Pathways to Adulthood
Part - 2

The future is not something we enter.
The future is something we create.

Texas Parent to Parent
Pathways To Adulthood Team
Welcome to Pathways To Adulthood

Please mute your phones.
The PowerPoint will be available on the Texas Parent to Parent website: www.txp2p.org.
Words highlighted and most images are hyperlinked to a resource.
We would love to see your faces, please turn your cameras on! :0)

Please type all questions in the chat box.
We will try to answer all questions at the end of each session.
If questions aren’t answered, please email Cynda Green at: Cynda.green@txp2p.org.
We invite you to join our Two Part Pathways to Adulthood series via Zoom!

Transition to adulthood can be overwhelming, there are many new things to consider, decisions to be made and, we can help you find the tools necessary to start your youth transition planning. Our two series workshop will offer an overview of the following topics:

**Part Two**

- Publicly Funded Programs and Services
- Person-Centered Planning
- Public School Transition Services
- Personal Networks of Support

**Saturday**

**September 25, 2021**

from 1:00 - 2:30 pm

[To register click here](#)
Goals for Today

Pathways To Adulthood (PTA) is designed to give participants the tools needed to plan a good life for your youth after graduation.

Topics:

- Publicly Funded Programs and Services
- Person-Centered Planning
- Public School Transition Services
- Personal Networks of Support
In Memory of Rosemary Alexander

Her life was a blessing, her memory a treasure, her kindness and guidance missed beyond measure.
TxE2P - Transition Team

Pathways To Adulthood Team

• Cynda Green
  737-484-9045
cynda.green@txp2p.org
• Cindi Paschall
• Dora Saavedra-Bilingual
• Adriana Valadez

Thank You To Our Partners...

This project is supported by the Texas Council for Developmental Disabilities (TCDD) through grant number 2101TXSCDD00 from the U.S. Administration for Community Living (ACL), Department of Health & Human Services, Washington, D.C. 20201. Grantees receiving government sponsorship are encouraged to express their findings and conclusions. Opinions do not necessarily represent official TCDD or ACL policy.
The wait for publicly funded services can be long. Put your child on the wait lists before you need the service. Otherwise, you may find yourself without services needed for success.

- unknown

Publicly Funded Programs and Services

Adult Mental Health, CFC, GR – IDD, HHS LTSS Programs, Medicare - Medicaid, SSI - SSDI
Adult Mental Health Services

**AMHS Eligibility Requirements**

- Texas resident
- meet financial criteria
- meet uniform assessment qualifications

**Available Services**

- case management
- co-occurring psychiatric substance use disorder
- counseling (CBT & ABT)
- crisis services
- employment and education
- forensic services
- housing
- medication management
- rehabilitative and skills training
- specialized programs

Find your LMHA or LBHA

National Suicide Prevention Hotline
800-273-8255
General Revenue – GR

- provided by or through a LIDDA
- services intended to help a person remain in their own or family home
- IDD eligibility required
  - ID – IQ, adaptive behavior, diagnosis before 18
  - Autism Spectrum Disorder – ASD
  - NF resident eligible for specialized services for ID or related condition
- array of services
- not all GR services are available in all areas of the state
Texas HHS LTSS Programs

- Long-Term Services and Supports Available Through the Texas Medicaid State Plan
- Texas Long-Term Services and Supports Waiver Programs
- Texas Title XX Community Services and Supports

Compare Texas LTSS Programs
LTSS Waiver Programs

What are LTSS Programs

LTSS Waiver Programs provide acute (medical) care and long-term services and supports to help a person live in the community instead of an institution.

7 LTSS Programs

- CLASS
- DBMD
- HCS
- MDCP
- STAR+PLUS
- TxHmL
- YES

Each LTSS program has different eligibility requirements, service options, and service rates

LTSS Programs: What We Know

- services available on a first come first served basis
- 167,986 waiting for services as June 2021 - wait time is up to 15+ years for some programs
- number of slots funded determined by the Texas Legislature during each legislative session

Eligibility is NOT determined until a person reaches the top of the interest list.
LTSS Waiver Programs

2 Funding Paths

1) Interest List / “Wait List”
   • first come, first served

2) Promoting Independence
   • HCS Diversion Slot
   • transition from an institution to the community

   Texas Promoting Independence (PI) Protocol for offering an HCS Diversion Slot

   HCS Diversion Slot

   may be offered to a person who...
   • has an intellectual or developmental disability and is at imminent risk of admission to an institution
   • is leaving a state hospital and who is at risk of re-institutionalization
   • meets qualifications for the HCS Reserved Capacity Group
   • number of slots determined during each legislative session

   Put your child on the “lists”

   CLASS, DBMD, MDCP – transitioning to STAR Kids
   call 877-438-5658

   HCS and Texas Home Living
   call your Local IDD Authority – LMHA

   YES Waiver
   call your Local Mental Health Authority – LMHA

   What we’ve Learned
   • annual contact required
   • your child can be on more than 1 list, and perhaps they should be
For individuals who meet an institutional level of care, to prevent institutionalization!

- entitlement program launched in 2015
- eligible Medicaid recipients with disabilities
- service options include
  - Emergency Response Services - ERS
  - personal assistance services – PAS
  - habilitation – HAB
  - support management
- can receive services while waiting for an LTSS Medicaid Waiver program
- used for PAS/HAB services in LTSS Medicaid Waiver programs
**Medicaid**
- acquired through income eligibility
- acquired through a Home and Community-Based Services
  **HCBS Waiver**
- acquired through SSI
- **Medicaid Buy-In** for adults with disabilities who work

**Medicare**
- acquired through age eligibility
  - Part A – hospital
  - Part B – medical
  - Part C – prescription drug
- acquired through SSDI
- acquired through child disability benefits
- acquired through end stage renal disease

**Medicaid/Medicare Dual Eligible Coordination Office**
Supplemental Security Income – SSI

**Supplemental Security Income** is a Federal income supplement program funded by general tax revenues (not Social Security taxes); it is designed to help aged, blind and disabled people, who have little or no income; and it provides cash to meet basic needs for food, clothing and shelter.

**SSI Eligibility**

1) documented proof of a qualifying disability
   - most current school records
   - medical summary from doctor
   - agency evaluation reports

2) income
   - parental income before 18
   - persons income after 18
   - ready assets (under $2,000)
   - ABLE accounts and special needs trusts can protect funds over $2,000

**Benefits**

Texas SSI benefit
   - $771 maximum benefit
   - $514 or less – many variable considered

SSI = Medicaid

**How to Apply**

- in person
- online
- phone: 800-772-1213
- ADRC – Aging and Disability Resource Center can help you apply
SSI / SSDI
Supplemental Security Income / Social Security Disability Insurance

SSI Benefit Determination Considers

- if you pay your “fair share” – household expenses divided by the number of people in the home
- loans of In-kind Support and Maintenance (ISM Loans)
- your living arrangement
- Student Earned Income Exclusion

Income Exceeds Limit – Now What? Contact...

TxP2P: 512-458-8600 or 866-896-6001

Disability Rights Texas PABSS – Protection and Advocacy for Beneficiaries of Social Security:
- 800-252-9108
- online intake
- for deaf and hard of hearing, toll-free video phone 866-362-2851 or Purple 3
- video phone 512-271-9391

What We’ve Learned...

- follow income guidelines
- learn about Ticket to Work and WIPA – The Red Book – A Guide to Work Incentives is a good resource
- report all income and required changes on time
- keep ALL paystubs and SSA communications
- keep ready assets under $2,000
SSI / SSDI
Supplemental Security Income / Social Security Disability Insurance

Social Security Disability Insurance
earned benefit based on disability + your work history
• may move from SSI to SSDI when enough work credits are acquired
• # of work credits vary by age
• Medicare after 2 years

Disabled Adult Child - DAC
If disabled before age 22, DAC may qualify for benefits based on a parent’s work history when parent starts to draw Social Security.
• 50% of parent’s monthly SS
• Medicare after 2 years
• DAC must receive 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.
The best way to predict the future is to create it.

- Abraham Lincoln

Planning Tools and Resources
Transition Services, Person-Centered Planning, Personal Support Networks
Why Create a Vision?

Person Centered
Focuses on your child, not the system. What type of person do you want your child to be? What type of person does your child want to be? What are your goals? What are your child’s goals?

Direction
Your vision gives you something to work toward.

Why
Your vision is the powerful reasons you make the decisions you make. Every decision made today will impact the future.

Control
Your vision determines your needs instead of your needs determining your vision.
**Person-Centered Planning** is an ongoing discovery process used to plan for a person’s life now and in the future.

“Person-Centered Planning can move you (and your child) from the paralysis of fear to an action-oriented plan with hopes and dreams for the future.”

– Texas Project First: [Person-Centered Planning](#)

**Purpose**

- to look at an individual in a different way
- to assist a person and their network of support in gaining control of their own life
- to change common patterns of community life – increase community participation
- to recognize individual strengths, desires, interests, and needs
- through a team effort, develop a plan to turn dreams into reality

**PCP is a promise to...**

- “listen” to ALL forms of communication
- focus on actions when words and actions are in conflict
- focus on SPIN
- “peel the onion”
- challenge practices that separate people and perpetuate controlling relationships
- to act on what a person tells us and to be honest regarding time, uncertainty and conflict
When Person Centered Thinking is fully embraced, we abandon the idea that a person must function at an arbitrary standard of ‘normal’ in order to make choices about their own life.

We begin to look beyond predictable ways of choice-making and being in control, and in doing so, begin to realize the achievable goal of providing all people with an authentic opportunity to create a self-directed life.

H/T – Norman Kunc

Person-Centered Thinking
the foundation of person-centered planning
Person Centered Planning
Important TO & Important FOR

**Important TO**
happy, fulfilled, content, satisfied and comforted
- relationships – people to be with
- things to do and places to go
- rituals and routines
- status and control
- things to have
- rhythm or pace of life

**Important FOR**
health, safety and valued member of the community

**Health:**
- prevention
- treatment
- wellness

**Safety:**
- environment
- physical and emotional wellbeing
- free from fear

In this [video](#), the discovery of “important to” and “important for” and how to balance the two is demonstrated.
**System-Centered**

- plan a lifetime of programs
- offer a limited number of usually segregated programs
- relationships are unequal; people do things ‘for’ others
- risk is removed in order to keep people safe

**Person-Centered**

- create a desirable lifestyle
- community is seen as a rich resource of possibility
- relationships are reciprocal, give and take
- risk is acknowledged as a natural part of life
A Good Life

Service Life
- ‘Important for’ addressed
- no organized effort to address ‘important to’

Good Paid Life
- ‘to’ & ‘for’ present
- closest people are paid & family
- few real connections

Focus on connecting, building relationships & natural supports

Community Life
- ‘to’ & ‘for’ present
- active circle of support
- included in community life
the legal right of every person, including people with disabilities, to make choices and take risks in order to learn, grow and have better quality of life.

Inherent to the idea of **dignity of risk**, is the idea that life experiences come with an element of risk, which even the best planning and support can not eliminate.
Person-Centered Planning - PCP

**Benefits**

- group process
- fosters dignity and respect
- empowering
- changes the conversation
- creates social connectedness – community is considered a viable option
- builds on strengths, gifts, talents, skills and contributions
- can guide the transition planning process

**Person-Centered Approaches**

- Charting the LIFECOURSE
- DREAMWORKS
- Essential Lifestyle Planning
- Vision Building
- MAPS
- PATH
- Personal Futures Planning

In this video, Michael Smull explains what is meant by person-centered approaches, thinking and planning.
**Transition Services** are a coordinated set of activities that help a student transition from public school to adulthood.

**Areas of Coordination**
- instruction
- related services
- community experiences
- employment
- post-school adult living
- daily living skills
- role of outside agencies

A “Coordinated Set of Activities” is a broad accounting of...

- **what** will happen (activity)
- **when** it will occur (timeline)
- **who** is involved in each activity
- **who** is responsible (for providing and paying for the service)

Texas Project First:
[Coordinated Set of Activities](#)

[Video] - Transition Services: Strategies and Activities
Transition Services…

- are an integral part of a student’s IEP
- begin not later than when a student turns 14, or earlier if needed
- are based on age-appropriate transition assessments
- encourages and supports student participation in the development of their IEP

- include a review of transfer of rights not later than 1 year before the student’s 18th birthday
- considers courses of study or a multi-year description of coursework, including CTE
- focuses on a student’s strengths, preferences, interests and needs – SPIN
- include a discussion regarding a student’s graduation plan

The 18+ Program

students can stay in school after 4 years of high school based on need of special education or related services to complete their IEP

- need is determined by the ARD committee, data and evaluations
- must have received modifications in their academic program, met their graduation credit and state assessments requirements

All 18+ programs differ greatly – learn about the program in your district
Areas to address in the IEP
- Academics – promising goals
- Community Experiences
- Independent Living Skills
- Employment, including Customized Employment - (CE)
- Graduation Plan
- Hobbies – Recreation
- Money Management
- Self-Determination
- Self-Advocacy
- Transportation

Graduation Ceremony
Who Can Participate?
- a student that has met graduation requirements outlined in their IEP and has been in high school for 4 years.

Who is Eligible After Graduation?
- YES - IEP says, "Participating in graduation ceremonies."
- NO – IEP says, "Graduating with a diploma."

Create a team approach!
- Share your vision with others who can help make your vision a reality – family, friends, etc.
- Find and connect with allies and school/district staff who care about transition
- Get to know and work with your districts Transition and Employment services Designee (TED)

Summary of Performance (SOP) given to a student after graduation.
Far too many students graduate to their couch.

Transition Services are important…

ESC-Region 13 student survey 1 year after graduation found…

• 1/3 in educational setting
• 1/3 in work setting
• 1/3 at home, doing nothing

Use school years to look ahead and plan!
Personal Network of Support

creating a circle of support around a person at risk of isolation

Personal Networks

Personal networks create a circle of friends and family around a person with a disability to expand the number of people who care about him or her.

Personal networks also help people with disabilities explore their interests and abilities so they can enjoy them with other people.

Why start a Personal Support Network?

- to make sure that your child with a disability has a good life
- to make sure that the plans you have arranged for your child are implemented, maintained and functioning well
- to limit the risk of your child being lonely, isolated, abused, neglected or exploited

- To expand your child’s relationships - to give friends and family an opportunity to have fulfilling relationships with your child
- to assist with Supported Decision Making
- to help parents let go and to help our children form new relationships – it takes a village
Personal Networks of Support
creating a circle of support around a person at risk of isolation

Where to start?

• read *A Good Life*, by Al Etmanski
• let go of the idea that you are the only one who can take care of your child
• identify potential network members
• be open and honest with family and friends
• be willing to share your hopes, dreams and fears

Through personal networks, people who are at risk of isolation will have access to the abundance of caring, supportive people and groups in their families and communities, thus enriching the lives of the person, the family, and the community.

Need more information?

•TxP2P Publication: **How to Build a Personal Network**
• Video: **The Personal Network**
• TxP2P **Texas Network Connections**
PERSONAL NETWORK PRESENTATION

Let’s Get Started!

Thursday

October 14, 2021
from 1:30 to 3:00 pm

• A quick overview of the personal networks model
• Explore barriers to starting a network
• Dive into the different strategies for creating a personal network and consider which approach is best for you
• Set individual goals to get started!
Steps to consider…

• **start TODAY**: dream... your **vision** will give you and your child direction and an action-oriented plan with hopes and dreams for the future

• **learn the facts and possibilities** - you don’t know what you don’t know, but everything you don’t know can be learned

• **connect with others** who share similar values and quality of life vision for people with disabilities

• **focus** on strengths, preferences, interests and needs

• **change the conversation** – don’t ask, “Can my child participate?”, do ask “What supports make my child’s participation possible?”

• **let go** - start small, try something new, let your child make decisions for themself... there is **dignity in risk!**

• **put** your child on the ‘lists’
TEXAS PARENT TO PARENT
presents

PATHWAYS TO ADULTHOOD

We invite you to join our Two Part Pathways to Adulthood series via Zoom!

Transition to adulthood can be overwhelming, there are many new things to consider, decisions to be made and, we can help you find the tools necessary to start your youth transition planning. Our two series workshop will offer an overview of the following topics:

Part One
- Managing Emotions
- Facts and Possibilities
- Health Transition
- Self-Determination
- Transfer Of Rights
- Estate Planning

Part Two
- Publicly Funded Programs and Services
- Person-Centered Planning
- Public School Transition Services
- Personal Networks of Support

Tuesday
October 19, 2021
from 8:00 - 7:30pm

Thursday
October 21, 2021
from 8:00 - 7:30pm

Click here to register

This project is supported by the Texas Council for Developmental Disabilities (TCD/DD) through grant number 103117(DX30) from the U.S. Administration for Community Living (ACL), Department of Health & Human Services, Washington, D.C. 20201. Grantees/receivers of government sponsorship are encouraged to express their findings and conclusions. Opinions do not necessarily represent official TCD/DD or ACL policy.
The goal of the Txp2P Transition Center of Central Texas is to assist families to develop high quality lives for their youth and adults with disabilities after they graduate from public school.

assistance includes...

- a 1 to 2-hour consultation with parents of teens and adults with disabilities, either in person or via Zoom
- working through a transition inventory and helping the family to establish next steps and longer-range goals
- a resource bank to access during the 1-1 session and afterward
- transition peer mentors and information on important transition topics
- opportunities for a family to work on their youth’s future: join a Transition Action Group, start a personal network, become a transition mentor, or become a network facilitator.
We are here to help!

“With the support of another parent we begin to feel we will survive because we know another parent who has.”

Texas Parent to Parent
Pathways to Adulthood Team

Cynda Green
cynda.green@txp2p.org
737-484-9045

Dora Saavedra-Bilingual
dora.saavedra@txp2p.org

Adriana Valadez
adriana.valdez@txp2p.org

Learn more about the TxP2P Transition Resources

Pathways to Adulthood Transition
Texas Network Connections
Transition Inventory