Welcome to Part 2 of our Pathways to Adulthood Zoom series

- Please mute your phones
- 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 Partner for bringing this training to you!

This work is supported by the Texas Council for Developmental Disabilities through a grant from the U.S. Administration for Community Living (ACL), Department of Health and Human Services (HHS), Washington, D.C. 20201, with a 100% federal funding award totaling $5,907,507. Council efforts are those of the grantee and do not necessarily represent the official views of nor are endorsed by ACL, HHS, or the U.S. government.
Pathways to Adulthood

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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 $841.00 (lots of exceptions and variations)
Eligibility Continued…

And (2) disability:

To establish eligibility:

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

Compassionate allowance (quick eligibility for very serious conditions)
Supplemental Security Income (SSI)
Access: Income & Disability

- 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 = $841/mo. max, or $561. or less (depends on many variables!)
My "Fair Share" For SSI

Living Arrangements Matter

• 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.
  https://howtogeton.wordpress.com/ssi-housing-regs-how-to-calculate-your-share/

• Rental Loan Agreements can also help increase the amount of SSI received each month. https://howtogeton.wordpress.com/how-to-make-a-rental-loan-agreement-ssi-regulations/?fbclid=IwAR2uOeT1wUvGzujBCxmQIRQcB8JHL.Cwursu0c6KyEzPo7lla2Mo-PNmSJeI

• Determine amount by adding household expenses and dividing by # in household

• SSI Living Arrangements can play a role in amount received
  https://www.ssa.gov/ssi/text-living-ussi.htm

• Special Needs Alliance: Avoiding SSI Reductions When An Adult With Disabilities Lives With Family
SSI = Medicaid

Being eligible for Medicaid is the key to getting most valuable services in Texas.

Medicaid opens the door to:

- Acute Care – Managed Health Care
- Long Term Services and Supports (LTSS)
Ways To Apply For & Maintain SSI

Apply:

• SSA toll free # 800-772-1213 or online (1 month after youth is 18)
• Aging and Disability Resource Center (ADRC)
• Local IDD Authority (LIDDA) Benefits Specialist

Maintain:

• Report all sources of income (earned & unearned) to SSA monthly
• Keep ready assets under $2000

Take a closer look - Navigate Life Texas: SSI – Applying for Disability Benefits or SSI for Children with Disabilities
(SSDI)
Social Security
Disability
Insurance
Access: Earned

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 Texas for a free counseling session, 1-800-252-9108 or contact your local Work Incentives Planning Assistance (WIPA) Program.
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) — apply at [YourTexasBenefits.com](http://YourTexasBenefits.com) or call 211

Texas Department of Housing and Community Affairs (TDHCA) Programs
- Amy Young Barrier Removal
- Community Affairs
- Home Ownership
- Housing Choice Voucher Section 8
Health and Human Services Commission (HHSC)
Long Term Service and Supports Programs

“Don’t let our needs determine our dreams, let our dreams determine our needs.”

– Colleen Tomko

1. [Long-term Services and Supports Available Through the Texas Medicaid State Plan](#)
2. [Texas Long-term Services and Supports Waiver Programs](#)
3. [Texas Title XX Community Services and Supports](#)
Long Term Service and Supports (LTSS) Waiver Programs
AKA – Medicaid Waiver Programs

LTSS waiver Programs provide acute care (medical) and LTSS to help a person with a disability or chronic illness accomplish daily activities, optimize their health and retain their independence in the community instead of an institution.

- 7 LTSS Medicaid Waiver programs in Texas – view a comparison chart of all waivers [here](#).

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

- NOT entitlement programs – first come first served
  - wait time - up to 15+ years long
  - 171,000+ waiting

View the interest list reduction summary [here](#).
Compare LTSS Waiver programs [here](#).
LTSS Waiver Programs Continued

• 2 funding paths… “interest list” or through the Promoting Independence initiative

• Each program has different eligibility requirements – (age, financial & functional eligibility), service options and service fees.

• Financial eligibility does NOT always consider parental income – TxHmL and the YES waivers are the exception – parental income is considered for a minor child.
Service options…

- Adaptive Aids - AA
- Behavioral Supports
- Community Living Supports
- Employment Assistance - EA
- Financial Management Services - FMS
- Host Home/Companion Care - HH/CC
- Minor Home Modifications - MHM
- Nursing
- Residential Support Services - RSS
- Respite
- Service Coordination
- Specialized Therapies
  - Cognitive Rehabilitation Therapy
  - Hippotherapy
  - Music Therapy
  - Occupational Therapy
  - Physical Therapy
  - Speech Therapy
- Supervised Living - SL
- Supported Employment - SE
- Supported Home Living Transportation
- Unlimited Prescriptions

NOTE: Additional services are available, this is not an exhaustive list.
HCS Diversion Slots

• An 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 offered based on budgetary guidelines

Protocol for offering an HCS Diversion Slot
Community First Choice (**CFC**)  

For individuals who meet an institutional level of care, to prevent institutionalization!!!

- an entitlement program launched in 2015
- for eligible Medicaid recipients with disabilities of all ages
- service options include personal assistance services (PAS)/habilitation (HAB) & Emergency Response Services (**ERS**)  
- can receive services while waiting for an LTSS Medicaid Waiver program  

CFC is also a part of some **LTSS programs**.
Medicaid Waiver Programs

To place your child on the interest lists…

CLASS, DBMD, MDCP (transitioning to STAR Kids)
Call 877-438-5658

HCS and Texas Home Living
Call your Local IDD Authority (LIDDA). Find your LIDDA [here](#).

YES Waiver
Call your Local Mental Health Authority (LMHA).
Find your LMHA [here](#).

To inquire about CFC Services…
Call your Local IDD Authority (LIDDA). Find your LIDDA [here](#).

Visit the Navigate Life Texas [website](#) and search for Medicaid Waivers for helpful information.
Helpful Websites on Transition

- Got Transition?
  (ODEP) Guideposts for Success
  https://www.dol.gov/agencies/odep/program-areas/individuals/youth/guide

- Navigate Life Texas

- PACERS National Parent Center on Transition and Employment

- Texas Parent to Parent Pathways To Adulthood (PTA) Transition Program

- Transition Guide To Postsecondary Education And Employment For Students And Youth With Disabilities

- Parent Center HUB - Transition To Adulthood Suite
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?
- What are the options?
Important Questions:

• 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 my child need and who will provide them?
• What funding sources are available and what are the eligibility requirements?
• How much time, energy and assets do I have available for a home set-up?
Considerations:

• Keep an open mind – look at all options
• What makes a house a home
• Everyday rituals and routines that provide your child with consistency, comfort and control
• Proximity to stores, restaurants, recreation and work
## Housing and Support Options for People with I/DD

<table>
<thead>
<tr>
<th>Housing Options</th>
<th>Support Options</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>I want to live with:</strong></td>
<td><strong>My support is funded by:</strong></td>
</tr>
<tr>
<td><em>Myself</em></td>
<td><em>Me</em></td>
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<tr>
<td><em>Family</em></td>
<td><em>Family</em></td>
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<tr>
<td><em>Roommate</em></td>
<td><em>Roommate</em></td>
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<td><em>Group</em></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><em>House, Condo, Apartment</em></td>
<td><em>Me</em></td>
</tr>
<tr>
<td><em>Family Home</em></td>
<td><em>Family</em></td>
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<td><em>Shared Living Arrangement</em></td>
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<td><em>ICF/IID</em></td>
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<td><em>State Operated Housing</em></td>
<td><em>Housing Corporation</em></td>
</tr>
<tr>
<td><strong>The property I live in is owned by:</strong></td>
<td><strong>My level of support is:</strong></td>
</tr>
<tr>
<td><em>Me</em></td>
<td><em>Case Management Only</em></td>
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<tr>
<td><em>Family</em></td>
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<td><em>Agency</em></td>
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<tr>
<td><em>State</em></td>
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State-Funded Residential Options for individuals with IDD

**Community-Based** (access through the HCS Medicaid Waiver)
- HCS Group Home
- Host-Home/Companion Care

**Institution-Based ICF/IID** (access through your [Local IDD Authority](#))
- Community-based ICF/IID Group Home
- Large State Operated Institution (State Supported Living Center in Texas)

**Considerations:**
- Ask questions
  - what do residents do during the day?
  - how do you match residents?
  - how do you support resident choice?
  - what are the training requirements for staff?

- Visit the residence & note
  - interactions with residents
  - physical barriers
  - how the phone is answered
  - TV program/music
  - how choice is honored

Take a closer look [here](#).
Privately Funded Communities

Residential and vocational setting for people with intellectual and developmental disabilities – (IDD).

Privately Funded Communities in Texas (examples)

• Down Home Ranch – Elgin
• Marbridge Ranch – Manchaca
• Brookwood Community – Brookshire
• Cornerstone Ranch – McKinney

Access through private pay, SSI, earned income, special needs trusts

Considerations:

• Where do residents work, worship, continue learning and recreate?
• How do residents engage with community?
• How do you foster self-determination?
• Type of living arrangement/s
  - 2-3 in a small house
  - dorm style living
Parent-Arranged Residence

Types
- Co-Housing
- Cooperative Housing
- Family Consortium
- Individualized Housing

• In a place separate from family
• Initiated by family or individual
• Operated by family or individual
• Set up individually or with other families
• 1-3 residents with supports as needed
Co-Housing

Co-housing is an intentional community of private homes clustered around shared space. Each attached or single-family home has traditional amenities.

Shared spaces typically feature a common house, which may include a large kitchen and dining area, laundry, and recreational spaces.

Shared outdoor space may include parking, walkways, open space, and gardens.
Cooperative Housing

Individuals interested in home ownership may organize to form a kind of corporation called a cooperative or co-op.

Members don’t own their individual units; rather, they own one share in the cooperative.
Family Consortiums

Family consortiums are typically formed by a small group of parents who pool their resources together to provide a home for their children.

Homes (house, condominium, apartment, etc.) may be bought or rented. Support services are managed together.
Individualized Housing Options

Greater opportunities now exist for individuals with disabilities to rent or own apartments, condos, townhomes, duplexes, or homes and receive the services and supports they need in the location of their choice.
Considerations

- **Advantages:** gives person with a disability and family greater control over the environment and more individuality
- **Disadvantages:**
  - Higher overhead… can be a big commitment of time, energy and financial resources
  - Shared decision making if several residents live together
Creating a Space to Call Home:

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

Set up a separate household:

- Adult lives with another family or caregiver in the caregiver’s home (HH model)
- Adult lives in a place they pick; family or individual rents or buys
- 1-3 residents live together with supports as needed
HELPFUL TIPS

Learn About
- All Options
- Eligibility Requirements/Restrictions
- Types of Supports (Technology, Natural, Paid)

Use Technology
- Increase Independence/Build Self-Confidence
- Monitor Health & Safety
- Reduce Family/Caregiver Role

Put Your Child On
- LTSS Medicaid Waiver “Interest Lists”
- Low Income Housing Wait Lists
- First Time Home Ownership Program Wait List

Talk To
- Your Youth
- Other Parents With Experience/Interest
- Professionals

Teach Your Child/Youth
- ADL’s
- Safety Protocols/What To Do In An Emergency
- Self-Determination – S.C.A.R.F.
Resources to Help Develop a Home

Organizations:
• Adults Independent and Motivated (AIM)
• Community for Permanent Supported Housing (CPSH)
• Section 811 Supportive Housing for Persons with Disabilities Program
• Texas Department of Housing and Community Affairs (TDHCA) Programs
• Texas Reality Check

Web-based:
• Navigate Life Texas: Housing Choices for Young Adults with Disabilities
• Texas Parent to Parent: How-to for Setting Up A Supported Residence

Book:
Feeling Overwhelmed?
a few simple tips to help

“Nothing diminishes being overwhelmed more than action.”
– Unknown –

• 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!!
Decision Making at Age 18
aka: age of majority – transfer or rights

How important are your rights if you don’t have any?
Decision Making at Age 18

“There is only one success... to be able to spend your life in your own way.”
- Christopher Morley

At age 18, society assumes a person can give informed consent and make legal, financial and medical decisions.

Before your child reaches age 18:

• evaluate your child’s ability to make decisions
• evaluate your ability to “wait and see”
• think about least restrictive but supportive approaches
• research options – there are many
• make sure you have a State issued ID card for your youth
Guardianship & Alternatives

In 2015 Texas Legislature passed four bills protecting the rights of persons with disabilities in the guardianship system.

- **HB 39** – Alternatives to Guardianship
- **HB 1438** (section 10) – Court Initiated Guardianships
- **SB 1881** – Supported Decision-Making
- **SB 1882** – Bill of Rights of Wards

Take a closer look at Navigate Life Texas: [Legal Options for Age 18 and Beyond](#)
Supported decision-making allows individuals with disabilities to make their own decisions and stay in charge of their lives, while receiving the help and assistance they need to do so.

A supporter **CAN** help the person…

- understand the options, responsibilities, and consequences of their decisions
- communicate their decisions to the appropriate person/people

A supporter **CANNOT** make a decision for the person. The supporter should…

- act in good faith
- act loyally without self-interest
- avoid conflicts of interest
Guardianship is a legal process that takes away the rights of a person deemed to be “incapacitated” (the “ward”) and gives responsibility to the “guardian.”

A guardianship...

- is the most restrictive action taken to protect a vulnerable person
- is not guaranteed just because you petition the court
- establishes responsibilities and limitations of the guardian
- establishes how much freedom wards have to make their own decisions
- requires reports or accounting to the courts at least annually
- doesn’t stop a person from making a bad decision
Websites for Decision Making After 18

Click images for more information.

National Resource Center for Supported Decision-Making
EVERYONE has the Right To Make Choices
ESTATE PLANNING,
ABLE ACCOUNTS
Estate Planning

• Special needs trust: Financial management tool to enable a person with a disability or his family to accumulate funds over $2000 and remain eligible for public funding
• Protects assets so they are not in your child's name
• There are Many different kinds of trusts, consult a lawyer
• Master Pooled Trust, the arcoftexas.org
ABLE (Achieving a Better Life Experience)

Allows people with disabilities (diagnosed before age 26) to save money in a 529A tax-advantaged savings account.

Money must be used for qualified disability expenses, such as education, transportation, housing, health, etc.

Annual limits for contributions, currently $15K for 2020 (amount may differ if employed)

www.texasable.org

www.ablenrc.org/about/what-are-able-accounts
HEALTH CARE TRANSITION
Moving to adult medical services

• 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

• Issue: 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

• Talk to other parents about finding new adult providers (txp2p listserv and other parent groups)
Moving to adult medical services

Issue: 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 26th birthday)

• Health Insurance Benefit Programs
Other adult medical services

• Medicaid acquired through SSI (STAR+PLUS)
• Medicare acquired through SSDI
• Medicaid Buy-In, health care for people with disabilities who work (monthly premium based on income)
• Texas HIPP: Health Insurance Premium Payment program, for a family with 1 person on Medicaid and access to private work-based health insurance; pays premium (gethipptexas.com)
Collect information, get informed

Start a care notebook; see Txp2p.org home page for txp2p care notebook

Go to gottransition.org, click on youth and families; checklists and guides regarding medical transition for both parents and youth
Websites for health care transition

- [https://tcdd.texas.gov/fact-sheets/#Extending_Health_Insurance_After_Age_26](https://tcdd.texas.gov/fact-sheets/#Extending_Health_Insurance_After_Age_26)
- [gethipptexas.com](https://gethipptexas.com)
- [gottransition.org](https://gottransition.org) (federal website, checklists, etc.)
- [navigatelifetexas.org](https://navigatelifetexas.org), search for health care benefits
START PLANNING

“The best way to predict the future is to create it.”
4. Prioritize your next steps

Whatever the age of your child, now is the time to get started!

What steps do you think should come first?

What are the barriers to getting started?

What are you ready to commit to now?

See Transition Inventory in binder or at txp2p.org, Pathways to Adulthood home page
Where to begin

Use TxP2P transition timeline and inventory lists to get started

Start a file to collect information

Find names of useful people

Talk to friends and family

Get on waiver interest lists

Keep resources under $2000

At age 18 rules are different – be ready for the changes
Personal Networks

**Personal networks** promote planning and social opportunities in the present, assist with decision-making, and work to be sustainable after parents can no longer be available. Learn more about networks, how they benefit families and how the [TxP2P Texas Network Connections](#) Program can help you start a network.
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.
Thank you !!!
Pathways to Adulthood Team

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