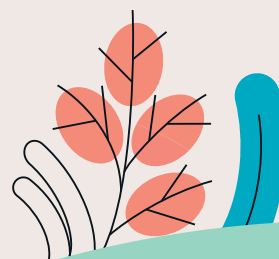


# transitioning to neurology adult care:

age 15 guide



children'shealth<sup>?</sup>



# Transitioning to Adult Care

Dear Patient Family,

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

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

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

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

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

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

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

Best Wishes,

Your Children's Health Medical Team



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# Age 15 Checklist

## Health and Wellness:

Learning how to manage health and wellness is key to transitioning to adult care (for health care transition). The first step in your child taking charge of their care is them knowing about their health condition and medicines, as they are able. Help your child:

- Learn about their health condition, health history, and signs and symptoms.
- Learn about their medicine, including names, amount, and reason they take each one.
- Learn about any special medical equipment and home health services they use.

## Health Insurance:

- If your child gets services from a Medicaid waiver program, talk with your service coordinator about any changes to services that may take place after your child turns 18.
- If your child is not receiving services from Medicaid waiver program, sign-up for the waiver programs by getting your child on the interest (wait) list now or as soon as possible.

## Future Planning:

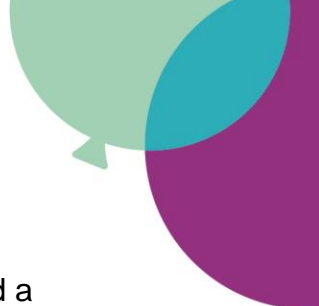
- Start planning ahead. When your child turns 18, Supplemental Security Income (SSI) will no longer use your income and resources. Instead, they will use child's income and resources to decide eligibility. Review banks and financial planning to ensure no money is being saved in the child's name in preparation for SSI application when the child turns 18. Receiving the funds directly may cause the child to lose benefits, such as Supplemental Security Income (SSI) and Medicaid.
- Consider a Special Needs Trust and /or Texas ABLE program.

## Respite/Housing Programs:

- Find special recreational programs in your area that meet your child's needs. This could include Special Olympics, Best Buddies, art, music, and theater programs.
- If you do not already have respite care, explore options through your waiver program or other community services.
- Begin researching day programming and long-term housing options for when your child is an adult. Finding the right program for your child can take time and waiting lists can be long.

## Education-School Planning:

- Make sure your child is receiving life skills planning, and if appropriate, vocational training as a part of their Individualized Education Program (IEP) or transition plan.
- Talk to your care team to see if a referral for a functional transition assessment would be helpful. The assessment is offered by Children's Health Rehabilitation and Therapy Services (CHRTS).



## Programs and Foundations:

- Research and connect with parent groups in your community to start to build a network of resources to help you with transition process. While this is not a comprehensive list, many of the following organizations have local chapters offer classes, and provide other resources that may be useful in the transition process:
  - Epilepsy Foundation of Texas: <https://www.eftx.org/>
  - Angelman Syndrome Foundation: <https://www.angelman.org/>
  - Dravet Syndrome Foundation: <https://dravetfoundation.org/>
  - Lennox-Gastaut Syndrome (LGS) Foundation: <https://www.lgsfoundation.org/>
  - International Rett Syndrome Foundation: <https://www.rettsyndrome.org/>
  - Tuberous Sclerosis Complex (TSC) Alliance: <https://www.tscalliance.org/>
  - Look into other organizations or foundations that are specific to your child's diagnosis that can offer support and additional resources for transition.



# 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)

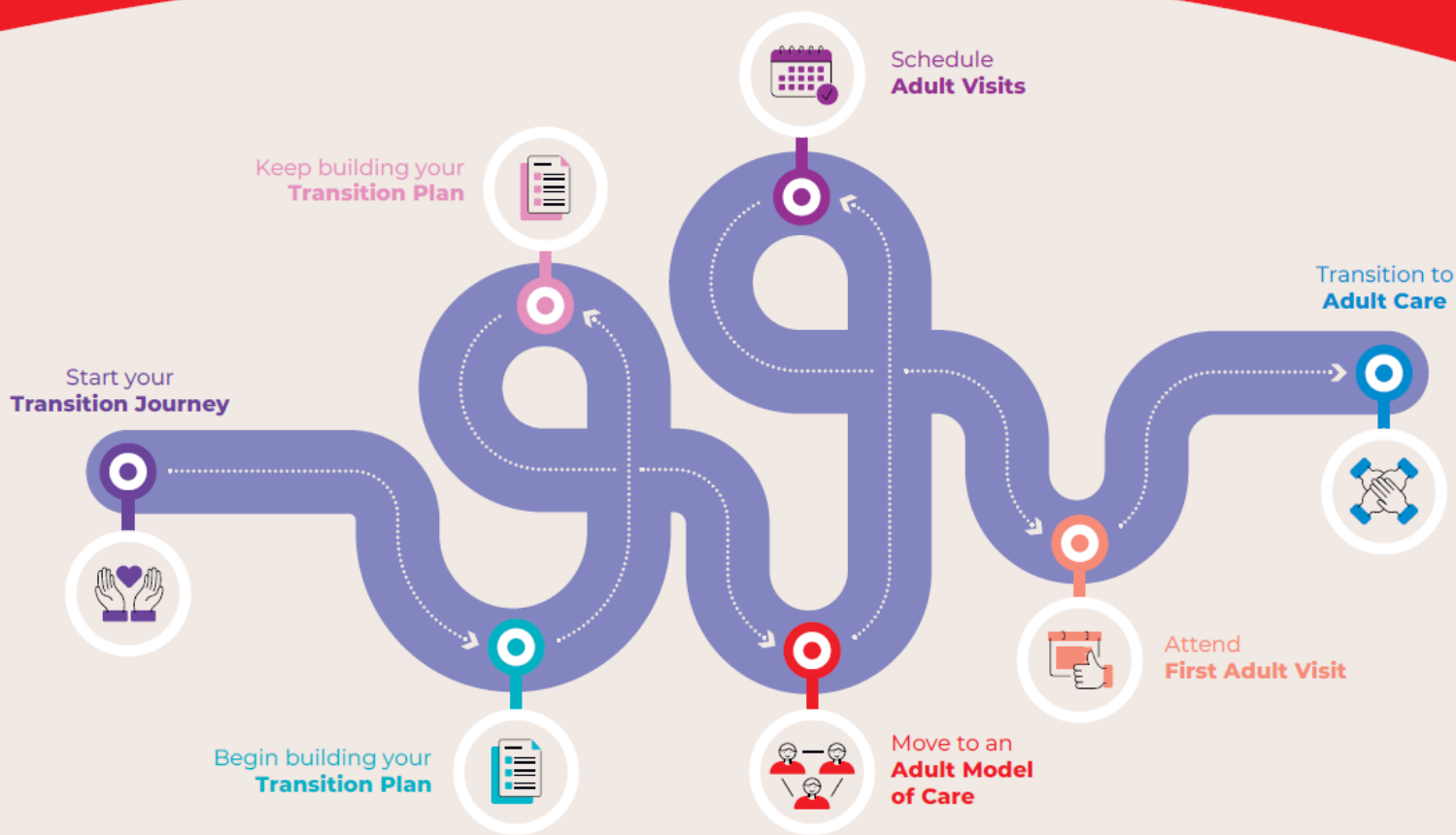
\*Think College!: [www.thinkcollege.net](http://www.thinkcollege.net)

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

\*Website available in Spanish

# your journey to health care transition

## JOURNEY MAP



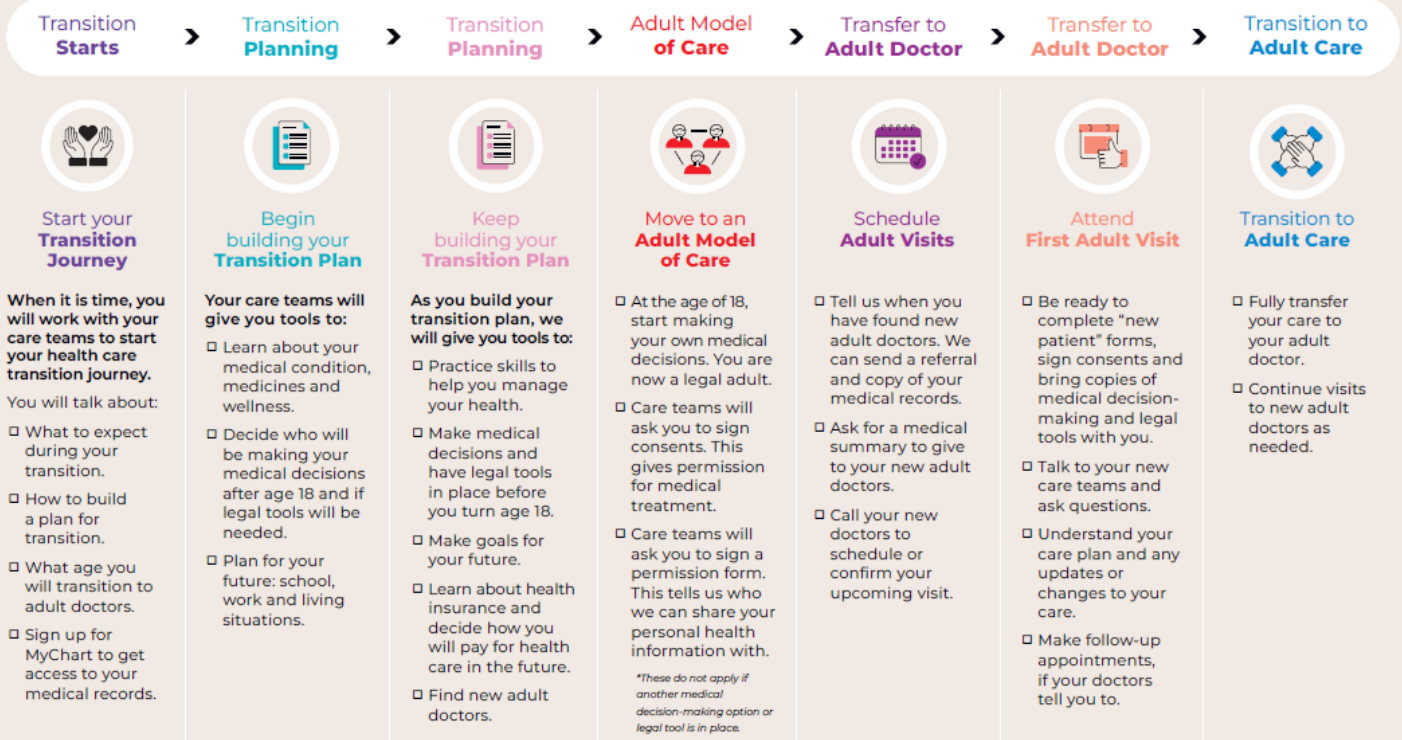
Making life better for children.

children'shealth?



# your journey to health care transition

## JOURNEY MAP



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



CHST2408B\_C31012



# Texas Medicaid Waiver Programs

## What is a Medicaid Waiver program?

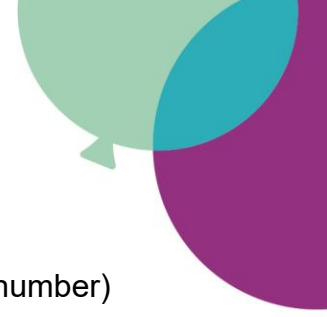
- A waiver program lets a state use money from Medicaid to give some long-term home and community-based services for children and adults with a disability and special health care needs.
- If your child is eligible, they can get the services they need in their own homes or other community settings.
- Most waiver programs are based on your child's disability or special health care need and their income (not the family's income).
- If your child gets services from waiver program, they also get Medicaid health insurance.
- In Texas, there are many waiver programs run by The Texas Health and Human Services Commission (HHSC) and the Department of State Health Services (DSHS).
- They are called "waivers" because certain Medicaid rules are waived (those rules are put aside).

## What do I need to know?

- Sign-up for the waiver programs by getting your child on the interest (wait) list now or as soon as possible.
- Some waiver programs have long wait times to get services.
- Even if you are not sure your child will ever need these services, you should still get your child on the interest list to have these waiver programs as choices if your child needs them in the future.
- Get your child on all the waiver program interest lists that meet your child's needs.
  - Your child can be on more than 1 interest lists at a time but can only be getting services from 1 waiver program at a time.
  - You should get a letter to confirm your child has been put on a waiver program interest list.
  - The State may call you or send you a letter about the waiver programs you signed your child up for.

## Things to remember:

- It is important you always answer the call, return the phone call, or respond to the letter or your child's name may be taken off the lists.
- If you apply in person or on the phone, get the names of the people you speak to and any other details they give you when you sign up. Keep it with your records.
- If your contact information (name, address, phone number) changes, call the waiver program to update your contact information.
- Call at least 1 time per year to make sure that your child's name is still on the interest list.
  - Many parents use their child's birthday as a date to call so they do not forget to call.

- 
- Ask where your child is on the interest list.
  - Make sure that your contact information (name, address, telephone number) is still right.

For more information about waiver programs and how to join interest list, visit this website:  
**<https://www.navigatelifetexas.org/en/insurance-financial-help/texas-medicaid-waiver-programs-for-children-with-disabilities>**



# Home and Community-based Services (HCS)

## What is Home and Community-based Services (HCS)?

- HCS offers services and support to people with an intellectual disability (ID) or related condition (other health issues).
- Related conditions:
  - A disability (other than an ID) that starts before the age of 22 and will likely continue.
  - Must cause major limits with the person being able to function and cause limits like those of an ID.
  - Autism, Cerebral Palsy, Seizure Disorder and Spina Bifida are types of **related conditions**.
- HCS offers services and support so that people can live at home with their family, in their own home or in a community setting like a small group home.

## How do I learn more about the HCS Waiver Program?

- Visit the following websites:
  - <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/home-community-based-services-hcs>
  - <https://www.navigatelifetexas.org/en/insurance-financial-help/home-and-community-based-services-hcs>

## How do I get my child on the HCS interest list?

- Contact your county's Local Intellectual and Development Disability Authority (LIDDA). Find the LIDDA that serves your area by going to <https://apps.hhs.texas.gov/contact/la.cfm>.

# Medically Dependent Children's Program (MDCP)

## What is the Medically Dependent Children's Program (MDCP)?

- MDCP offers services to families caring for medically dependent children and young adults under the age of 21.
- MDCP serves as a different option than a nursing home.
  - Some children who are medically fragile (in a critical state of health) may be able to avoid the MDCP "interest list" through the Money Follows the Person (MFP) process.
  - When you call the MDCP interest list, ask to speak with the person who is an expert on Money Follows the Person.
- MDCP offers personal care services, private duty nursing, and various therapies.

## How do I learn more about MDCP?

- Visit the following websites:
  - <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/medically-dependent-children-program-mdcp>
  - <https://www.navigatelifetexas.org/en/insurance-financial-help/medically-dependent-children-program-mdcp>

## How do I get my child on the MDCP interest list?

- Call the Texas Health and Human Services Commission at 1-877-438-5658.



# Community Living Assistance and Support Services (CLASS)

## What is Community Living Assistance and Support Services (CLASS)?

- CLASS offers home-and community-based services to people with intellectual disabilities or **related conditions** who meet additional criteria.
  - A **related condition** is a disability, other than an intellectual disability, that starts before the age of 22 and that affects a person's ability to function in daily life.

## How do I learn more about the CLASS Program?

- Visit the following websites:
  - <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/community-living-assistance-support-services-class>
  - <https://www.navigatelifetexas.org/en/insurance-financial-help/community-living-assistance-and-support-services-class>

## How do I get my child on the CLASS interest list?

- Call the Texas Health and Human Services Commission at 1-877-438-5658.



# Deaf-Blind with Multiple Disabilities (DBMD)

## What is Deaf-Blind with Multiple Disability (DBMD)?

- DBMD offers home and community-based services to people who are deaf **and** blind **and** have many disabilities.
- The program helps by giving more opportunities for individuals to communicate and interact with their environment.
- Must have a been diagnosed before the age of 22.

## How do I learn more about DBMD?

- Visit the following websites:
- <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/deaf-blind-multiple-disabilities-dbmd>
- 
- <https://www.navigatelifetexas.org/en/insurance-financial-help/deaf-blind-with-multiple-disabilities-dbmd>

## How do I get my child on the DBMD interest list?

- Call the Texas Health and Human Services Commission at 1-877-438-5658.



# STAR+PLUS Home and Community-based Services (HCBS)

## What is STAR+PLUS Home and Community-based Services (HCBS)?

- STAR+PLUS HCBS helps people live at home rather than living in a nursing facility.
- If eligible for nursing facility care member can get acute care and long-term services and supports (LTSS) in order to live in the community.
- Offers services to members age 21 and older.
- Services offered include personal assistance services, habilitation, and other supportive services.

## How do I learn more about HCBS?

- Visit the following website:
  - <https://www.hhs.texas.gov/providers/long-term-care-providers/home-community-based-services-hcs>
  - 
  - <https://www.hhs.texas.gov/services/health/medicaid-chip/medicaid-chip-members/starplus>
  - 
  - <https://www.navigatelifetexas.org/en/insurance-financial-help/starplus-home-and-community-based-services-hcbs>

## How do I get my child on the HCBS interest list?

- Call the Texas Health and Human Services Commission at 1-877-438-5658.





# Texas Home Living (TxHmL)

## What is Texas Home Living (TxHmL)?

- Provides services to children and adults with an intellectual disability (ID) or a related condition who live in their own home or their family's home.
- Services offered include personal assistance services, habilitation, and other supportive services.

## How do I learn more about TxHmL?

- Visit the following website:
  - <https://www.hhs.texas.gov/providers/long-term-care-providers/texas-home-living-txhtml>
  - <https://www.navigatelifetexas.org/en/insurance-financial-help/texas-home-living-txhtml>

## How do I get my child on the TxHmL interest list?

- Contact your county's Local Intellectual and Development Disability Authority (LIDDA). Find the LIDDA that serves your area by going to <https://www.hhs.texas.gov/sites/default/files/documents/services/mental-health-substance-use/yes-waiver-inquiry-line.pdf>



# Youth Empowerment Services (YES)

## What is Youth Empowerment Services (YES)?

- Helps with children between the ages of 3-9 with serious mental, emotional and behavioral difficulties.
- Helps keep child stay in the home and community.
- Services offered include respite services and other supportive services.

## How do I learn more about YES?

- Visit the following website:
  - <https://www.hhs.texas.gov/providers/behavioral-health-services-providers/youth-empowerment-services-waiver-providers>
  - <https://www.navigatelifetexas.org/en/insurance-financial-help/youth-empowerment-services-yes>

## How do I get my child on the YES interest list?

- Contact your county's Local Intellectual and Development Disability Authority (LIDDA). Find the LIDDA that serves your area by going to <https://www.hhs.texas.gov/sites/default/files/documents/services/mental-health-substance-use/yes-waiver-inquiry-line.pdf>



# 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](http://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.
  - 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), Physician Assistants (PA's), and Physical, Occupational or Speech Therapists. List them even if they only saw the applicant 1 time.
  - 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>



# Adaptive Sports for Children and Teens

## **YMCA Dallas**

**Buddy Sports** (basketball, soccer, field hockey, and baseball)

**The Champions League** (lawn games, baseball, swimming)

[https://www.ymcadallas.org/adaptive special needs programs](https://www.ymcadallas.org/adaptive_special_needs_programs)

## **RISE Adaptive Sports**

[www.riseadaptivesports.org](http://www.riseadaptivesports.org)

## **Special Olympics- Texas**

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

## **Baseball/Softball**

**Irving Family YMCA Miracle League**

[https://www.ymcadallas.org/locations/irving\\_family\\_ymca/sports/miracle\\_league\\_irving](https://www.ymcadallas.org/locations/irving_family_ymca/sports/miracle_league_irving)

**The Miracle League of Frisco**

<http://www.friscomiracleleague.org/home.php>

**The Miracle League of Arlington**

[www.miracleleaguedfw.org](http://www.miracleleaguedfw.org)

**The Miracle League of Southlake**

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

**The Angel League (Rockwall)**

[www.angelleague.org](http://www.angelleague.org)

**Buddy League (Garland)**

[www.buddyleague.org](http://www.buddyleague.org)

**McKinney Magic**

[www.mckinneymagic.org](http://www.mckinneymagic.org)

## **Soccer**

**YMCA Dallas Buddy Sports**

[https://www.ymcadallas.org/adaptive special needs programs](https://www.ymcadallas.org/adaptive_special_needs_programs)

**Coppell TOPS Soccer League**

<http://coppellyouthsoccer.com/>

## **Basketball**

**Dallas Jr. Wheelchair Mavericks Basketball**

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

## **Tennis**

**Dallas Wheelchair Tennis Club**

[www.dwtc.org](http://www.dwtc.org)

**ACEing Autism**

<https://aceingautism.org/locations/dallas-tx/>

**Martial Arts**

**Red Tiger Karate**

[www.redtigerkarate.com](http://www.redtigerkarate.com)

**Keller Martial Arts**

[www.kellerata.com](http://www.kellerata.com)

**Sled Hockey**

**Dallas Sled Stars**

<http://dallassledstars.com>







# 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](http://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](http://www.hpumc.org) (Under "Impact", go to "Belong Disability Ministry" go to "Night OWLS")

e-mail: [irwinl@hpumc.org](mailto: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](http://www.ArlingtonMethodist.org) (Under "Connect", Go to "Special Needs")

e-mail: [klanaster@arlingtonmethodist.org](mailto:klanaster@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](http://www.fumcallen.org) (Under "Connect", go to "Special Needs Ministry")

e-mail: [communications@fumcallen.org](mailto: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](http://www.stonebriar.org) (Under "Ministries", go to "Special Needs")

email: [darlah@stonebriar.org](mailto:darlah@stonebriar.org) (Darla Hill)

469-252-5200 or 469-252-5358

4801 Legendary Drive

Frisco, TX 75034

**Holy Covenant United Methodist Church**

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

[www.hcumc.org](http://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](http://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](http://www.arisespecialneeds.com/arise)

e-mail: [spugh@irvingbible.org](mailto: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>



# 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>

# 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



# What is a Transitional Assessment?

## **What is a transitional assessment?**

A transitional assessment is done by an occupational therapist (OT) trained in transitioning to adult care. You and your teen or young adult will talk to the OT about planning for your teen's or young adult's future with your teen's or young adult's strengths, needs, and interests in mind. The OT will offer ways to stay engaged in the home and community.

## **What ask for a transitional assessment?**

During the transitional assessment, the OT will talk about skills needed to help you and your teen or young adult become confident as they move into adulthood. The OT will help you and your teen or young adult set goals and problem-solve ways to reach those goals. The OT will recommend resources for work, driving, and adult community support.

## **Who should take part in the transitional assessment?**

Any adolescent between 14 to 20 years of age and their parent or caregiver should take part in the transitional assessment.

## **Where is the transitional assessment done?**

The assessment can be done in-person at a Children's Health Rehabilitation Specialty Center or virtually if needed.

## **How to schedule a transitional assessment?**

You need a referral to schedule a transitional assessment. Ask your primary care doctor or your health care team at Children's Health to send a referral to Children's Health Rehabilitation Specialty Center to complete the transitional assessment.

## **Does health insurance pay for a transitional assessment?**

Most health insurance plans will pay for a transitional assessment. Since an OT does the transitional assessment, please ask your health insurance plan if they pay for an OT assessment.

# How to Get a Driver's License with Adaptations

Teens and young adults with a health condition or disability may be able to get a driver's license with adaptations. How to get a driver's license depends on the county you live in.

## What is a driver's license with adaptations?

A driver's license with adaptations gives people with a health condition or disability a way to drive safely with adaptive equipment. Adaptive equipment may include lifts or ramps for wheelchairs, easy-to-use doors or handles, or changing brake and gas pedals.

## How to get a driver's license with adaptations.

1. A doctor will decide if a patient can drive. The doctor will look at the patient's:
  - a. Health
  - b. Ability to use limbs
  - c. Motor skills
  - d. Any current injuries
  - e. Vision
2. Set an appointment with a driver rehabilitation specialist for an adaptive driving evaluation. A driver rehabilitation specialist will help decide which adaptive equipment is best to help the patient drive safely. To find a certified driver rehabilitation specialist visit <https://www.aded.net/page/725>.
3. Find a driver's education training program that teaches how to operate a vehicle using adaptive equipment. To find a course visit <https://www.aded.net/>.

## Steps to get a driver's license if you are under 18 years old

1. Apply for a learner's license.
  - a. You must finish the first 6 hours of a driver's education course before applying for a learner's license.
  - b. You must have a learner's license for 6 months before applying for a driver's license.
  - c. Teens or young adults must finish a certain number of driving hours. Driving hours can be done through a driving education program or with a parent or caregiver.
2. Apply for a driver's license. To apply for a driver's license, you must
  - a. Be at least 16 years old.
  - b. Finish all 32 hours of a driver's education program.
  - c. Pass a written test.
  - d. Pass a driving test.
  - e. Pass an eye exam.
  - f. Have enough driving hours with a learner's license.

## Steps to get a driver's license if you are over 18 years old

1. Complete the Impact Texas Adult Drivers (ITAD) program online.  
<https://www.dps.texas.gov/section/driver-license/impact-texas-drivers-itd-program>
2. Complete a 6-hour adult driver education course.
3. Apply for a driver's license.

## Testing accommodations

You can ask for testing accommodations (changes to help you take a test). Fill out the online form on the Texas Department of Public Safety website to ask for accommodations.  
[https://www.dps.texas.gov/apps/DriverLicense/customer\\_service/ADA.aspx](https://www.dps.texas.gov/apps/DriverLicense/customer_service/ADA.aspx).

Accommodations may include:

- extra time for testing,
- a private room,
- having test questions
- read out loud, and breaks.

## More resources to help teens and young adults

- For more information on driving and ride options for teens and young adults with disabilities and special health care needs, visit: <https://www.navigatelifetexas.org/en/transition-to-adulthood/driving-and-transportation-options-for-young-adults-with-disabilities>.
- The Texas Department of Public Safety can add a communication impediment indicator to a driver's license or identification (ID) card to help police understand your teen or young adult during traffic stops. Find more information at <https://www.dps.texas.gov/section/driver-license/communication-impediment-peace-officer>.



# 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.

- 
- 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/>





children'shealth<sup>®</sup>

[childrens.com](http://childrens.com)