed every 6 months	Generally reviewed 1x per year
IFSP Team makes decisions	IEP Team makes decisions
Governed under Part C of IDEA	Governed under Part B of IDEA

In 2020–21, the number of students ages 3–21 who received special education services under the Individuals with Disabilities Education Act (IDEA) was 7.2 million, or 15 percent of all public school students. Among students receiving special education services, the most common category of disability was specific learning disabilities (33 percent).

## **RESOURCES/ADVOCACY/SUPPORT**

---

### **Office of Education Ombuds (OEO)**

Resolves complaints, disputes, and problems between families and public schools (866)297-2597

### **WA PAVE (800)5PARENT**

Provides information, training and support to families. [www.wapave.org](http://www.wapave.org)

## **DEVELOPMENTAL DISABILITY ADMINISTRATION (DDA)**

---

### **(Formally DDD)**

A division of DSHS. Assists individuals with developmental disabilities and their families to obtain services and supports based on individual preference, capabilities and needs. Services are based on DDA guidelines and available funding. DSHS Statewide Disability Support (800)491-5266 [www.dshs.wa.gov/disability-support](http://www.dshs.wa.gov/disability-support)

### **Island County - Region 2**

Oak Harbor (360)544-6543 [www.dshs.wa.gov/dda](http://www.dshs.wa.gov/dda)

Island County Region 2:

General Questions for Region 2 (360)544-6539

To request a DDA Application Packet in English or Spanish, contact Island County Parent to Parent (360)632-7539 call/text [t.wheeler-thompson@islandcountywa.gov](mailto:t.wheeler-thompson@islandcountywa.gov)

## **ISLAND COUNTY DEVELOPMENTAL DISABILITY**

---

Coordinates, funds, and manages local services for children from birth to three and for adults 21 and over who have developmental disabilities. We work actively with families, schools, the business community, as well as local, state, and federal governments to facilitate full contribution for all citizens who experience developmental disabilities. Our underlying belief is that all individuals with developmental disabilities have the skills, interests, and talents to enhance their community and have a responsibility to do so. We also know that employment is a powerful way to contribute both to the larger community as well as to continue to grow and learn. To contact the coordinator for Island County Developmental Disabilities please call or e-mail Mike Etzell at (360) 678-7883 or [MikeEt@islandcountywa.gov](mailto:MikeEt@islandcountywa.gov)

## **SUPPLEMENTAL SECURITY INCOME (SSI)**

---

<https://www.ssa.gov/benefits/ssi/> (800)722-1213

The program provides monthly payments to adults and children with a disability or blindness who have income and resources below specific financial limits. SSI payments are also made to people age 65 and older without disabilities who meet the financial qualifications. You may be eligible to receive SSI monthly payments even if you are already receiving Social Security Disability Insurance or retirement benefits.

# **PARENT RESOURCES, INFORMATION & SUPPORT**

---

**Parent to Parent of Island County (P2P) (360)632-7539 call/text**



<https://www.islandcountywa.gov/198/Parent-to-Parent>

Tiffany Wheeler-Thompson, Coordinator Email: [t.wheeler-thompson@islandcountywa.gov](mailto:t.wheeler-thompson@islandcountywa.gov)

Island County Parent to Parent provides support and resources to families that care for a child/adult with disabilities and/or special healthcare needs.

## **Parent to Parent Services No Cost Services:**

- Resources
- Newsletters
- Support Meetings
- Educational Workshops
- Social/Recreational Events
- Presentations in our Community

## **CHECK OUR WEBSITE FOR ISLAND COUNTY DISABILITY RESOURCE GUIDES**

Hard copies and Resource Toolkits are available: email Tiffany

- Island County Disability Resource Guide English & Spanish
- Island County Autism Resource Guide English & Spanish
- Island County Behavioral/Mental Health Resource Guide English
- Island County Transition: School-age to Adulthood In Depth Guide
- Island County Autism Spectrum Disorder website: [www.pilotace.org](http://www.pilotace.org)

## **Playscape (360)321-1484**

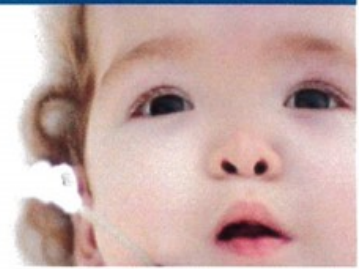
Playscape is a facilitated, drop-in play and learn program that welcomes extended families, including grandparents, aunts, uncles, friends, and caregivers. It's an early childhood enriched classroom play space where children five and younger, along with their adult caregivers, meet other children and adults. Playscape is a welcoming, fun play space for infants and young children with their moms, dads, grandparents, or other caregiving adults. A gathering place where caregivers can connect, make friends, share stories, learn from each other, and offer support. Drop-in (come when you can) Fun!





# Early Childhood Transition

## *The Role of the Developmental Disabilities Administration for Ages Birth to Three and Beyond*



**If your family member is enrolled in Early Support for Infants and Toddlers (ESIT), the Developmental Disabilities Administration (DDA) plays an important role in their early intervention services and beyond.**

When your child is enrolled in ESIT, they may be DDA eligible up until age 4, when an application must be made to re-apply. In fact, the specialized therapies and educational services your child and family receives with the help of your Family Resources Coordinator (FRC) are paid, in part, through DDA funds.

**Becoming DDA eligible allows your 0-3 provider to access DDA funding for your family member's services.**

Even if you have private insurance, funding through DDA is part of the publicly funded services provided by most early intervention providers. For some children with medically intensive needs, additional services may also be available such as in-home nursing services.

### **What to expect before your child turns 4:**

- ▶ Six months before your child's 4th birthday you will receive notice that their eligibility will expire at age four. Call the number provided on the notice to request a reapplication packet and to get information about the process.
- ▶ Once your family member's completed DDA application is received, you will receive a letter called a Planned Action Notice (PAN). The PAN notifies you of DDA's decision, the rules that were used to make that decision, and the appeal process if you disagree with the decision. If your child continues to be eligible, the PAN will have information about how to contact DDA to request services. Please call the number listed on the letter or visit [dshs.wa.gov/dda/service-and-information-request](https://dshs.wa.gov/dda/service-and-information-request) to submit the request on-line.
- ▶ Timing is important! Be sure to request a reapplication packet far enough in advance to allow DDA time to complete your child's reapplication!

Eligibility Criteria  
for children birth-3

DDA = ESIT

### *Did You Know?*

*In Washington State, eligibility criteria for DDA and the Early Support for Infants and Toddlers (ESIT) program are the same for children ages birth to three.*

### **Why Re-Apply to DDA at Age 4?**

- ⊗ Some children get DDA services right away. No waiting.
- ⊗ DDA clients receive useful information even if they are not enrolled in paid services.
- ⊗ DDA eligibility may open doors to other programs, such as the DD Endowment Trust Fund.
- ⊗ Even if your family member does not need DDA services, being a client of DDA saves time in the event circumstances change and your child needs more support than you can provide.
- ⊗ By becoming eligible and requesting services, you help give the state a clearer picture of needs so that it can plan for services and funding.

### **DDA Services Include:**

- Respite
- Personal Care
- OT/PT/Speech & Hearing
- Home & Vehicle Modifications
- Skilled nursing
- Short-term Emergency Services
- Supported employment and in-home support (for adults)