

# **Becoming an Adult: For Youth with Developmental Disabilities**



**Department of Social Work**



**University of Michigan  
C.S. Mott Children's Hospital**

## **Acknowledgements**

We got information in this booklet from the following organizations. They all have useful information to plan for children with multiple impairments.

### **ARC**

The Arc Michigan facilitates a statewide network of local chapters assisting persons with developmental disabilities and their families through education, training, technical assistance and advocacy.

<http://www.arcmi.org/>

800-292-7851

### **Michigan Department of Community Health (MDCH)**

MDCH is the department of the state government whose goal is to protect, preserve, and promote the health and safety of the people of Michigan. MDCH looks out for the needs of vulnerable and under-served populations. Services are administered throughout the State of Michigan through multiple agencies, including the Department of Human Services, the Department of Public Health, Community Mental Health Agencies and local school districts.

<http://www.michigan.gov/mdch/>

517-373-3740

### **Michigan Protection and Advocacy Service (MPAS)**

MPAS promotes, expands and protects rights of people with disabilities through information and advocacy. MPAS tries to answer questions you may have relating to disability. They have experience in the following areas: discrimination in education, employment, housing, and public places; abuse and neglect; Social Security benefits; Medicaid, Medicare and other insurance; housing; Vocational Rehabilitation; HIV/AIDS issues; and other topics.

<http://www.mpas.org/>

800-288-5923 (Toll Free) or (517)487-1755

**Pediatric Advocacy Initiative (PAI)**

The PAI is a program of the University of Michigan Law School. They work with doctors, nurses, and social workers to address legal issues that affect children's health and well-being. The PAI is staffed by lawyers and law students from the University of Michigan Law School.

<http://www.law.umich.edu/clinical/pediatricadvocacyinitiative/Pages/default.aspx>  
734-763-1942

**Social Security Administration (SSA)**

The SSA administers income to disabled Americans.

<http://ssa.gov/>  
800-772-1213

**U.S. Department of Housing and Urban Development (HUD)**

HUD directs housing programs for low-income and disabled Americans including: FHA first-time homebuyers program, Housing Choice Vouchers, Section 202, Project-based Section 8, and Public Housing programs.

<http://HUD.GOV/>  
800-955-2232

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# Introduction

“Disability is a natural part of the human existence and in no way diminishes the right of persons with developmental disabilities to live independently, enjoy self-determination, make choices, contribute to society, and experience full integration and inclusion in the economic, political, social, cultural, and educational mainstream of American society.”

- The Developmental Disabilities Assistance and Bill of Rights Act Amendment of 1993

## Why is Planning Important?

We all go through transitions in our lives, from infancy to childhood, from preschool to elementary school to high school, and from teens to adults. Planning ahead and preparing for changes helps make things easier. It is important to plan for the transition from pediatric doctors to adult doctors, moving from school to adult life. It is never too early to think about and prepare for your child's future. Transitions for teens with developmental disabilities (DD) can be especially challenging. When teens turn 18, they are legally independent persons. An 18 year old teen is assumed to be able to make medical, financial and life decisions on his/her own.

People who are 18 are able to start receiving their own medical information and signing consent forms for medical procedures. Doctors and hospitals, government programs and social service agencies need written permission to speak with anyone else about that person. All of this can be a challenge for a person with DD and the family. If you don't prepare for the day the person with DD turns 18, there may be disruptions in insurance, health care and supportive services.

## **It Takes a Village**

This ancient African proverb, “it takes a village to raise a child”, is very true. No man, woman, or family is an island, especially when caring for a child with DD.

Whole communities – including families, schools, businesses, employers, health care providers, public service agencies, and many others, must work together to find, and share resources to help a successful transition to adulthood.

Services coordinated between all agencies are important for persons with DD.

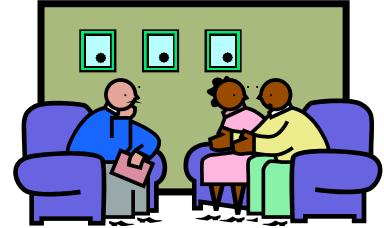
When able, the person with DD should be independent and be giving and respected members of their communities. When they are more impaired, agencies should provide a helpful net for the families that care for them.

The planning process for the change should be thoughtful, person-centered, and take into account the person's unique abilities and challenges. Transition planning should help a person with DD and family by providing information about community-based services and support, Social Security Income, and affordable housing options.

We hope this manual helps you understand services for persons with DD over the age of 18 in Michigan. All young adults are different, as are all families. There is no single “right plan” for transition to adulthood. What some families want for their child may or may not be what you want for yours. The best planning occurs when the family, the school, service agencies, medical professionals and others caring for your child work together. This will improve your child’s employment ability, continuing education options, housing options, and have a meaningful life that continues after school.

## When to ask for Social Work

There is a Social Worker in most inpatient areas and outpatient clinics at Mott Children's Hospital. Social Workers can help you in many different ways.



### For Practical Concerns...

- ✓ You would like to know where you can get information about your child's diagnosis.
- ✓ You're having a hard time understanding your insurance coverage, or are having financial troubles because of the cost of treatment.
- ✓ You have questions about transportation to medical appointments or a hotel for when your child is in the hospital.
- ✓ You have questions about services to help you care for your child at home.
- ✓ You are having a hard time setting up the help your child needs at school.

### For Support...

- ✓ Your child or someone in the family is having a hard time coping with the illness or treatment.
- ✓ Your child's school isn't doing what is needed to help your child succeed.
- ✓ Your child refuses to take his/her medication and you are worried he/she will get sick because of this.
- ✓ Your child is depressed or anxious and you think he/she needs a counselor.
- ✓ Your family is having a hard time with your child's disabilities or changes in the family routine.

### How do I ask for a Social Worker?

You can ask for a Social Worker when your child is in the hospital or at an outpatient appointment. You can also call the Guest Assistance Program at 800-888-9825 or 734-764-6893.





# Decision-making

Adapted from Michigan Protection and Advocacy Service, Inc.

## Guardianship

### What is Guardianship?

Guardianship is a legal relationship between a responsible adult (the guardian) and a minor child or adult with a disability (the ward). In this relationship, the guardian is given the duty and right to act on behalf of the ward. The guardian can make certain decisions affecting the ward's life. The court gives the guardian the authority to make certain decisions in the wards best interest. When a guardianship order gives certain rights to the guardian, it takes those rights away from the ward. Guardianship is restrictive and should only be used when necessary.

### Alternative to a Full Guardian

Most people with a disability are able to manage their own personal and financial affairs without a guardian and with appropriate services and support from family and friends. It is very important to explore less restrictive options before considering guardianship. Several alternatives which might be appropriate are discussed below. This list is not comprehensive and there are many guardianship options that can be combined to meet the needs of each situation.

### Help from Friends and Family

Most people consult with family members and friends before making important decisions or making decisions in situations new to them. People with a disability are no different. Family members and friends can provide much guidance and support to an individual with a disability and can avoid the need for a guardian. For instance, family members can help define risks, rewards and consequences of a decision and explain these to the disabled person. The person can then make his or her own choice.

### Help from the Community

Citizen advocacy is a program in which trained volunteers are matched with persons with disabilities. The relationship is like the "Big Brothers Big Sisters"

program. The way a citizen advocate helps depends on the needs of the disabled person. Citizen advocates can serve as guides and advisors or may assist with budgeting and paying bills, making purchases, and support disabled persons like their family would. Citizen advocacy programs are operated through the ARC in Michigan.

### **Trust Funds**

A trust legally allows a person or institution (like a bank) to manage the property and money of another person. If the reason for choosing guardianship is mostly financial, a trust is an option. A trust allows parents to place property or money in the trust to be managed and used for the benefit of the individual.

Since the person with a disability does not own the contents of the trust, he/she is still eligible for government benefits like Supplemental Security Income (SSI). Also, the government cannot use the contents of the trust as repayment for past benefits.

Interest from the trust can be used to purchase goods or services for the person which are not covered by government benefits. There are many types of trusts (living trust, testamentary trust, revocable trust, irrevocable trust, insurance trust, etc.). Within each of these types of trusts there is great variety depending on the terms of the trust. Although a trust does not give the trustee power to make personal decisions for the individual with a disability, parents could specify in the terms of the trust that the trustee will act as an advisor to the disabled person in making certain personal decisions.

Trusts are complex and it is important to seek the assistance of an attorney. Before seeking legal assistance it is a good idea to carefully analyze what you want the trust to accomplish.

### **Financial Power of Attorney**

Any person can give someone else the power to make decisions regarding his/her estate. The person given power of attorney has only those powers given to him/her by the person who is disabled. Power of attorney may only be used if the person with the disability fully understands what it is that he/she is authorizing the other person to do.

### **Health Care Power of attorney**

This is a different type of power of attorney given by an individual. It authorizes someone else to become a patient advocate and make medical decisions for a person only if he/she becomes unable to. An example is if the person was in a coma.

### **Limited Bank Account**

There are several ways in which access to finances can be voluntarily limited through specialized bank accounts. (Not all banks are agreeable to establishing these types of accounts).

**Cosigners:** Some banks will set up accounts in which two or more persons must sign to authorize withdrawals. Neither person could withdraw funds without the knowledge and approval of the other. The account could be either a checking or savings account.

**Ceiling Limit Account:** Another option might be a ceiling limit account setup in the name of the disabled person. With this method, the individual would be able to withdraw only a limited amount. Checks or withdrawals over the specified amount would be invalid.

**Pour-over Account:** The pour-over account is a second account which automatically transfers money to the limited account after a withdrawal. The amount of each withdrawal is limited but the individual always has access to the specified amount of money.

### **Representative Payee**

If the only income an individual has is SSI, Social Security or some other federal supplement, a representative payee may be an option to guardianship. A representative payee is someone who receives and manages federal benefits for another person unable to manage money. Applications must be made to the Social Security Administration to be chosen as representative payee. Local Social Security Offices can offer information regarding applications.

## **Full Guardianship**

### **What is a guardian?**

A guardian is a person chosen by a probate court and given power and responsibility to make certain decisions about the care of another person (called a ward). A guardian may be a family member, friend or a public or private person or institution selected by the court. The selection of a guardian is a legal process made to protect people from abuse, neglect (including self-neglect) and mistreatment. The guardian can also provide for their care and manage their property.

To have a guardian, a person with DD is considered legally incapacitated. The guardian is given the responsibility and power to make decisions about the ward's life. When a guardianship order gives certain rights to the guardian, it takes those rights away from the ward. Guardianship is very limiting and should only be used when necessary.

A person with a DD does not need a guardian unless it can be proven that he or she does not have some or all of the ability to take care of themselves or their property. The law requires that guardianship can only be used when it is necessary, and any guardianship that is used will let a person with a DD live as independently as possible.

### **When can the court appoint a guardian?**

The court can choose a guardian when it finds the person is legally incapacitated and decides that a guardian is necessary.

### **What is a "legally incapacitated individual"?**

A legally incapacitated individual is an adult the court finds to be so impaired by mental illness, mental deficiency, physical illness or disability, chronic use of drugs, chronic intoxication, or other causes, that he or she lacks the understanding or ability to make or share informed decisions.

### **Is a lawyer necessary?**

No, but a lawyer can be helpful, especially if someone disagrees to the selection of a guardian, the power you are asking to be given, or the person you are asking to be the chosen guardian.

### **What is the process for becoming a guardian?**

1) Get the forms to request guardianship from your county probate court office.

These forms are also available online at:

<http://courts.michigan.gov/scao/courtforms/probate/gpindex.htm#guard>

The two forms needed are called:

- Petition for Appointment of Guardian, Individual with Alleged Developmental Disability
- Report to Accompany Petition to Appoint, Modify or Discharge Guardian of Individual with Developmental Disability.

A physician or mental health professional will also have to complete a form for the court. If necessary, the court may also order the disabled person to be tested by a physician or a mental health professional.

- Report of Physician or Mental Health Professional.

2) File the petition at your County Probate Court. There will be a filing fee.

Sometimes there is no filing fee if the person with DD is on Medicaid.

3) After the petition is accepted for filing, the court will choose a *guardian ad litem* to visit the disabled person.

4) The next step will be a hearing before a judge. At the hearing the judge will review the forms talked about above and information from the *guardian ad litem*. The judge will then make a decision.

### **What will the guardian ad litem do?**

The guardian ad litem will explain the guardianship process and make suggestions to the court as a result of the visit. It is important for the disabled person and family to work with the guardian ad litem. The guardian ad litem does not have the power to make decisions for the person. The disabled person may have to pay for the guardian ad litem.

- The guardian ad litem will personally visit the person and explain to him/her the nature, purpose, and legal effects of the selection of a guardian.
- The guardian ad litem will:
  - Explain the hearing process and the person's rights during the hearing.
  - Tell the person of the name of anyone wanting to be chosen as guardian;
  - Tell the court of his or her decision's about the person's wishes.

**Can the individual get a guardian immediately in an emergency?**

If an emergency exists, the judge may choose a temporary guardian until a hearing on the petition can be held.

**What responsibilities does a guardian have?**

When the court chooses a guardian of the person, the guardian may have the following responsibilities:

- Decide and check on the home.
- Agree to and check on medical treatment.
- Agree to and check on non-medical services such as education and counseling.
- Agree to and release of confidential information.
- Make end-of-life decisions.
- Act as representative payee.
- Report to the court about the guardianship status at least once a year.

This is a summary of current information available and is not a substitute for legal advice. For more information, talk with your lawyer or call Michigan Protection and Advocacy Service, Inc.

MPAS promotes, expands and protects rights of people with disabilities through information and advocacy. MPAS tries to answer questions you may have relating to disability. They have experience in the following areas: discrimination in education, employment, housing, and public places; abuse and neglect; Social Security benefits; Medicaid, Medicare and other insurance; housing; Vocational Rehabilitation; HIV/AIDS issues; and other topics.

<http://www.mpas.org/>

800-288-5923 (Toll Free) or (517)487-1755



# Income

## **Supplemental Security Income (SSI)**

SSI is a program of the Social Security Administration (SSA). This is a program through the Federal Government and is available in every state. SSI provides income for persons who meet the disability and financial requirements.

To be eligible for SSI benefits, a child under 18 must be either blind or disabled.

- Your child may be eligible for SSI disability benefits beginning as early as the date of birth.
- To determine whether a child under 18 is disabled, the government considers whether the child has a "medically determinable physical or mental impairment" which "results in marked and severe functional limitations" and can be expected to last for at least 12 month or result in death.
- A child with a visual impairment may be eligible for SSI blindness benefits if the impairment meets the definition of blindness.
- Your child may be eligible for SSI disability benefits until age 18.

## **When can an “adult” child receive SSI?**

When a child who has been receiving SSI turns 18, he/she is not automatically eligible to continue receiving this benefit. The federal government uses different standards for evaluating disability in children and adults. It is important that children receiving SSI who are turning 18 and their parents prepare for this change.

For adults, the government relies upon a functional evaluation of an individual's ability to work. An individual over the age of 18 is disabled if he or she has a "medically determinable physical impairment" which "results in the inability to do any substantial gainful activity." As with children, this disability must be expected to at last at least 12 months or result in death.

A child with "marked and severe functional limitations" that qualify him/her for SSI payments may still be able to find substantial gainful activity as an adult. If the child will not be able to secure and maintain employment though, it is important to ensure that benefits continue.

**Once a person turns 18, only that person's income and assets are considered when determining eligibility.** Some young adults who did not qualify for SSI benefits based upon their parents income or resources may become eligible at age 18.

### **How do I apply for SSI?**

If you are applying for SSI, you can complete a large part of your application by visiting the website at [www.socialsecurity.gov](http://www.socialsecurity.gov). You also can call them toll-free at 1-800-772-1213 to ask for an appointment with a Social Security representative. Parents or guardians usually can apply for blind or disabled children under age 18. Parents who are guardians for a child over 18 may apply for the child.

You should bring certain items when you apply. Even if you do not have all of the things listed below, apply anyway. The people in the Social Security office can help you get whatever is needed. Please bring:

- Your Social Security card or a record of your Social Security number;
- Your birth certificate or other proof of your age;
- Information about the home where you live, such as your mortgage or your lease and landlord's name;
- Payroll slips, bank books, insurance policies, burial fund records and other information about your income and the things you own;
- The names, addresses and telephone numbers of doctors, hospitals and clinics that you have been to, if you are applying for SSI because you are disabled or blind;
- Proof of U.S. citizenship or eligible noncitizen status; and
- Your checkbook or other papers that show your bank, credit union or savings and loan account number.



## **Working While Receiving Social Security Benefits**

If you work, there are special rules to help you. You may be able to keep getting SSI payments while you work. As you earn more money, your SSI payments may be reduced or stopped, but you may be able to keep your Medicaid coverage. You also may be able to set aside some money for a work goal or to go to school. In this case, the money you set aside will not reduce the amount of your SSI.

If you are disabled but work, Social Security does not count wages you use to pay for items or services that help you to work. For example, if you need a wheelchair, the wages you use to pay for the wheelchair do not count as income when we decide whether you qualify for SSI. Also, Social Security does not count any wages a blind person uses for work expenses. For example, if a blind person uses wages to pay for transportation to and from work, the wages used to pay the transportation cost are not counted as income.

If you are disabled or blind, some of the income you use (or save) for training or to buy things you need to work may not count. Income is money you receive such as wages, Social Security benefits and pensions. Income also includes such things as food and shelter. The amount of income you can receive each month and still get SSI depends partly on where you live. You can call the SSA to find out the income limits in your state.

Social Security does not count all of your income when we decide whether you qualify for SSI. For example, they do not count:

- The first \$20 a month of most income you receive;
- The first \$65 a month you earn from working and half the amount over \$65;
- Food stamps;
- Shelter you get from private nonprofit organizations; and
- Most home energy assistance.

Blind or disabled people who apply for SSI may get free special services to help them work. These services may include counseling, job training and help in finding work.

The Ticket to Work and Self-Sufficiency Program is an employment program for people with disabilities who are interested in going to work. The Ticket Program is

part of the Ticket to Work and Work Incentives Improvement Act of 1999. This law was created to remove many of the barriers about decisions to go to work because of the worries over losing health care coverage. The goal of the Ticket Program is to increase opportunities and choices for people who get Social Security Disability to get employment, vocational rehabilitation (VR), and other support services.

[http://www.yourtickettowork.com/program\\_info?select=what-program#what-program](http://www.yourtickettowork.com/program_info?select=what-program#what-program)

Social Security has a booklet on working while disabled that might also be helpful:  
<http://www.ssa.gov/pubs/10095.html>



# Health Insurance

## Medicaid

Medicaid is health insurance available to persons who are aged, blind, or disabled. There are income and asset limits. If the income is over the income limit, persons may incur medical expenses that equal or exceed the excess income and still qualify for this program.

If your child is already on Medicaid, you will have to reapply when he/she turns 18 years old.

If your child is not on Medicaid, he/she may be eligible at 18 years of age as the government considers only their income when they become a legal adult.

A person can have a private insurance and still be eligible for Medicaid. Young adults can remain on their parents' insurance until the age of 26. However, it may be beneficial to have Medicaid as a secondary insurance to pay medical costs not covered by the primary insurance, such as co-pays, diaper supplies, etc.

## How Do I Apply For Medicaid?

You can apply online at: <https://healthcare4mi.com/michild-web/>

- Fill out the online application
- Submit the application online
- Print a letter that tells you who qualifies

To get a paper application, call 888-988-6300 and ask for an application. You can also print an application from the internet at: [www.michigan.gov/mdch](http://www.michigan.gov/mdch)

## **MiChild**

Children under age 19 whose family income is too high for Medicaid/Healthy Kids may be able to get health and dental care insurance through MiChild. To qualify, your child must:

- Be under age 19
- Have no comprehensive health insurance, including Medicaid
- Have a Social Security Number (or have applied for one)
- Live in Michigan, even for a short time
- Be a U.S. citizen or qualified immigrant
- Meet monthly family income limits

### **How much does MiChild cost?**

It is just \$10 a month for your whole family (even if you have more than one child).

### **How do I apply for MiChild?**

You can apply online at: <https://healthcare4mi.com/michild-web/>

- Fill out the online application
- Submit the application online
- Print a letter that tells you who qualifies

To get a paper application, call 888-988-6300 and ask for an application. You can also print an application from the internet at: [www.michigan.gov/mdch](http://www.michigan.gov/mdch)

For questions and/or problems, or help to translate, call the Beneficiary Help Line: 800-642-3195 (TTY: 1-866-501-5656).

## **Children's Special Health Care Services (CSHCS)**

CSHCS is a program that pays for the medical care of children with certain chronic illnesses. Children must have a qualifying medical condition and be less than 21 years old to be eligible. Persons 21 and over with cystic fibrosis or certain blood clotting disorders may also qualify for services. This program is for both uninsured and insured patients. It also provides supportive programs for parents. The goal of the CSHCS program is to assure that children with chronic medical conditions have access to the specialty care needed.

The child's medical condition, not income, determines eligibility for this program. There may be a monthly premium payment depending on family size and income. The income of young adults between the ages of 18 and 21 are considered apart from their parents.

### **What are the Benefits of CSHCS?**

CSHCS works with you to ensure the very best care is received for your child's medical condition. CSHCS helps with:

- Paying specialty medical bills
- Coordinating services from multiple providers
- Covering co-pays or deductibles
- In some cases, CSHCS can cover other insurance premiums

### **How does someone enroll in CSHCS?**

Two forms are needed for enrollment to be completed:

1. Medical Eligibility Report Form (MERF): Your child's specialty physician must submit the MERF to the State. At UMHS, your Social Worker will help with this.
2. Patient/Parent application: The parent or young adult over 18 will receive an application in the mail if the child is accepted into the program. Completed applications must be sent back to the main CHSCS in Lansing, MI.

CSHCS Family Phone Line: 800-359-3722

[http://www.michigan.gov/mdch/0,1607,7-132-2942\\_4911\\_35698---,00.html](http://www.michigan.gov/mdch/0,1607,7-132-2942_4911_35698---,00.html)

### **Caretaker Relative Medicaid**

Medicaid is available to eligible parents and people who act as parents, caring for a dependent disabled child. These people are called caretaker relatives. There is an income limit for this program.

If your income is over the income limit, you may qualify for a Medicaid spend-down program. Through this program, you get medical expenses that equal or exceed the excess income and still qualify for this program. Contact the local DHS in your county to apply for this program. The DHS will need a form (DHS Form

54A - Medical Needs Form) completed by your child's doctor to state that you are needed in the home to care for the child.

[http://www.michigan.gov/dhs/0,4562,7-124-5453\\_5530-68875--,00.html](http://www.michigan.gov/dhs/0,4562,7-124-5453_5530-68875--,00.html)

## **Medicare**

Medicare is a federal health insurance program for people 65 or older, people of any age with permanent kidney failure, and certain people with disabilities. An individual is able to receive hospital insurance at age 65 if he/she is given monthly Social Security or has worked long enough to be insured under Social Security.

Medicare provides hospital insurance that covers most hospital services such as nursing services, drugs, lab tests (part A) and medical insurance (part B) that covers medically-necessary services like doctors' services, outpatient care, home health services, and other medical services. In most cases, an insured person's child over age 18 with a disability is eligible for hospital insurance. Anyone eligible for hospital insurance can apply for medical insurance (part B).

Local Social Security offices take applications for Medicare.

<http://www.medicare.gov/>



# Housing

This section describes housing options for disabled persons who want to live independently from family. Community Mental Health Service Programs (CMHSPs) provide many housing options. Foster care, group homes, apartment living, and other supported living choices now exist. Most service systems are now supporting people in homes of their choice instead of having people move into licensed facilities that are chosen for them. In-home support can be arranged as needed to provide the kind of life experience the person needs. CMHSPs are a part of the county's Community Mental Health System.

## Community-Based Living

### What is community-based living?

Community-based living means having a life in the community rather than in an institution. The idea of community-based living has resulted in the closure of institutions across the United States.

### What are community-based services?

Community-based services are support services that are provided for people with disabilities and the elderly who live in their own homes and communities. Community-based services provide help for all parts of a person's life and may include the following:

- Residential services and facilities, including supervised apartments or group homes.
- Personal assistance services, including assistive technology.
- Care planning, case management, and a comprehensive individualized plan, that includes a case manager, the person in need of services, and other people that support the individual.
- Day programs, including placement in activity centers and adult skills programs.

- Job/work services, including supported employment programs, job training and placement, and job coaching.
- Other quality of life services, such as recreation, leisure, and transportation.

### **What are personal assistance services?**

Personal Assistance Services (PAS) include any help that is provided for people with disabilities to help them with everyday activities. These services may include helping a person to participate in sports, hobbies, clubs, and other community activities and events.

### **Group Homes or Adult Foster Care**

Adult Foster Care (AFC) homes are residential settings that provide 24-hour personal care, protection, and supervision for people who are disabled persons or older adults who cannot live alone but who do not need continuous nursing care. Care may include help with bathing, grooming, dressing, eating, walking, toileting or giving of medication.

There are many types of AFC homes. Before making a decision, it is strongly recommended that the person visit the home, talk with the residents and staff, consider the neighborhood, and interview the provider. The following agencies may help in the selection process:

- Michigan Department of Human Services, Adult Services
- Michigan Rehabilitation Services
- Citizens for Better Care

Listings of all Michigan AFC licensed facilities are available by using the Statewide Search for Adult Foster Care/Homes for the Aged Facilities search tool. You may also look at recent inspection reports of these facilities.

[http://www.dleg.state.mi.us/brs\\_afc/sr\\_afc.asp](http://www.dleg.state.mi.us/brs_afc/sr_afc.asp)

### **Homechoice DownPayment Assistance Program**

The Michigan State Housing Development Authority (MSHDA) offers the HomeChoice Down Payment Assistance Program. This program is for low-to-moderate income people with disabilities or families where a family member with



a disability is living in the household. This Down Payment Assistance loan is a second mortgage funded with federal funds.

**Program Highlights:**

- Zero-interest, non-amortizing loan with no monthly payments
- Maximum assistance is \$12,000
- Available with Lender's first mortgage; either FNMA, Conventional, My Community Mortgage (MCM), or FHA
- Funds may be used for down payment, closing costs, prepaid/escrow expenses, and home inspections performed by a qualified home inspector
- 

For more information about the MSHDA's Down Payment Assistance Program, please contact the MSHDA's Homeownership Division at (517) 373-6840.

<http://www.michigan.gov/mshda>

**Michigan State Housing Development Authority (MSHDA)**

The MSHDA has information for people with disabilities, their families, employers and service members related to MSHDA rental, homeownership or property improvement programs that can be of assistance. They also have information for developers, property owners and management agents who need information on accessible building.

Resources include:

- Affordable Housing Locator
- Resources for Accessibility & Design
- Down Payment Assistance (DPA) program for low and moderate-income people with disabilities or families where a family member with a disability is residing in the household
- Low Income Housing Tax Credit (LIHTC) Program

[http://www.michigan.gov/mshda/0,4641,7-141-5515\\_49144---,00.html](http://www.michigan.gov/mshda/0,4641,7-141-5515_49144---,00.html)

### **MSHDA Housing Choice Voucher Program (Section 8)**

Section 8 housing vouchers fund low-income families so that they can afford decent and safe housing in the private market. Vouchers are not an entitlement and only a small percentage of eligible applicants receive them. Most are put on a waiting list when they apply. Recipients may pick any housing with rent at or below the “fair market rent” set by the U.S. Department of Housing and Urban Development (HUD). The owner must agree to accept the voucher as payment. The family pays 30 percent of its income toward rent and utilities. Families that pick housing that costs more than the fair market rent must pay the difference.

The following link is to the Office of Housing Voucher Programs for the state of Michigan: <http://www.michigan.gov/mshda>



# Community Supports

In general, there are five major public resources available to provide services and support to people with disabilities. These are schools, Community Mental Health Service Programs (CMHSP), the Department of Human Services (DHS), Michigan Rehabilitation Services (MRS), and advocacy programs.

## Schools/Special Education

(With special thanks to Debra Chopp, JD, of the Pediatric Advocacy Initiative, for her assistance with this section)

While your child most likely has an IEP already in place, we want every parent to be aware of the special education laws. If appropriate, your child should receive services until the age of 26 and transition services.

Since 1973, Michigan has offered special education services for children from birth to age 26. The Individuals with Disabilities Education Act (IDEA) is a federal law that requires each state to provide special education services and programs to eligible children with disabilities. These programs and services must be shaped to meet the individual needs and prepare them for continued education, employment and independence. Most importantly, the law guarantees eligible children a “free appropriate public education” (FAPE) in the least limiting setting.

Under Michigan’s Mandatory Special Education Act (MMSEA), Michigan schools must create educational programs that will get the most out of the educational potential of students with disabilities.

### Is My Child Eligible for Special Education Services?

To determine whether your child is eligible for special education, the school must evaluate your child in all questioned areas of disability. Parents can request a special education evaluation in writing. The school may identify a child with disabilities on its own and request permission to evaluate from the parent. In

fact, under the IDEA, the school has a duty to look for students with disabilities who may be in need of special education.

There are 13 categories of disability under IDEA. These categories include:

- Cognitive, visual, emotional, hearing, physical, speech and language, and health impairments
- Early childhood development delays
- Specific learning disabilities
- Severe multiple impairments
- Autism spectrum disorders
- Traumatic brain injuries
- Deaf-blindness determinations

In Michigan, once a parent agrees to the evaluation, the school has 30 school days to:

- Conduct the evaluation,
- Arrange a meeting to determine eligibility for special education
- And (if the child is eligible) write an individualized education program (IEP) for the child
- 

### **What is in an IEP?**

An IEP is a formal document created by the child's IEP team that identifies the child's disability (or disabilities):

- Has a narrative about the child's "present levels of academic achievement and functional performance"
- Lists goals and objectives for the child
- Contains the percentage of time the child will be in general and/or special education classes
- Spells out the exact special education services and accommodations that a child will receive from his/her school
- 

A behavioral plan will be included if it is needed. The IEP is a legally binding document and the school must adhere to the plan.

The IEP team is comprised of:

- School representatives
- Teachers
- Student
- Parents
- Other experts if invited by school or parents
- 

When the IEP team meets, it must decide whether the child fits into one (or more) of the disability categories and whether the child needs special education. An IEP will be created and written up if the child is agreed to be eligible. Once an IEP is written, it is revised at least yearly by the IEP team.

There are many kinds of services and accommodations that can be included in an IEP. Depending on the student's special education needs, there could be a mixture of:

- One-on-one instruction
- Therapies (e.g. speech, occupational, physical)
- Assistive technology
- Social work
- Nursing services
- Specialized transportation
- Parent training
- Other services
- 

For instance, a hearing impaired child may need a Teacher Consultant, a speech therapist, a hearing device, and a classroom that is fully carpeted. These services and accommodations allow the child with the hearing disability to receive an appropriate education.

### **What if My Child is in Private School?**

Private school does not ban a child from receiving special education services. Depending on how your child came to be placed in private school will play an important role the type of services he or she receives. If you chose to place your

disabled child in private school for personal reasons, your child will receive a “Services Plan,” which is more limited in scope (and in enforceability) than an IEP.

On the other hand your child can be placed in private school because:

- It is shown that the public school cannot provide a “free appropriate public education” to your child or
- An IEP team determines that private school is necessary to provide FAPE.

In these cases, your child will still have an IEP.

### **What can I do if I disagree with my Child’s School?**

As a parent, you have options:

- If you disagree with an evaluation performed by your child’s school
- If your child’s IEP is not being put into action
- If you believe your child is not receiving a free appropriate public education

If you disagree with a school’s evaluation, you can request (in writing) an independent educational evaluation at public expense. The school must either grant the request or go to a hearing to defend its evaluation. If the request is granted, you may choose an evaluator and the evaluation results must be considered at the child’s IEP team meeting.

If you disagree with other aspects of a child’s IEP, you can always request another IEP meeting to discuss problems with implementation of the IEP or problems with the content of the IEP. You can request this even it has not been a year since the last IEP meeting. If meeting with the IEP team does not solve the problem, you may request mediation, file a state compliance complaint, or file a due process hearing request. State complaints are generally appropriate when the school is not applying a child’s IEP or there has been some other legal violation. These complaints cause an investigation and suggest resolutions, but not a trial. More information on state complaints can be found at the Michigan Department of Education website:

[http://www.michigan.gov/documents/mde/StateComplaint\\_Procedures\\_340115\\_7.pdf](http://www.michigan.gov/documents/mde/StateComplaint_Procedures_340115_7.pdf)

### **Are there other options?**

A due process hearing request, on the other hand, is the system for requesting a trial in front of a neutral hearing officer. The parent and the school district have an opportunity to present evidence on whether the child is receiving a free appropriate public education. Information on due process complaints can be found at the Michigan Department of Education website:

[http://www.michigan.gov/documents/mde/DueProcess\\_Complaint\\_Procedures\\_340126\\_7.pdf](http://www.michigan.gov/documents/mde/DueProcess_Complaint_Procedures_340126_7.pdf)

If you are considering filing for a due process hearing, you should consult with an attorney.

### **How do we plan for when my child is no longer in school?**

At some point, the family and student will want to think about what the disabled child will do once their school program is over. A transition plan should be a part of an IEP. Federal law and the Michigan Mental Health Code require necessary connections between school services and other community or state agencies that may have a responsibility to give services to the student.

## **Special Education Advocacy Organizations**

### **Michigan Protection and Advocacy Center (MPAS)**

MPAS promotes, expands and protects rights of people with disabilities through information and advocacy. MPAS tries to answer questions you may have relating to disability. They have experience in the following areas: discrimination in education, employment, housing, and public places; abuse and neglect; Social Security benefits; Medicaid, Medicare and other insurance; housing; Vocational Rehabilitation; HIV/AIDS issues; and other topics.

<http://www.mpas.org/>

800-288-5923 (Toll Free) or (517)487-1755

### **The Student Advocacy Center of Michigan (SAC)**

The SAC is the only independent organization in Michigan providing free, non-legal support to students (and their parents) that are eligible for general and

special public education programs. SAC was created in 1975 to focus on the educational experience of students; to identify successful practices and policies as well as the barriers to good service. SAC provides a full range of services: free individual case support, technical assistance, and training for parents, students, and professionals about children's educational entitlements and due process rights in Michigan.

<http://www.studentadvocacycenter.org>

734-482-0489

### **Pediatric Advocacy Initiative (PAI)**

The PAI is a program of the University of Michigan Law School. They work with doctors, nurses, and social workers to address legal issues that affect children's health and well-being. The PAI is staffed by lawyers and law students from the University of Michigan Law School.

<http://www.law.umich.edu/clinical/pediatricadvocacyinitiative/Pages/default.aspx>

734-763-1942

### **Michigan Rehabilitation Services**

Michigan Rehabilitation Services (MRS) gives career services to people with a wide range of disabilities, including developmental disabilities. MRS works independently or with school programs and CMHSPs to help round out the services and support a disabled person's needs and desires in his or her life. This usually includes employment planning. You may be eligible for MRS services if your disability causes problems in preparing for, finding, or keeping a job. You must also require MRS services in order to work.

At MRS, you can choose to work with a rehabilitation counselor. Together, you and the counselor decide on an employment goal. Assessments may be needed to decide this, such as medical exams, job/work testing, work evaluations, and job try-outs. A plan will be developed that will find the services that will be needed, who will find them, and how to determine if they are helpful. Services provided by the plan may include job-seeking skills training, job placement help, accommodations and assistive technology, job coaches, tools, equipment, licenses, job training, prostheses and other medical services, support services such as interpreters, readers, and transportation.



Any person with a disability who is interested in getting job rehabilitation services may call the nearest MRS office. Family members, hospitals, school counselors, mental health professionals, social workers, churches, and other community agencies also may make referrals.

<http://www.michigan.gov/lara/0,1607,7-154-25392---,00.html>

(800) 605-6722 (voice) or (888) 605-6722 (TTY).

## **Department of Human Services**

The Department of Human Services (DHS) is a state agency that provides help to people in need based their on income and assets. Some of their programs can be helpful for people with disabilities, especially those not eligible for CMHSPs or other services.

Any person, regardless of age, may apply for DHS program benefits. Either you or someone authorized to act for you may apply. You can get an application from any local county DHS office in person, by telephone, or by mail. Local offices are usually found in the phone book under state government. DHS must decide whether or not you are eligible and will let you know in writing within a certain amount of time, depending on the program for which you apply.

Medicaid pays for services if you receive Medicaid. If you are not eligible for SSI or Medicaid because of your income, you may be found eligible for services if you are disabled and meet all other SSI requirements. In those cases, FIA decides the appropriate client fee for services according to income.

## **Family Independence Program (FIP)**

The Family Independence Program (FIP) is an income assistance program that provides financial payments and employment-related services to families with children. Families must meet asset and income guidelines as well as other conditions in order to get these payments. People who receive this payment must also take part in a work program.

## **State Disability Assistance (SDA)**

SDA is a program that offers financial payments to meet the basic personal and shelter needs of people with disabilities who are not eligible for FIP. These payments are based on income and disability.

## **Adult Home Help Services**

Adult Home Help Services will assist you with necessary daily activities that you cannot perform without help. The goal of this service is to allow you to remain in your own home and to avoid being put in a more restrictive setting (like a nursing home or adult foster care home). This is done by finding your natural support system and strengthening it whenever possible. Services may include personal care (e.g. help with eating, bathing, grooming, dressing, transferring mobility, and incontinence care), household care (cleaning, laundry, making meals, and shopping), or help with giving medications.

For Home Help Services, the application is made through the local county DHS office. Their number is usually found in the phone book under state government offices. Call the office, ask for an Adult Services worker, and tell them you'd like to apply for Home Help Services. A services worker will then make an appointment to come to your home. They will:

- Evaluate your income and resource eligibility
- Do a complete needs assessment
- Develop a services plan with you
- Help with finding providers
- Approve services (as appropriate) and complete all necessary paperwork except the physician's certification

It is important to remember to get the physician's certification and send it in with the application if you are applying on your own.

Through this program, parents or other family caregivers may be eligible to receive payment for caring for a person with disabilities once they turn 18 years of age.

## **Other Programs**

Many other programs may also be useful to low-income people with disabilities. The State Emergency Relief Program (SER) provides financial help to meet emergency needs for food, clothing, housing, utilities, and other needs. DHS

administers the Food Stamp program, which gives coupons that can be used like money to buy food at most grocery stores. Housing-related services include help with relocation, ownership, home repair, and legal protection for renters.

<http://www.michigan.gov/dhs/>

## **Community Mental Health Programs**

Anyone with a developmental disability who is eligible for Medicaid is automatically eligible for services from Community Mental Health Service Programs (CMHSPs). Whether a person with a developmental disability has private insurance, Medicare, or no insurance, they are still eligible for services. Every CMHSP works a little differently. It is best to call your county CMHSP program to ask what services they provide. You will usually find their number listed under county government in the phone book. You are not required to receive mental health treatment from the CMHSP in order to receive these services.

## **Community Living Supports (CLS)**

Persons with a developmental disability who are on Medicaid may be eligible for these services. CLS services are used to increase or maintain personal independence, ability to be a part of the community and be productive. The supports may be provided in your home or in community settings (such as libraries, city pools, camps, etc.). It is designed to give support to people who are not able to care for themselves on their own at home. This program provides money for people to hire helpers to help with daily activities.

Types of help provided include:

- Assisting, reminding, observing, guiding and/or training in the following activities:
  - meal preparation
  - laundry
  - household care and maintenance
  - activities of daily living (e.g., bathing, eating, dressing, personal hygiene)
  - shopping for food and other necessities of daily living

- Staff assistance, support and/or training with activities such as:
  - money management
  - non-medical care
  - socialization and relationship building
  - transportation to and from community activities
  - participation in regular community activities and recreation opportunities (e.g., attending classes, movies, concerts and events in a park; volunteering; voting)
  - attendance at medical appointments
  
- Reminding, observing and/or monitoring medication administration
  
- Staff help keeping the person safe and healthy in the most independent setting possible.

Your local Community Mental Health Services Program (CMHSP) can determine whether your child is eligible for CLS services. Eligibility for services is decided based the nature and severity of your child’s disability and Medicaid eligibility. Priority is generally given to families with the greatest need for this service.

**Emergency Services**

All CMHSPs have a crisis stabilization and response service available 24 hours per day, 7 days per week. Crisis stabilization and response should be prepared to respond to people experiencing serious emotional, behavioral, or social problems and provide a safe environment for treatment of such problems.

**Evaluation Services**

All CMHSPs must provide identification, assessment, and diagnosis services to decide the specific needs of the individual and to develop an individual plan of service.

**Prevention**

Prevention and consultation services help to inform and educate with the goal of reducing the risk of severe dysfunction.

### **Person Centered Planning**

Once it is decided that a person is eligible for services, the services and support provided by CMHSPs will be decided through a person-centered planning process. This process is designed to respond to the needs and desires of the individual and to determine the appropriate services and support. Some services may fall within the responsibility of other organizations (i.e. schools, other health plans, other state or county services). In this case, the CMHSP will coordinate services with those other organizations.

### **Support and Service Coordination**

All CMHSPs provide support coordination, which helps people in finding and getting needed services including medical, social, job/work, recreational, and community living support. Support coordinators have replaced what used to be called case managers for people with developmental disabilities.

### **Assistive Technology**

CMHSPs will help people who need adaptive equipment or environmental modifications in order to function to the best of their ability.

### **Employment and Community Integration**

Traditionally, CMHSPs has provided services in local sheltered workshops, adult activity programs or day activity services. Increasingly, more important employment and combined social opportunities are being provided through supportive employment and community integration programs. In supportive employment, people work in their community with the help of a job coach for as long and as much as needed.

<http://www.michigan.gov/mdch>

### **MI Choice Waiver Program**

Nursing homes used to be the only choice for older or disabled persons who needed help caring for themselves. Today there may be the choice to stay in your home or a community setting, but you or a family member may need help in doing so.

One program run by Michigan Medicaid is the MI Choice Waiver Program. It began in 1992 as the Home and Community Based Services for the Elderly and Disabled

(HCBS/ED) waiver program. We now know it as the MI Choice Waiver Program, or simply, "the waiver."

Through this program, eligible adults who meet income and asset conditions can receive Medicaid-covered services like those provided by nursing homes, but can stay in their own home or another residential setting. The waiver became available in all Michigan counties October 1, 1998. Each participant can get the basic services Michigan Medicaid covers, and one or more of the following services offered by the waiver:

- Homemaker services
- Respite services
- Adult day care
- Environmental modifications
- Transportation
- Medical supplies and equipment not covered under Medicaid
- Chore services
- Personal emergency response systems
- Private duty nursing
- Counseling
- Home delivered meals
- Training in many independent living skills
- Personal care supervision

Contact information for the MI Choice program through Michigan is listed in the Appendix.

## **Private Respite Program**

### **Children are Precious**

Children Are Precious (CAP) is a non-profit organization whose primary goal is to offer financial support for respite services to families of children with special needs. Respite services will be provided for children ranging in age from birth to 26 years old. CAP will provide funds to support nursing care for one to three days. Longer periods of time will be determined on an individual basis. This allows the family to be relieved of the financial, emotional, and physical

burdens of care. The nursing care can be provided by willing hospitals in the area or through nurses or other health care agencies.

<http://childrenareprecious.net/cap/>



# Medical Equipment

Many times equipment such as ramps, wheelchair vans, and home modifications are not covered by insurance. The following resources can be used in order to get help for purchasing medical equipment. Some of these resources are available only to people of certain ages.

## **Children with Special Needs Fund (CSN)**

The CSN Fund provides support for children (up to age 21) in Michigan with special health care needs when help is not available through any other funding source. Families with a child enrolled, or medically eligible to enroll, in the Children's Special Health Care Services (CSHCS) Program may apply to the Children with Special Needs Fund.

If you are eligible, the CSN Fund may provide a part or full payment for items including but not limited to:

- Wheelchair ramps
- Van lifts and tie downs
- Therapeutic tricycles
- Air conditioners
- Adaptive recreational equipment
- Electrical service upgrades needed by the eligible child's equipment

To apply for assistance from the CNS Fund, contact the CSHCS office at your local health department for an application and assistance with the application process. The application is also available on their website.

(517) 241-7420

[www.michigan.gov/csnfund](http://www.michigan.gov/csnfund)

## **Disabled Children's Relief Fund (DCRF)**

The DCRF provides disabled children with assistance to get wheelchairs, orthopedic braces, walkers, lifts, hearing aids, eyeglasses, medical equipment, physical therapy, and surgery. Children may receive assistance if they are: Blind, Deaf, Amputees, or have Cerebral Palsy, Muscular Dystrophy, Spastic Quadriplegia, Encephalitis, Rheumatoid Arthritis, Spina Bifida, Down Syndrome,



and other disabilities. DCRF focuses special attention on helping children throughout the U.S. who do not have adequate health insurance, especially the physically challenged.

<http://www.dcrf.com/>

### **Manny's Caring Hands**

Manny's Caring Hands is an organization that is dedicated to meeting the physical and emotional needs of physically-challenged, special needs orphans, patients, families, and caregivers in the U.S. and around the world.

540-822-4774

[www.mannys-caringhands.org/index.cfm](http://www.mannys-caringhands.org/index.cfm)

### **Michigan Diaper and Incontinence Supplies Program**

If your child is over 3 years old, is on straight Medicaid, and a doctor has said your child has incontinence, supplies are covered. Your doctor will give you a prescription for any of these products you or your child needs:

- All incontinence catheters and accessories
- Irrigation syringes
- Skin barriers
- Under pads
- Incontinence pants
- Incontinence liners
- Pull-on
- Disposable diapers

If your child is on Medicaid and you are ordering supplies for the first time, call J & B Medical:

800-737-0045; TTY 800-737-0084

[http://www.michigan.gov/documents/dipfinal\\_88492\\_7.pdf](http://www.michigan.gov/documents/dipfinal_88492_7.pdf)

### **Michigan Assistive Technology Loan Fund**

The Michigan Assistive Technology Loan Fund allows people with disabilities and seniors (or their family members) to buy assistive technology devices or services, including modification of vehicles and homes. Loans may also cover cost of training to use the equipment, warranties, and service agreements.

Assistive technology is defined as any item, piece of equipment, or device that allows a person with a disability to improve their independence and quality of life.

800-828-2714

<http://www.michiganloanfunds.org/atlf/index.htm>

### **The Morgan Project**

The Morgan Project makes small individual grants (products & services only) to parents/caregivers of special children for travel expenses to attend medical conferences that they would not otherwise be able to afford to attend. They also make small individual grants (products & services only) to parents/caregivers of special children, for things like positional seating, adaptive car seats, durable medical equipment not covered by Medicaid or Insurance, and other non-covered items that would make caring for these children easier on the parent/caregiver and help to improve their quality of life.

<http://www.themorganproject.org/>

### **Project Freedom**

Project Freedom is a non-profit organization that lends patient lifts to people without the money or insurance coverage to buy them. Lifts improve the quality of life of people with limited mobility by giving them greater independence and in some cases the ability to stay in their own home instead of moving into a nursing home or other care facility. The lift helps in the transfer of limited mobility patients and lets caregivers, or the individuals themselves, to move around the room without the strain of lifting.

Michigan residents with limited mobility who do not have insurance or enough money to pay for a home lift system are eligible for this program. This program helps people who have: stroke, spinal cord injury, head injury, cerebral palsy, severe arthritis, amyotrophic lateral sclerosis (ALS or Lou Gehrig's Disease) and other progressive neurodegenerative and neuromuscular diseases, Alzheimer's disease or other forms of dementia.

734-240-2565

<http://www.projectfreedommi.org/>

## **United Healthcare Children's Foundation**

The UnitedHealthcare Children's Foundation is a non-profit charity that helps parent's access medical-related services that have the potential to greatly improve the clinical condition or the quality of life of their child and are not fully covered by the available commercial health benefit plan. This "support" is in the form of a medical grant to be used for medical services not covered or not completely covered by commercial health benefit plans. This assistance is not available to children who are on Medicaid insurance (straight Medicaid or a health plan).

<http://www.uhccf.org/>



# Resources for Transition Planning

Several organizations have online resources and training sessions for persons with developmental disabilities and their parents regarding the transition to adulthood.

## **ARC**

The mission of The Arc Michigan is to make sure that people with Developmental Disabilities are valued so that they and their families can participate fully in and contribute to their communities.

<http://www.arcmi.org/>

800-292-7851 or 517-487-5426

## **Bridges for Kids**

Bridges for Kids is a non-profit parent organization providing a broad system of information and referrals for parents and professionals working with children from birth through transition to adult life. Bridges for Kids also supports non-profits that share our mission with web design, data collection, telephone referral services and technical assistance.

<http://www.bridges4kids.org/>

## **Michigan Alliance for Families**

Michigan Alliance for Families and Michigan Alliance - PTI provide information, support, and education to families of children and young adults with disabilities from birth to age 26. Michigan Alliance connects families to resources in their own community. In well-known geographic areas, the group also helps parents get involved as a way to improve services and results for children with disabilities. The efforts of Michigan Alliance align with the Individuals with Disabilities Education Act (IDEA) to help improve results for children with disabilities. Michigan Alliance can assist you in knowing your rights, communicating your child's needs, and advising you how to help your child develop and learn.

<http://michiganallianceforfamilies.org/>

(800) 552-4821

### **Michigan Family-to-Family Health Information & Education Center (F2FHIEC)**

The F2FHIEC website is designed as a virtual center you can visit for information, education and/or parent-to-parent support. The site's Information & Resources offers information related to: Health Care Coverage and Insurance, Delivering Care in a Medical Home, Health/Disability Specific Organizations, Prescription Assistance, Programs that provide health-related services, Other Health-Related Info and Resources, and much more.

<http://www.bridges4kids.org/f2f/index.htm>

Transition Planning toolkit: <http://mifuturebuilder.com/index.html>



## Conclusion

There is a lot of information in this booklet. If you are planning a transition for your child, we suggest some important first steps:

- ✓ Get a State of Michigan ID card for your child through the Michigan Secretary of State. This ID is needed for interactions with many of the governmental agencies through which your child will get services.
- ✓ Talk with your child's pediatrician about what level of decision-making support is needed after he/she turns 18.
- ✓ If you think your child will need a guardian, go to your local probate court for information on what is needed to file for guardianship. An attorney could be helpful in guiding you through this process as well.
- ✓ Talk with your child's specialty physicians (neurologist, neurosurgeon, endocrinologist, etc.) to ask how and when they transition patients to adult clinics.
- ✓ Connect with other parents: Both Bridges for Kids and Michigan Alliance for Families offer a way to connect with other parents of children with special needs.

<http://www.michiganallianceforfamilies.org/>

<http://www.bridges4kids.org/f2f/index.htm>

- ✓ Go to a transition training: Both the ARC Michigan and Bridges for Kids have trainings for parents of a child with DD that is becoming an adult. Go to their websites for details:

<http://www.arcmi.org/>

<http://www.bridges4kids.org/f2f/index.htm>

Many resources are available to help your child or family member successfully make the transition to adult services. We hope that this booklet was a helpful guide to assisting you in understanding adult services for youth in transition. As always, all young adults are different, as are all families. There is no one way to plan transition. We encourage you to consider contributions from your family, the school, representatives from adult service agencies, and other involved community members to help improve your child or other family member's life.

I am only one; but still I am one. I cannot do everything, but I can do something. I will not refuse to do the something I can do.  
~Edward Everett Hale

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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## Important Contacts

ARC Michigan 800-292-7851

Autism Society of Michigan  
800-223-6722

Center for Self-Determination  
734-722-7092

Children's Special Health Care Services  
800-359-3722

Department of Human Services (DHS)  
517-373-2035

DHS Child Abuse Hotline  
800-942-4357

DHS Emergency Shelter Hotline  
800-ASHELTER

DHS Home Heating Hotline (Energy  
Assistance) 800-292-5650

DHS Homeless Hotline 800-274-3583

DHS Medicaid Help Line 800-642-3195

Diabetes Foundation 800-223-1138

Easter Seals - Michigan 800-75-SEALS

Epilepsy Foundation of Michigan  
Michigan 800-377-6226

Family Support Network of Michigan  
800-359-3722

Family Voices for Military Families  
888-835-5669

Learning Disability Association of  
Michigan 888-597-7809

Michigan Assistive Technology Resource  
800-274-7426

Michigan Association for Deaf, Hearing  
and Speech Services 800-YOUR-EAR

Michigan Association of Centers for  
Independent Living 517-339-0539

Michigan Developmental Disabilities  
Council 517-334-6123

Michigan Protection and Advocacy  
800-292-5896

Michigan Rehabilitation Services  
800-605-6722

Michigan Self-Help Clearinghouse  
800-777-5556

Michigan Tel-Help (United Way Community  
Services) 800-552-1182

National Mental Health Association  
800-969-6642

National Organization for Rare Disorders  
800-999-6673

Parents of the Visually Impaired  
313-272-3900

Pediatric Advocacy Initiative  
734-763-1942

Muscular Dystrophy Association  
734-416-7076

Spina Bifida Association  
800-621-3141

Partnership for Prescription Assistance  
888-477-2669

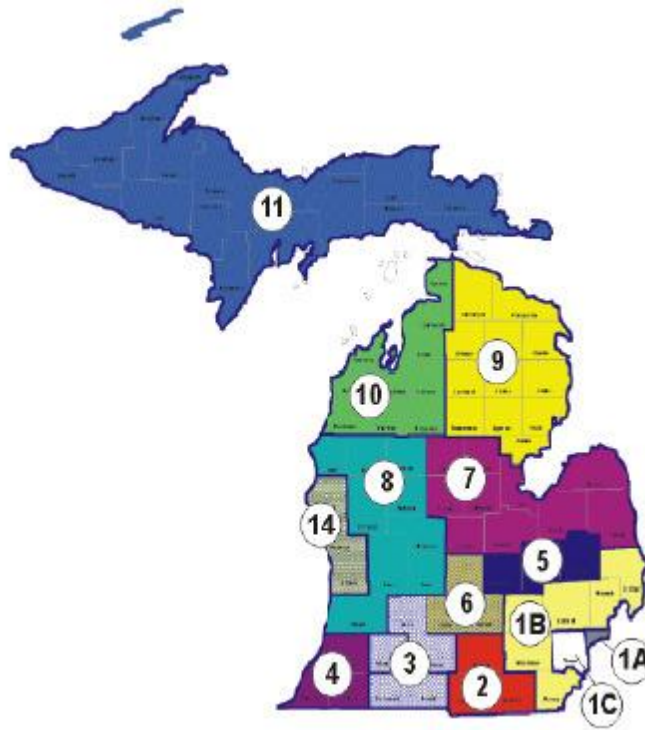
Social Security Administration  
800-772-1213

Special Olympics Michigan  
800-644-6404

United Cerebral Palsy Association of  
Michigan 800-828-2714



## Appendix



### **Region 1A**

Serving: Cities of Detroit, Hamtramck, Highland Park, Grosse Pointe Shores, Grosse Pointe Woods, Grosse Pointe Farms, and Harper Woods

### **Detroit Area Agency on Aging**

1333 Brewery Park Blvd., Suite 200  
Detroit, Michigan 48207  
Tele: 313-446-4444  
Fax: 313-446-4446

### **Region 1B**

Serving: Counties of Livingston, Macomb, Monroe, Oakland, Washtenaw, and St. Clair

### **Area Agency on Aging 1B**

29100 Northwestern Highway, Suite 400  
Southfield, Michigan 48034  
Tele: 248-357-2255  
Fax: 248-648-9691

Macomb-Oakland Regional Center,  
Inc.

16200 Nineteen Mile Road  
P. O. Box 380710  
Clinton Township, Michigan 48038-0070

Tele: 586-263-8953  
Fax: 586-228-7029

### **Region 1C**

Serving: All other areas of Wayne County not covered by the Detroit Area Agency on Agency (1A)

### **The Senior Alliance**

3850 Second Street, Suite 201  
Wayne, Michigan 48184-1755  
Tele: 734-722-2830  
Fax: 734-722-2836

### **The Information Center, Inc.**

20500 Eureka Road, Suite 110  
Taylor, Michigan 48180  
Tele: 734-282-7171  
Fax: 734-282-7105

### **Region 2**

Serving: Counties of Jackson, Hillsdale, Lenawee

### **Region 2 Area Agency on Aging**

102 North Main Street  
PO Box 189  
Brooklyn, Michigan 49230  
Tele: 800-335-7881  
517-467-2204  
Fax: 517-467-8214

### **Region 3**

Serving: (3A) Kalamazoo County; (3B) Counties of Calhoun and Barry; (3C) Counties of Branch, and St. Joseph

### **Region 3B Area Agency on Aging**

200 West Michigan Avenue, Suite 100  
Battle Creek, Michigan 49017  
Tele: 269-966-2450  
Fax: 269-441-0961

### **Senior Services, Inc.**

918 Jasper Street  
Kalamazoo, Michigan 49001  
Tele: 269-382-0515  
Fax: 269-382-3189

### **Region 4**

Serving: Counties of Berrien, Cass, and Van Buren

### **Region IV Area Agency on Aging**

2900 Lakeview Avenue  
St. Joseph, Michigan 49085  
Tele: 269-983-0177  
Fax: 269-983-5218

### **Region 5**

Serving: Counties of Genesee, Lapeer, and Shiawassee

### **Valley Area Agency on Aging**

711 North Saginaw Street, Suite 207  
Flint, Michigan 48503  
Tele: 810-239-7671  
Fax: 810-239-8869

### **Region 6**

Serving: Counties of Clinton, Eaton, and Ingham

**Tri-County Office on Aging**

5303 South Cedar Street  
Lansing, Michigan 48911-3800  
Tele: 517-887-1440  
Fax: 517-887-8071

**Region 7**

Serving: Counties of Bay, Clare,  
Gladwin, Gratiot, Huron, Isabella,  
Midland, Saginaw, Sanilac and Tuscola

**A&D Home Health Care, Inc.**

3150 Enterprise, Suite 200  
Saginaw, Michigan 48603  
Tele: 1-800-884-3335  
989-249-0929  
Fax: 989-249-1147 / 989-249-1153 -

**Region VII Area Agency on Aging**

1615 S. Euclid Avenue  
Bay City, Michigan 48706  
Tele: 989-893-4506  
Fax: 989-893-3770

**Region 8**

Serving: Counties of Allegan, Ionia,  
Kent, Lake, Mason, Mecosta,  
Montcalm, Newaygo, and Osceola

**Area Agency on Aging of Western  
Michigan, Inc.**

1279 Cedar Street, N.E.  
Grand Rapids, Michigan 49503-1378  
Tele: 616-456-5664  
Fax: 616-456-5692

**HHS, Health Options**

5363 44th Street, S.E.  
Grand Rapids, Michigan 49512  
Tele: 800-447-3007  
616-956-9440  
Fax: 616-285-2583

**Region 9**

Serving: Counties of Alcona, Alpena,  
Arenac, Cheboygan, Crawford, Iosco,  
Montmorency, Ogemaw, Oscoda,  
Otsego, Presque Isle, and Roscommon

**Northeast Michigan Community  
Service Agency (NEMCSA)**

2375 Gordon Road  
Alpena, Michigan 49707  
Tele: 989-356-3474  
Fax: 989-354-5909

**Region 10**

Serving: Counties of Antrim, Benzie,  
Charlevoix, Emmet, Grand Traverse,  
Kalkaska, Leelanau, Manistee,  
Missaukee, and Wexford

**Area Agency on Aging of Northwest  
Michigan**

1609 Park Drive  
P. O. Box 5946  
Traverse City, Michigan 49696-5946  
Tele: 231-947-8920  
Fax: 231-947-6401

**Northern Lakes Community Mental Health**

105 Hall Street, Suite D  
Traverse City, Michigan 49684  
Tele: 800-640-7478  
231-933-4917 (Paffhouse)  
231-933-4913 (Kelty)  
Fax: 231-995-7900

**Region 11**

Serving: Counties of Alger, Baraga, Chippewa, Delta, Dickinson, Gogebic, Houghton, Iron, Keweenaw, Luce, Mackinac, Marquette, Menominee, Ontonagon, and Schoolcraft

**U.P. Area Agency on Aging (UPCAP)**

P.O. Box 606  
2501 14th Avenue South  
Escanaba, Michigan 49829

Tele: 906-786-4701  
Fax: 906-786-5853

**Region 14**

Serving: Counties of Muskegon, Oceana, and Ottawa

**Senior Resources**

255 West Sherman Boulevard  
Muskegon Heights, Michigan 49444  
Tele: 231-739-5858  
Fax: 231-739-4452

**HHS, Health Options, Inc.**

5363 44th Street, S.E.  
Grand Rapids, Michigan 49512  
Tele: 800-447-3007  
616-956-9440  
Fax: 616-285-2583