

Pathways to Adulthood

The future is not something we enter.

The future is something we created.

Cynda Green

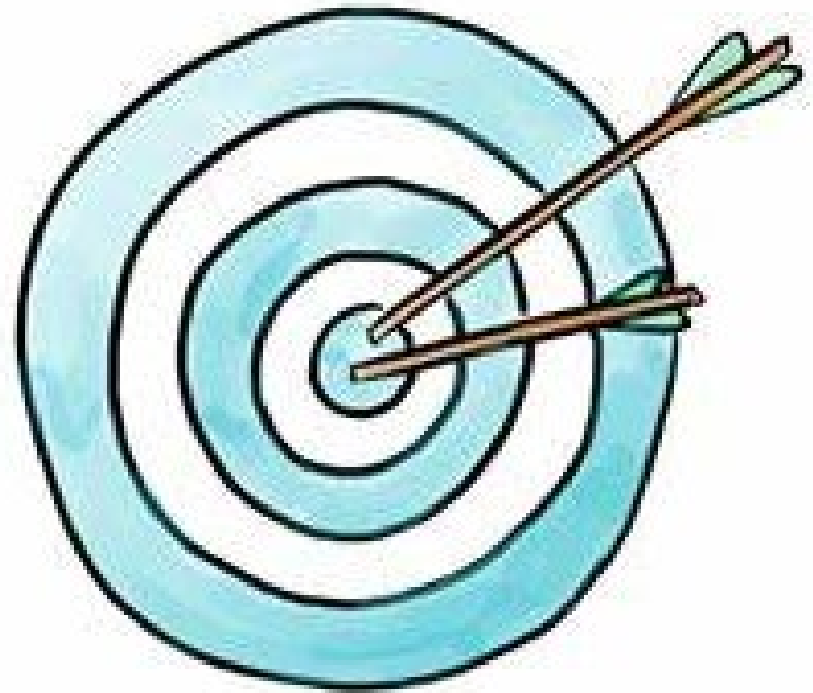
Texas Parent to Parent



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GOALS 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](#)



- Group forms that cares about the focus person and assists in process
- Group inventories the present and creates a vision for the future
- Focus person names his or her goals and steps to carry them out

FIND A
PLANNING
TOOL AND
USE IT

- What do you like and dislike?
- What are you good at? Talents? Strengths?
- In what areas do you need support?

ASK YOUR
YOUTH
THESE
ESSENTIAL
QUESTIONS

LEARN MORE!

- Institute for Person-Centered Practices:
 - Person-centered-practices.org/
- Pathways to Adulthood, Planning for the Future: txp2p.org → PTA → Planning
- 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 your district's transition services and options, key transition staff

Be

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

Help

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

USE
SCHOOL
YEARS

BEST ADVICE

Make Make sure TWC is represented at ARD when appropriate; TWC offers employment transition services at age 14 and up

Know Know when your 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
- transitionintexas.org/Page/143
- 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

WAIVERS

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

- HHSC (Health and Human Services Commission)
- To find your **LIDDA** (Local Intellectual and Developmental Disability Authority)
<https://apps.hhs.texas.gov/contact/la.cfm>
- More at hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers

OTHER RESOURCES

LEARN MORE!

- Txp2p.org → Pathways to Adulthood → Services and Supports
- Navigatelifetexas.org → Insurance and Financial Help → Medicaid

Supplemental Security Income

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

- Provides cash per month (\$609.34- \$914 month)
- With SSI automatically get Medicaid
- Apply the Month after they turn 18

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 \$914 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

- Online at yourtexasbenefits.com/Learn/Home
- Or call 211 to apply for Medicaid

- SS toll free # 800-772-1213

- ssa.gov/disability/

- For more information, go to txp2p.org
→ Pathways → Services and Supports

LEARN
MORE/APP
LY FOR SSI
AND OR
MEDICAID

LEARN ABOUT SSDI

- Social Security Disability Insurance
 - 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 ACT

- Achieving a Better Life Experience (ABLE) Act passed in 2014
 - Tax-advantaged savings account for people with qualified disabilities
 - Account will not affect SSI/Medicaid eligibility
- More info @ texasable.org

Learn more!

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

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

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

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.

Parent to Parent Transition Center of Central Texas



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.



Texas Network Connections Program

Creating intentional community for
people who are at risk for isolation
To learn more: www.txp2p.org



SAVE THE DATE

Texas Parent to Parent-
Statewide Conference

July 14 & 15, 2023

Embassy Suites, San Marcos

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

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Learn more about the TxP2P Transition Resources

[Pathways to Adulthood Transition](#)

[Texas Network Connections](#)

[Transition Inventory](#)