WELCOME TO PART 2 OF OUR PATHWAYS TO ADULTHOOD ZOOM SERIES

• Please mute your phones
• The PowerPoint will be available on our website, www.txp2p.org
• We would love to see your faces! Please turn your cameras on! :0)
• Type all questions in the chat box
• I will try to answer all questions at the end
• If I don’t get to your question, please email me at Cynda.green@txp2p.org.
THANK YOU TO OUR PARTNERS
Pathways to Adulthood

Texas Parent to Parent Transition Team

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Part 2: ALL ABOUT LONG-TERM SERVICES AND SUPPORTS

October 8, 2020 1:30-3:00 pm

Financial assistance and services available to Texas adults with disabilities – SSI, SSDI, Medicaid, Medicaid Waivers and how the system works

Using resources in long-term planning for a home

How TxP2P can help
GOAL FOR THE PATHWAYS ZOOM SERIES:
TO GIVE PARTICIPANTS THE TOOLS NEEDED TO PLAN FOR A GOOD LIFE FOR OUR YOUTH AFTER GRADUATION
The Basics: Eligibility for services at age 18

Eligibility is usually based on (1) income

- Before age 18, based on family’s income
- After age 18, based on person’s income
- Under $2000 in ready assets (special needs trusts/ABLE accounts can protect funds over $2000)
- Monthly unearned income no more than $783 (lots of exceptions and variations)
Eligibility

And (2) **disability**

To establish eligibility:

- most current school evaluation
- a doctor or an agency evaluation

Compassionate allowance (quick eligibility for very serious conditions)
https://www.ssa.gov/compassionateallowances/
Supplemental Security Income (SSI)

- Federal income supplement program
- Designed to help aged, blind, and disabled people, who have little or no income
- Provides cash to meet basic needs for food, clothing, and shelter
- Currently in Texas, SSI = $783/mo. max, or $522 or less (depends on many variables!)
- https://www.ssa.gov/ssi/
“My fair share” for SSI

You may be able to increase the amount of SSI your young adult gets each month by having them pay their “fair share” of household expenses. Determine amount by adding household expenses and dividing by # in household

ssa.gov/ssi/text-living-ussi.htm

SSI + Medicaid

Medicaid automatically comes with SSI.
Being eligible for Medicaid is the key to getting most valuable services in Texas
Medicaid is door to
• Managed health care
• Long Term Services and Supports (LTSS)
Ways to apply for and maintain SSI

- SS toll free # 800-772-1213
- ssa.gov/disability/
- Apply online the month after youth is 18
- Report all sources of income (earned & unearned) to SSA monthly
- Keep ready assets under $2000
- Navigatelifetexas.org, search for SSI
Social Security Disability Insurance (SSDI)

Based on disability + someone’s work history
(compared to SSI, which is based on disability + low income)

Work history may be:
1. parent’s work history
2. person’s work history
SSDI

1. “Disabled Adult Child” (DAC), if disabled before age 22, may qualify for benefits based on a parent’s work history when parent starts to draw Social Security. DAC will get
   • 50% of parent’s monthly SS
   • Medicare after 2 years
   • Only applies if DAC is currently on SSI when moving to SSDI

To maintain eligibility for Medicaid if SSDI income exceeds limit, claim Medicaid under section 1634(c) of SS Act; reapply for Medicaid and write “DAC” at top of application.
SSDI

2. An adult with a disability may qualify based on her own work history. Employed adult may acquire enough work credits to move from SSI to SSDI, will get Medicare after 2 years.

To maintain eligibility for Medicaid if income exceeds limit, call Txp2p or PABSS program at Disability Rights Texas, 1-800-252-9108
SSDI Tips!

Make sure working adult is following income guidelines to maintain eligibility.

Save copies of all paycheck stubs for SS, which may ask for stubs periodically.

If you are unsure of how your adult will work and keep benefits, you can call Disability Rights for a free counseling session, 1-800 252-9108.
Other Resources

After age 18, a person with a disability may be eligible for services associated with low income such as:

- SNAP, food stamps (based on family income until age 22)
- Section 8 Housing

Apply at YourTexasBenefits.com or Call 211
https://hhs.texas.gov/
Medicaid Waiver programs

Medicaid Waiver Programs assist people of all ages with disabilities to live in the community instead of an institution.

Waiting lists in Texas are up to 13 years long, 155,000+ on lists.

New slots are created by the Texas Legislature during the legislative session (every 2 years).
Medicaid Waiver programs

Eligibility for Waiver programs: need help with daily living activities, based on child’s income at all ages

Waivers provide community supports such as attendant care, therapies, respite, home modifications

2 biggest Waiver programs in Texas:
- **CLASS**: for related conditions, includes related therapies
- **HCS**: for Intellectual/Developmental Disabilities, includes 4-person group homes
Medicaid Waiver Programs

To get on the waiting lists:

• CLASS, DBMD, MDCP (transitioning to STAR Kids)—call 877-438-5658
• HCS and Texas Home Living, call your Local Authority (LIDDA)
• See Navigatelifetexas.org, search for Medicaid Waivers, for very helpful information
STAR+PLUS

• Provides health care and long-term services through Texas Medicaid, age 21 and up
• Eligibility: physical/mental disability and qualify for Medicaid
• Services provided through a Managed Care Organization (MCO); you choose MCO Health Plan from those available in your area
• When your child is 21 and on Medicaid, you will receive a packet in the mail
STAR+PLUS Long-Term Supports Medicaid Waiver

If 21 or older, may also qualify for Home and Community Based Services such as home health services, attendant care, minor home modifications, etc.

Eligibility: Medicaid + medical necessity for nursing facility
STAR Kids

Provides health care and long-term services through Texas Medicaid, up to age 21

Services provided by a Managed Care Organization (MCO)

• Medical services such as service coordination, primary care, hospital visits, therapies
• Long-term services and supports if you need them (help with basic daily activities)

Navigatelifetexas.org, search for STAR Kids
Health and Human Services (HHS)

HHS provides Long Term Services and Supports

Local service provider for HHS: LIDDA (Local Intellectual and Developmental Disability Authority)
This is always a good starting point to find services.
Request an intake appointment. To find your LIDDA, go to:

https://www.dads.state.tx.us/contact/search.cfm and type in your city, county or zip code.
Community First Choice (CFC)

CFC provides home and community-based attendant services and supports to Medicaid recipients with disabilities. Contact your LIDDA for assistance.

To be eligible for CFC, an individual must:

• Be a child or an adult eligible for Medicaid
• Need an institutional level of care
• Need help with activities of daily living, such as dressing, bathing and eating.
Helpful websites on transition

- Navigatelifetexas.org
- Autismspeaks.org/tool-kit/transition-tool-kit
- Pacer.org/transition/
- Txp2p.org, click on Pathways to Adulthood
PLANNING FOR THE FUTURE, A GREAT PLACE TO LIVE

USING RESOURCES IN LONG TERM PLANNING FOR A HOME
A great place to live!

- Where will your child live when he’s 20? 30? 40? 50? How old will you be when your child is 50?!! That's a huge question for families!

- At what age do you picture your child moving out or shifting to more independence within your home setting?

- Picture a great place for your child to live.

- What are the options?
Questions to ask

- What’s your timeline?
- Does my child want to live with family, alone, with 1-2 people, or in a group setting?
- What supports does she need?
- What funding sources are available and what are their requirements?
- How much time, energy and assets do I have available for a home set-up?
<table>
<thead>
<tr>
<th>Housing Options</th>
<th>Support Options</th>
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<tr>
<td><strong>I want to live with:</strong></td>
<td><strong>My level of support is funded by:</strong></td>
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<tr>
<td>• Myself</td>
<td>• Me</td>
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<tr>
<td>• Family</td>
<td>• Family</td>
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<td>• Roommate</td>
<td>• Roommate</td>
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<td>• Group</td>
<td>• Agency</td>
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<tr>
<td><strong>I want to live in:</strong></td>
<td><strong>My support is provided by:</strong></td>
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<tr>
<td>• House, Condo, Apartment</td>
<td>• Assistive Technology</td>
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<td>• Family Home</td>
<td>• Family/Friends</td>
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<td>• Shared Living Arrangement</td>
<td>• Roommate</td>
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<td>• Group Home</td>
<td>• Volunteers</td>
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<td>• ICF/IID</td>
<td>• Neighbors</td>
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<td>• State Operated Housing</td>
<td>• Paid staff</td>
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<td><strong>The property I live in is owned by:</strong></td>
<td><strong>My level of support is:</strong></td>
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<td>• Me</td>
<td>• Case Management Only</td>
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<td>• Family</td>
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**Option: State-funded homes**

- HCS Group Homes (4 residents max), based on having HCS Medicaid Waiver, long wait
- ICF/IDD group homes (6 or more), Intermediate Care Facility for people with Intellectual and Developmental Disabilities, access LIDDA
- Considerations:
  - Residences vary widely, visit and ask questions
  - One key question: what do the residents do during the day?
Option: Privately funded communities

Examples:
Down Home Ranch near Austin
Marbridge Ranch near Austin
Brookwood Community near Houston
Cornerstone Ranch in McKinney

Considerations:
Vary from 2-3 in a small house to dorm style living
Use private pay, SSI, earned income, special needs trust
texas.gov/services/disability/person-centered-planning if you have a Waiver
Option: parent-arranged residence

- 1-3 people living together with supports as needed
- In a place separate from family
- Initiated by family or individual
- Operated by family or individual
- Set up individually or with other families
Considerations

- **Advantages:** gives resident and family greater control over the environment and more individuality

- **Disadvantages:** higher overhead... can be a big commitment of time, energy and money; if several residents live together, family must share decision making with others
Options for parent-arranged residences

- Redesign your home, lot, neighborhood:
- Partition an area in your home for your adult
- Set up a home in your backyard or garage apartment (check zoning)
- Adult inherits your home
Options for parent-arranged residence

- Set up a separate household:
- Adult lives with another family or caregiver in the caregiver’s home (HCS model)
- Adult lives in apartment, condo or house; family or individual rents or buys
- 1-3 residents
- Supports live-in or come and go as needed
Tips for setting up parent-arranged residence

• Learn about the options/restrictions with Medicaid Waivers for living arrangements
• Use technology to monitor safety, reduce care-giver role
• Put your child’s name on the waiting lists for low-income housing
• Talk to your child’s case manager, school transition team, LIDDA (Local Authority)
• Talk to other parents who have experience
WILL’S HOUSE WITH HIS NETWORK
Resources to help develop a home

- navigatelifetexas.org\rightarrow transition-to-adulthood\rightarrow housing choices
- How-to for Setting Up a Supported Residence, by TxP2P
  https://www.txp2p.org/Media/Transition/howto_for_setting_up_a_home.pdf
Resources to help develop a home

- https://www.aimtx.org/
- https://www.txcpsh.org/
- https://www.hud.gov/program_offices/housing/mfh/grants/section811ptl
- https://howtogeton.wordpress.com/ and click on Applying for Housing
- https://texasrealitycheck.com
Tips if you still feel overwhelmed

Pick one thing to begin with.
Look for allies—disability organizations? other parents? family members? school staff?
Prioritize—what seems most urgent?
Include your youth in all discussions and plans.
Get started now!!
Let's start now to build opportunities for a good life,

For our children and for all people with disabilities.
Part 3:
SCHOOL AND CAREER EXPLORATION

October 13, 2020
1:30-3:00 pm

- Using the school years for best transition outcomes
- How to explore career options and what resources are available to help
- How TxP2P can help
Part 4: LEGAL PLANNING FOR AGE 18 AND BEYOND

October 15, 2020 1:30-3:00 pm

- Decision making at age 18: guidance and alternatives
- Estate planning and ABLE Accounts
- Health care transition
- Reconnecting with networks
- How TxP2P can help
Come to us for transition help:
Pathways to Adulthood

A program at Texas Parent to Parent
Txp2p.org, click on Pathways to Adulthood
Please contact us for help with all transition issues:
email cynda.green@txp2p.org
call 512-458-8600 or 866-896-9050
• To receive notification on upcoming trainings and events, please register at: [www.txp2p.org](http://www.txp2p.org). This also helps us continue to receive funding to support Texas families!
Pathways to Adulthood Team

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