

This Guide was made possible by
The Center for Health Care Strategies

Funded by
Robert Wood Johnson Foundation

One generation plants the tree; 1 another gets the shade . . .



Council on Mental Retardation
Leadership Institute
Witherspoon Street
Louisville, KY 40202

Phone 502 587 6500
Fax 502 587 6501
www.councilonmr.org

Table Of Contents

HOW AND WHEN TO READ THESE GUIDELINES

INTRODUCTION

About These Guidelines, Purpose, Who We Are and Why We Did This, Why This Is Important, How This Guide Is Organized, Where We Got Information and Who Helped Us

Transition

Tab 1

Introduction, Checklist/Timeline, Areas of Assessment, Services: EPSDT, SSI, Ticket To Work; Transition Plan, Vision vs. Reality, Voice of Experience, Issues: Circles of Support, Person-Centered Futures Planning, Self-Determination, Support Coordination: Vision and Reality; Where To Get Information, Other Issues: Youth With Disabilities in the Juvenile Justice System, Advocacy Needs

A Meaningful Day

Tab 2

Introduction, Employment, Career Planning, Voice of Experience, SSI, Ticket to Work, Medicaid Buy-In, Vocational Services, Supported Employment, List of Providers, Day Habilitation, List of Providers, Home/Health Agencies, Quality Indicator Questions, Reality, Friendships and Relationships, Community Inclusion, Vision vs. Reality, Recreation and Leisure, Activities and Opportunities, Post-Secondary Education, Advocacy Needs

Health Promotion

Tab 3

Health Promotion: Health and Wellness, Physical Activity, Overweight and Obesity, Tobacco Use, Substance Abuse, Responsible Sexual Behavior, Mental Health, Injury and Violence, Environmental Quality, Immunization, Oral Health, Eye Care, Medications, Financial Assistance with Medications, Voice of Experience, Access to Health Care, Disability and Secondary Conditions, Healthy Aging, Early Detection and Screening, Best Practice

Managed Care

Tab 4

Medicaid: Eligibility and Maintenance Assistance, Application, Benefits, Importance; Kentucky's Waivers: Home and Community Based Services, Supports for Community Living Waiver; Kentucky's Medicaid Health Care Coverage Programs: KenPac (Kentucky Patient Access and Care) or

One generation plants the tree; 2 another gets the shade . . .

Passport Health Plan, Eligibility, Benefits and Services, Questions, Concerns; Building Successful Partnerships with Health Care Professionals, Preparing for a Health Care Visit, Advocacy

Living Arrangements

Tab 5

Introduction, Checklist of Residential Options, Voice of Experience, Family Financed Home or Apartment, Homechoice, Residential Programs and Housing, List of Providers; Government-Funded Programs: Supports For Community Living, Kentucky Supported Living; Rental and Ownership Housing under Section 8, Quality Care Considerations, Family and Personal Care Homes, Letting Go: Points for Parents to Ponder, Voice of Experience, Vision, The Role of Community, Advocacy Needs

Transportation

Tab 6

Introduction, Checklist of Options, Public Transportation, TARC3 Paratransit Services, TARC3 Subscription/Routine Trips, Voice of Experience, Important Phone Numbers, Best Practices: Travel Training, Buddy System; Transportation Councils and Committees, Non-Emergency Medical Transportation: Basic Rules, Freedom of Choice, State Fair Hearing; Passport Non-Emergency Medical Transportation, Advocacy

Family/Caregiver Supports

Tab 7

Introduction, Checklist for Quality, Family Information and Counseling, Family Support Groups, Parent Outreach, Other Support Groups List, Vision, Family Support Services Program – Seven Counties, Personal Care, Respite, Home Health Agencies, Vision, Personal Care Attendant Services Program, Emergency Numbers, Circles of Support and Futures Planning, Community Support, Public Awareness, Advocacy, Voice of Experience, Spiritual, Faith-Based Supports, General Topics/Issues in Family Supports: Support Coordination, Vision, Self-Determination Principles, Reality, Advocacy Needs, Where To Get Information

Behavior Supports

Tab 8

Introduction, Vision, Positive Behavior Support, Reality, Behavior Intervention in Children With Autism, Promoting Mental Health, Dual Diagnosis: Mental Illness in Persons with Mental Retardation, Sexuality, Circles of Support and Futures Planning, Community Support, Advocacy Needs

Financial Concerns / Estate Planning

Tab 9

Introduction, Checklist of Options, It's OK to Ask For Help, Financial Concerns, Center for Accessible Living, Specialty Funds, Public Benefit Programs: Supplemental Security Income, Information Needed to Apply, Practical Considerations, Social Security Disability

One generation plants the tree; 3 another gets the shade . . .

Insurance, Kentucky Supported Living, Medicaid: Eligibility, Application, Medicaid/Medicare Dual Eligibles, Kentucky Medicaid Waivers: Home and Community Based Services Waiver, Supports for Community Living Waiver, SCL Waiting List, SCL Waiting List Validation, Freedom of Choice, Acquired Brain Injury Waiver, An Overview of Estate Planning, The Special Needs Trust, Finding a Financial Planner or Lawyer, Advocacy Needs

Guardianship & Alternatives

Tab 10

Introduction: Guardian Reform, Checklist of Options, Citizen Advocate, Power of Attorney, Check Signature Card, Representative Payee, Trust fund, Conservator/Limited Conservator, Guardianship/Limited Guardianship, Resources, Americans with Disabilities Act/Olmstead Decision, Kentucky's Waiting List Case, Access to Justice and Fair Treatment Under Criminal Law, Legal Assistance

Assistive Technology

Tab 11

Introduction, Checklist of Options, How To Qualify for Assistive Technology Service, Principles of Universal Design

Self Advocacy / Advocacy

Tab 12

Introduction, Advocacy 101, Voice of Experience, Why Self-Advocacy, Basic Steps in Advocacy, Strategies to Remember, 10 Pillars of Successful Lobbying, Systemic Change, System Wide Change: A Multi Strategic Approach