

Available Services and Descriptions

First Steps – South East

Assistive Technology (AT)

Assistive Technology includes materials or equipment that can help the child improve what he or she can do. These devices are limited and need special approval from the State. Orthotics are not available through First Steps.

Audiology and Audiological Services

Audiology is concerned with the child's hearing. It involves assessing hearing and looking for reasons when there is hearing loss. Audiologists may recommend special techniques or equipment to assist in communication. Audiological equipment may need special authorization from the State.

Developmental Therapy (DT)

Specialists in this area understand child development, learning, and behavior. They are educators who help develop and teach you ways to encourage the child to make progress. Developmental therapists can also work closely with other specialists to help form a plan that fits into the family's daily schedule.

Health Services

Providers of health services help with special services like tracheotomy care, tube feedings, or changes of dressing during times that other First Steps services are being provided.

Medical Services

First Steps asks each enrolled child to have a primary medical home, or a primary care physician. This individual will coordinate medical services and evaluations. While First Steps is not responsible for regular well-being care, physicians might be contacted to supply services like testing and consultations that are related to deciding whether a child is eligible for First Steps.

Nursing

Nursing supports other services. A nurse might make sure that a child's medical needs are addressed properly in the plan of service. A nurse is responsible for addressing the child's health and might provide short-term care to prevent and improve health problems.

Nutrition

Nutrition addresses eating habits and feeding skills. Nutritionists can help with special diets and menus, food selection, and special feeding issues. They can help parents look at how their child's growth is affected by eating and at how to work with concerns like reactions to food textures or food density.

Occupational Therapy (OT)

When a child faces unique challenges with daily living skills, occupational therapy helps to develop skills that will improve the child's ability to function. An occupational therapist will look at coordination of movement, feeding, dressing, and fine motor skill such as playing with small toys and tasks that require using a crayon. The occupational therapist might recommend or design special equipment or activities that will help the child with daily living.

Physical Therapy (PT)

Physical therapy helps a child improve the use of bones, muscles, joints, and nerves. The physical therapist will help plan a therapeutic exercise program, work with parents on how best to handle and position their child, and may recommend or make special equipment that can increase the child's ability to move.

Psychological Services

Psychological services focuses on learning and on social and emotional development. The psychologist can assess a child and help with managing the child's behavior. They work with problems in living situations that can affect a child and might develop a program that can include counseling, parent training, and educational programs.

Social Work

Social work is concerned with supporting families and helping them to deal with difficulties that might interfere with the family's ability to participate in early intervention. Social workers provide family counseling, work with parent groups, and link families to other community resources and supports.

Speech/Language Pathology (SLP)

Speech and language pathology focuses on a child's communication skills and on difficulties with speech or language. This specialty looks at what the child understands and how he or she communicates. Speech therapists will work with the child to improve language and communication skills. They might work with parents to develop alternative ways to communicate, such as through sign language or through pictures and other devices. Speech pathologists may also work with how the child uses his or her mouth for feeding and for making sounds.

Transportation

Transportation can assist with the costs of travel that might be necessary for a child to receive First Steps services. This include transportation for assessments and evaluations. It may include reimbursement to the family or to a private or public transportation provider.

Vision

Vision services focus on identifying vision impairments, delays, or abilities that affect a child's development. This might lead to referral for professional treatment and could include an "orientation and mobility specialist" who would work with parents and their child to help with getting around safely and independently. First Steps does not pay for eye glasses.