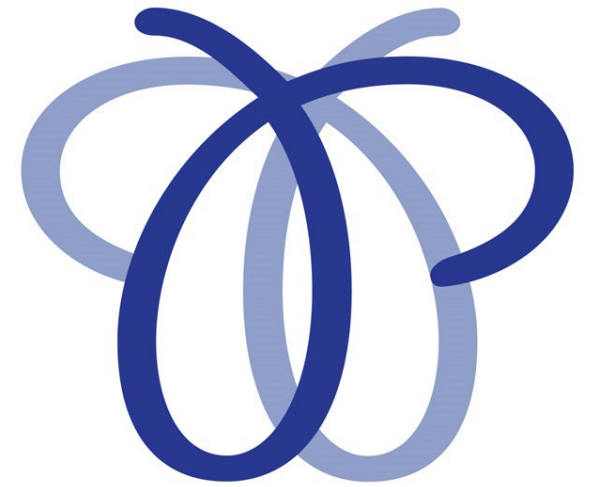


Essential things
Parents need to know
about Transition to
Adulthood

Cynda Green

Cynda.green@txp2p.org



Texas Parent to Parent

GOAL FOR PATHWAYS TO ADULTHOOD PROGRAM

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



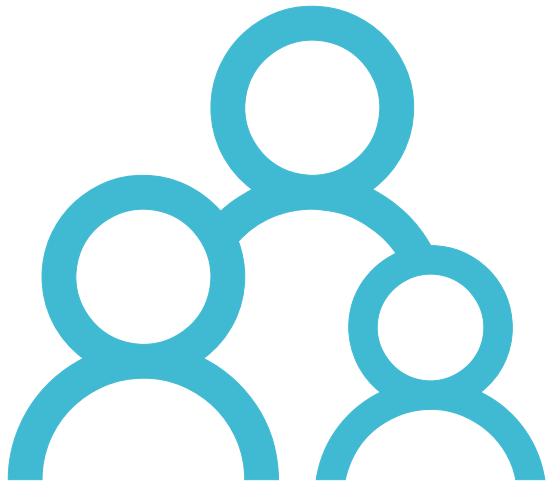
MANAGING EMOTIONS

Fear will try to keep you from taking the first step. Don't give in to fear, DO IT afraid!

What is standing in the way for Parents?

- denial
- discouragement – lack of confidence
- fear of the unknown
- feeling overwhelmed or burned-out
- lack of resources and/or options
- limited exposure of possibilities
- time to think about transition later
- willingness to let go



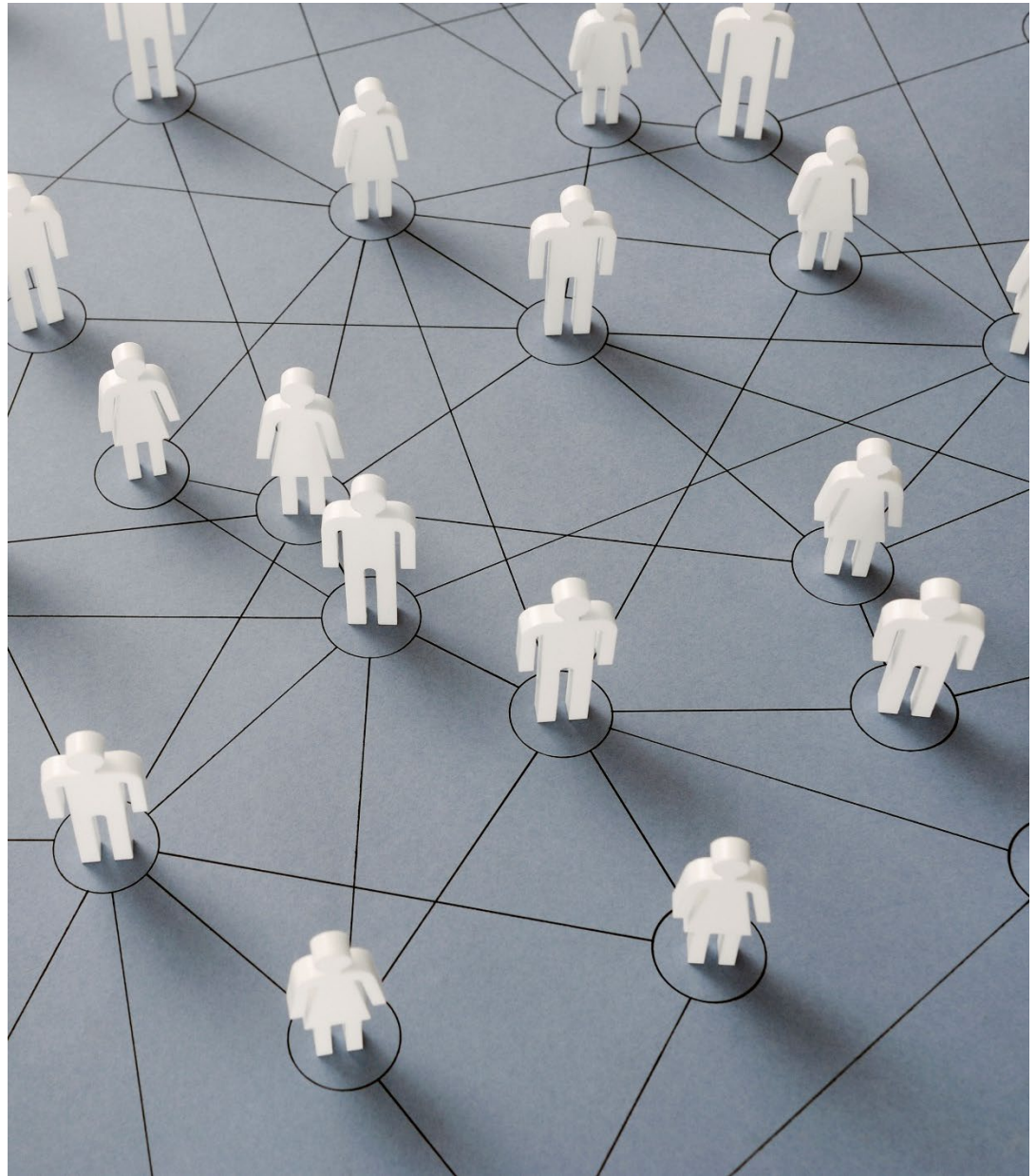


WHAT DOES IT TAKE TO MOVE FORWARD?

- change in family dynamics
- school request
- youth request
- crisis – to learn how to support families, to plan thoughtfully not in crisis mode

WHERE DO FAMILIES START?

- *connect* with other families and self-advocates
- *read* a [Good Life](#), by Al Etmanske
- *visit* the Navigate Life Texas [website](#) section - [Transition to Adulthood](#)
- *contact* Texas Parent to Parent – [TxP2P](#) at 866-896-6001 or visit [Pathways To Adulthood](#)
- *talk with* school staff; including the Transition and Employment services Designee – [TED](#)



FIND PLANNING TOOL

- Institute for Person-Centered Practices:
• Person-centered-practices.org/
- <https://www.lifecoursetools.com/lifecourse-library/lifecourse-framework/>
- Pacer Center: Pacer.org/transition/learning-center/independent-community-living/person-centered.asp

IDEA transition services:
coordinated set of activities that
facilitates student's movement
from school to post-school
activities, addressed in IEP by
age 14

Goals based on youth's strengths,
preferences and needs (SPIN)
updated annually

USE SCHOOL YEARS FOR BEST TRANSITION
OUTCOMES

Learn about

- Learn about their district's transition services and options, key transition staff

Be

- Be sure their student attends IEP meetings and becomes engaged in the process, maybe lead own ARD meetings

Help

- Help their student be ready to talk about his future with IEP team



BEST ADVICE

Make Make sure TWC is represented at ARD meetings (Tx Workforce Commission, was DARS) when appropriate; TWC now offers employment transition services at age 14 and up

Know Know when their youth will graduate (18-22) and if he'll attend an 18+ program (based on modifications vs accommodations)

Leave Leave system with Summary of Performance (SOP)

POST-SECONDARY EDUCATION

- Student going to 4-year college must enter on own merit
- Plan by 9th grade what credits and testing will be required for college eligibility
- Visit campus disability offices to ask about accommodations
- Learn about 2-year degrees, community college programs, technical schools, etc.

LEARN MORE!

- wrightslaw.com/info/trans.index.htm
- texasprojectfirst.org, click on age range
- Thinkcollege.net

USE MEDICAID

- Becoming Medicaid eligible is the key to all Long Term Services and Supports (LTSS)
 - Apply directly or get it through SSI or a Medicaid Waiver
 - Must prove low-income and no resources over \$2000 + disability

If your youth is not on the wait lists, call now:
navigatelifetexas.org → Insurance
and Financial Help → Waivers

If your youth is on the wait lists,
keep your contact info up to date
and respond to agency queries

WAIVERS

OTHER RESOURCES

HHSC (Health and Human Services Commission)

- To find your **LIDDA** (Local Intellectual and Developmental Disability Authority), go www.dads.state.tx.us/contact/search.cfm
- More at hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers

Supplemental Security Income

SSI for people age 18 and older; at 18, based on individual's resources, not family's

- Provides cash per month 2024 \$943-\$628
- With SSI automatically get Medicaid
- Apply the Month after they turn 18
- One of the most difficult systems to navigate

SSI- Supplemental Security Income

Must have a disability—"a physical or mental condition that is so severe that it keeps him or her from working substantially for at least 12 months"

- Must have limited income (below \$943 per month but lots of exceptions and variations!)
- Must have limited resources (max of \$2000 in your child's name in ready assets)

ADVICE ON SSI

Set up a separate bank account for automatic deposit (keep separate from family accounts)

To get the higher amount, say that your youth wishes to pay his "fair share" on household expenses

SOCIAL SECURITY DISABILITY INSURANCE

- SSDI
 - Based on disability + someone's work history
 - may be parent's work history or
 - may be person's work history

SSDI-Social Security Disability Insurance

- 1. An adult who became disabled prior to age 22 may qualify for benefits based on a parent's work history when parent draws Social Security
- "Disabled Adult child (DAC) gets 50% of parent's monthly SS, after 2 years
- To remain eligible for Medicaid if SSDI exceeds SSI income limit, claim Medicaid under section 1634© of SS Act

SSDI-Social Security Disability Insurance

- 2. An adult with a disability may qualify based on her own work history
- Your youth may acquire enough work credits to move from SSI to SSDI and then become eligible for Medicare after 2 years
- There may be ways to maintain eligibility for Medicaid if income exceeds limit; call TXP2P or PABSS program at Disability Rights Texas, 1-800-252-9108)

Learn more!

- <https://secure.ssa.gov/poms.nsf/lnx/0501715015>
- Txp2p.org → Pathways to Adulthood → Services and Supports
- Navigatelifetexas.org → Insurance and Financial Help → Social Security Disability Insurance (SSDI)

Do estate planning to maintain eligibility for Medicaid

- Purpose: financial management to enable a person with a disability to accumulate funds over \$2000 and remain eligible for public funding
- Special needs trust protects assets so they are not in your youth's name
- Master Pooled Trust, [the arcoftexas.org](http://thearcoftexas.org)

ABLE ACCOUNTS

- Tax-advantaged savings account for people with qualified disabilities
- Account will not affect SSI/Medicaid eligibility
- More info National ABLE resource center
<https://www.ablenrc.org/>

Learn more!

- <https://www.navigatelifetexas.org/en/family-support/wills-and-trusts>
- <https://www.thearcoftexas.org/trust/#home>

Medical Transition

- Issue: Health care professionals may not share information with you after age 18
- Start by age 14 to prepare your youth to assume health care responsibilities
- Arrange for documentation to allow you to participate (forms provided by providers, guardianship, medical power of attorney, Supported Decision Making, HIPPA form youth can ask you to be present)

Moving to
adult
medical
services

Pediatric providers may stop seeing child over age 18

Talk to current pediatric health providers before age 18 about how long they will continue to serve your youth; ask for recommendations for adult providers and help to make the transition go smoothly

Be ready change is coming.

- • Talk to other parents about finding new adult providers (txp2p listserv and other parent groups)
- Health insurance changes after 18
- Learn about your work-based medical insurance policy: adult may stay on until age 26 then may petition to stay on after 26 (must be submitted to the insurance company no later than 31 days after the adult's 26 th birthday)

Be ready to decide about your youth's rights at age 18

At age 18, society assumes a person can make legal, financial and medical decisions. Before your youth reaches age 18:

Evaluate your youth's ability to make decisions

Evaluate your ability to "wait and see"

Think about least restrictive but supportive approach

Research options

Option: Supported Decision Making

Under a supported decision-making agreement, the supporter can help the person to:

- Understand the options, responsibilities, and consequences of their decisions.
- Obtain and understand information relevant to their decision.
- Communicate their decisions to appropriate people.
- **Cannot make decisions for the person**

Option: Power of Attorney

- Document giving another person the legal authority to act on his or her behalf, such as for financial, educational and health care matters. A person appoints someone to make decisions for them.
- Person must be able to give this authority to another person and can revoke it.
- Simple form, no lawyer needed, can be downloaded

Option: Limited Guardianship

Can get *limited guardianship*, which spells out in what areas the guardian does/does not have legal decision making power

An agreement made at the court appearance

Still have to go through the guardianship process

Option: Guardianship



Parent or appropriate person can petition court to become legal guardian at age 18 or after



Empowers you to make major decisions for an “incapacitated person”



Investigate finding the right lawyer and what the costs will be in your county, including court costs and bond

Encourage Parents to get started now!

Get	Get ready and organized
Encourage	Encourage their youth's independence
Build	Build funding and support services
Initiate	Initiate a planning session
Reach out	Reach out to others, build networks
Start	Start thinking long term
Focus on	Focus on the gifts of their youth

Texas Network Connections Program

Creating intentional community for people who are at risk for isolation.

To learn more:

<https://www.txp2p.org/services/texas-network-connections>



We are here
to help!

- **Pathways to Adulthood team:**
- Adriana Valadez
- Adriana.Valadez@txp2p.org
- Dora Saavedra-Bilingual
- Dora.saavedra@txp2p.org
- Cynda Green
- Cynda.green@txp2p.org

Learn more about the TxP2P Transition Resources

[Pathways to Adulthood Transition](#)
[Texas Network Connections](#)
[Transition Inventory](#)