

# transitioning to neurology adult care:

age 18+ guide



children'shealth<sup>?</sup>



# Transitioning to Adult Care

Dear Patient and Family,

You are now over 18 years old and thank you for continuing your care at Children's Health. We realize that moving to a new clinic with a new medical team may be an overwhelming change that takes a lot of time, planning, and preparation. Your Children's Health Care Team is committed to helping with making a smooth transition to adult care. During upcoming visits, your care team will:

- Help to develop a transition plan
- Answer questions about medical condition, medications, and wellness
- Review health insurance coverage and future insurance options
- Provide information on making medical decisions and sharing personal health information with others, including your family, friends, and other health care system
- Work with you to determine the right time for transferring care to an adult care team, if needed
- Send medical records and communicate with new adult care team about any medical needs

At the age of 18, teens become legal adults and will be expected to be more responsible of their care, including making medical decisions. This includes signing consent to give permission for medical treatment. Permission is also needed for the care team to share personal health information with family or friends. Without the young adult giving permission, we will not be able to talk with family or friends about their health care. Some young adults will not be able to make medical decisions or choices about their health care. We can help families of these patients and families learn about their options or legal tools for decision-making.

We are committed to helping you with your transition to adult care. Please contact us if you have any questions or concerns.

Best Wishes,

Your Children's Health Care Team

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# Age 18 Checklist

## Health and Wellness:

Learning how to manage health and wellness is key transitioning to adult care (or health care transition). Part of transitioning to adult care is knowing about health insurance and resources, as your child is able, and moving to adult doctors. Help your child:


- Find adult medical providers to replace their current pediatrician and pediatric specialists.
- If you have a daughter, arrange for an exam with a gynecologist who understands her diagnosis and/or special needs.
- Assess medical alert notification devices, if appropriate for them.

## Health Insurance:

- Understand types of health insurance and plan for health insurance for the future.
- Apply for Supplemental Security Income (SSI) and Medicaid the month your child turns 18 years of age. If previously on SSI, complete phone interview.
- If your child is not currently have Medicaid, consider applying after obtaining SSI. In most states, if you are an SSI recipient, you may be automatically eligible for Medicaid.
- Continue to check the waitlists for waivers, day programming and long-term housing that you are interested in.
- Contact state disability agency to ensure all adult entitlements are in place. If state has an adult disability registry, ensure your case manager knows criticality of receiving services.
- Complete annual guardianship report, as required by your state.

## Future Planning:

- If your child qualifies for adult services through your state, consider adding one of the parents as a primary care provider to be compensated. Consider adding another adult in the household (could be a sibling or grandparent), in addition to parents, as a primary care provider.
- If you have a son, they must register for Selective Service, regardless of disability. He may register at the post office or online at [www.sss.gov](http://www.sss.gov).
- Consider getting on a housing waitlist. Section 8 waitlists are long and can be up to 10+ years. This includes Adult Family Homes (A.F.H.s) which are residences where three or four adults who are not related to the operator reside and receive care, treatment, or services that are above the level of room and board. They adhere to state regulations and are built or modified with accommodations including but not limited to wheelchair ramps, wider doorways, and lower countertops.
- Research and work with your service coordinator to identify potential vocational opportunities and day programming options.
- Create a Letter of Intent or Care Binder that documents your desires and long-term plans for your child's daily care, finances, medications, caregivers, housing, etc.

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- Begin talking with immediate family members on goals and plans for your adult child's future and their involvement in this process.
  - Participate in informational sessions or presentations for services for adults with disabilities. These are often offered by local non-profit disability awareness agencies or centers for independent living.
  - Address transportation needs and explore options.
  - At the beginning of the last year of transition, begin moving into adult programs. Complete necessary paperwork for transition and develop overall strategy for transition.
  - Set up a joint bank account to hold and track SSI payments. Begin to track SSI spending as required by your state.

### **Medical Decision Making:**

- Share medical decision-making documents (such as guardianship, power of attorney, and supported decision making agreement) with schools, care team, etc. Also add a copy to your estate and financial files.

### **Education-School Planning:**

- Work with your child's transition team at their school to finalize Individualized Education Program (IEP) and transition goals to ensure focus on skills needed for adult life.

### **Respite/Housing Programs:**

- Three to six months prior to aging out of school services, finalize overall schedule. This may include day programming, vocational opportunities, volunteer options, and/or recreational programs.
- Continue researching and follow up on long-term housing options.

# 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](http://www.childrens.com)

\*Got Transition/Center for Health Care Transition: [www.gottransition.org](http://www.gottransition.org)

\*Navigate Life Texas: [www.navigatelifetexas.org](http://www.navigatelifetexas.org)

\*Texas Parent to Parent: [www.txp2p.org](http://www.txp2p.org)

\*Texas Department of State Health Services – *Children with Special Health Care Needs*: [www.dshs.texas.gov/mch/cshcn.aspx](http://www.dshs.texas.gov/mch/cshcn.aspx)

\*Texas Workforce Commission: [www.twc.state.tx.us](http://www.twc.state.tx.us)

### Health Insurance:

\*Health Insurance Marketplace: [www.healthcare.gov](http://www.healthcare.gov)

\*Supplemental Security Income: [www.ssa.gov/ssi](http://www.ssa.gov/ssi)

\*Texas Health Insurance Premium Payment (HIPP): [www.gethipptexas.com](http://www.gethipptexas.com)

\*Texas Health Options: [www.texashealthoptions.com](http://www.texashealthoptions.com)

### Medical Decision Making:

\*Disability Rights Texas: [www.disabilityrightstx.org](http://www.disabilityrightstx.org)

\*Texas Law Help: [www.texaslawhelp.org](http://www.texaslawhelp.org)

### Future Planning:

\*Federal Student Aid: [www.studentaid.ed.gov](http://www.studentaid.ed.gov)

Texas Education Agency (TEA): [www.tea.texas.gov](http://www.tea.texas.gov)

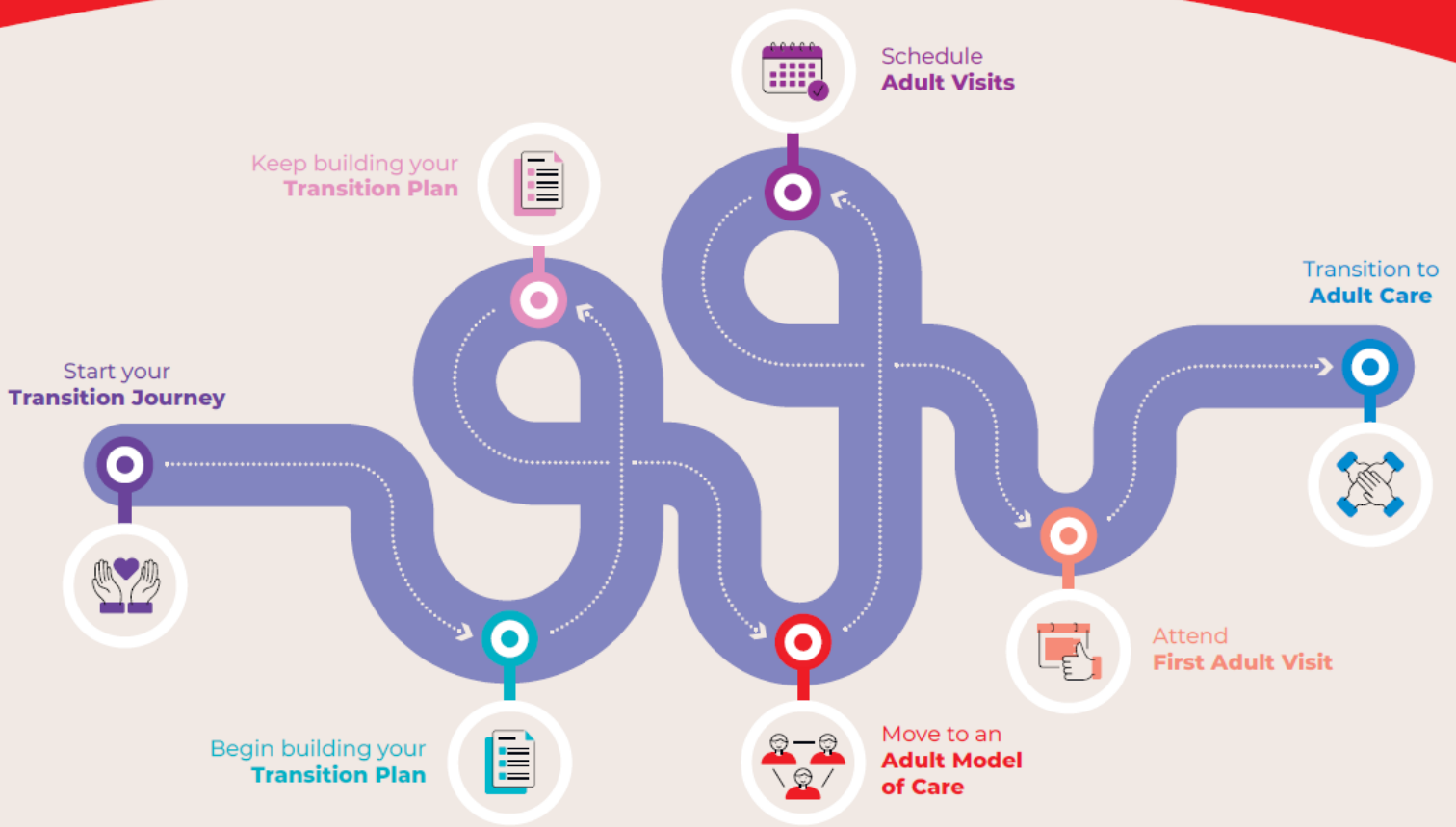
\*Think College!: [www.thinkcollege.net](http://www.thinkcollege.net)

\*U.S. Department of Education: [www.ed.gov](http://www.ed.gov)

\*Website available in Spanish

# your journey to health care transition

## JOURNEY MAP



Making life better for children.







# your journey to health care transition

## JOURNEY MAP



### Start your Transition Journey

When it is time, you will work with your care teams to start your health care transition journey.

You will talk about:

- What to expect during your transition.
- How to build a plan for transition.
- What age you will transition to adult doctors.
- Sign up for MyChart to get access to your medical records.



### Begin building your Transition Plan

Your care teams will give you tools to:

- Learn about your medical condition, medicines and wellness.
- Decide who will be making your medical decisions after age 18 and if legal tools will be needed.
- Plan for your future: school, work and living situations.



### Keep building your Transition Plan

As you build your transition plan, we will give you tools to:

- Practice skills to help you manage your health.
- Make medical decisions and have legal tools in place before you turn age 18.
- Make goals for your future.
- Learn about health insurance and decide how you will pay for health care in the future.
- Find new adult doctors.



### Move to an Adult Model of Care

- At the age of 18, start making your own medical decisions. You are now a legal adult.
- Care teams will ask you to sign consents. This gives permission for medical treatment.
- Care teams will ask you to sign a permission form. This tells us who we can share your personal health information with.

\*These do not apply if another medical decision-making option or legal tool is in place.



### Schedule Adult Visits

- Tell us when you have found new adult doctors. We can send a referral and copy of your medical records.
- Ask for a medical summary to give to your new adult doctors.
- Call your new doctors to schedule or confirm your upcoming visit.



### Attend First Adult Visit

- Be ready to complete "new patient" forms, sign consents and bring copies of medical decision-making and legal tools with you.
- Talk to your new care teams and ask questions.
- Understand your care plan and any updates or changes to your care.
- Make follow-up appointments, if your doctors tell you to.



### Transition to Adult Care

- Fully transfer your care to your adult doctor.
- Continue visits to new adult doctors as needed.



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



# Supplemental Security Income (SSI) for Adults

## What is SSI?

- SSI is a program through the government's Social Security Administration (SSA) that gives monthly cash assistance to help pay for your (if care for yourself) or your child's (if you have to care for your child) needs like clothing, food and shelter, and medical needs.
- People in Texas who are approved for SSI will also get Medicaid.
- To learn more, you can read this guide: <https://www.ssa.gov/benefits/ssi/>
  - It will give you details about the program like benefits, who is eligible, and how to apply.
- Navigate Life Texas has helpful information. Visit their website at: <https://www.navigatelifetexas.org/en/insurance-financial-help/ssi-benefits-for-children%20with-disabilities>

## Who can get SSI?

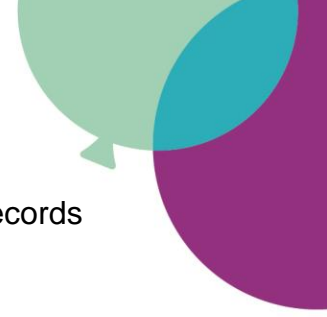
- If your child is getting SSI before 18 years old, the SSA must review their medical condition when they turn 18 to see if they qualify as an adult.
- The rules to qualify for SSI as an adult are different than the rules for children.
  - Before age 18, benefits are based on the family income and assets.
  - After 18, benefits may be based only on the income on the applicant.
  - The SSA uses different medical and non-medical rules, which include a focus on the ability to work, when they decide if an adult can get SSI.

## How to get SSI?

- Call the Social Security Administration at 1-800-772-1213 to make an appointment.
  - If you are deaf or hard-of-hearing, call the TTY number at 1-800-325-0778.
  - If your illness makes it hard for you to go in-person to the Social Security Administration Office, you can ask for an interview on the phone.
- To find your local Social Security Administration office, visit <https://www.ssa.gov/locator/>
- To apply online, visit <https://www.ssa.gov/applyfordisability>

## What do I need to know?

- Fill-out the needed forms.
- When you apply for SSI, make sure to list every healthcare provider that has seen the applicant like, Doctors, Nurse Practitioners (NP's), Physician Assistants (PA's), and Physical, Occupational or Speech Therapists. List them even if they only saw the applicant 1 time.

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- SSA will mail letters to these health care providers and request medical records and more information about the applicant.
  - If the appointment is over the phone:
  - Be ready and by your phone 1 hour before and after the appointment time the SSA gives you.
  - Write down the name of your SSA case worker, their phone number & fax number.

### **What if SSI is denied?**

- If the applicant gets a denial for Supplemental Security Income (SSI), you can appeal (a request to review a decision or a grievance) by phone, online or by taking the denial letter in person to any Social Security Administration Office.
- It is important to act quickly once a denial is received.
- Read the denial letter and appeal instructions, as they will include a timeline for making an appeal.
- There are groups that may be able to help with denials of SSI. Here are a couple.
- groups which may be a good start:
  - Disability Rights Texas: <https://www.disabilityrightstx.org/en/home/>
  - Texas Parent-to-Parent: <https://www.txp2p.org/services/services-for-parentspathway-to-adulthood>

# 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%20care-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 <https://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 longterm services and support.
- For more information, visit <https://www.hhs.texas.gov/services/health/medicaid-chip/medicaid-chip-members/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://www.hhs.texas.gov/services/health/medicaid-chip/medicaid-chip-programs-services/programs-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/benefits/disability/qualify.html>
- 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://www.hhs.texas.gov/services/financial/health-insurance-premium-payment-hipp-program>
- 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>

Also, 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>.

# Planning For Your Future

Transitioning to adult care is part of your transition to adulthood. As you move into adulthood, you will start to plan for your future. This plan may include setting goals for yourself such as school and work life. When you plan for your future, it is important to think how this relates to your health care needs. Below are tips to help you with your planning.

- **Think about what you would like to do as an adult.**
  - What are your goals for the short term (2-5 years)?
  - What are your goals for the long term (5-10 years)?
  - Consider your interests and strengths.
  - To learn more, talk to someone who is doing the career that you want to do. Ask them to be your mentor.
- **Do you need to go to college to do what you want?**
  - If so, is a 2-year, 4-year, or graduate degree needed?
  - Where will you go for college? Is the college close to home or out of town or state?
  - Where will you live when you go to college?
  - How will you pay for college?
  - Learn about scholarships and financial aid.
- **When are applications due?**
  - What are your options for work?
  - Is work close to home or out of town or state?
  - Where will you live when you are working?
  - Can you start working without going to college?
  - Can you start working or volunteering in your area of interest to gain experience?
- **How does your health condition impact your options for school or work?**
  - Will your school or work offer health insurance?
  - If school or work is out of town or state, do you need to find new doctors that care for your health condition?
  - Are accommodations needed for school or work?
- **Contact the Office of Disabilities or Auxiliary Services at the college you plan to go to help you find resources.**
  - This includes longer time for taking tests, breaks, or food and drinks.

Talk to your parents or caregivers, school counselors, and others for help in deciding what you will do after you graduate high school.

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- Think about other goals for your future related to independence and living situations.
  - Talk with your health care team about your future and how this relates to your transition to adult care including your health condition, medicines you take, activity restrictions, health insurance, and adult doctors.

# 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 [vr.office.locator@twc.texas.gov](mailto:vr.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:
  - Vision loss, deafblind, or blindness disabilities
  - Psychological or mental health disabilities
  - Deaf or hearing loss
  - Addictions with alcohol or substance use
  - Intellectual, dyslexia or other learning difficulties
  - Neurodevelopmental disorders such as autism and ADHD
  - Physical disabilities that include traumatic brain injury (TBI) or spinal cord injury
  - Arthritis and other related issues
  - 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>.

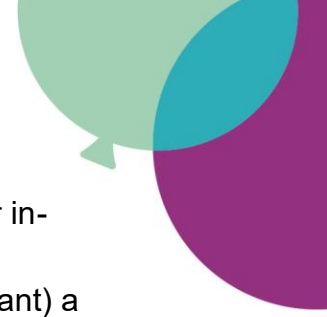
### **How to Apply for Services?**

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](mailto: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.

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- 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/>

# Medical Transportation

Finding safe, reliable transportation (a ride) can be hard. Below are some options that may help:

- **Medical Transportation Program (MTP)** helps with rides for people who have Medicaid.
- **Paratransit Services** gives rides to anyone with a disability.

## Medical Transportation Program (MTP):

If you have Medicaid, you may be able to get help going to and from the doctor, dentist, hospital, or drug store with MTP. This help can be a taxi ride, money for gas or public transit costs.

### How to set up a ride:

- Set up an appointment with your doctor.
- Call your health insurance's MTP to ask for a ride to your appointment. To view a list of health insurance MTP phone numbers, visit <https://www.hhs.texas.gov/services/health/medicaid-chip/medicaid-chip-members/medical-transportation-program/health-plan-contact-information>.
- You must call at least 2 workdays before your appointment, or 5 days before the appointment if it is outside your county. Phones are answered Monday through Friday, 8 a.m.–5 p.m. local time.
- Have these things handy when you call to set up a ride:
  - Patient Medicaid ID number
  - Appointment Details:
    - Date
    - Time
    - Address and phone number
    - Doctor's name
    - Reason for visit
  - Pick up location address and phone number
  - Accommodations needed, such as:
    - Wheelchair
      - Weight or size of wheelchair
      - Fold-up or electric
      - If you need a ramp to get in the vehicle

For more information, visit the Medical Transportation Program website from Texas Health and Human Services <https://www.hhs.texas.gov/services/health/medicaid-chip/medicaid-chip-members/medical-transportation-program>.



## Paratransit Services:

### DART Paratransit Service

DART Paratransit Services provides curb-to-curb rides for people with disabilities who are not able to use DART's bus or rail services. Paratransit services are available in the DART member cities of **Addison, Carrollton, Cockrell Hill, Dallas, Farmers Branch, Garland, Glenn Heights, Highland Park, Irving, Richardson, Rowlett, University Park, Plano, and DFW International Airport.**

<http://dart.org/guide/transit-and-use/paratransit-services>

214-515-7272

### STAR

STAR Transit is a public bus transportation service. They offer bus rides in **Kaufman County, Rockwall County, Mesquite, Balch Springs, Seagoville, Hutchins, DeSoto, Cedar Hill, and Duncanville.** Anyone living in the service area may ride STAR Transit. For Mesquite, COMPASS Shuttle will provide a bus connection to DART Lawnview Station.

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

877-631-5278

### NETS

NETS paratransit services is door-to-door and quick. It is available to any resident or non-resident of a participating city who is disabled. NETS is used for medical appointments, socialization, employment, essential shopping, and education purposes. Cities served are **Bedford, North Richland Hills, Keller, Grapevine, Hurts, Haltom City, and Euless.**

<https://www.ridenets.com/>

817-336-8714

### CARS

Call a Ride Southlake (CARS) seeks to encourage adults with disabilities to be more independent and active in many recreational and social functions offered in **Southlake** and nearby areas by providing safe transportation. Adults only.

<https://callaridesouthlake.org/>

### Handitran

Provides curb-to-curb services for residents of **Arlington** for people with disabilities. Adults and teens over the age of 13 years old.

<https://www.arlingontx.gov/cityhall/departments/handitran>

817-459-5390

## Options for Personal Vehicle:

### Parking, Placards, and Plates for those with Disabilities

Based on your child's disability or medical needs, he or she may qualify for handicap parking. First discuss with your child's pediatrician. For more information, visit:

<https://www.txdmv.gov/motorists/disabled-parking-placards-plates>.

## Medicaid Waiver Program

Wheelchair-accessible vans and modifications (changes to your vehicle) may be an option with Medicaid Waiver Program.

- Call your Medicaid Waiver Program service coordinator to ask about using Medicaid Waiver funds for vehicle modifications (making changes to your vehicle) to help with transportation.

## Grant Funding

Grant funding is a great way for families to get help with the costs of wheelchair-accessible vans and equipment. Below is a list of groups that could help with cost:

- **Special Kids Fund:** <https://specialkidsfund.org/>
- **CHARI-T2000, Inc.:** <https://www.chari-t2000.org/> 877-688-2520
- **United Healthcare Children's Foundation Grant:** <https://www.uhccf.org/> 855-698-4223

More grant options can be found on Navigate Life Texas. Visit their website at <https://www.navigatelifetexas.org/en/insurance-financial-help/funding-grants-for-children-with-disabilities>.

If you do not have health insurance and need medical transportation, call 877-633-8747. If you need help with these ride options, someone from your care team, like a social worker, can help. You can reach the social work department at 214-456-2300.

# School Services - Parent Guide for Special Education

## What is Special Education?

Special Education is a service provided by school districts for children who have any of the thirteen qualifying disabilities that impact a child's learning process.

<https://www.understood.org/en/schoollearning/special-services/special-education-basics/conditions-covered-under-idea> Special education is a program funded by the federal government under the Individuals with disabilities education act (IDEA). Students can receive these services from birth-21years old. These services must be provided in the general education setting (least restrictive environment-LRE) to the extent possible. In order to receive special education services a child must qualify based on a formal evaluation given by your child's school.

## How can special education services benefit my child?

Children in this program receive an individualized education plan (IEP). An IEP is a plan that is created with your child's unique learning needs in mind. IEPs ensure that students have access to regular education services on their level with necessary support in, as well as, outside of the classroom. Special Education also allows any necessary modifications, accommodations and related services your child may need. All services provided must be needed for your child to be successful at school academically or participate in activities with their peers.

## How do I request special education services for my child?

1. Put your concerns about your child in writing and ask the school to formally test your child.
2. A team of people from your child's school will meet (teacher, administrator, counselor and special education representative) to review your request.

## Timeline for Special Education Services after the Request is Made:

- 15 school days after your request is put in writing the school must deny testing or get your consent as a parent to move forward with testing
- 45 school days after getting your permission to test the school has to complete the testing
- 30 calendar days after completing the testing the school must have an annual review or dismissal meeting (ARD) to share the results of the testing and develop an individualized education plan (IEP) for your child
- Services decided on for you child will take place immediately after the IEP is signed.

## Example Accommodations, Modifications and Related Services:

## Accommodations

Accommodations give your child access to the curriculum on grade level and ensure that your child can participate in school activities with their same age peers. Accommodations can be in a 504 plan or in your child's individual education plan (IEP).

## Types of Accommodations

### Accessibility

- Water Breaks
- Snacks
- Wearing

### Behavior

- Seat near teacher
- Coping strategies
- Breaks
- Calm/cool down space
- Behavior contract chart

### Accessibility

- Bathroom pass
- Elevator pass
- Extra set of books at home
- Increase independence (navigating school building)

## Modifications

Modifications allow for your child to work on curriculum off grade level. If your child receives modification to their work, they will have a goal to meet and a plan to meet the goal set for them in that subject area. Student's may only need modification in 1 class but can receive them in all classes. Modifications to course work are in your child's individual education plan (IEP).

## Types of Modifications

### Reading /language Arts

- Comprehension vocabulary
- Fluency
- Finding details

### Math

- Fact fluency
- Address subject areas (Algebra, Geometry)
- Measurement

### Behavioral

- Decreasing outburst
- Task completion

## Related Services

Related services are additional supports provided by the school to help your child be successful in the classroom.

### Types of Related Services

## Speech and Language Services

- Letter pronunciation
- Expressive language
- Receptive language
- Communication device

## Occupational/ Physical Therapy

- Handwriting
- Use of technology for written communication
- Sensory

## Other Services

- Orientation and mobility for visual impaired
- Autism addendum
- Counseling

## What if I disagree with the schools findings

1. Place your disagreement in writing.
2. You may check disagree on the box at your child's IEP meeting, also known as the annual, review, and dismal meeting or ARD.

For more information on disagreement process, you may review the Procedural Safeguard booklet for parents. <https://www.spedtex.org/index.cfm/parent-resources/procedural-safeguards/>

For More information on the special education process review the following resources: SpedTex, Special Education Information Center <https://www.spedtex.org/>

Texas Project First, Families, Information, Resources, Support and Training <https://www.texasprojectfirst.org/>

Texas Education Agency <https://tea.texas.gov/academics/special-student-populations/special-education>

If your child is a patient at Children's Health, you may contact the School Services Department.

### School Services Department

Children's Health Children's Medical Center

Dallas Campus: 214-456-7733

Plano Campus: 469-303-4670

# 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>





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childrens.com