

Accessing Adult Services

STEPS TO ACHIEVING POST-SECONDARY GOALS





**Planning is bringing the future
into the present so that you can
do something about it now.**

Alan Lakein



Step 1: Apply for Case Management Services

Case Management is the link to needed resources and information. To access adult services, the transitioning student must have an open case with the Missouri Department of Mental Health – Division of Developmental Disabilities. Your case manager is your *strategic partner* in the process of planning the transition from school to adult services.

Applying for IDD Case Management Services



1. First point of contact: St. Louis Regional Office - Call 314-587-4800 Ask for “Intake and Assessment”, then ask to open a new case or re-open your case.

You will be asked what you need help with. If you are 16 or 17, specifically say DDRB case management. If age 18 or older, say case management and you may choose between St. Louis Regional Office or the DDRB case management program.

2. An intake worker will gather information and send an application packet. An appointment will be scheduled to complete an assessment to determine eligibility for services.
3. If determined to be eligible for Case Management services, needs will be identified and an Individual Support Plan (ISP) will be written to address those needs.

Eligibility

A developmental disability is a disability which is attributable to mental retardation, cerebral palsy, epilepsy, head injury, autism, or a learning disability related to a brain dysfunction, or any other mental or physical or mental impairment which occurs before age 22. It must be determined that this disability is likely to continue indefinitely and that it results in a substantial functional limitation in two or more of the following six areas of major life activities: self care, receptive and expressive language development and use, learning, self-direction, capacity for independent living or economic self sufficiency and mobility.

STEP 2:

Apply for Medicaid (MO HealthNet)

Transitioning students should apply for Medicaid when they turn 18. A child can apply at a younger age if your family meets the income guidelines. If your child is younger than 18, your total household income and resources are a factor. If your child is 18 or older, only their income and resources are considered.

Medicaid is required to access most adult services for people with disabilities.

Without Medicaid, service options are limited.



To apply for Medicaid:

1. Visit the Family Support Division office at closest to you. Search locations at dss.mo.gov

OR

2. Print an application available at <http://www.dss.mo.gov/fsd/massist.htm>
The link to the MO HealthNet application will be on the menu on the right of the page.
3. Keep copies of your application form. They sometimes get lost.
4. Hand-deliver or mail your application to the local office.

(855) FSD-INFO

Missouri Department of Social Services
Family Support Division Information Center
(855) 373-4636



St. Charles Family Support Division
3737 Harry Truman Blvd.
St. Charles, MO 63301

(636) 940-3170

Medicaid Eligibility Basics

Any person who:

- is permanently and totally disabled. Disability, as defined and used by the Social Security Administration (SSA), is the individual's inability to be gainfully and substantially employed for one year or longer due to a physical or mental incapacity;
- has net income less than the monthly threshold for an individual (\$783 per month) or a couple (\$1,175 per month). If monthly income exceeds this amount, the participant may become eligible when their incurred medical expenses reduce their monthly income below this limit;
- who lives in Missouri and intends to remain;
- who is a United States citizen or an eligible qualified non-citizen;
- if single, owns cash, securities or other total non-exempt resources with a value of less than the resource threshold for an individual or a couple (Note: Exempt resources include the home in which the participant or participant's spouse or dependents live, one automobile, household goods and certain other property. If a disabled child under age 18 is living with his parents, the non-exempt resources of the parents will be included)

ABLE Account



<https://www.moable.com/>

One of the primary reasons that the federal ABLE Act was passed was to protect Individuals with disabilities from losing certain benefits such as SSI or Medicaid.

ABLE Accounts can be opened with as little as \$50.00.

Accounts can be opened online on the MO Able website.

You can use an ABLE account for:

- Basic Living Expenses
- Housing
- Transportation
- Education
- Assistive Technology
- Employment Training
- Personal Support Services
- Legal Fees
- Health & Wellness
- Financial Management

How are services funded?

Home & Community Based Waivers

The Missouri Department of Mental Health's Division of Developmental Disabilities (Division of DD) administers five Medicaid Home and Community Based (HCB) Waiver programs for individuals with intellectual or other developmental disabilities.

The three adult waivers are the Partnership for Hope Waiver, Community Support Waiver and Comprehensive Waiver,

The **Partnership for Hope (PFH) Waiver** has a \$12,362 annual cap and is typically used to fund lower-cost services such as transportation, therapies or one-time equipment purchases.

The **Comprehensive Waiver** has no annual financial cap and is used fund high-cost services such as residential placement and related services.



The **Community Support Waiver** has a \$28,000 annual cap and is typically used to fund adult day services.

Who Qualifies for a Division of DD Waiver?

Comprehensive, Community Support, and Partnership for Hope Waivers:

- Eligible for MO HealthNet (Missouri's Medicaid program) as determined by the Missouri Department of Social Services' Family Support Division under an eligibility category that provides for Federal Financial Participation (FFP);
- Must have needs that would require care in an intermediate care facility for developmental disabilities;
- For the Comprehensive Waiver, requires residential supports;
- For the Community Support Waiver services are limited to \$28,000 annually and the participant must not require residential services. This limit may be exceeded on a case by case basis;
- For the Partnership for Hope, waiver service needs are limited to \$12,362 annually and the participant must not require residential services. If there are special circumstances, people may be able to get more services.

Medicaid Waiver Eligibility

Individuals must have active Medicaid and eligible diagnosis in order to apply for a Medicaid Waiver.

The Medicaid Waiver program is a combination of federal and state funds that are used to purchase services for people with disabilities.

The Case Manager will need to apply for a Medicaid Waiver for the individual. The process takes several months. It is critical that the process of applying for the Waiver begins well before the funding is needed.

Waiver-Eligible Diagnoses

In addition to having active Medicaid, an individual must have a waiver-eligible diagnosis.

Some examples include intellectual disability, autism spectrum disorders, epilepsy, cerebral palsy and Down syndrome or other genetic disorders.

Specific learning disabilities or mental illness are not waiver-eligible diagnoses.



Employment Transition

Students who are employment-bound can apply for services from Vocational Rehabilitation in their final year of school.

Vocational Rehabilitation (VR) is a division of the Department of Elementary and Secondary Education (DESE) that provides vocational counseling and funding for employment evaluation, training and supports for people with disabilities. Vocational Rehabilitation also certifies a person's eligibility to work in sheltered employment.

To Apply for Vocational Rehabilitation Services

1. Each of the St. Charles County school districts have a Vocational Rehabilitation Counselor assigned to the district. Talk to your school guidance counselor about applying for services

OR

2. In St. Charles County contact the Division of Vocational Rehabilitation, 3737 Harry S. Truman Blvd., Ste. 400, St. Charles, MO 63301, (636) 940-3300, Toll Free: (855) 283-2681

Outside St. Charles County, for the office closest to you visit:

<https://dese.mo.gov/adult-learning-rehabilitation-services/vocational-rehabilitation/vr-offices>

Eligibility for Vocational Rehabilitation

Eligible individuals have a physical or mental impairment that causes problems with working and need VR services to be successfully employed.

<http://www.dese.mo.gov/vr/vocrehab.htm>

The Workforce Innovation & Opportunity Act (WIOA)

WIOA increases individuals with disabilities' access to high quality workforce services and prepares them for competitive integrated employment.

- Youth with disabilities will receive extensive pre-employment transition services so they can successfully obtain competitive integrated employment.

Transition to Post-Secondary Education

Most college campuses have an accessibility office to provide accommodations for students with disabilities.

St. Charles Community College – <https://www.stchas.edu/student-life/student-services/disability-support-services>

St. Louis Community College –
http://www.stlcc.edu/disAbility/Access_Office/Index.html

UMSL - <http://www.umsl.edu/services/disability/map.html>

Maryville University - <https://www.maryville.edu/fye/accommodations/>

Lindenwood University - <http://www.lindenwood.edu/academics/support-resources/disability-services/>

UM Columbia - <http://disabilitycenter.missouri.edu/>

Supported Education Programs

UMSL - SUCCEED is a post-secondary program for students with intellectual and developmental disabilities ages 18 through 25 years. Program participants can earn a Chancellor's Certificate by completing the two-year residential program.

<http://www.ums.edu/succeed/>

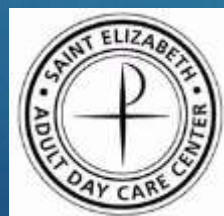
University of Central Missouri – THRIVE offers a program for young adults with intellectual or developmental disabilities in a 2-year residential college experience. With a focus on building the knowledge and skills to transition from home to independent living, and from school to the workplace.

<https://www.ucmo.edu/thrive/>

Westminster College - The Tomnitz Family Learning Opportunities Center (LOC) offers academic support to students through a variety of programs, including the Learning Disabilities Program, the Academic Enrichment Program, the Peer Tutoring Program, and the College Transition Program. The LOC's professional academic staff also offer supplemental courses designed to encourage and support academic success in the Humanities, Natural and Mathematical Sciences, and Social Sciences. <http://www.westminster-mo.edu/academics/resources/learning/default.html>

Adult Day Services

It is suggested that transitioning students visit day programs during the summer prior to their last year of school. This will help with the decision about which program is the best fit. The Regional Office or DDRB Case Manager will help arrange visits for parents. Transition visits for the student will be coordinated by the school district during the final year of school. The frequency and duration of transition visits will vary by student and day program. There are several agencies that provide adult day services. Participation in a day program requires funding from the Department of Mental Health through the Medicaid Waiver. The individual cannot participate in a day program until funding is approved. Most programs have a waiting list.





Developmental Disabilities Resource Board

The DDRB is a public taxing entity, commonly known as a “Senate Bill 40 Board” that enters into funding contracts with agencies that serve individuals with developmental disabilities in St. Charles County. This public tax was established in 1977 when voters of St. Charles County approved to tax themselves up to sixteen cents per \$100.00 of assessed property valuation to provide community based programs and supports for citizens with developmental disabilities. The DDRB is a nine-member volunteer board. The administrative staff report directly to the Board, providing accountability the St. Charles County community.

The DDRB Case Management Program

In an effort to enhance the case management service delivery system, a partnership was established between the DDRB and Department of Mental Health (Division of Developmental Disabilities). The intent of this collaboration was to reduce caseloads for the local Department of Mental Health (Division of Developmental Disabilities) case managers in order to allow all case managers the ability to provide quality, individualized services to those receiving case management in St. Charles County. As a result, in May of 2006, the DDRB began providing case management to individuals 18 years-of-age and older. The DDRB now provides case management services to over 1200 customers **16 years-of-age and older.**

DDRB Transition Support:

The DDRB funds several programs supporting individuals with developmental disabilities who reside in St. Charles County. Among the funded programs are several that support the transition from school to adulthood. These programs can be accessed without active case management for individuals determined eligible.

Pre-Employment Transportation Stipend

Employment Transportation Stipend

Supported Employment Follow-Along / Job Retention Services

IDD Helpline

Conference Stipend for Individuals and Families

Family Support Program

Pre-Employment and Employment Transportation Stipend

The DDRB's **Pre-Employment Transportation Stipend** is intended to temporarily support the transportation needs of individuals enrolled in a postsecondary school (vocational or trade school, college or university) or participating in a DDRB-funded pre-employment training program.

The DDRB **Employment Transportation Stipend** is intended to temporarily support the transportation needs of individuals competitively employed in community who are underemployed or in jeopardy of losing employment due to the lack of transportation.

This stipend is not intended to cover total transportation costs, but to enhance options and opportunities while individuals explore long-term transportation solutions.

Eligibility

Individuals accessing **the Pre-Employment Transportation Stipend** who meet the following criteria are eligible for a lifetime maximum amount of up to \$3,000.

- Individual has been determined eligible for DMH/DD services and have a DMH/DD I.D.
- Individual resides in St. Charles County
- Individual is enrolled in a postsecondary school and has an active case manager/service coordinator or receives Pre-Employment Services from a DDRB funded program.

Individuals accessing the **Employment Transportation Stipend** who meet the following criteria are eligible for a lifetime maximum amount of up to \$3,000.

- Individual has been determined eligible for DMH/DD services and have a DMH/DD I.D.
- Individual resides in St. Charles County
- Individual is competitively employed in the community

If the maximum amount allowable is not fully utilized the individual's balance remains available for use at a later time.

Supported Employment Follow-Along / Job Retention Services

Vocational Rehabilitation provides “time limited” Supported Employment services for those individuals with the most significant disabilities for whom competitive employment has not traditionally occurred or for whom competitive employment has been interrupted or intermittent as a result of a significant disability. Typically, the Division of Vocational Rehabilitation (DVR) provides services for an individual assessment, job development and job coaching.

Supported Employment Follow-Along is defined as those on-going supports necessary to assist a person with a developmental disability to sustain competitive work in an integrated setting of their choice.

Conference Stipend for Individuals and Families

Eligibility:

The applicant must be an individual with a developmental disability as defined in DDRB Funding Guidelines or is an immediate family member of an individual with a developmental disability. Agencies requesting stipends on behalf of a group of individuals need to contact DDRB office.

Event:

Conferences must be sponsored by a professional organization and/or be a presentation by a professional recognized in their field and directly related to the individual's and/or family member's developmental disability.

Amount:

The individual pays the first \$25.00 for each conference. The DDRB will pay the remaining registration fee, up to a maximum of \$500.00 per fiscal year, per person. Fees related to late registration, travel, lodging and other expenses are not covered.

Approval:

Approval is based on available funding and compliance with the policy. Waiver of the \$25.00 co-pay (based on need) and policy exceptions require DDRB Program Committee approval. Applications are considered on a first-come-first-served basis. The fiscal year end invoice deadline is not applicable.

Family Support Program



The Family Support Program through F.A.C.T. (Family Advocacy and Community Training) is funded by a partnership between the Department of Mental Health and the Developmental Disabilities Resource Board. The program is designed to support families that include children or adults with developmental disabilities

The Family Support Partner's role is unique, as they too are parents with children that have a developmental disability, who have successfully navigated multiple systems in support of their own children. In turn, the Family Support Partner offers an empathic shoulder to families who are currently going through the same or similar challenges. They support families in a number of ways including attending school meetings and team meetings, helping the family to locate resources, assisting in setting goals and then developing plans to achieve them. Family Support Partners collaborate with other community agencies to wrap services around the family.

IDD Helpline

The logo for IDDHelp, featuring the text "IDDHelp" in a white, italicized, sans-serif font on a solid orange rectangular background. A vertical lime green bar is visible on the right side of the slide.

IDDHelp

For people with a developmental disability in the Greater St. Louis Region, an IDD Community Connector can get you connected to the resources you need.

To access the IDD Helpline call 877-256-2202. This service is free and confidential 24/7/365. An IDD Specialist is available Monday-Friday, 8 am – 5 pm.



For more information about disability resources in our community visit

www.ddrb.org

Click on “Parent Resources”,
then “Resource Directory”