



FREE STARTER GUIDE

A Guide to Navigating Support Services for Your Child

Including OPWDD, IEPs, and other developmental support systems

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CONTEXT PAGE

If you're unsure where to start when it comes to getting support for your child, you're not alone.

Navigating systems like IEPs, OPWDD, and other services can feel overwhelming.

This guide will walk you through the first steps so you can move forward with clarity and confidence.

Understanding Support Systems

- IEPs (Individualized Education Programs): School-based support for children with disabilities
- OPWDD: New York State services for individuals with developmental disabilities
- Additional services: Therapy providers, evaluations, and community supports

First Steps to Take

- Identify your child's needs
- Request evaluations (educational, psychological, or medical)
- Speak with your child's school or provider
- Explore both school-based and outside services

What is OPWDD?

OPWDD (Office for People With Developmental Disabilities) provides services and support for individuals with developmental disabilities. This can include long-term services, funding, and care coordination. Getting started typically involves determining eligibility and completing the intake process.

Getting Started with OPWDD

- Gather required documentation (evaluations, diagnosis, school records)
- Contact OPWDD Front Door to begin the process
- Submit documents for eligibility review
- Once approved, connect with a care coordinator and services

Checklist: What You'll Need

- Psychological or developmental evaluation
- Medical documentation or diagnosis
- School records (IEP, reports)
- Identification and basic personal documents

Common Mistakes to Avoid

- Waiting too long to start the process
- Missing or incomplete documentation
- Not understanding the full process
- Trying to navigate everything alone

How I Can Support You

I've helped families move from confusion to clarity by breaking down complex systems into simple, actionable steps. Whether you need help understanding your next steps, preparing for meetings, or navigating OPWDD and IEPs, I provide guidance so you don't have to figure it out alone.

Ready for Support?

If you're feeling overwhelmed or unsure of your next steps, I can help guide you through the process with clarity and confidence

Book Your Consultation Today.

Liberated Hands
Empowering Families. Navigating Systems.