

Transition For Youth with Intellectual 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 youth with Intellectual Disability.

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 or 517-487-5426

Michigan Department of Health and Human Services (MDHHS)

MDHHS is the department of the state government whose goal is to protect, preserve, and promote the health and safety of the people of Michigan. MDHHS 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 Health and Human Services, the Department of Public Health, Community Mental Health Agencies and local school districts.

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

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 Clinic (PAC)

The PAC focuses on improving health outcomes for low-income children. Developed by clinical faculty in the University of Michigan Law School, the PAC provides legal advocacy training and support to pediatric providers at the University of Michigan Ypsilanti Health Center, the pediatric social work team at University of Michigan C.S. Mott Children's Hospital, the Corner Health Center, and the Washtenaw County Department of Public Health Maternal Infant Health Program.

<http://www.law.umich.edu/clinical/pediatricadvocacyclinic>

734-763-1942

Social Security Administration (SSA)

The SSA administers income to disabled Americans.

<http://www.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://portal.hud.gov/hudportal/HUD>

202-708-1112

Table of Contents

Introduction..... 1

Guardianship 9

Income..... 15

Health Insurance 19

Housing 22

Community Supports 26

Medical Equipment..... 33

Resources for Transition Planning 36

Conclusion..... 37



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 adolescence to adulthood. 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 intellectual disabilities (ID) 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 ID and the family. If you don't prepare for the day the person with ID 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 ID. 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 ID. When able, the person with ID should be independent and be giving and respected members of their communities. When they are more impaired, agencies should provide a safety 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 ID 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 ID 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.



Guardianship

From Michigan Protection and Advocacy Service, Inc.

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

Alternatives to Guardianship

What is a Guardian?

A **guardian** for an adult is someone who is chosen by the court to make decisions in place of that adult. The person with a guardian is often called a **ward**. When a court gives powers to a guardian, they take those same powers away from the ward. Because guardianship is a powerful tool that seriously restricts the rights of the ward, it should only be used when necessary. For that reason, it is important to look at alternatives.

Most people with a disability are able to take care of their own lives without a guardian. This paper discusses some alternatives to guardianship. These alternatives can meet the needs of an individual while staying out of the court system. This paper does not discuss every alternative to guardianship. Every person is different, and what works for one situation may not work for another. If you are thinking about a guardianship or its alternatives, you should talk to an experienced attorney in the field.

Family and Friends

Most people talk to family or friends before making important decisions. People with disabilities are no different. Family members and friends can give guidance and support to an individual, avoiding the need for a guardian. For example, family members and friends can help point out risks, advantages, and consequences of a decision. Family and friends can explain these things in a way that the individual can understand, giving the individual a basis for making the choice.

Advocacy

Advocates play an important role in assisting individuals with disabilities in handling their affairs. Advocates may be volunteers or professionals who are matched with individuals with disabilities. Organizations like a local **ARC** or **Community Mental Health (CMH)** may have advocates who can serve as guides and advisors with tasks like paying bills, making purchases, and choosing service providers. With the right supports, some individuals may be able to avoid guardianship.

Trust Funds

A trust is a legal tool that puts a person or an organization (like a bank) in charge of someone else's money. If money is the main reason for thinking about a guardianship, a trust can be a good alternative. If properly designed, a trust gives parents or others a place to put property or money so that it can be managed for the good of the individual. Since the individual does not own the property or money in the trust, the trust does not generally affect eligibility for governmental benefits like SSI.

Trusts are complicated tools that should be designed on an individual basis by an experienced attorney. Before seeking legal assistance, you may want to think about what you want the trust to accomplish.

Limited Bank Account

Banks can help keep an individual's money safe. Here are two kinds of accounts to consider, but different banks may use different names:

Cosigners

Some banks will set up accounts in which at least two people need to sign to make a withdrawal. No person can withdraw money without the other person signing off.

Limited Accounts

In a limited account, only a certain amount of money is made available at a time. This way, the individual does not need a second person to sign off on the withdrawal, but access to the money is limited by the bank.

Not all banks are willing to make these special accounts, so you may need to shop around. If these accounts do not fit your needs, you and your bank may be able to design a program that will.

Representative Payee

If an individual's only source of income is SSI, social security, or other federal supplement, a representative payee may be a helpful alternative to guardianship. A representative payee is a person who is given the authority to receive and manage federal benefits for someone who cannot manage the benefits on their own. To do this, an application needs to be submitted to the **Social Security Administration** or other federal benefit agency, such as the **Veterans Administration**.

Power of Attorney

A power of attorney is a legal document that gives the decision-making power from one person (principal) to another person (agent). Unlike a guardianship, the court is not involved. A power of attorney can only be used if the principal understands what they are signing. Powers of attorney can be used to officially allow someone else to act in place of the person with a disability. For example, the agent could sign an apartment lease or set up a bank account on behalf of the person with a disability.

A power of attorney can only be signed if the principal understands what they are signing. It is easy to find power of attorney forms on the internet, but only a Michigan attorney can make sure that your power of attorney meets your specific needs, including complying with current Michigan law.

Designation of Patient Advocate

A designation of patient advocate is a special type of power of attorney. It is a tool that gives someone else the power to make medical decisions if an individual cannot make those decisions for themselves.

Like a regular power of attorney, a designation of patient advocate can only be signed if the individual understands what they are signing. Again, consult with a Michigan attorney if you are interested in a designation of patient advocate.

GUARDIANSHIP: Your Rights if you have a DEVELOPMENTAL DISABILITY

A **guardian** for an adult is someone who is chosen by the court to make decisions in place of that adult. The person with a guardian is often called a **ward**. This paper tells you about your rights if someone tells you that you need a guardian.

In Michigan, there are two types of adult guardianship, depending on how old you are when your disability begins. The rules for both types of guardianships are similar, but there are small differences. **This paper is for people whose disability started before they turned 22.** The court will call this type of guardianship a **guardianship for an individual with a developmental disability.**

You have the right to not have a guardian if you can manage your own life, **even if you need help to do it.**

How is a guardian appointed?

If someone thinks that you need a guardian, they will fill out forms at the probate court and ask for a hearing. You will receive paperwork explaining when the court will have a hearing to see if you need a guardian. **If you do not want a guardian, you must go to court.**

What does the court do after they get the paperwork and set a hearing date?

The court will order that you be examined by a doctor or other mental health professional. At the hearing, the doctor or other professional will explain to the court how well they think you make decisions. If you and your lawyer do not like the evaluation, you may decide to have a second evaluation done by a doctor or mental health professional that you choose. This is called an **independent evaluation.**

If you already have a lawyer of your choosing, the court will probably not do anything else until the day of your hearing. You and your lawyer should work together to build your case, which will be discussed more below. If you do not have a lawyer of your choosing, the court will then appoint a lawyer to represent you. **You have the right to a lawyer.**

How should I get ready for the hearing?

If you are fighting the guardianship, the judge will be deciding whether you can make certain decisions for yourself, or if a guardian should be appointed to make decisions for you. The judge will probably want you to show that you can do these things:

1. You can understand and give permission for medical care, *even if you have other people help you to understand.*
2. You can manage your own money *or arrange for someone to handle it for you.*
3. You can arrange for food, shelter, clothing, or other service *or make sure that someone else does it for you.*
4. You can arrange to go to work or school if you need *or make sure that someone else helps you.*

You have a right to put on **witnesses** who can testify about how you make decisions. A witness might include a case worker, therapist, family member, or friend. The court will also rely on the doctors or mental health professionals who have examined you. You should work with your lawyer to decide how to make the best case with witnesses.

What happens at the hearing?

You have the right to have your case decided by a judge or a jury. You can also ask for a **closed hearing** if you do not want to allow strangers to be present for the hearing.

You have a right to be present and to hear all the evidence unless a doctor can show that you would be harmed by attending the hearing. If you cannot physically make it to court, you may want to ask the judge to take steps to move the hearing to you.

At the hearing, the judge will weigh the evidence and decide if you need a guardian. If the judge decides that you do need a guardian, they will also decide what powers the guardian should have over you.

A guardian with all powers allowed by law is called a **plenary guardian** or a **full guardian**.

A guardian with only some powers is called a **partial guardian** or a **limited guardian**.

What happens after the guardian is appointed?

If a full guardian is appointed, they will have these duties unless the court says otherwise:

1. Deciding where you live, either in state or out of state.
2. Arrange for your care, comfort, and maintenance. This generally means making sure that you live in a safe place with the services that you need.
3. Take care of your clothing, furniture, cars, and other property.
4. Consent to medical care or other services.
5. Manage your money.
6. Make a report to the court at least once a year about how you are doing.

A limited guardian will only have the specific duties given to them by the court.

What if I already have a guardian?

If you already have a guardian, but you think that you can manage at least some things on your own, you need to go back to court. The easiest way to do this is to write an informal letter to the court asking for a change. MPAS has a sample letter and instructions on its website, www.mpas.org. If you feel comfortable, you can also fill out a **Petition to Terminate or Modify Guardianship** and file it with the court. For more instructions on how to do this, contact your local Probate Court.

Once you send the court a letter or file the Petition to Terminate or Modify Guardianship, the process will start again and you will prepare in the same way discussed above.

Is there anything I can do now to prevent having a guardian appointed?

There are many alternatives to guardianship, like having a special document that gives someone you trust the legal power to help you in your life, called a **power of attorney**. Special bank accounts and natural supports like friends and family members may also allow you to avoid guardianship. MPAS also has a paper on Alternatives to Guardianship with more information.

This is not a substitute for legal advice. For more information, contact your attorney or call Michigan Protection & Advocacy Service, Inc. at 1-800- 288- 5923 or 517- 487-1755.

Copyright © 2013 Michigan Protection & Advocacy Service, Inc. Permission to copy this information is granted provided credit is given to Michigan Protection & Advocacy Service, Inc.



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 parent's 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.ssa.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.

Ticket to Work Program

Ticket to Work connects you with free employment services to help you decide if working is right for you, prepare for work, find a job or maintain success while you are working. If you choose to participate, you will receive services such as career counseling, vocational rehabilitation, and job placement and training from authorized Ticket to Work service providers, such as Employment Networks or your state Vocational Rehabilitation agency. The service provider you choose will serve as an important part of your “employment team” that will help you on your journey to financial independence.

Who qualifies?

Everyone age 18 through 64 who receives Social Security Disability Insurance (SSDI) and/or Supplemental Security Income (SSI) benefits because of his or her disability is eligible to participate in the Ticket to Work program. Participation in the Ticket to Work program is free and voluntary.

Your eligibility will be verified by the service provider with whom you choose to work. You can also find out about your eligibility status by calling the Ticket to Work Help Line at:

1-866-968-7842 (V)/866-833-2967 (TTY).

<https://choosework.ssa.gov/index.html>



Health Insurance

Medicaid

Medicaid is health insurance available to Michigan Residents under certain 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://newmibridges.michigan.gov/s/isd-landing-page?language=en_US

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

You can also get help applying at your local DHS office.

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?

There is a low monthly cost for your whole family (even if you have more than one child).

How do I apply for MIChild?

You can apply online at: https://newmibridges.michigan.gov/s/isd-landing-page?language=en_US

Fill out the online application

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

You can also get help applying at your local DHS office.

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

https://www.michigan.gov/mdhhs/0,5885,7-339-71547_2943_4845_4931---,00.html

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 medical 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 for the qualifying diagnosis
- 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 Michigan Medicine, 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

https://www.michigan.gov/mdhhs/0,5885,7-339-71547_35698---,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.

800-633-4227

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



Housing

This section describes housing options for disabled persons who want to live independently from family. Mental Health and Developmental Disability services in Michigan are delivered through a county-based community mental health services programs (CMHSPs). MDHHS, along with 46 regional CMHSPs, contracts public funds for mental health, and developmental disability services.

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 grown after 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.michigan.gov/lara/0,4601,7-154-63294_27717---,00.html

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
- Management Agents
- Low Income Housing Tax Credit (LIHTC) Program

Down Payment Assistance Program

The Michigan State Housing Development Authority (MSHDA) has two Down Payment Assistance (DPA) programs available to eligible borrowers who meet income and property requirements.

For more information on how to apply, please visit www.michigan.gov/mshda and click on “Buy a Home.”

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>

Housing Choice Voucher Program

This federal program provides rent subsidies for very low income people who find their own housing in private homes and apartment buildings. MSHDA administers approximately 24,000 Housing Choice Vouchers. Renters can find more information in our “Guidelines for Tenants” brochure.

HUD regulations encourage applicants with Housing Choice Vouchers to look for housing outside of concentrated areas, maps are available to identify those areas.

Please see the [HCV Waiting List Information](#) page for information on waiting lists, applying, and the current status (open or closed) for each list. Participants in the Housing Choice Voucher Program may qualify for other opportunities such as the Family Self-sufficiency and Homeownership Programs.

To apply for a project-based voucher (subsidized housing at specified developments within the state) for homeless persons with special needs, veterans, elderly, and domestic violence survivors, please contact the housing agent listed for the specific development you wish to live at for more information. Developments and agent contacts are available in the [Project-based Voucher Developments List](#).

<https://www.michigan.gov/mshda/0,4641,7-141--370376--,00.html>



Community Supports

In general, the following public resources are available to provide services and support to people with disabilities:

- Department of Health and Human Services (DHHS)
- Community Mental Health Service Programs (CMHSP)
- Michigan Rehabilitation Services (MRS)

Department of Health and Human Services

The Department of Human Services (DHHS) 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 DHHS program benefits. Either you or someone authorized to act for you may apply. You can apply at any local DHS office in person or via the internet.

https://newmibridges.michigan.gov/s/isd-landing-page?language=en_US

DHHS 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, DHHS decides the appropriate client fee for services according to income.

Food Assistance Program

Temporary food assistance for eligible low-income families and individuals is available from the U.S. Department of Agriculture. MIBridges can be used to apply for assistance, check eligibility status and manage an account online. For questions about the Food Assistance Program, call 855-275-6424.

Cash Assistance Program

The Cash Assistance Program 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 (with the exception of parents of children who are disabled and require 24-hour care).

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 cash assistance. 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. 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 Assistance 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/dhhs/>

Community Mental Health Programs

Anyone with an intellectual disability who is eligible for Medicaid is eligible for services from Community Mental Health Service Programs (CMHSPs). Whether a person with an intellectual disability has private insurance, Medicare, or no insurance, they may still be 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 are not required to receive mental health treatment from the CMHSP in order to receive these services.

https://www.michigan.gov/mdhhs/0,5885,7-339-71551_2945_5101---,00.html

Community Living Supports (CLS)

Persons with an intellectual 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 keep 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 the 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 intellectual 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/mdhhs>

Habilitation Supports Waiver (HAB)

This program is for children and adults who are on Medicaid. The HAB waiver is a federal program that gives Medicaid funded home and community-based services to children and adults who are at risk of placement into an Intermediate Care Facility for the Mentally Retarded (ICF/MR).

Eligibility requirements for this waiver:

- Medicaid eligible and enrolled
- Has a serious mental illness or emotional disturbance, substance use disorder, and/or developmental disability (DD)
- No age restrictions
- Would otherwise need the level of services similar to an ICF/MR

Services available:

- Community Living Supports
- Medical Equipment and Supplies
- Pharmacy
- Environmental Modifications
- Family Training
- Goods and Services
- Out-of-home (not job or work) habilitation
- Personal Emergency Response System (PERS)
- Prevocational Services
- Private Duty Nursing
- Respite
- Supports Coordination
- Supported Employment

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

To request more information about both waiver programs, contact your local Community Mental Health Services Program.

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

Michigan Rehabilitation Services

Michigan is home to approximately 1.3 million individuals with disabilities. Michigan Rehabilitation Services (MRS) works with eligible customers and employers to achieve quality employment outcomes and independence for individuals with disabilities. We work in partnership with individuals with disabilities to prepare for and obtain competitive employment, including exploring the possibilities of self-employment or owning a small business. Employment services to individuals with disabilities are provided in all 83 Michigan counties.

MRS also assists employers find and retain qualified workers with disabilities. MRS helps employers save time and money, and maintain a motivated, reliable and dependable workforce.

Here you will find complete information about their services, how to apply, and where their offices are located.

https://www.michigan.gov/mdhhs/0,5885,7-339-73971_25392---,00.html



Medical Equipment

Many times equipment such as ramps, wheelchair vans, and home remodeling are not covered by insurance. The following resources can be used in order to get help for purchasing medical equipment.

AT Xchange – Assistive Technology

AT Xchange is a Michigan-based Web site where people can buy, sell or give away assistive technology. Do you have a used AT item in storage that could really help someone who has a disability? It could be anything from a wheelchair, stair lift, Braille reader, or reacher! If so, just post a classified ad AT Xchange.org. Include a digital photo. ATXchange is open to vendors who have used equipment for sale also.

<http://www.atxchange.org>

Children with Special Needs Fund (CSN)

The CSN Fund helps children in Michigan with special health care needs when help is not available through any other funding source. Families with a child enrolled, or eligible to enroll, in the CSHCS Program may apply to the CSN 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 or 800-359-3722

www.michigan.gov/csnfund

Lori's Voice

The purpose of Lori's Voice is to provide equipment, educational resources, and medical assistance to children with neuromuscular and other degenerative diseases.

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

Michigan Diaper and Incontinence Supplies Program

These supplies are covered if your child is over 3 years old, is on Medicaid, and a doctor has said your child is incontinent. 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 a Medicaid Health Plan, call them directly about this program.

If your child is on Straight Medicaid, call J & B Medical:

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

http://www.michigan.gov/documents/dipfinal_88492_7.pdf

Michigan Assistive Technology Loan Fund

The Michigan Assistive Technology Loan Fund provides loans to people with disabilities (or their family members) to buy assistive technology devices or services. This included modification of cars/vans 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 (MI only) or 517-203-1200

<https://www.ucpmichigan.org/assistivetech>

United Healthcare Children's Foundation (UHCCF)

The UHCCF is a non-profit charity. UHCCF helps parent's access medical-related services that could greatly improve the health or the quality of life of their child and are not fully covered by the commercial insurance. Support is in the form of a medical grant to be used for medical services not covered or not completely covered by commercial insurance. This assistance is not available to children who are on Medicaid insurance.

855-698-4223

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



Resources for Transition Planning

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

ARC

The mission of The Arc Michigan is to make sure that people with Intellectual 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



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/>
- ✓ Go to a transition training: Both the ARC Michigan and Bridges for Kids have in-person trainings for parents of a child with ID that is becoming an adult. Go to their websites for details:
<http://www.arcmi.org/>
<http://www.bridges4kids.org/>

Many resources are available to help a child with intellectual disability successfully make the transition to adult services. We hope that this booklet was a helpful guide.

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 contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Author: Lorrie Carbone, LMSW
Reviewers: Lorrie Carbone, LMSW

Patient Education by [Michigan Medicine](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License](#). Last Revised 08/2018