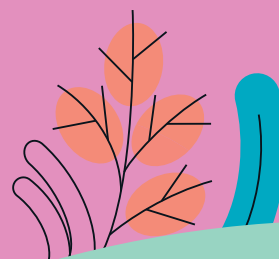
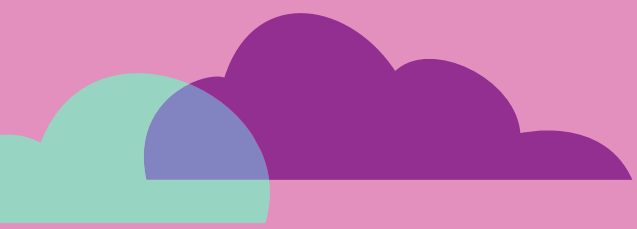


transitioning to neurology adult care:

age 17 guide



children'shealth[?]



Transitioning to Adult Care.

Dear Patient Family,

The transition from being a teen to a young adult is both challenging and rewarding. During this transition, our teenage patients will reach a time when they are best cared for by doctors that focus on adult healthcare. This transition from pediatric to adult healthcare most often happens when our patients are between the ages of 18 and 21.

Your Children's Health Medical Team will help you and your family make a transition plan during clinic visits. This plan may include:

- Building skills and knowledge to help manage your young adult's health
- Making choices about medical care
- Having insurance coverage
- Reaching goals for the future.

We will talk to you about the timing of the move from pediatric to adult healthcare. When it is the right time to move to adult healthcare, your Children's Health Medical Team will help:

- Find an adult doctor
- Send medical records to the new adult doctor
- Talk to the new adult doctor about your young adult's health needs.

At the age of 18, teens become legal adults and will have to give permission for us to share personal health information with family members. Without their permission (or consent), we will not be able to talk about their healthcare with their family. Some young adults have health conditions that prevent them from making choices about their health. We can help families of these young adults learn about their options for supported decision-making.

We know it can be hard to move to a new adult doctor. Your Children's Health Medical teams wants you and your family to be ready for this change and is here to help you make the transition to adulthood. Please talk to us if you have any questions or concerns.

Best Wishes,

Your Children's Health Medical Team



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Age 17 Checklist

Health and Wellness:

Learning to manage health and wellness is key to transitioning to adult care (or health care transition). It is important to practice wellness behaviors daily and care for their health, as they are able. Help your child:

- Learn the reasons for following their recommended medical plan, including medication adherence plan and taking medicines as prescribed.
- Learn about wellness behaviors for their health condition and the benefits of healthy eating, physical activity, and sleep.
- Learn when mental health care support is needed and how to access services.

Health Insurance:

- If your child has private insurance, review the policy regarding your child's coverage after the age of 26. Private insurance policies typically cover children under your policy until age 26, but with proof of disability your child can remain on your policy after age 26.
- Ask your insurance if there is an age cutoff for any of the therapies your child receives. If so, ask them for recommendations for in-network providers who work with adults.
- If your child receives Medicaid, be aware that some programs ends at 18.

Future Planning:

- Keep detailed notes of your child's seizure activity and care requirements throughout the day. Documenting their multiple daily needs will support your SSI application and for waiver programs.
- Check with Durable Medical Equipment (DME) vendors and home care agencies to see if there are age cutoffs. If so, get recommendations from your insurance for in-network agencies who can continue to provide the necessary care into adulthood.
- Organize all your child's medical records and other important documents. This may include: social security card, birth certificate, Individualized Education Program (IEP), behavior plans, trust documents, Supplemental Security Income (SSI) documents, guardianship documents and care plan.
- Complete neuropsychological evaluation, behavioral testing, and any other tests required for guardianship, SSI and/or day programming placement.
- If your child will be receiving residential funding for in-home care, if required by your state, begin the Certified Family Home process.
- For military families - make sure your child has a military ID card and that it is updated as service status changes. Add your child to the disabled dependent to your military survivor benefits.

Medical Decision Making:

- Identify professionals needed to allow you to complete Guardianship and/or Power of Attorney paperwork (MD, social worker, and clinical psychologist).
- Complete Guardianship and/or Power of Attorney for financial and medical

decisions. You will not be able to petition the court for guardianship until the date of your child's 18th birthday. These forms will expire, so you can't do them more than 180 days in advance.

Education-School Planning:

- Begin to tour post high school day and residential programs. Get on waiting lists, if necessary, for when your child ages out of their school system.
- Work with your child's school and your state disability/vocational service agency to begin to understand vocational opportunities and job coaches.

Respite/Housing Programs:

- Set up respite services in your home and/or in your community. Help your child get comfortable with support being provided in the home by someone other than a parent or family member.



About Healthcare Transition

Healthcare transition is the change from child (pediatric) healthcare to adult healthcare. This change includes moving to adult doctors and adult insurance. Below is a list to help plan for your healthcare transition.

1. Building knowledge about medical conditions and medications. This can begin early and includes learning:
 - Medical condition, medications, and medical history
 - Healthy wellness habits including diet, exercise, and sleep
 - Skills to help manage your health such as how to call for a medical appointment, how to fill a prescription, and what to do in an emergency.
2. Determining who will make medical decisions.
 - At the age of 18, a teen becomes a legal adult.
 - An adult is responsible for making medical decisions such as giving permission for medical treatment and deciding who knows about your personal medical information.
 - If a child will not be responsible for making medical decisions as an adult, supported decision-making must be in place.
 - Examples of supported decision-making could include guardianship or medical power of attorney.
3. Finding and transferring care to an adult doctor.
 - Talk with your pediatric doctor about when a new adult doctor is needed.
 - Contact your health insurance company to help identify new adult doctors.
 - Ask your pediatric doctor to talk with your new adult doctor as you transfer your care.
4. Having health insurance to pay for healthcare.
 - Contact your health insurance company to find out when your health insurance will change and options for future health insurance.
 - Select new health insurance that will cover the costs of all medical needs.



Helpful Websites for Transition

General:

Children's Health: www.childrens.com

*Got Transition/Center for Health Care Transition: www.gottransition.org

*Navigate Life Texas: www.navigatelifetexas.org

*Texas Parent to Parent: www.txp2p.org

*Texas Department of State Health Services – *Children with Special Health Care Needs*:
www.dshs.texas.gov/mch/cshcn.aspx

*Texas Workforce Commission: www.twc.state.tx.us

Health Insurance:

*Health Insurance Marketplace: www.healthcare.gov

*Supplemental Security Income: www.ssa.gov/ssi

*Texas Health Insurance Premium Payment (HIPP): www.gethipptexas.com

*Texas Health Options: www.texashealthoptions.com

Medical Decision Making:

*Disability Rights Texas: www.disabilityrightstx.org

*Texas Law Help: www.texaslawhelp.org

Future Planning:

*Federal Student Aid: www.studentaid.ed.gov

Texas Education Agency (TEA): www.tea.texas.gov

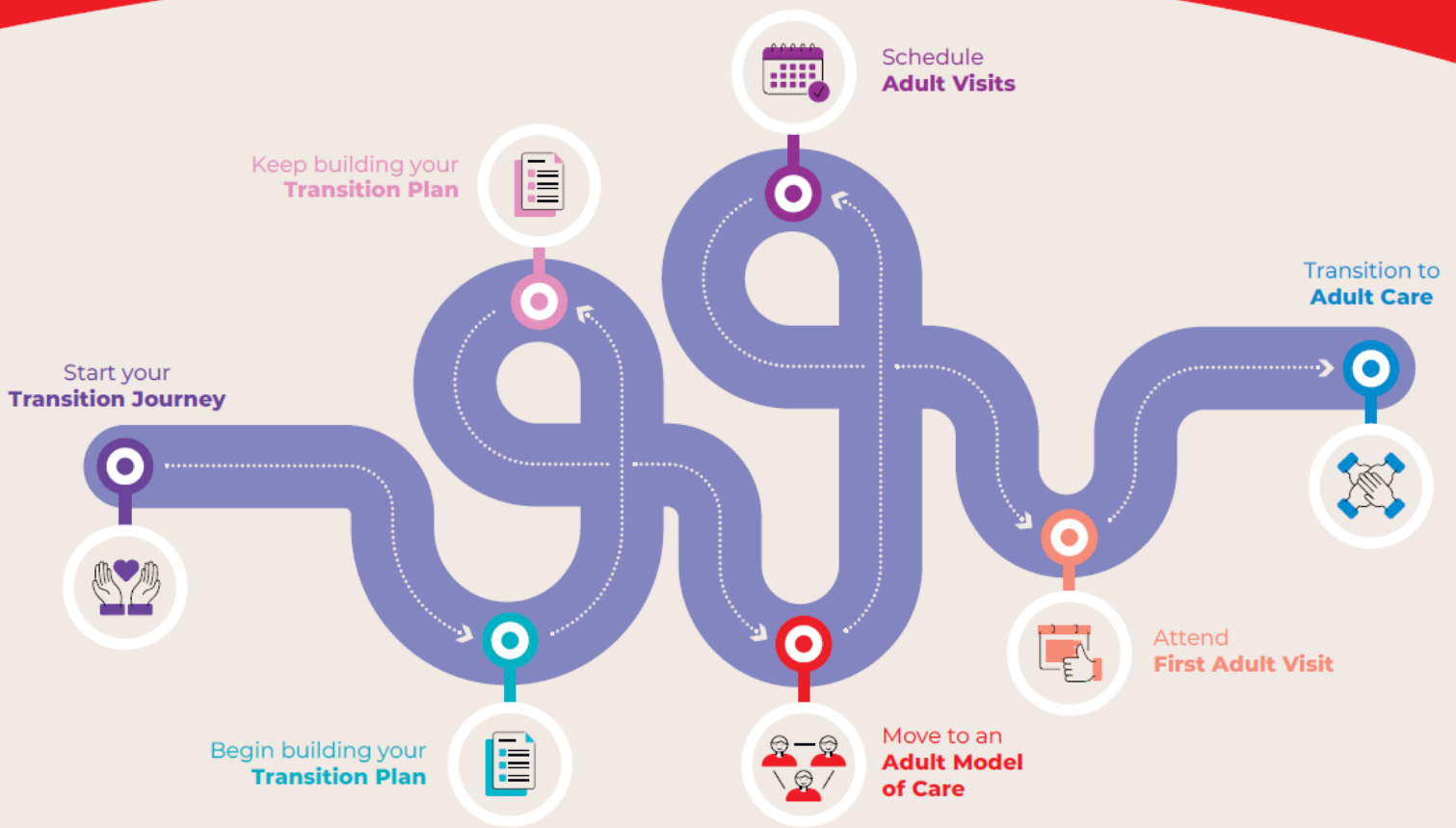
*Think College!: www.thinkcollege.net

*U.S. Department of Education: www.ed.gov

*Website available in Spanish

your journey to health care transition

JOURNEY MAP

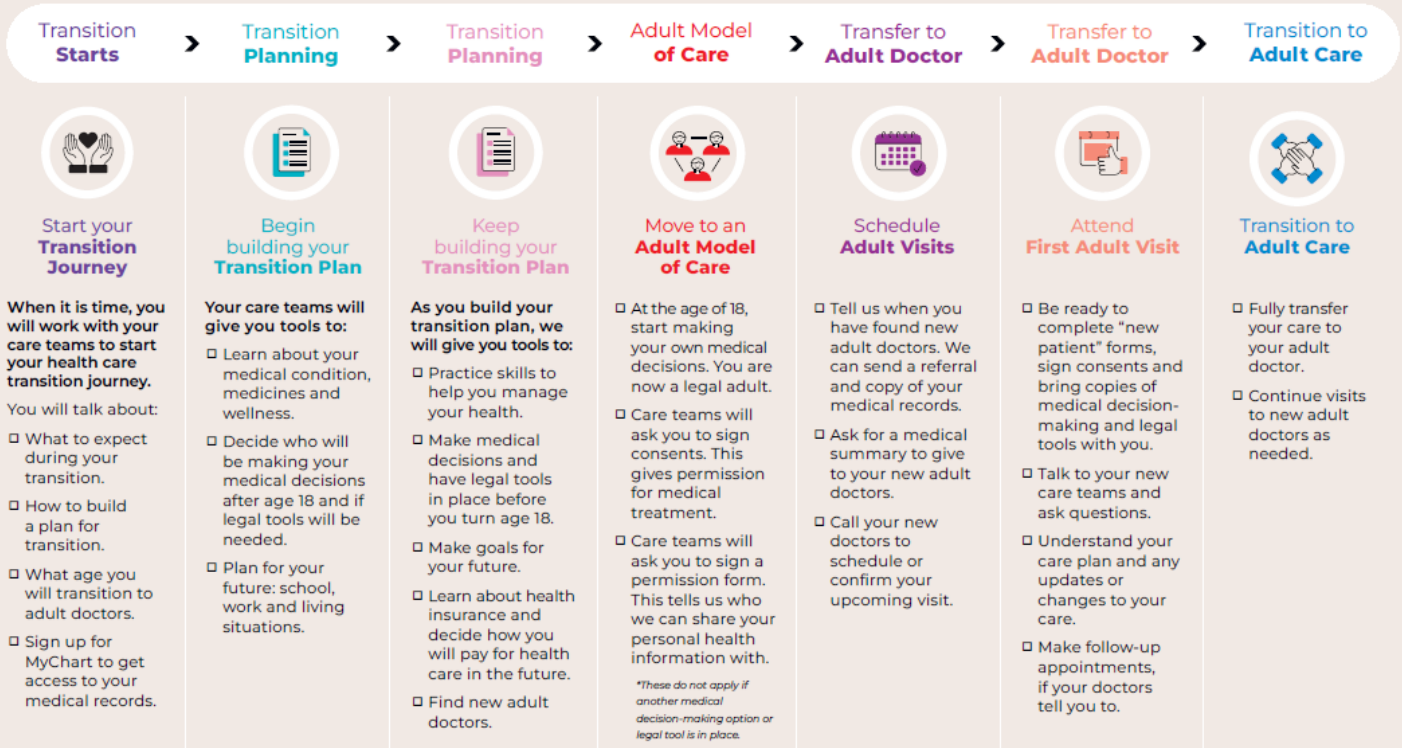


Making life better for children.

children'shealth[®]

your journey to health care transition

JOURNEY MAP



Scan the QR code to visit our website and learn more about transitioning to adult care.





Health Insurance

Learning about health insurance is an important part of your health care transition. This helps you pay for health care needs and medicines (prescriptions) your doctor orders.

As you transition to adult care, your health insurance may change. You should:

- Talk with your health care team about planning for changes.
- Call them to find out when your health insurance will change.
- Ask about choices you may have for future health insurance.

Below is a guide to help you prepare for changes in your health insurance. There are a lot of new terms below. The terms in bold are defined on the 2nd and 3rd page.

Cost
<p>Health insurance has many terms about paying for insurance and health care needs. You need to know what these are, and how much you think you can pay for:</p> <p>Questions to ask about paying for health insurance:</p> <p>What will be the monthly premiums?</p> <ul style="list-style-type: none"> • Is there a deductible you must pay before your health insurance will begin to pay? • After you pay your deductible, how much will your health insurance pay? • What is the limit to the out of-pocket amount you must pay? • Is there a co-pay when you see your doctor? • What will you pay for a specialty care visit? • What are the differences between a health care provider who is in-network and out-of-network?
Covered Services
<p>What health insurance will cover and help pay for. These can differ between health insurance companies.</p> <p>Questions to ask about coverage:</p> <ul style="list-style-type: none"> • Will it cover the costs of your medical needs? • Are medicines part of the deductible, co-insurance, or out-of-pocket maximum? • Are dental and vision covered under the health insurance plan? • Does the health insurance plan include durable medical equipment (DME) such as wheelchairs, walkers, and crutches? • Does the health insurance have any limits on: <ul style="list-style-type: none"> ○ Who your doctor is ○ Where you can get medicine ○ How many times will you be able to see your primary care doctor (PCP) a year? ○ Is there a limit on how many times you can refill meds?



Access to Care

Things to think and ask about when choosing your doctors, pharmacies, and other health care needs and services:

Questions to ask about access to care:

- Are your current doctors in-network?
- What if your current doctor(s) is out-of-network?
- How can you find a doctor that is in-network for your specific health care needs?
- Do you need a referral from your primary care doctor to see a specialty care doctor?
- What hospitals near you are in-network?
- What happens if you are away from home and must go to an out-of-network hospital?
- Are your current medicines covered?

Helpful Terms to Know

Appeal: the action you can take if you disagree with a decision made by your health insurance company. The insurance company will review their original decision with any new information.

Benefits or Covered Services (Coverage): the services or supplies your health insurance agrees to cover. What is and is not covered differs from plan to plan.

Co-Insurance: once you have paid the amount of the deductible (defined below), any more health care costs will be shared by you and the health insurance company. Co-insurance differs from plan to plan.

Co-Payments (Copay): a set amount you pay when you go to the doctor or get a medical supply.

Deductible: amount you pay for any health care services before your health insurance starts to pay.

Excluded Services: health care services that your health insurance does not pay for.

Explanation of Benefits (EOB): a summary of charges that your health insurance sends you after you see a doctor or get a service. It will show what the service is, what they paid for, and how much you owe. This is not a bill.

Formulary (drug list): list of prescriptions (medicines ordered by your doctor) covered by a prescription drug plan.



In-Network: a health care provider who has a contract with your health insurance.

Out-of-Network: a health care provider that does not have a contract with your health insurance. You will pay more to see them.

Out-of-Pocket Maximum: the most you will have to pay (within a year) for health care services and prescriptions. After you have paid this, your health insurance will pay all further costs.

Preauthorization (prior authorization): when your health insurance requires you get approval before you can get health care services.

Premium: what you pay each month to the health insurance company.

Primary Care Doctor: a doctor you see for most general health problems. They may send you to another doctor that treats a specific health care need.

Specialty Care Doctor: a doctor that treats a specific health care need.

Source: <https://marketplace.cms.gov/outreach-and-education/downloads/c2c-roadmap.pdf>



Medical Decision-Making

What is Medical Decision-Making?

- When a child turns 18 years old, they are an adult.
- As an adult, they:
 - have the right to make medical decisions (choices) that their parents or guardians used to make.
 - will have to talk directly to the doctors and clinic staff about their needs, care, and choices.
 - must now sign their own consent forms for treatment.
 - choose what health information they will share and what will stay private with the doctor.
 - will choose who can have their health information and who can be involved in their care. They must sign release forms to share information.
- It is important to learn about medical decision making and the changes that come as a child moves to adulthood.
- A parent or guardian may also need a legal tool to give more direct assistance to their child.

How can I plan for when my child turns 18?

- Learn about choices and legal tools for medical decision-making.
- Think about who will make medical decisions for your child in the future.
- Talk with your health care team or social worker about choices.
- Talk with a lawyer if you need help with a legal tool for medical decision-making.
- If a parent or caregiver will need to get guardianship, talk with a lawyer at least 18 months before your child turns 18 years old because it can be a long process.
- If a legal tool is used, always give a copy to all your health care providers/teams.
- The Office of Court Administration offers a free online training in English or Spanish to learn about medical decision-making.
 - It is titled as a guardianship training, but it also covers all topics involved with medical decision-making.
 - This training must be completed for anyone seeking guardianship of someone who is an adult.
 - To learn more, visit: <https://guardianship-txcourts.talentlms.com/catalog/index>

What are the tools for medical decision-making?

1. Advance Directives

- Advance Directives are types of legal documents that help explain your choices for health care.
- They tell your family, friends, and doctors what care you do or do not want, if you get too sick or injured and can't tell them yourself.
- You must be a competent (able to read and understand) adult to sign these.
- You do not need a lawyer to complete these forms.

- You don't have to sign an advance directive, but they can be helpful. If you do not sign one, the state will follow rules that are designed to decide who can make these decisions on your behalf.
- For free, reliable versions of these forms and more information, visit: <https://hhs.texas.gov/laws-regulations/forms/advance-directives>
- **There are a few different types of advanced directives. Below are the most common:**
 - **Directive to Physicians and Family or Surrogates**
 - This document helps you explain and list what health care treatment you want.
 - You can be specific about what end of life care you do or do not want.
 - It is used if you become too sick or injured to tell others what you want.
 - Some people call this a "living will," but it is not about your property or what you own.
 - **Medical Power of Attorney**
 - This document lets you name another person as your "agent." If you become too sick or injured to make health care decisions, the agent has the power to make them for you.
 - A doctor first must declare that you can't make decisions. Your agent must follow any limits you choose in the document.
 - Your agent should follow your Directive to Physicians and Family or Surrogates, if you have one.
 - **Declaration for Mental Health Treatment**
 - This document lets you to make decisions about mental health treatment before you get them.
 - Decisions you make in this document will be followed only if a court believes that you are unfit to make treatment decisions. If not, you will be able to give or deny consent for the treatment.
 - **Out-of-Hospital Do Not Resuscitate**
 - This tells emergency medical personnel and other health care professionals to not perform any type of resuscitation (CPR and other live saving care).
 - It allows the patient to have a natural death with peace and dignity.
 - This order does not change the plan of other emergency care such as comfort care.

- **Statutory Durable Power of Attorney**
 - This is for naming an agent who is empowered to take certain actions about your property (what you own).
 - It does not let a person to make medical and other healthcare decisions for you.

2. Supported Decision-Making Agreement

- If you are a young adult with a disability, a Supported Decision-Making Agreement can give you support to make decisions.
- You name a person to be your "supporter" in this document. Your supporter can:
 - Get information that you need
 - Help you understand your choices
 - Help you share your decisions with others
- This may include choices about health care, money, a place to live or education and training.
- The supporter does not make the decision for you.
- You do not need a lawyer for this agreement.
- Forms and more information can be found at Texas Council for Developmental Disabilities: <https://tcdd.texas.gov/resources/guardianship-alternatives/supported-decision-making/>

3. Guardianship

- If a young adult is not competent (fit to make decisions), their family likely needs to consider guardianship.
- Guardianship is a court-supervised plan where 1 person is given the legal power to make personal or financial (money) decisions for a person who can no longer make decisions for themselves.
- Guardianship needs the help of a lawyer licensed by the State Bar of Texas.
- If someone is having trouble finding a lawyer or cannot pay for one, there are lawyers/legal groups who may be able to help. Each will have specific eligibility, cost, and availability.
- A person seeking guardianship of an adult must complete Texas Guardianship Training.

The groups below are a good place to start looking for help. It is important to know that information may change. You should call them to learn more.

Legal Aid of Northwest Texas

- <http://www.lanwt.org>
- Serves DFW (Dallas/Fort Worth) and Northwest Texas
- Offices: Abilene, Amarillo, Brownwood, Dallas (6 locations), Fort Worth, Lubbock, McKinney, Midland, Odessa, Plainview, San Angelo, Waxahachie, Weatherford, Wichita Falls
- For phone number and address to each office visit <https://internet.lanwt.org/locations>



Lone Star Legal Aid

<https://lonestarlegal.org>

800-733-8394

Serves East Texas and Houston

CitySquare Legal Action Works

www.citysquare.org

(214) 827-1000

Dallas Bar Association Lawyer Referral Service

<https://www.dallasbar.org/lawyerreferralservice>

(214) 220 – 7444

Dallas Bar Association Legal Line

www.dallasbar.org/legalline

(214) 220-7476

Dallas Volunteer Attorney Program (DVAP)

<http://dallasvolunteerattorneyprogram.org/>

Must show-up in-person to fill out paperwork at a clinic in Dallas County

To find a clinics, visit: <http://dallasvolunteerattorneyprogram.org/>

Must bring proof of income (how much money you make) and residency (where you live) Call 214-748-1234 to make sure that a clinic will happen as scheduled.

Texas Law Help

www.TexasLawHelp.org

A website where low-income Texans can find out about their civil legal issues and about free legal help in their area.

Below is a short list of groups that are good place to start look for help regarding medical decision-making:

Navigate Life Texas:

<https://www.navigate.lifetexas.org/en/transition-to-adulthood/legal-options-for-age-18-and-beyond>

Texas Parent 2 Parent:

<https://www.txp2p.org>

Got Transition

<https://www.gottransition.org/index.cfm>

Texas Education Agency:

<https://www.texastransition.org/upload/page/0245/docs/TEA-Texas-Transition-And-Employment-Guide.pdf>



The Arc of Texas

<https://www.thearcoftexas.org/alternatives-to-guardianship/>

Disability Rights Texas:

<https://www.disabilityrightstx.org/en/category/sdm/>



Neuropsychology Service

Supporting children with complex medical and developmental histories

Children with complex medical histories affecting the brain can experience difficulties in thinking, learning, mood and behavior. A neuropsychologist can help you understand these challenges and talk about how to help your child at home and at school.

What is a neuropsychological evaluation?

A neuropsychologist is a licensed psychologist who has special training in how the brain affects a child's functioning and development. This provider can help you find out about problems your child might be having that may relate to their medical history and other factors.

A neuropsychological evaluation involves getting to know your child by talking with you, your child and the medical team. The neuropsychologist will want to know about your child's feelings and behavior, and they will evaluate your child's thinking skills by giving your child tests that measure things like:

- Language
- Visual skills
- Attention
- Learning and memory
- Thinking speed
- Problem-solving skills

These skills are important for your child's success at school, at home and other parts of life.

How is a neuropsychological evaluation different than a school evaluation?

Evaluations provided through a school can be very helpful, although they are limited to addressing educational needs. In contrast, our team has special expertise in how complex medical and brain-based conditions impact children. We also assess additional areas that are usually not tested by schools.

What happens after the evaluation?

Our team meets with you and writes a report that gives:

- Your child's history and test results
- An integrated way of thinking about your child's skills and needs
- Recommendations for how to help your child at home and at school
- Ideas about services and treatment options

You can share this report with your child's school and other treatment providers.

How do I make an appointment?

Your child's doctor or medical team can send a referral to the Neuropsychology Service in the Pediatric Psychiatry and Psychology department. Our team will then contact you to schedule an appointment.



If you have questions, you may also call our intake line directly at 214-456-4216.

Will my insurance pay for neuropsychology services?

Every insurance plan is a little different. With an appropriate medical diagnosis, nearly all plans pay for neuropsychology services, but the amount depends on your policy.

Once your appointment is scheduled, our insurance pre-authorization team will check with your insurance company to find out how your coverage works and how much neuropsychology services might cost you. They will call you to talk about your coverage if you are responsible for any part of the estimated cost.

Neuropsychology Outpatient Locations:

- Neuropsychology Service Clinic, Dallas Specialty Center
- Cityville
- Pauline Allen Gill Center for Cancer and Blood Disorders
- Plano Preston
- Plano Specialty Center

Testing for Learning Disabilities/ADHD:

Dr. Crystal Beadle

New Beginnings Neuropsychology, PLLC

7552 Main St, Building B, The Colony, TX 75056

<http://www.newbeginningsneuropsychology.com/>

Aetna, Amerigroup, Baylor Scott & White, BCBS, Cigna, Children's Health Plan, Medicaid Insurances.

469-789-3711

Deanna Liss-Clarke, PHO

5925 Forest Lane, Ste. 514, Dallas, TX 75230

info@warewellness.com

<http://www.deannaware.com/>

Out of Network Provider but will help families file with insurance.

214-456-9273

Dallas CBT Clinical Psychology

3500 Oak Lawn Ave. #230, Dallas, TX 75219 www.dallascbt.com

Cash pay provider.

214-305-2110

PCC Testing & Assessment

4525 Lemmon Avenue, #200, Dallas, TX 75219

<http://www.pccdallas.org/children-teens/assessments-and-testing/>



Aetna, Baylor Scott & White, Beacon Health Options, BCBS PPO/HMO, Cigna, GEHA, Humana, Medicaid, MHN, Tricare, UHC/Optum
214-526-4525

Richland Oaks Counseling Center

3900 S. Stonebridge Dr. #804, McKinney, TX 75070

<http://www.richlandoals.org/>

Aetna, BCBS PPG/HMO, Cigna, UHC, MHN, Medicaid, Golden Rule, GEHA, UMR. Sliding scale if not in network.

469-619-7622

Scottish Rite Hospital Center for Dyslexia

2222 Welborn Street, Dallas TX 75219

[Dyslexia \(scottishriteforchildren.org\)](http://www.scottishriteforchildren.org/)

Most forms of commercial & government insurances.

214-559-7815

Community Neuropsychology Providers:

Dr. Crystal Beadle

New Beginnings Neuropsychology, PLLC

7552 Main St, Building B, The Colony, TX 75056

<http://www.newbeginningsneuropsychology.com/>

Aetna, Amerigroup, Baylor Scott & White, BCBS, Cigna, Children's Health Plan, Medicaid Insurances.

469-789-3711

Richard Fulbright, PHD

6210 Campbell Rd, #100, Dallas, TX 75248

<http://www.fulbrightrehab.com/>

Most insurances & also will work with families as an out of network provider.

972-250-1705

Kristy Hagar, PHO

1215 Hall Johnson Rd, #100, Colleyville, TX 76034 <http://www.kristyhagar.com/>

Cash pay.

214-649-9207

Michelle Lurie, PHD, ABPdN

17101 Preston Rd, #240, Dallas, TX 75248

<http://michellelurie.com/>

Cash pay, out of network provider.

972-248-3682



Beth Lusby, PHD

1215 Hall-Johnson Rd, #100, Colleyville, TX 76034 <http://www.cagclp.com/newsite/>

Cash pay provider.

817-428-9810



Health Insurance for Adults

What is health insurance?

Health insurance is a way to pay for health care and is an important part of keeping yourself and your child healthy. There are many types of health insurance. The most common are:

- Government Health Insurance
- Commercial (private) Health Insurance
- Health Insurance Marketplace (also known as “marketplace” or “exchange”)

There may be times when a person has both commercial and government health insurance. Government health insurance may help pay for health care at little-to-no cost. Sometimes it can also help pay for care that private insurance may not cover. Talk with both health insurance plans to learn about covered services, benefits, and costs.

Navigate Life Texas has some helpful information about the types of health insurance. To learn more visit <https://www.navigatelifetexas.org/en/insurance-financial-help/health-care-benefit-programs-insurance-for-children-with-disabilities>



Government Health Insurance

What is a Medicaid Insurance Plan?

Medicaid covers health care for people who meet certain income (how much money you make) or disability (when a person cannot do something because of a physical or emotional issue) requirements. Medicaid covers medically necessary health care (health care services needed for the safety and well-being of the patient).

What are the types of Medicaid Insurance Plans?

Medicaid Managed Care Plans

In Texas, almost all people on Medicaid are in a managed care plan. This means that all the care will be given by a group of doctors, hospitals, pharmacies and other health care experts. This is called your insurance network.

There are many types of Medicaid Managed Insurance Plans in Texas. Many of these are called STAR plans. These are managed by the Health and Human Services Commission (HHSC).

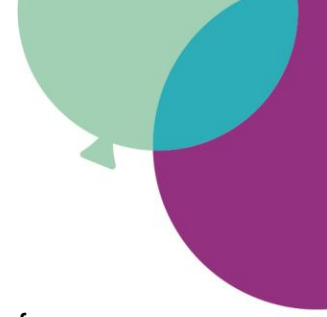
You can apply for a STAR plan on-line at www.yourtexasbenefits.com/Learn/Home. You can also go to your local HHSC office. To find your office call 2-1-1 or visit <https://www.211texas.org/>.

STAR+PLUS Medicaid

- STAR+PLUS is a Texas Medicaid managed care program for people over age 21 who have a disability or for people who are age 65 or older with qualifying needs.
- People who are in STAR+PLUS get Medicaid healthcare coverage and long-term services and support.
- For more information, visit <https://hhs.texas.gov/services/health/medicaid-chip/programs/starplus>
- To apply, visit <https://www.yourtexasbenefits.com/Learn/Home>
- You may apply at your local HHSC office. You can find that office by calling 2-1-1 or going to the website <https://www.211texas.org/>.

Medicaid Buy-In Program

- The Medicaid Buy-In program offers low-cost Medicaid services to adults with disabilities who work.
- For more information, visit <https://hhs.texas.gov/services/health/medicaid-chip/children-adults-disabilities/medicaid-buy-adults>
- Navigate Life Texas has some helpful information about the types of Medicaid. To learn more visit <https://www.navigatelifetexas.org/en/insurance-financial-help/texas-medicaid-for-children-with-disabilities>



Medicare

- Everyone eligible for Social Security Disability Income (SSDI) is also eligible for Medicare after a 24-month (2 year) qualifying period.
- For more information on Social Security Disability (SSDI), go to <https://www.ssa.gov/planners/disability/qualify.html#anchor7>
- For more information on Medicare, go to <https://www.medicare.gov/>



Government Assistance Programs

What is HIPP (Health Insurance Premium Payment)?

- A Medicaid program that helps families pay for private health insurance.
- It is for people who have someone in the family who gets Medicaid and someone in the family who can get private health insurance through their employer (where you work).
- Call the Texas HIPP Line at 1-800-440-0493 to apply or for more information
- You can also apply on-line at <https://www.yourtexasbenefits.com/Learn/Home> OR https://hhs.texas.gov/services/financial/health-insurance-premiumpayment-hippprogram?utm_source=gethippdomain&utm_medium=vanity-url&utm_campaign=website
- You can also apply at your local HHSC office. You can find that office by calling 2-1-1 or visit <https://www.211texas.org>
- Navigate Life Texas has a helpful, user-friendly website: <https://www.navigatelifetexas.org/en/insurance-financial-help/hipp-program>



Commercial (Private) Health Insurance

What is a commercial (private) insurance plan?

- Commercial insurance is health insurance that is not offered by the government but private companies that help you cover the cost of health care.
- You may have the choice to get this where you work or through an organization.
- It is important to learn about what types of health care services the plan offers before you pick one.
- You may have a guide with a list of doctors that you are able to see with your specific private insurance.
- You will likely have to pay for some of the cost of your health care services even if you have private insurance.

Can you remain on your parent's employer sponsored health insurance?

- A young adult can stay on their parent's employee-sponsored health insurance until they turn 26.
- Check with your employer or health plan for the date insurance coverage will end.
- Young adults with a disability might be able to stay on it after they turn 26 years old if they cannot work because of mental or physical disability and they are dependent on a parent for support.
- Check with your health plan and/or employer for more details.



Health Insurance Marketplace

What is the Health Insurance Marketplace?

- The Health Insurance Marketplace is a service that helps people learn about and buy low priced health private insurance plans.
- When you apply for individual and/or family coverage through the Marketplace, you'll provide income and household information and will learn if you'll qualify for premium tax credits and other savings that make insurance more affordable.
- Young adults can stay on their parent's health insurance plan through the Health Insurance Marketplace through December 31st of the year they turn 26.
- To be eligible, a person must live in the United States and be a U.S. citizen or national.
- Those with Medicare are not eligible
- To learn more about the plans you could get in your state you can call 1-800 318-2596 or visit <http://healthcare.gov>



Assistance Programs

The following are programs for people who do not qualify for government health insurance or have access to commercial (private) health insurance. These are not health insurance plans. They provide financial help and access to care at discounted rates to residents of their county.

The County Indigent Health Care Program

- Help low-income Texas residents, who don't qualify for other state or federal health care programs or have access to health care services.
- Benefits are limited to participating health care providers who provide primary, preventative and some specialty services.

Parkland Financial Assistance and JPS Connection are examples for Dallas and Tarrant County

- To learn more, go to https://hhs.texas.gov/services/health/county_indigenthealth-care-program
- Directory of County Contacts, <https://hhs.texas.gov/sites/default/files/documents/services/health/cihcpdirectory.pdf>

Parkland Financial Assistance (PFA)

To learn more and apply, go to <https://www.parklandhospital.com/parkland-financialassistance>

JPS (John Peter Smith) Connection

To learn more and apply, go to <https://www.jpshealthnet.org/financialresources/jpsconnection>

Other programs

Federally-qualified health centers (Community Health Centers) and community clinics

These are throughout Texas and offer many services on a sliding scale (you pay based off how much money you make) to allow care to be lower cost. Contact the centers and/or clinics for more details. To learn more, go to <https://www.fqhc.org/find-an-fqhc>.



Respite Care Resources

Local churches in the community offer what is often called “respite care” for families of children with special needs. The churches most often offer:

- A choice of Friday night or Saturday for parents to bring their child with special needs and their siblings (under a certain age) to their church.
- During this time, there are supervised events and playtime, so that parents can enjoy a few hours without their children.
- The rooms are often split based on the level of need, and there are other events and playtime for the siblings.
- For children who have complex medical needs, there may be registered nurses (RN) to help care for them.
- Each church is different so you will have to call them for more details.

Below is a list of good places to start looking for respite care:

Friday NITE Friends, Custer Road United Methodist Church

Friday evenings; for children with special needs & their siblings

www.fridaynitefriends.org

972-618-3450 ext. 247

6601Custer Road

Plano, TX 75023

Rays of Light at Lovers Lane United Methodist Church

First, second, & third Friday of each month; for children with special needs & their siblings

<https://www.raysoflightdallas.org/programs>

214-706-9579

9200 Inwood Lane

Dallas, TX 75220

Night OWLS {Out with Loving Sitters}, Highland Park United Methodist Church

Second Friday of each month; for children 0-13 with special needs & their siblings

www.hpumc.org (Under "Impact", go to "Belong Disability Ministry" go to "Night OWLS")

e-mail: irwinl@hpumc.org (Liz Irwin)

214-521-3111

3300 Mockingbird Lane

Dallas, TX 75205

First United Methodist Church of Arlington

First Fridays of the month; for children with special needs & their siblings

www.ArlingtonMethodist.org (Under "Connect", Go to "Special Needs")

e-mail: klancaster@arlingtonmethodist.org

817-274-2571 (Kay Lancaster)

313 North Center Street

Arlington, TX 76011



First United Methodist Church of Allen

For children & their siblings

www.fumcallen.org (Under "Connect", go to "Special Needs Ministry")

e-mail: communications@fumcallen.org

972-727-8261

601 South Greenville Ave

Allen, TX 75002

Stonebriar Community Church

For children with special needs & their siblings

www.stonebriar.org (Under "Ministries", go to "Special Needs")

email: darlah@stonebriar.org (Darla Hill)

469-252-5200 or 469-252-5358

4801 Legendary Drive

Frisco, TX 75034

Holy Covenant United Methodist Church

2nd Sat. of each month; for children with special needs & their siblings

www.hcumc.org (Under "Service", "Outreach", and "Special Needs")

(972) 492-2432

1901 East Peters Colony Road

Carrollton, TX 75007

REVIVE, Northwood Baptist Church Keller

For children with special needs & their siblings

www.northwoodchurch.org (Under "Ministries", go to "multi-ability")

817-656-8150

1870 Rufe Snow Drive

Keller, TX 76248

Arise Special Needs Ministry at Irving Bible Church

Once a month on Saturday; for children with special needs & their siblings

www.arisespecialneeds.com/arise

e-mail: spugh@irvingbible.org (Shannon Pugh)

972-560-4600

2435 Kinwest Parkway

Irving, TX 75063



Attendant Care Services

What is Attendant Care Services?

- In the State of Texas, Attendant Care is also called **Community Attendant Services (CAS)**.
 - CAS is a medical related personal attendant care service that can help adults and children with activities of daily living (ADL's) and instrumental activities of daily living (IADL's).
 - CAS services are provided by attendants, but they do not have a medical license.
- You may also hear people call attendant care “respite care”. The terms are alike, but respite care is focused on children in Waiver Programs that offer care given by an attendant or a nurse for a few hours a day.

Who can get Attendant Care services?

- Must be receiving Medicaid benefits.
- It is available to eligible adults and children whose health problems cause them to be limited in doing ADL's and IADL's.
 - Examples of ADLs: bathing, eating, help with going to the bathroom, dressing, and help with walking.
 - Examples of IADLs: laundry, light housework, and making meals.
- Have a long-term disability, physical or mental health issue that has been confirmed by a doctor.
- Needing help with ADLs and IADLs based on the practitioner's statement of medical need to give their approval for these services.

What programs are available for Attendant Care Services?

Personal Care Services (PCS)

PCS is a Medicaid service that helps people with ADL's and IADL'S.

- Your Medicaid insurance plan or your waiver will assess what level of assistance is needed.
- Children age 20 and younger and have an active Medicaid plan.
- Guardian cannot help with ADL's and IADL's.
- PCS does **not** involve:
 - Help with activities that a child of the same age could not do without adult supervision.
 - Respite care, childcare, monitoring, supervision, or restraint (holding of the child so they do not hurt themselves or others.)
- For more information questions about PCS, contact your Service Coordinator (SC), Case Manager (CM) or Texas Medicaid & Healthcare Partnership (TMHP) PCS Client Line at 888-276-0702.
- For those in a waiver program, call your Waiver SC or CM.



Personal Assistance Services (PAS)

- Services are similar to PCS.
- PAS is a Medicaid service provided by STAR+PLUS Home and Community Based Services (HCBS) waiver program.
- Adult age 21 and older with an active STAR+PLUS plan and on a HCBS waiver program.
- For more information call your Waiver SC or CM.

Community First Choice (CFC)

- Services are like PCS and PAS. CFC helps people with everyday tasks (ADLs and IADLS).
- CFC offers an additional option for habilitation services which helps teach self-care.
- Children age 20 and younger and have an active Medicaid plan.
- Must complete an assessment (in-person visit and forms to fill out) to see if your child is eligible.
- Your child must also have a certain level of medical need to get CFC services.
- For more information, or for questions regarding CFC, STAR Kids Members can call their (Managed Care Organization) MCO SC.
- For those in a waiver, call your Waiver SC or CM.

For more information on Attendant Care Services visit the websites below:

- <https://www.hhs.texas.gov/services/health/medicaid-chip/medicaid-chip-members/texas-health-steps/personal-care-services>
 - a. <https://www.navigatelifetexas.org/en/family-support/personal-attendant-care>



Day Habilitation

Day habilitation programs are for children and adults with disabilities who want to learn independent living skills, enjoy activities and outings, and socialize with peers. Day habilitation programs can help individuals reach their goals of becoming as independent as possible.

What does day habilitation programs offer?

- Functional Living Skills (such as: communication, choice-making, safety, self-care, leisure and recreation, and vocational skills)
- Daily Living Skills (such as: making a bed, doing laundry, taking medicine, and hygiene)
- Social Skills (such as: conversation, making friends, and expressing emotions)
- Before and After School Care

What do I need to know about day habilitation programs?

When choosing a day habilitation program, it helps to get organized and ask the following questions:

- What is the daily cost? Although Medicaid covers most programs, ask about grants, sliding fee scales and other payment options.
- Is transportation included or available at an additional cost?
- What is the staff to participant ratio?
- Is the location convenient and the hours of operation appropriate for you and your family situation?
- Are there any extra fees for meals or activities such as, trips, or crafts?
- What are the staff's credentials, backgrounds, and experiences? What medical professionals are available?

Ability Connection

Ability Connection's programs range from living assistance and support, to residential services and life-changing training. Within those programs, we help individuals optimize their health and fitness; social, academic and life skills; use of helpful technologies; self-expression through hands-on recreational activities, and much more.

<https://abilityconnection.org/>

8802 7880 Bent Branch Drive, Suite 150

Irving, TX 75063

214-351-2500



Achievement Center of Texas

At Achievement Center of Texas, students have individual service plans which include Day Habilitation goals. Teachers work with students on these goals as well as others to give the students every opportunity to become as independent as possible. Students move from one classroom to another to train in the various skills provided by the teachers.

<https://achievementcenteroftexas.org/>

302/306 N. Barnes Drive
Garland, TX 75042
(972) 414-7700

My Possibilities

My possibilities is a full day, full year continuing education and job placement program, aimed to give adults with intellectual and developmental disabilities the chance at a higher education.

<https://mypossibilities.org/>

3601 Mapleshade Lane
Plano, TX 75075
469-241-9100

Community Homes for Adults (CHAI) Dallas

CHAI offers a group program five days a week where participants can have the opportunity to fill their day with activities and socialization to learn skills to increase their independence.

<https://chaidallas.org/>

11615 Forest Central Drive, Suite 100
Dallas, TX 75243
214-373-8600

Special Abilities of North Texas

Each student will have an individual program plan with set goals in each of the five program pillars: academics/continuing education, pre-vocational and vocational training, health/nutrition/fitness, community inclusion and social development, and home and independent living skills.

<https://specialabilities.net/>

1511 FM 407/Justin Road, Suite B
Lewisville, TX 75077
972-317-1515



Aspire Day Habilitation

Aspire's services offered members the opportunity to socialize, enjoy peer support, and have health and social needs met in a stimulating and supportive environment that promotes better physical and mental health.

<https://aspiredayhab.com/>

Lewisville-1305 South State Highway 121, Building A, Suite 160; 972-221-7888

Celina- 200 North New Mexico Street
972-382-1124

Connecting Point of Park Cities (CPPC)

CPPC is an all-inclusive, nurturing, and stimulating full or part day program for adults with disabilities. CPPC offers a wide range of educational, vocational, social, and recreational services partnering with local education agencies and recreational centers.

<https://www.mycppc.org/>

4024 Caruth Drive
Dallas, TX 75225
972-773-9937

HEROES Academy

Created for those who have completed secondary education and are transitioning to adulthood. HEROES Academy is a full-time program devoted to helping young adults realize their potential and gain confidence in their independence.

<https://heroesdfw.org/>

101 South Coit Road, suite 36-348
Richardson, TX 75080
469-750-0022

Breckenridge Village

The Day Program at Breckenridge Village offers multiple opportunities for personal growth and continuous development. Through routine daily activities and optional enrichment activities, individuals participate in such varied experiences.

<https://breckenridgevillage.com/day-program/>

15062 CR 1145
Tyler, TX 75704
903-596-8100

You may also contact your local LIDDA (local intellectual and developmental disability authorities) for additional resources. <https://apps.hhs.texas.gov/contact/la.cfm>



Vocational Rehabilitation Program

Through the Texas Workforce Commission (TWC), the Vocational Rehabilitation Program helps teen and adults with disabilities get ready for work or college. These services offer work training, work counseling, hearing aids, transportation, sign language interpreters, on-the-job support, and more.

What Type of Services are Offered?

Youth & Student Services can help with either preparing for college or help finding a job.

To get services, you must:

- Be between ages 14-22
- Live in Texas
- Be preparing for work or college
- Need help finding or keeping a job
- Have a health issue that affects your ability to work such as:
 - Behavioral and mental health conditions
 - Hearing impairments
 - Alcoholism or drug addiction
 - Intellectual disability
 - Learning and developmental disabilities
 - Physical disabilities like brain or spinal cord injury
 - Vision-related disabilities like blindness

To learn more, visit <https://www.twc.texas.gov/programs/vocational-rehabilitation/youth-students>.

How to Apply for Services?

To apply for services:

- Contact your nearest Texas Workforce Solutions – Vocational Rehabilitation Services, find your nearest Vocational Rehabilitation Office at <https://webp.twc.sate.tx.us/services/VRLookup/>
- Call 512-936-6400 or Email vrx.office.locator@twc.texas.gov. In your email include your name, phone number, and full address. Do **not** include your Social Security Number or birthdate.

Application Process

Contact your local Vocational Rehabilitation Office.

- Schedule a meeting with a staff member for services and to complete paperwork.

If you are eligible:

- Work with your vocational rehabilitation counselor to develop an Individualized Plan for Employment (IEP) within 90 days. This plan includes your employment goal and approved services.
- You will then receive training and services from your counselor or a provider.



Adult Services can help you prepare for work, look for work, keep current job, or advance in current job.

To get services, you must:

- Live in Texas
- Have a health issue that affects your ability to work such as:
 - b. Vision loss, deafblind, or blindness disabilities
 - c. Psychological or mental health disabilities
 - d. Deaf or hearing loss
 - e. Addictions with alcohol or substance use
 - f. Intellectual, dyslexia or other learning difficulties
 - g. Neurodevelopmental disorders such as autism and ADHD
 - h. Physical disabilities that include traumatic brain injury (TBI) or spinal cord injury
 - i. Arthritis and other related issues
 - j. Other physical disabilities that involve individuals who feel pain while moving around
- Be looking for a job, wanting to keep a job or wanting to advance in current job

To learn more, visit <https://www.twc.texas.gov/programs/vocational-rehabilitation/adults>.

How to Apply for Services?

To apply for services:

- Complete an online referral form at <https://www.twc.texas.gov/programs/vocational-rehabilitation/adults>
- Contact your nearest Texas Workforce Solutions – Vocational Rehabilitation Services, find your nearest Vocational Rehabilitation Office at <https://www.twc.texas.gov/find-locations>
- Call 512-936-6400 or
- Email vr.office.locator@twc.texas.gov. In your email include your name, phone number, and full address (city & zip code needed)
- After completing the online referral, a staff member will contact you.

Application Process

Contact your local Vocational Rehabilitation Office.

- Turn in an application by mail or schedule a meeting either online or in-person with a staff member for services.
- You will be contacted by SARA (Semi-autonomous Research Assistant) a software used to help with communication, either before or after your application is completed.
 - You will receive a text message from number 34459 or email with “SARA Introduction”

- The TWC vocational rehabilitation counselor will contact you within 60 days.

If you are eligible:

- You will complete vocational and other assessments.
- Work with your vocational rehabilitation counselor to develop an Individualized Plan for Employment (IEP) within 90 days. This plan includes your employment goal and approved services.
- You will then receive training and services from your counselor.

To learn more, visit the TWC Vocational Rehabilitation Inquiry website:

<https://webp.twc.state.tx.us/services/VRLookup/>



Care Coordination Services

The Care Coordination team has helped you and your family while you received care at Children's Health. They can also offer you services as you transition to adult care.

What does Care Coordination Services do?

The Care Coordination team can help:

- Find doctors for adults covered by your insurance (in-network).
- Send any referrals you need.
- Move the paperwork for durable medical equipment (DME) and home health services to your new clinic.

How do I get Care Coordination Services to help me?

Your provider will tell the Care Coordination team to contact you for transition to adult care. This will happen in your last 1-2 clinic visits at Children's Health. The Care Coordinator will contact you through MyChart or by phone. They will talk to you about the transition process, explore options, and guide you as you make these decisions.

How do I contact my Care Coordinator?

There are 2 ways to contact your Care Coordinator:

1. Contact the clinic and ask for your Care Coordinator. They will reach out to you.
2. Call the Enterprise Care Management department at (844) 496-8200.
 - Press option #2 talk with the Care Management team.
 - Ask to speak to your clinic's Care Coordinator.
 - If you get a voicemail, leave a message and a member of the Care Coordination team will call you back.

We look forward to working with you and helping you transition to adult care.



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