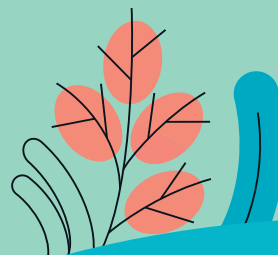


transitioning to neurology adult care:

age 16 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



Contents

- Checklist 3
- About Healthcare Transition 4
- Journey Map 6
- Special Needs Trust and Texas ABLE Program 8
- Social Security Disability Income (SSDI) 9
- Social Security Income (SSI) 10
- Medical Decision Making and Health Care Rights 12
- Medical Decision Making 14
- Neuropsychology Service 19
- Planning for Your Future 21
- Vocational Rehabilitation Program 23
- Day Habilitation 26
- Respite Care Resources 29
- Attendant Care Services 31

Age 16 Checklist

Health and Wellness:

Learning how to manage health and wellness is key to transitioning to adult care (or health care transition). As your child gets closer to becoming a young adult, they will begin to be more involved in managing their health and making medical decisions, as they are able.

Help your child:

- Know their health care team and role in caring for their medical condition.
- Talk directly to their health care team and know when and how to contact them.
- Learn how to refill their medicine and how to schedule a visit.

Medical Decision Making:

- Prior to your child turning age 17, consider if a medical decision-making tool such as Guardianship and Power of Attorney is needed. Talk with your care team, service coordinator and school for guidance, including who should be guardian.
- Talk with your attorney and ask if a health care proxy, also known as a durable medical power of attorney, is recommended or required in your state.

Future Planning:

- Get a state issued ID for your child from your local Department of Motor Vehicles (DMV).
- Review your estate plan to assess eligibility for government benefits, including Special Needs Trust and/or Texas ABLE program.
- Review parents' wills (or other family members' wills) if appropriate, to ensure any inheritance money is not placed in the child's name. Receiving funds directly may cause the child to lose benefits, such as Supplemental Security Income (SSI) and Medicaid.

Respite/Housing Programs:

- Begin to discuss day programming, long-term housing, and work programming options with your care team, service coordinator, and school.
- Identify community programs and services in your area and state.
- If you do not already have respite care, explore options through your waiver program or other community services.

Education-School Planning:

- Learn about educational process in your school district and what options are offered once your child completes the traditional high school program. This may include post high school programs.
- Discuss timing to complete neuropsychological evaluation, behavioral testing, and other tests needed for guardianship with your child's school.
- Work with your school to create peer mentor relationships with other high school students. These students can sometimes, longer term, become great respite workers.



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

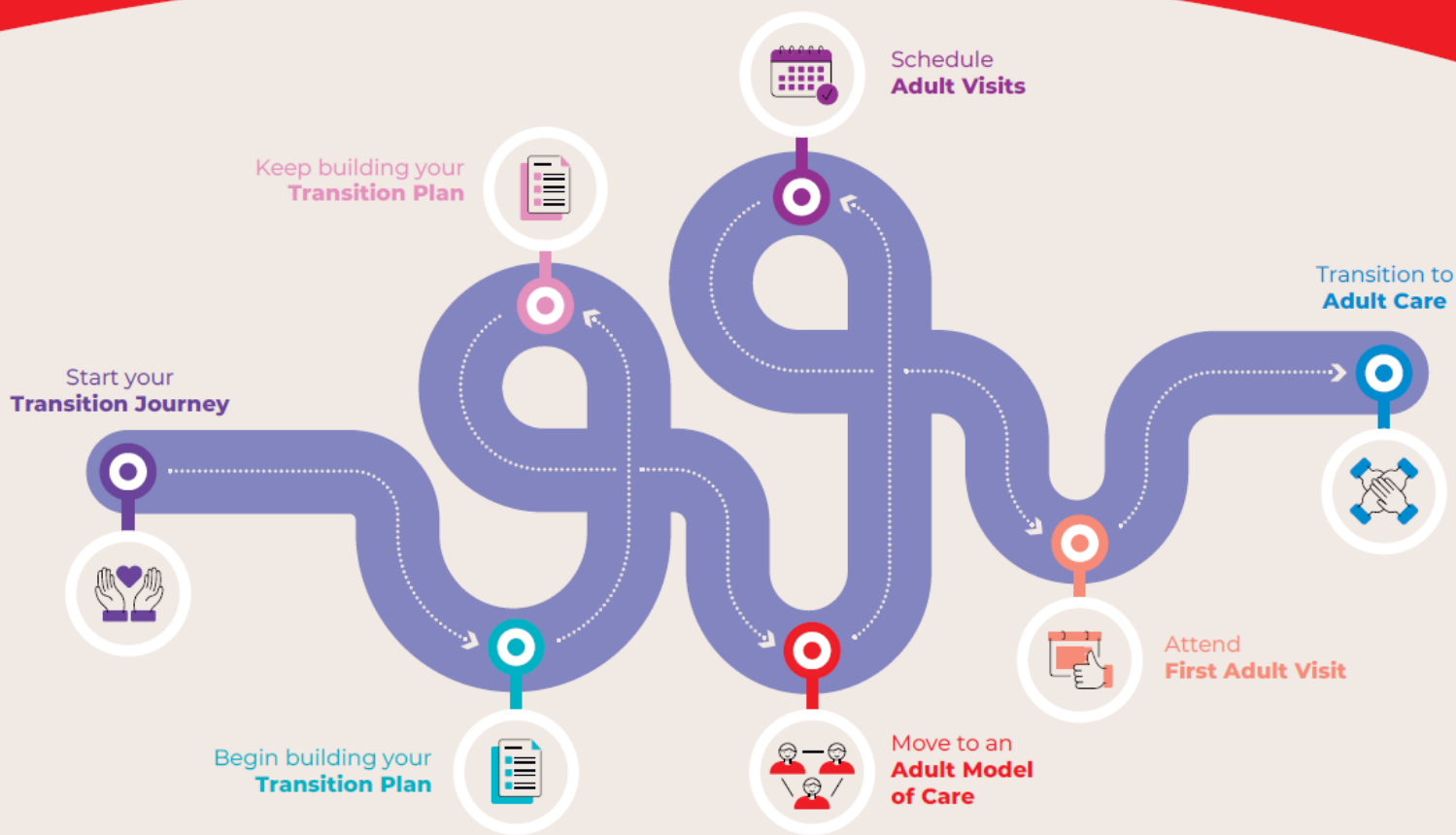
*Think College!: www.thinkcollege.net

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

*Website available in Spanish

your journey to health care transition

JOURNEY MAP

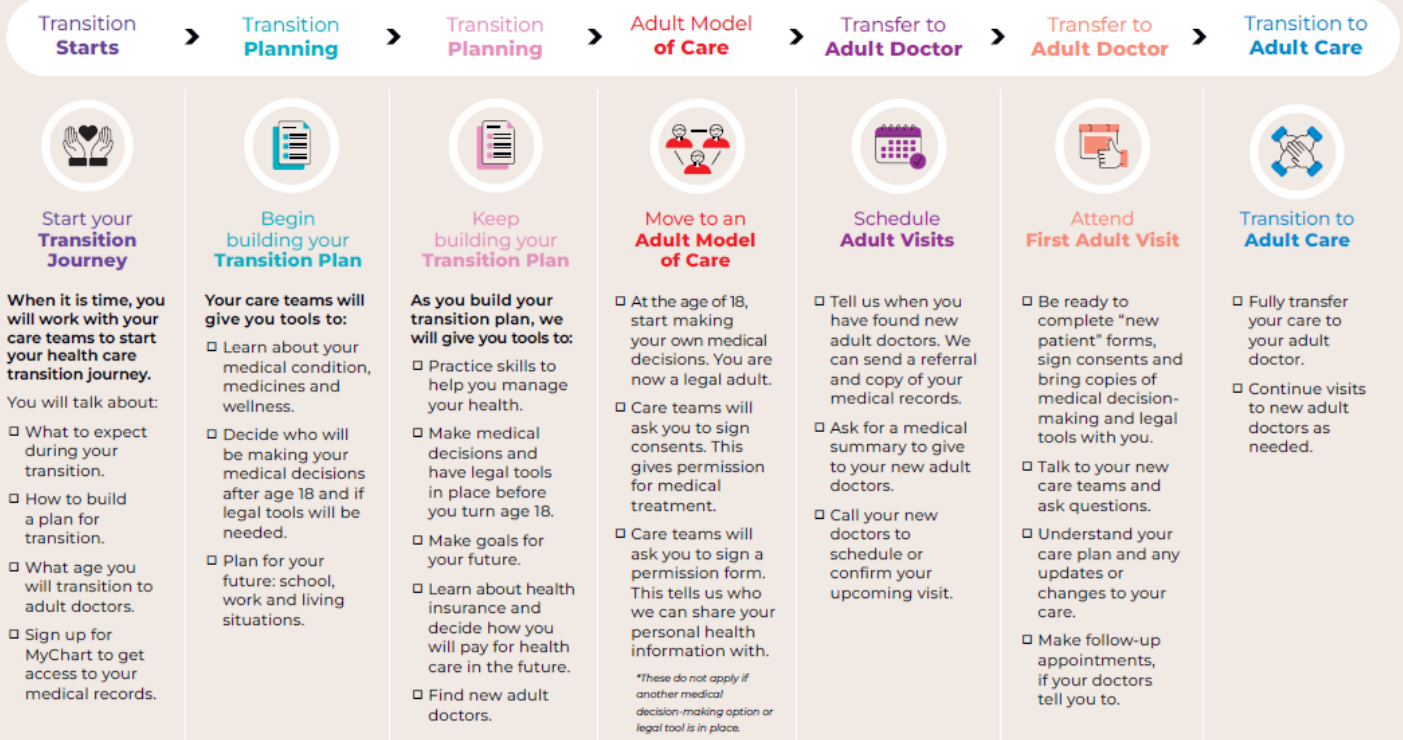


Making life better for children.

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your journey to health care transition

JOURNEY MAP



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



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Special Needs Trust and Texas ABLE Program

Saving money for costs related to your child’s disability may be helpful for their future. While there are many ways to do this, here are a couple options to consider:

Texas ABLE Program

- Texas ABLE (Achieving a Better Life Experience) Program gives Texans with disabilities and their families the chance to save money for disability-related costs.
- Money can be saved in a tax-advantaged account. This allows families to save money without losing their eligibility for certain government benefits such as Supplemental Security Income (SSI), Supplemental Security Disability Income (SSDI) and Medicaid.
- To be eligible, a person must be a Texas resident (lives in the State of Texas) who had their disability before age 26.
- To find out what other requirements need to be met contact Texas ABLE by calling 1-844-489-2253 or visit www.texasable.org

Special Needs Trusts

- A special needs trust can be set up to allow families to save money for costs related to their child’s disability.
- It is important to talk to a lawyer with experience in helping families set up a special needs trust.

Social Security Disability Income (SSDI)

What is SSDI?

- SSDI pays benefits to children who have a disability that began before they turned age 22 **and** whose parent(s) get or received (if they are dead) Social Security retirement or disability benefits.
- SSDI is a “child’s” benefit because it’s paid based on a parent’s Social Security earnings record.
- Sometimes it can also be a benefit for an adopted child, a stepchild, a grandchild or step-grandchild.

To learn more visit: **Social Security has helpful information visit their website at:**
<https://www.ssa.gov/planners/disability/qualify.html#anchor7>

- Navigate Life Texas has helpful information visit their website at:
<https://www.navigatelifetexas.org/en/insurance-financial-help/ssi-benefits-for-children-with-disabilities>
- Texas Parent to Parent has helpful information visit their website at:
<https://www.txp2p.org/services/services-for-parents-pathway-to-adulthood/services-and-supports>

Who can get SSDI?

- A child who has had 1 of their parents getting Social Security retirement or disability benefits.
- A child who has had a parent die and they worked enough to get Social Security.
- Must have a disability that started before 22.
- Someone who is not married.
- Someone under age 18 might get the money benefits of SSDI.
- They do not become eligible for Medicare until they are at least 18 years old. Once they are eligible, they go through a 2 year (24 months) qualifying period.

How to get SSDI?

- To apply, call the Social Security Administration at 1-800-772-1213 to make an appointment at the office closest to you.
- If you are deaf or hard-of-hearing, call the TTY number at 1-800-325-0778.
- To find your local Social Security Administration office, go to <https://www.ssa.gov/locator/>.

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=childrenwith-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.
 - o Before age 18, benefits are based on the family income and assets.
 - o After 18, benefits may be based only on the income on the applicant.
 - o 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.
 - o If you are deaf or hard-of-hearing, call the TTY number at 1-800-325-0778.
 - o 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), Physician Assistants (PA's), and Physical, Occupational or Speech Therapists. List them even if they only saw the applicant 1 time.
 - o 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-parents-pathway-to-adulthood>



Medical Decision Making and Health Care Rights

For Teens and Young Adults

Before the age of 18, your parents and caregivers work with your health care team and make medical decisions (choices) for you. On your 18th birthday, you become an adult.

As an adult, you will work with your health care team and oversee making decisions about your health care.

As an adult, you will:

- Sign a consent form for treatment. This consent gives your health care team the permission to care for you and share your health information, or Personal Health Information (PHI), with others.
- Decide if you want your family or friends to know your health information. Your health information is safe and private under a government privacy rule called HIPPA. If you want your health care team to share your health information with your family or friends, you will need to give permission by signing forms to share information.
- Sign an advance directive about your future care. If you are interested in information about advance directives, ask your health care team, social worker, or chaplain.

At age 14, you can sign up and have your own MyChart account, along with your parents and caregivers. Through MyChart, you can view your medical record and history. When you turn 18, only you will have access to your records. You can share your MyChart medical record by choosing to give access to friends and family.

For Parents and Caregivers

On your teen's 18th birthday, they become an adult. As an adult, they will work with their health care team and oversee making decisions (choices) about their health care.

Your young adult will:

- Sign a consent form for treatment to allow others to have access to their health information.
- Sign release forms to share information. These release forms let the health care team know who has access to their health information. Without your young adult's permission, Children's Health is not allowed to share their health information with you.

Not all young adults will be able to make medical decisions for themselves. In these cases, another decision-making option or tool may be needed. Talk with your health care team or social worker if your teen will need assistance in decision making when they are an adult.

Starting at age 14, your teen can sign up and have their own MyChart account along with you. Through MyChart, you can view your teen's medical record and history. At age 18, your access to your young adult's MyChart account will end unless shared by your teen. For questions or assistance with MyChart, contact the HIM (Health Information Management) department at [214-456-2509](tel:214-456-2509).



Terms to Know

- **Consent form:**
 - Gives your health care team permission to treat you.
 - Gives your healthcare team permission to share your health information as needed for treatment purposes.
 - Gives your health care team permission to share your health information with others.
 - Acknowledges that you will be responsible for payment of the treatment provided.
- **PHI (Protected Health Information):** Information you provide to your health care team, or that is created or received about your health care. Examples of PHI can include your name, address, telephone number, email address, medical record number, and social security number.
- **Release of information:** Gives your health care team permission to share your health information with your family or others.
- **Advanced Directives:** Legal documents that allow you to make decisions about treatment and end-of-life if you should become too ill or hurt to express your wishes.

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 clinic, 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.navigatelifetexas.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



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.**
 - 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. 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. 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/>



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>



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

6601 Custer 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>
- <https://www.navigatelifetexas.org/en/family-support/personal-attendant-care>



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