



**Resources Every Parent
Should Know About:**
*Helping Our Children with Disabilities to
Live Safe and Enriched Lives*



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With admiration for and gratitude to Rosemary Alexander:
friend, coworker, advocate, and kindred spirit

Questions for YOU...

- What do you want for your children with disabilities?
- What do they want for themselves?
- How do YOU define your role in helping to make those things happen for them?
- Who can help you to help your children with disabilities make those things happen?

What Parents Want ...

In a survey asking parents what they would like to see for their child at the age of 21, 75% agreed they want their children

- to be happy and to have friends,
- to be part of a neighborhood that welcomes them, and
- to make a contribution to society.

Lisbeth Vincent, PhD, National Parent to Parent Conference, Tampa, FL., 1990

What issues are parents encountering at the different life cycle stages of their children with disabilities?

What are they thinking about?

What are they doing?

<u>Life Cycle Stage: Early Childhood ages 0-5</u>
★ Obtaining an accurate diagnosis
★ Informing the siblings and relatives
★ Locating services
★ Seeking to find meaning in the disability
★ Clarifying a personal ideology to guide decision-making
★ Addressing issues of stigma
★ Identifying positive contributions of disability

<u>Life Cycle Stage: School Age ages 6-12</u>
★ Establishing routines to carry out family functions
★ Adjusting emotionally to educational implications
★ Clarifying issues of mainstreaming/inclusion vs.special class placement
★ Participating in individualized education planmeetings
★ Locating community resources
★ Arranging extracurricular activities

Life Cycle Stage: Adolescence
ages 13-21

- ★ Adjusting emotionally to possible chronicity of ...disability
- ★ Identifying issues of emerging sexuality
- ★ Addressing possible peer isolation and rejection
- ★ Planning for career/vocational development
- ★ Arranging for leisure time activities
- ★ Dealing with physical and emotional changes of ...puberty
- ★ Planning for postsecondary education

Life Cycle Stage: Adulthood
ages 21 - on

- ★ Planning for possible need for guardianship
- ★ Addressing the need for appropriate adult residence
- ★ Adjusting emotionally to any adult implications of dependency
- ★ Addressing the need for socialization opportunities outside the family for individual with disability
- ★ Initiating career choice or vocational program

What are the necessities of life?



What are the things that enrich life?

Consider...

What supports the person with a disability needs

- Now
- Future

Think about necessities (basics) and enrichments.

What does the person with a disability get through the school system that will not be available after graduation?



- Nursing services?
- Supported Employment?
- Wheelchair?
- Academic Instruction?
- Assistive Technology?
- Recreation?



What can be provided by...

- Government?
- Non-profits?
- Your own connections?
 - Start saving for the future now
 - Person with a disability will need more than can be provided by government services



Most state and local funding and service resources are based on eligibility

- **Eligibility is usually based on income and disability**

• **Income**

- before age 18, based on family's income
- after age 18, based on income of person with a disability
- After age 18, person with a disability is usually eligible for services associated with poverty
 - » Food stamps
 - » Section 8 housing
 - » Etc.
- Look beyond disability-only services for other assistance in your community



Eligibility is usually based on income and disability...

• **Disability**

- Most agencies will use the most current school evaluation
- Always have an evaluation that is current and accurate
- Make sure your child graduates with a current and thorough evaluation
- Other sources of proof of disability may come from a doctor or an evaluation done at the agency



Remember...



Most agencies have an appeal process

- If you get turned down, try again!
- Utilize the chain of command
 - If you aren't getting results with an agency's representative, ask to see/talk to that person's boss
 - Stay cool but be firm
 - Be assertive, not aggressive
 - Come back another day ... maybe you'll get a more cooperative person

Write it down!

- Name of person you are talking to, whether by phone or in person
- Date
- Phone number
- What you've been told
- Create a system to keep yourself organized
 - Notebook
 - Filing system



**The Top Ten:
Basics of Funding/Services Programs**

1. Waiver Programs	6. Medical Services & Insurance
2. SSI/Medicaid	7. Poverty Assistance
3. State Agencies	8. Non-Profits
4. Local MHMR Centers	9. National Organizations
5. Educational Services	10. Internet

1. Medicaid Waiver Programs



- 8 to 10 year waiting lists - **GET ON NOW!**
- Based on income of person with a disability (not parents' income)
- Programs provide funding for personal attendant, respite, therapies, adaptive aids, home and vehicle modifications, etc.
- Keep contact information **CURRENT at all times** (they can't notify you if they can't find you!)

Long-Term Medicaid Services

The Medicaid program offers long-term care services if you need help with day-to-day living activities. These services are offered either in a facility or in your home.



Some of these services include:



- Community care services for persons with disabilities, including personal attendant services, meals, and day activity and health services.
- Nursing home care.
- State schools and intermediate care facilities for persons with mental retardation.
- Prescription Benefits
- Transportation



Services also include long-term care waiver services...

Long-term care waiver services (listed below) may not be available in all areas of the state. They provide community-based care as an alternative to institutions:

- Community Based Alternatives (CBA) - serves adults who require nursing home level of care.
- Consolidated Waiver Program (CWP) - serves people with physical or developmental disabilities; operates only in Bexar County.

Long-term waiver services, cont'd...

- Community Living Assistance and Support Services (CLASS) - serves people with developmental disabilities like cerebral palsy, spina bifida, etc.
- Home and Community Services (HCS) - serves people with mental retardation
- Medically Dependent Children's Program (MDCP) - serves children who require nursing home level of care.
- Deaf Blind Multiple Disabilities (DBMD) Services - serves adults who are deaf, blind and have a third disability.

What is CDS?

- Consumer Directed Services (CDS) allows DADS consumers to hire and manage the persons who provide their services. (CDS was formerly called the Vendor Fiscal Intermediary Option.)
- The program is the result of Senate Bill 1586, 76th Texas Legislature, which allows a voucher payment option that empowers consumers to make personal decisions related to the delivery of personal assistance and respite services within their current home and community-based program.

<http://www.dads.state.tx.us/providers/CDS/index.cfm> 8-08-08

CDS is available to consumers in the following programs

- Consumer Managed Personal Assistance (CMPAS)
- Community Attendant Services (CAS)
- Community Based Alternatives (CBA)
- Community Living Support Services (CLASS)
- Deaf-Blind Multiple Disabilities (DBMD)
- Family Care (FC)
- Home and Community-based Services (HCS)
- Medically Dependent Children Program (MDCP)
- Primary Home Care (PHC)
- Texas Home Living (TxHML)

<http://www.dads.state.tx.us/providers/CDS/index.cfm> 8-08-08

CDS Option is Now Available

- For those in the Community Based Alternatives (CBA) program, you will be able to use the Consumer Directed Services (CDS) option to self-direct:
 - nursing;
 - physical therapy;
 - occupational therapy; and
 - speech/hearing/language therapy.
- **Attendant services** and **respite** will continue to be offered under the CDS option in CBA.

<http://www.dads.state.tx.us/providers/CDS/index.cfm> 8-08-08

Medicaid Waiver Programs for persons with mental retardation : 2 of the "biggies"

Medicaid home and community-based waiver services provide services and supports to persons with mental retardation in their own or their family's home or in other home-like settings in the community.

- These services are provided through the **Home and Community-Based Services Program (HCS)** and the **Texas Home Living Program (TxHmL)**.



Home and Community-Based Services (HCS) Program

The HCS Program provides services to individuals with mental retardation who either live with their family, in their own home, in a foster/companion care setting or in a residence with no more than four individuals who receive services.

The HCS Program provides services to meet the individual's needs so that he/she can maintain him/herself in the community and have opportunities to participate as a citizen to the maximum extent possible.

In the HCS Program, individuals pay for their room and board either with their SSI check or other personal resources.

http://www.dads.state.tx.us/services/dads_help/mental_retardation/services.html#waliver

Texas Home Living Program (TxHmL)

The TxHmL Program provides essential services and supports so that Texans with mental retardation can continue to live with their families or in their own homes in the community.

TxHmL services are intended to supplement instead of replacing the services and supports a person may receive from other programs, such as the Texas Health Steps Program, or from natural supports such as his or her family, neighbors, or community organizations.

TxHmL Program services are limited:

- **Community Living Supports** - annual service category limit is \$10,400 (May 2008)
- **Professional & Technical Supports** - annual service category limit is \$2,600 (May 2008)

http://www.dads.state.tx.us/services/dads_help/mental_retardation/services.html#waliver

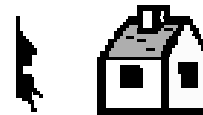
In order to participate in one of the waiver programs, an individual must be eligible for intermediate care facilities for persons with mental retardation (ICF/MR) services:

- Have a determination of mental retardation or documentation from a physician of a related condition.
- Meet specified level of care criteria.
- Be in need of and able to benefit from the active treatment provided in a 24-hour, supervised ICF/MR setting.
- Financial eligibility is determined by the Texas Health and Human Services Commission.

<http://www.dads.state.tx.us/providers/icfmr/> 3-03-08

Medicaid and state-funded community care services

To apply for services that are delivered in your own home or in your community, call your local health and human services office.



Go to <http://www.dads.state.tx.us/contact/combined.cfm> to locate your local office.

To Apply for Services for

- Medicaid and state-funded community care services
- Medicaid institutional care programs
- Medicare cost-sharing programs
- Mental retardation programs
- Services for older Texans delivered through the Area Agencies on Aging

Go to: <http://www.dads.state.tx.us/services/application.html> 11-14-07

Interest Lists for Community-Based Programs: Get on NOW!



- Demand for community-based services and supports is greater than allocated resources
- First-come, first-served
- Contact is made by caseworker when your name comes to the top of the list
- Eligibility is determined by caseworker at that time

<http://www.dads.state.tx.us/services/interestlist/index.html> 9-02-08

Interest Lists for Community-Based Programs: Get on NOW!

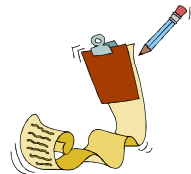


Interest lists for community-based programs are managed either locally or statewide, depending on the program.

- Community Based Alternatives (CBA)
- Community Living Assistance and Support Services (CLASS)
- Deaf/Blind with Multiple Disabilities (DBMD)
- Home and Community Services (HCS)
- Medically Dependent Children's Program (MDCP)

<http://www.dads.state.tx.us/services/interestlist/index.html> 9-02-08

Interest Lists for Community-Based Programs



Allocations are based on available funding. Consumers who have been on the interest lists the longest are enrolled first.

- Enrollment is done by:
- DADS regional staff
 - Mental Retardation Authorities
 - CLASS providers
 - DBMD

<http://www.dads.state.tx.us/services/interestlist/index.html> 9-02-08

Check this out...

A Consumer Guide to Better Health Care 2007: *Your Guide to Understanding the Health Care System in Texas*

- 42 page PDF resource booklet
- <http://www.hhsc.state.tx.us/chip/reports/ConsumerGuideEnglish.pdf>

Get it today!

2. SSI/Medicaid

SSI (Supplemental Security Income) = monthly check + Medicaid (health services, medications)

- a Federal income supplement program funded by general tax revenues (not Social Security taxes)
- designed to help aged persons, people who are blind, and people with disabilities who have little or no income
- provides cash to meet basic needs for food, clothing, and shelter

<http://www.socialsecurity.gov/ssi/text-understanding-ssi.htm>

SSI/Medicaid

- before age 18, based on family's income
- after age 18, based on income of person with a disability
- Remember: \$1 of SSI = full Medicaid!

http://www.dads.state.tx.us/services/dads_help/paying_for_care/medicaid.html 10-19-06

http://www.ssa.gov/pam/links_ssi.htm 6-20-08

\$1 SSI = Full Medicaid

If you are a person with a disability or a person over 65 years of age with limited income and receive Supplemental Security Income (SSI), you do not have to apply for Medicaid.

You will receive Medicaid automatically when you receive SSI.

Go to your local Social Security Administration office to apply for SSI.

Exceed the \$2000 Resource Limit?

Some SSI programs allow a person to save money that may exceed the \$2000 limit (\$3000/couple) but allow person with disability to reach work goals.

<http://www.ssa.gov/work/> 7-14-08

PASS: One Program, At a Glance...

- PASS is an **SSI** work incentive under which persons with disabilities can set aside additional income and/or resources to be used to achieve specific work goals such as:
 - obtaining an education
 - receiving vocational training
 - starting a business
 - or purchasing support services which enable individuals to work
- it provides the individual an opportunity to self-direct their own vocational rehabilitation

<http://www.ssa.gov/pubs/11017.html#2>

Web Resources for P.A.S.S.

- <http://www.passplan.org/> (check out web resources at <http://www.passplan.org/resources/default.htm>)
- <http://www.ssa.gov/pubs/11017.html>
- <http://www.passonline.org/>
- http://www.disabilitybenefits101.org/ca/programs/income_support/pass/faqs.htm (this is a website about P.A.S.S. in California, so not all of the information will be pertinent to Texas. It is still an excellent source of information.)

Web Resources for P.A.S.S.

- <http://www.workworld.org/wwwwebhelp/pass.htm>
- <http://www.passplan.org/PASSdb/Listall.asp> (examples of successful P.A.S.S.es)
- <http://www.kff.org/medicare/7241/ssi.cfm>
- <http://www.dads.state.tx.us/handbooks/TexasWorks/A/1300/1326.8.htm> (As P.A.S.S. applies to food stamps in Texas)
- <http://benefitsblog.typepad.com/>
- <http://www.arcil.com/arcilsitefiles/ctbps.html>
- <http://www.socialsecurity.gov/disabilityresearch/wi/passcadre.htm>

3. State Agencies

4 departments, all administered by Texas Health and Human Services Commission (HHSC - <http://www.hhsc.state.tx.us/>)

- **DADS** - Department of Aging and Disability Services - www.dads.state.tx.us
- **DFPS** - Department of Family and Protective Services - www.dfps.state.tx.us
- **DSHS** - Department of State Health Services - www.dshs.state.tx.us
- **DARS** - Department of Assistive and Rehabilitative Services - www.dars.state.tx.us

Find out if you qualify for services based on income and resources

This website offers you easy and secure online access to Texas Health and Human Services Commission (HHSC) benefits including Medicaid, Food Stamps, Temporary Assistance for Needy Families (TANF), Children's Health Insurance, and nursing home care and other services for people who are elderly or have disabilities.

<https://www.yourtexasbenefits.com/wps/portal>



DADS Services

- Some mental retardation services are delivered as a result of a performance contract between the Texas Department of Aging and Disability Services and a community mental health/mental retardation center.
- These services receive funding from the State of Texas' general revenue account in an appropriation to DADS.
- While these services receive state funding, many are supplemented by local funds that may include county or city funding, various charitable organizations or other non-general revenue funds.

http://www.dads.state.tx.us/services/dads_help/mental_retardation/services.html#wavier

DADS Services

- Service Coordination
- Respite
- Vocational
- Habilitation
- In Home & Family Support Program
- Residential Services
- Additional Community-Based Services

For more, see the website:

http://www.dads.state.tx.us/services/dads_help/mental_retardation/services.html#other

DSHS (Department of State Health Services)

Vision: Texans have access to effectively delivered public health, medical care, mental health and substance abuse services and all Texans live and work in safe, healthy communities.

Mission: The Department of State Health Services promotes optimal health for individuals and communities while providing effective health, mental health and substance abuse services to Texans.

<http://www.dshs.state.tx.us/>

DSHS: Children's Mental Health Services

DSHS requires all local mental health authorities and NorthSTAR* to provide the following core services:

- Crisis hotline
- Screenings
- Assessment
- Case/service coordination
- Treatment planning
- Skills training
- Respite services
- Medication-related services
- Intensive crisis residential
- Inpatient services

Optional services:

- Wraparound planning
- Counseling
- Family skills training
- School-based services
- Rehabilitative day treatment
- Acute day treatment for children
- Flexible community supports
- In-home crisis intervention
- Therapeutic foster care

<http://www.dshs.state.tx.us/mhservices/MHChildrensServices.shtm> 12-19-07

4. Local MHMR Centers

- Administered through DADS (Department of Aging and Disability Services)
- You cannot be refused services due to an inability to pay (think *sliding scale*).
- Non-Medicaid services are provided by community centers on a "sliding scale" basis, as determined by center staff using prescribed guidelines.
- In order to receive Medicaid services, individuals must first be determined to be eligible.
- If it is determined that you may be eligible to receive Medicaid benefits, and you are not currently enrolled in Medicaid, staff at your local mental retardation authority will assist you in applying for Medicaid.

Local MHMR Centers

- Go to local center for intake and services:
 - Case management
 - Respite funds
 - Job coaching (supported employment)
 - Group homes
 - HCS waiting list
 - Supports
- Go to <http://www.dads.state.tx.us/contact/combined.cfm> to find your local center

5. Educational Services

- Education Service Centers
 - 20 regions in Texas
 - Centers assist schools within their region
 - Provide training, consultation & advice
 - Many specialize in particular areas (transition, autism, family involvement, etc.)
 - Some have parent/family liaisons
- More information: www.tea.state.tx.us/ESC/

Education Service Center Decentralized Functions and Projects

- ESCs provide state leadership for special education related decentralized functions.
- Each lead ESC is responsible for establishing and coordinating a 20-region network for their decentralized function.
- The purpose of the 20-region network is to ensure ongoing communication between ESCs about state-level needs assessment processes, planning, and implementing and evaluating statewide activities.

<http://www.tea.state.tx.us/special.ed/decfunc/> 8-28-08

ESC Assignments: Decentralized Functions and Projects

Assignment	ESC	Assignment	ESC
Access to General Curriculum	20	Assistive Technology	4
Texas Statewide Leadership for Autism	13	Behavior and Discipline Management	4
Evaluation	12	High School/Transition	11
Multicultural & Diverse Learners (Multicultural Education)	1	Parent Coordination	9
Services for the Deaf	4	Three Low Incidence Disabilities	
Training & Technical Assistance for Visually Impaired Program	11	CSPD Leadership Council	6
Legal Framework	18	Texas Autism Conference	2
Texas Effectiveness Study	11	Texas Initiative for Disproportionate Representation in Special Education	1

<http://www.tea.state.tx.us/special.ed/decfunc/> 8-28-08

Educational Services

- Partners Resource Network (PRN)
 - Non-profit agency
 - Publishes Parent Advocate Quarterly Newsletter
 - Awarded 3 PTI (Parent Training Initiative) projects which cover entire state of Texas
 - Projects operate independently
 - Projects share some central administrative functions
 - All projects share common purpose of empowering parents of children and youth with disabilities in their roles as parents, decision-makers, and advocates for their children
 - PATH Project
 - TEAM Project
 - West Texas PEN Project





Partners Resource Network (PRN): PATH Project



Serves Education Service Centers:

- Region 5 (Beaumont)
- Region 6 (Huntsville)
- Region 7 (Kilgore)
- Region 8 (Mt. Pleasant)
- Region 9 (Wichita Falls)
- Region 10 (Richardson)
- Region 11 (Fort Worth)
- Region 12 (Waco)
- Region 13 (Austin)

409-898-4684 Toll-Free: 800-866-4726
 Web: <http://www.partnerstx.org/>
 Email: partnersresource@sbcglobal.net



Partners Resource Network (PRN): TEAM Project



Serves Education Service Centers:

- Region 1 (Edinburg)
- Region 2 (Corpus Christi)
- Region 3 (Victoria)
- Region 4 (Houston)
- Region 20 (San Antonio)

713-524-2147 (office) Toll-free: 877-832-8945
 Web: <http://www.partnerstx.org/>
 Email: prnteam@sbcglobal.net



Partners Resource Network (PRN): West Texas PEN Project



Serves Education Service Centers:

- Region 14 (Abilene)
- Region 15 (San Angelo)
- Region 16 (Amarillo)
- Region 17 (Lubbock)
- Region 18 (Midland)
- Region 19 (El Paso)

877-762-1435 Toll Free: 877-762-1435
 Web: <http://www.partnerstx.org/>
 Email: wtxpen@sbcglobal.net

Educational Services

- **Advocacy, Inc.**
 - Texas' protection and advocacy organization
 - Federally funded
 - Federally mandated to protect and advocate for rights of persons with mental illness and developmental disabilities
 - Board of Directors sets priorities for work of organization every 2 years
 - generally limited to accepting cases falling within identified priorities
 - Co-produced "This is a New IDEA" (8/07) with The Arc of Texas (special education manual for families) (also in Spanish) - <http://www.advocacyinc.org/NewIDEA05.pdf>

More information: www.advocacyinc.org



Educational Services

• **Wrightslaw**

- Provides information about IDEA (special education law) and S504 (civil rights law)
 - Website: www.wrightslaw.com/
 - Newsletter
 - Seminars and training
 - Consultations
 - Links
 - Online library of IDEA-related articles
 - Case law (current & archives)



Educational Services

• **Texas Education Agency (TEA)**

- Website: www.tea.state.tx.us/
- Produces "A Guide to the Admission, Review and Dismissal Process" (also in Spanish and Braille) - <http://www.tea.state.tx.us/special.ed/ardguide/>
- Provides leadership, guidance, and resources to help schools meet the educational needs of all students



Educational Services

- **The Arc of Texas**
 - Co-produced "This is a New IDEA" (8/07) with Advocacy, Inc. (special education manual for families) (also available in Spanish) - <http://thearcoftexas.org/resources/families/NewIDEA2005en.pdf>
 - Oldest and largest nonprofit, volunteer organization in the state committed to creating opportunities for people with mental retardation and other developmental disabilities to be included in their communities ...
 - Master Pooled Trust - allows families to provide financial support to meet the special needs of family members while allowing them to remain eligible for governmental benefits such as Medicaid and SSI
 - Inclusion Works! Conference
 - Information and Referral

More information: <http://thearcoftexas.org>



Educational Services

- **Your Own School!**
 - Who's in charge of special education?
 - Who schedules ARD meetings?
 - What kind of perspective does your principal have on special education?
- **Your School District!**
 - Teachers, principal, school board, superintendent, other departments, social workers, drop-out prevention, etc.
 - Get a "map" of your school district
 - What is the special education hierarchy?
 - Learn about the itinerant teams and services such as the autism team, behavior specialists, special education counselors, etc.
 - Who's
 - The special education director? Assistant director? The head of testing, speech pathology, OT/PT, transportation, etc.?


6. Medical Services and Insurance

- **CSHCN** (Children with Special Health Care Needs)
 - provides services to children with extraordinary medical needs, disabilities, and chronic health conditions
 - health care benefits include payments for medical care, family support services, and related services not covered by Medicaid, CHIP, private insurance, or other "third party payors"
 - also contracts with agencies throughout the state to provide an array of clinical and support services to children with special health care needs and their families
 - also assists children and their families by supporting case management at DSHS regional offices throughout Texas.

<http://www.dshs.state.tx.us/cshcn/> 5-21-08
Inquiry Line 1-800-252-8023



Medical Services and Insurance

- **Texas Health Insurance Risk Pool**
 - Created by Texas Legislature to provide health insurance to eligible Texas residents who, due to medical conditions, are unable to obtain coverage from commercial insurers.
 - Also serves as an important "safety net" for individuals who
 - Have been denied coverage due to pre-existing conditions
 - Can afford the Pool's premiums, and
 - Do not have other coverage options

<http://www.txhealthpool.org/> 9-10-08 1-888-398-3927

Medical Services and Insurance

- **CHIP** (Children's Health Insurance Program)
 - The Children's Health Insurance Program (CHIP) is designed for families who earn too much money to qualify for Medicaid, yet cannot afford to buy private insurance for their children
 - CHIP coverage provides eligible children with coverage for a full range of health services including regular checkups, immunizations, prescription drugs, lab tests, X-rays, hospital visits and more.

<http://www.hhsc.state.tx.us/chip/index.html> 9-11-08

Medical Services and Insurance

- **HIPP** (Health Insurance Premium Payment Reimbursement Program)
 - a program that enrolls Medicaid clients in a group health plan offered by the client's employer
 - when you have access to private health insurance through your employer or can get medical coverage for a family member through your employer, Medicaid may be able to reimburse you for the premiums deducted from your paycheck
 - call the HIPP toll-free line at 1-800-440-0493 for more information

http://www.hhsc.state.tx.us/Medicaid/programs/hipp/hipp_start.html
9-11-08

Medical Services and Insurance

• **Medicaid**

- Low-income families may qualify for this program by income or in extreme situations when medical expenses exceed income. See website for various other Medicaid programs like Kidney Health Care, Medical Transportation and others.

<http://www.hhsc.state.tx.us/medicaid/contacts.html>
4-25-08 1-800-252-8263

Medical Services and Insurance

• **MDCP (Medically Dependent Children's Program)**

- provides a variety of services to support families caring for children who are medically dependent and to encourage deinstitutionalization of children in nursing homes.
- **Mission:** to support families who provide care for a medically dependent child in their home
- **Goals:** to support community/family inclusion of medically dependent children, to remain cost neutral, and to promote permanency planning for MDCP children

<http://www.dads.state.tx.us/providers/MDCP/index.cfm>
6-02-08 1-877-438-5658 (toll-free)

Medical Services and Insurance

Walmart's \$4 Drugs: A Sample

Allergies & Cold and Flu	\$4	\$10
	30-day QTY	90-day QTY
Benzonatate 100mg cap	14	42
Ceron DM syrup	120ml	360ml
Ceron drops*	30ml	90ml
Dec-Chlorphen drops*	30ml	90ml
Dec-Chlorphen DM syrup*	118ml	354ml
Loratadine 10mg tab	30	90
Promethazine DM syrup	120ml	360ml
Trivent DPC syrup*	120ml	360ml

<http://i.walmart.com/i/if/hmp/fusion/genericdruglist.pdf> 6-05-08

Medical Services and Insurance

Allergy, Cough and Cold <u>Generic Drug Name/Strength</u>	Form	\$4	\$10
		30-Day QTY	90-Day QTY
BENZONATATE 100 MG	Capsule	14	42
CERON 1-3.5 MG/ML*	Drops	30	90
CERON DM 12.5/4/15 MG/5 ML	Syrup	120	360
DEC-CHLORPHEN 1-3.5 MG/ML*	Drops	30	90
DEC-CHLORPHEN DM 12.5/4/15 MG/5 ML*	Syrup	118	354
LORATADINE 10 MG	Tablet	30	90
PROMETHAZINE 6.25 MG/5 ML*	Syrup	180	540
PROMETHAZINE DM	Syrup	120	360
TRIVENT DPC 6/2/15/5 ML*	Syrup	120	360

http://sites.target.com/images/pharmacy/pharmacy_4dollar_program_list.pdf
9-11-08

7. Poverty & Other Assistance

2-1-1 Texas: A service of the Health and Human Service Commission's Texas Information and Referral Network

Need help and don't know where to go? 2-1-1 Texas helps you find free information on services in your area providing:

- Food
- Shelter
- Rent assistance
- Utility bill assistance
- Counseling
- Child care
- After-school programs
- Senior services
- Disaster relief
- & other programs in your area

<https://www.211texas.org/211/>

8. Non-Profits

• **Texas Parent to Parent**

- A statewide non-profit developed for parents by parents
- Provides
 - Parent-to-parent matches
 - Emotional support
 - Information
 - Training
 - Resources
 - Newsletter
 - And more!



www.txp2p.org 512-458-8600 1-866-896-6001 (toll-free)
<http://www.txp2p.org/resourcedir/resourcedir.htm>

Non-Profits

- **The Arc of Texas** (with local chapters)
 - Affiliated with the Arc of the United States
 - 48 chapters in Texas working to provide additional supports and services to families throughout the state
 - Master Pooled Trust
 - See 5. Educational Services (previous)

www.thearcoftexas.org 1-800-252-9729 512-454-6694



Non-Profits

- **Family to Family Network (F2F)**
 - Information and referral
 - Education
 - Support
 - Webliography
 - And more!



<http://www.familytofamilynetwork.org/>
713-466-6304

Non-Profits

- **Coalition of Texans with Disabilities**

CTD is a social and economic impact organization representing people of all disabilities of all ages. Through governmental advocacy, public awareness activities, and professional disability consulting, CTD ensures that persons with disabilities may work, live, learn, play and participate fully in the community of their choice.

<http://www.cotwd.org/> e-mail: cotwd@cotwd.org



Non-Profits

- Look for local support groups and parent groups
- Links to groups in your area can be found on the websites of several of the non-profit organizations included in this packet



9. National Organizations

Google a disability and you will find a national organization focused on it! www.google.com

- **NICHY** (National Dissemination Center for Children with Disabilities) -
 - Serves the nation as a central source of information on:
 - disabilities in infants, toddlers, children, and youth,
 - IDEA, which is the law authorizing special education,
 - No Child Left Behind (as it relates to children with disabilities)
 - research-based information on effective educational practices.
 - <http://www.nichcy.org/> 1-800-695-0285



National Organizations

- **NOD** (National Organization on Disability)
 - The mission of the National Organization on Disability (N.O.D.) is to expand the participation and contribution of America's 54 million men, women and children with disabilities in all aspects of life. By raising disability awareness through programs and information, together we can work toward closing the participation gaps.
 - Has huge resource directories on different resources, topics, specific disabilities, etc.

www.nod.org

National Organizations

• **Exceptional Parent**

- Monthly magazine (subscription), reports, books, etc.
- Providing information, support, ideas, encouragement & outreach for parents and families of children with disabilities, and the professionals who work with them
- <http://www.eparent.com/>



National Organizations

• **Family Village**



- a global community that integrates information, resources, and communication opportunities on the Internet for persons with cognitive and other disabilities, for their families, and for those that provide them services and support
- includes informational resources on specific diagnoses, communication connections, adaptive products and technology, adaptive recreational activities, education, worship, health issues, disability-related media and literature, and much, much more

<http://www.familyvillage.wisc.edu/index.html>

National Organizations

• **NORD** (National Organization for Rare Disorders)



- Non-profit organization
- unique federation of voluntary health organizations dedicated to helping people with rare "orphan" diseases and assisting the organizations that serve them
- committed to the identification, treatment, and cure of rare disorders through programs of education, advocacy, research, and service
- A rare or "orphan" disease affects fewer than 200,000 people in the United States. There are more than 6,000 rare disorders that, taken together, affect approximately 25 million Americans.

<http://www.rarediseases.org/> 1-800-999-6673

National Organizations

• **MUMS** (Mothers United for Moral Support)

- National Parent-to-Parent organization for parents or care providers of a child with any disability, rare or not so rare disorder, chromosomal abnormality or health condition.
- Main purpose is to provide support to parents in the form of a networking system that matches them with other parents whose children have the same or similar condition.

<http://www.netnet.net/mums/> 920-336-5333
1-877-336-5333 (toll-free for parents only, please)



National Organizations

• **NIH** (National Institute of Health)

- nation's medical research agency - making important medical discoveries that improve health and save lives
- primary Federal agency for conducting and supporting medical research.
- Stephen Groft at the Office of Rare Diseases provides information on which hospitals and physicians are doing research or clinical trials on any disease (<http://rarediseases.info.nih.gov/>)



<http://www.nih.gov/> 301-496-4000

National Organizations

• **NAMI** (National Association for Mental Illness)

- nation's largest grassroots mental health organization dedicated to improving the lives of persons living with serious mental illness and their families
- has become the nation's voice on mental illness
- a national organization
- NAMI organizations in every state and in over 1100 local communities across the country who join together to meet the NAMI mission through advocacy, research, support, and education

<http://www.nami.org/>  1-800-959-6264

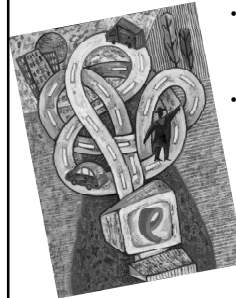
National Organizations

• National Fathers Network

- provides current information and resources to assist all families and care providers involved in the lives of children with special needs
- information is up-to-date, helpful, and designed to promote the resilience of all family members
- award winning monographs, videos, newsletters, and curriculum available upon request
- links about Families, Fathers, Disabilities, Health Care, and Legal Issues
- fifteen statewide programs which provide powerful, positive support and fellowship.

<http://www.fathersnetwork.org/> 425-747-4004 x4286

10. The Internet



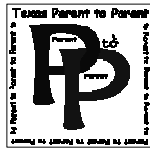
- Access is a must!
 - Can access at local library
- The world is at your fingertips!



Thank You!

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