

Transitioning for your Future

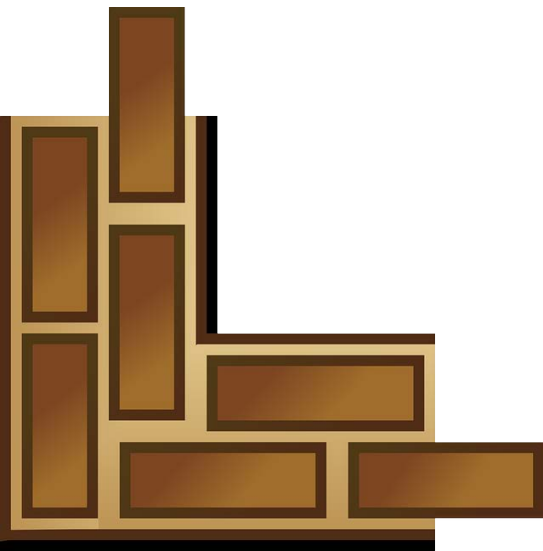
These are the fundamental bricks you need to lay to build the road to your future.

Documents Needed

- Certified Birth Certificate (State seal not hospital)
- Social Security Card
- Medicaid Card
- Drivers License / Identification Card
- Guardianship / Power of Attorney Papers (if applicable)
- Psychological Evaluation
- Physical, Dental and Vision Exams (Current Dates)
- Real estate tax notices
- Bank book
- Insurance policies
- Other papers that list resources : pay stubs, medical records relating to disability.

Department of Health and Human Services

- You will need to begin to build your road by connecting with your local DHHS office. This can be done by calling Access Nebraska to find the number and address of that office.



ACCESSNEBRASKA

- ACCESSNebraska.
- Anyone can apply for benefits and handle their Medicaid and Economic Assistance needs on the ACCESSNebraska website from a computer anywhere, at any time. In addition customers can:
 - Submit required documents, such as financial records;
 - Update information and report changes in their household;
 - Complete renewals and reviews; and
 - View their current benefits through the website.
- ACCESSNebraska customer service staff is available:
 - By telephone from 8 a.m.-5 p.m. Monday through Friday for both Medicaid and Economic Assistance programs; and
 - Through Automated Benefit Inquiry systems, available 24 hours a day.

The Department of Health and Human Services has local offices available for in-person assistance. Most local offices have kiosks and telephones available for your use.



Decisions that Need to Be Made

Needs to be discussed

- Transition planning, including services for the ages of 18 – 21
- Need for Residential Services
- Accessing Adult DD Services, invite potential providers to IEP
- Need to apply for Social Security
- Need to apply for Medicaid
- The need for a guardian, and in what capacity

Timelines

- By age 14
- School can apply by age 16 (6 – 8 year wait)
- By age 17
- By age 17
- Before the age of 18
- At age 19

Social Security

- Here is how to apply
- <http://www.ssa.gov/disabilityssi/apply.html>

Different programs are available with different requirements



Medicaid

To apply for medical assistance, an application must be completed and given to the Nebraska Department of Health & Human Services. For more information, contact your nearest Department of Health and Human Services Office; Or, you may download an application form and mail it to the nearest Department of Health and Human Services Office.

GO TO [ACCESSNebraska](#) to:

- Select a self screening to determine the programs for which you may want to apply;
 - Complete an online application that you can complete and submit electronically;
 - Print a paper application that you can complete and mail.
- Always know there is an appeal process available Remember the timeframes – late paperwork (annual information)
- Programs available
- Under 2000 personal resources (savings checking and certain trust funds, life insurance in their name) - can pay for fees for over resources
- Able Act ??
- Maintain eligibility – resources, medical reviews, etc

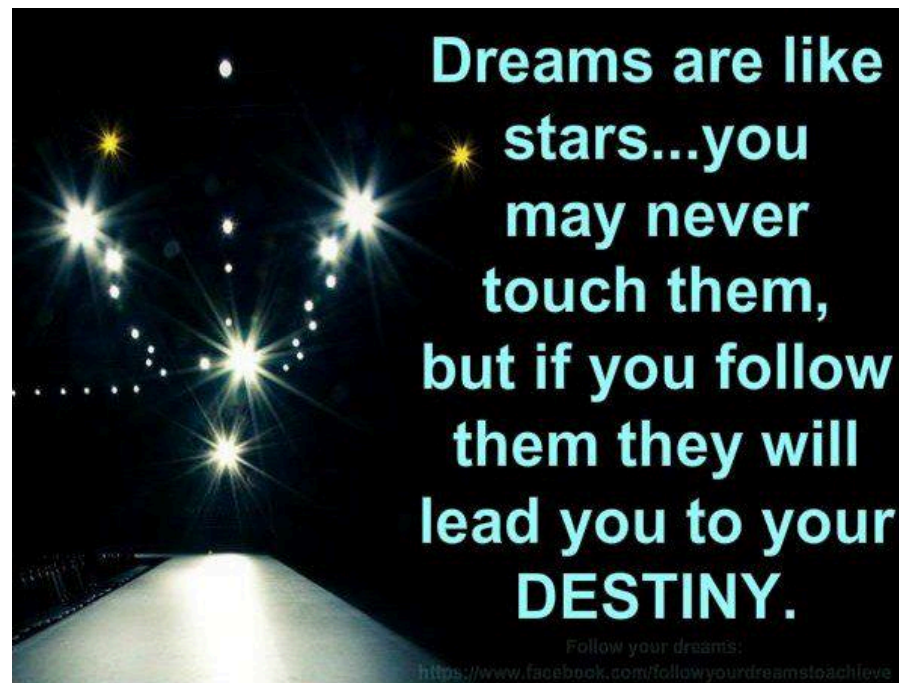
Psychological

Requirements for Psych Exam reports to be eligible for DD Services

- current within 3 years of beginning services
- contain an Axis diagnosis
- Contain an adaptive behavior assessment
- Contain IQ testing
- Be signed by a licensed psychologist

What are your Dreams and Goals?

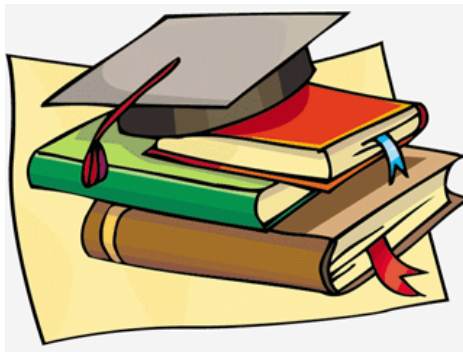
- Where do you see yourself or your loved one in the future?



Know your options

Secondary education

- Voc. Rehab
- College
- Job Corp



Employment

- Jobs in your community
- Apprenticeship
- Internship
- Volunteer Opportunities



Know your Options

Skill Training/Discovery

- Job Exploration
- Job Shadowing
- On the Job Work Experience



Services

- Career Planning
- Job Coaching
- Benefits Analysis/Planning
- Career Follow along



Careers

Community Living

Know your Options

- Support based on needs and request ranging from 24 hours a day to a few hours a week.
- Support to learn home maintenance skills
- Support to learn personal care skills such as cooking, dressing, hygiene, etc.
- Identify living preferences
 - Apartment or house
 - Alone or with a roommate
 - Home ownership
 - Specialized Service Providers
 - Supports in your family home
 - Dorm living



Service Options

Specialized

- Specialized services are a specific set of services offered by community-based provider agencies. Provider agencies must be approved by the state and meet specific regulations.
- Specialized provider agencies are responsible for all administrative aspects related to oversight of services, such as hiring, firing, scheduling, training, paying wages, etc.



Non-specialized

- Non-specialized services are flexible services and supports provided by community members or agencies.
- **Non-specialized services include**
- Community Living & Day Supports (CLDS)
- Employment Supports
- Independent Living Supports
- Respite
- Assistive Technology
- Home Modifications
- Vehicle Modifications
- Personal Emergency Response (PERS)
- Community Living & Day Supports (CLDS) are provided by non-specialized providers. Non-specialized providers must be approved by the state and meet specific regulations.

Resources



Phone Numbers

Resource / Agency

Number

DHHS Helpline	800.254.4202
Hotline for Disability Services	800.742.7594
Disability Rights Nebraska	800.422.6691
Munroe-Meyer Institute	800.656.3937
The Arc of Nebraska	402.475.4407
Independent Living Council	402.438.7979
People First of Nebraska	308.530.9209
PTI Nebraska (Parent Training Information)	800.284.8520
ATP (Assistive Technology Partnership)	888.806.6287
Housing Resource Specialist	888.806.6287 OR 402.471.0734
Funding Coordinator	888.806.6287 OR 402.471.0734

Watch for Town Hall Meetings near
you for further information!

Questions??

Call Cheryl Montgomery at

402-720-4287

or email at

cheryl1@northstarservices

