

Road to Transition

A Guided Tour for Accessing Adult Services

Revision 3/2023

ON RAMP
Start Here

STOP
DD
Services for
Adults

Medicaid
Application

DD Services
Application

Social
Security
Income

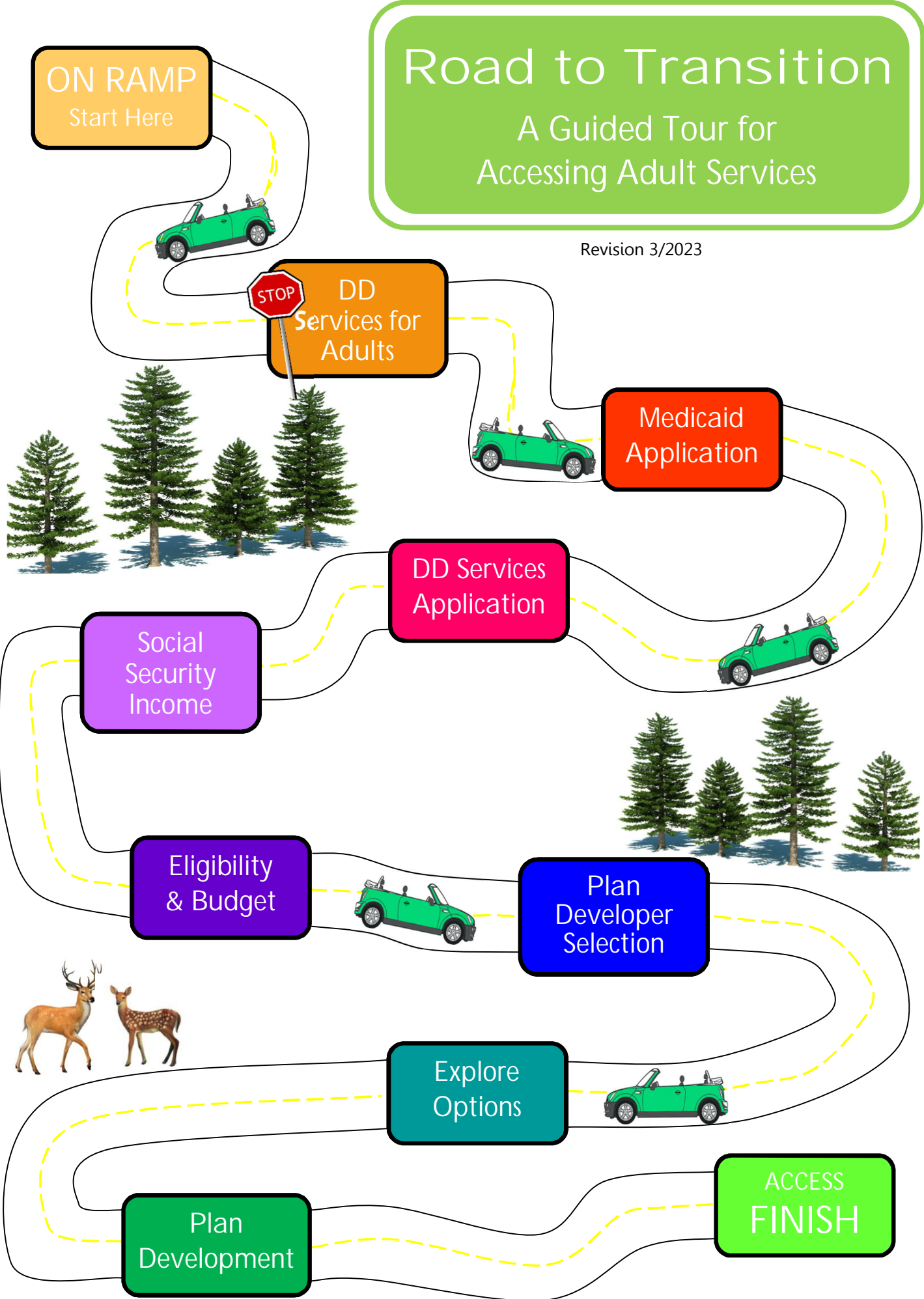
Eligibility
& Budget

Plan
Developer
Selection

Explore
Options

Plan
Development

ACCESS
FINISH










Road to Transition

A Guided Tour for Accessing Adult Services

WELCOME!

Moving from childhood and adulthood can be a lot of work for those with disabilities. As a caregiver, you will play a role in the planning process. Services and supports are all voluntary. They are developed to promote independence. Success will come with thoughtful planning, good information, and clear communication. Starting early will allow you to take smaller steps to a successful outcome. This guide is here to help you and your family with this process.

The sections in this Road to Transition guide include:

-  Adult Developmental Disability Services
-  Medicaid Application
-  Developmental Disability Services Application
-  Supplemental Security Income Application
-  Eligibility & Budget
-  Plan Developer Selection
-  Medicaid Services and Supports for Adults with Developmental Disabilities
-  Plan Development
-  Resources You May Find Helpful



Watch for traffic cones!
They remind you of important
things to remember!



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Additional Information can be found on our website:

<https://healthandwelfare.idaho.gov/Medical/DevelopmentalDisabilities/tabid/120/Default.aspx>

Adult Developmental Disability Services

Where do I begin?



The transition to adult services and supports can look different for every person who applies. It should!

Medicaid pays for a lot of different types of services for adults. You can contact your local Bureau of Developmental Disability Services (BDDS) office if you have questions.

Below are the phone numbers for each BDDS office:

Region 1

(Boundary, Bonner, Kootenai, Benewah & Shoshone Counties)

(208) 769-1567

Region 2

(Latah, Clearwater, Nez Perce, Lewis, Idaho Counties)

(208) 799-4430

Region 3

(Adams, Washington, Payette, Gem, Canyon, Owyhee Counties)

(208) 334-0940

Region 4

(Valley, Boise, Ada, Elmore Counties)

(208) 334-0940

Region 5

(Camas, Blaine, Gooding, Lincoln, Jerome, Minidoka, Twin Falls, Cassia Counties)

(208) 736-3024

Region 6

(Power, Bannock, Caribou, Oneida, Franklin, Bear Lake, Bingham Counties)

(208) 239-6260

Region 7

(Lemhi, Custer, Butte, Clark, Fremont, Jefferson, Madison, Teton, Bonneville Counties)

(208) 528-5750



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Medicaid Application

What is this and why do I need it?

Medicaid pays for medical coverage for people who are eligible. Medicaid is required for many adult services. It covers services from providers.

Medicaid Application

Participants should apply for Medicaid as an adult. This is very important! Your local BDDS office will support you in applying for Medicaid. If the participant does not qualify for Medicaid, they will not be able to access adult developmental disability services.

Self-Reliance is the division at Health and Welfare that oversees the Medicaid benefits. There are documents required to apply for Medicaid. You must get them to your local Self-Reliance office. These documents are:

- proof of identity
- income
- household expenses and resources
- don't forget to mention you have a disability!

Application for Assistance

Food Assistance
The Idaho Food Stamp Program is a supplemental nutrition assistance program that helps families buy food for good health. Eligible families get a debit-like card to buy food items. Participants may be required to work programs and cooperate with Child Support Services.

Health Coverage Assistance
The Health Coverage Assistance Program provides health coverage assistance according to individual needs. Eligible families may qualify for Medicaid or Advance Payment of Premium Tax Credits (APTC) to help pay health coverage premiums or affordable private health insurance plans.

Cash Assistance
The Temporary Assistance for Families in Idaho Program provides cash assistance for emergency situations, families with children, and the elderly. Eligible families receive a one-time or on-going payment, depending on the needs of the household.

Child Care Assistance
The Idaho Child Care Program helps parents and caregivers pay for a portion of their child care costs when working, going to school, or participating in approved training activities. Eligible families receive a portion of child care costs paid to the provider.

Who can use this application	Applicants may use this application to: • Apply for assistance for themselves and their household members • Apply for just one type of assistance or for multiple types of assistance
What you may need to apply	Sending or bringing proof of the items below will help speed up your application: • Identity • Income • Household expenses • Resources
Why we ask for this information	We keep all information private and secure, as required by law. We ask for this information for a few reasons: • To figure out what types of assistance you qualify for • To figure out how much assistance you qualify for • To make sure you get the right amount of assistance based on your situation Equal opportunity for applicants In accordance with federal law and U.S. Department of Agriculture (USDA) and U.S. Department of Health and Human Services (HHS) public law, the Idaho Department of Health and Welfare is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. Under the Food Stamp Act and USDA policy, discrimination is prohibited on the basis of religion or political beliefs. To file a complaint of discrimination, contact USDA or HHS at: • USDA, Director, Office of Civil Rights, 1482 Independence Avenue, SW, Washington, D.C. 20250-9410, (800) 795-3272 (voice), (202) 720-6382 (TTY) • U.S. Department of Health & Human Services, Room 5080, 200 Independence Avenue, SW, Washington, D.C. 20201, (800) 458-5233 (voice), (202) 619-0403 (voice), (202) 619-3225 (TTY)
What happens next	Send your complete, signed application to the address below. We will tell you if you're eligible or not, or give you further instructions for completing your application. Self-Reliance Programs - Statewide Application Team BLS: 1-877-456-1233 Fax: 1-866-434-8278 E-mail: Hylerenef@dhw.idaho.gov
Get help with this application	• Online: healthandwelfare.idaho.gov • Phone: 1-877-456-1233 • E-mail: Hylerenef@dhw.idaho.gov • In person: Visit our website or call 1-877-456-1233 to find a local office. • Language Interpreters: Call 1-877-456-1233 or TTY 1-800-377-2529

Your information will be used to contact you about your application. It is important to keep your information updated with Self-Reliance.

Contact

- 🚗 Online: <https://healthandwelfare.idaho.gov/services-programs/medicaid-health>
- 🚗 Or <https://idalink.idaho.gov/>
- 🚗 Or to find your local office, visit the website or call 1-877-456-1233

You can apply online at:

- 🚗 Online: <https://idalink.idaho.gov/>

Completed applications can be dropped off at your local office or mailed in:

- 🚗 Mail: PO Box 83720
Boise, ID 83720-0026
- 🚗 Fax: 1-866-434-8278
- 🚗 E-mail: MyBenefits@dhw.idaho.gov



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Katie Beckett

Katie Beckett is a type of Medicaid that is based on the child's income and assets. The parents' income and resources are not considered. Katie Beckett is meant to allow for children to live at home with their families. The cost of care at home compared to an institution is also used when determining eligibility. Katie Beckett ends at 19 years of age. You can apply for Katie Beckett by contacting your local BDDS office.

Foster or Adopted Youth

If you are a foster youth, or if you have been adopted and received an adoption subsidy, you will need to apply for Medicaid. Medicaid has not been based on financial information in the past.

Early Periodic Screening Diagnosis & Treatment (EPSDT)

EPSDT provides extra funding for those who are eligible for Medicaid. This might help if you are 18 and not yet ready to fully transition into adult services.

To get an EPSDT request form, send your request to: epsdtrequest@dhw.idaho.gov.

If you need a Language Interpreter: Call 1-877-456-1233 or TTY 1-800-377-3529



Make sure you keep updated contact information with Self-Reliance. Report with any of the contact info above!



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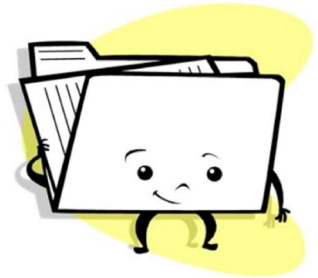
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Developmental Disability Services Application

How do I apply?

You apply for adult services by filling out an application. You can also contact your local BDDS office. You should not apply if you don't have current Medicaid eligibility (For information about applying for Medicaid see page 3) or if you are more than 3 months away from your 18th birthday.



To apply, you must have the following:

- 📁 Eligibility Application*
- 📁 History and Physical that has been completed within the last 365 calendar days
- 📁 Receipt of Privacy Practices*
- 📁 Authorization for Disclosure*

📁 *These forms can be obtained by contacting BDDS or at:

<https://healthandwelfare.idaho.gov/services-programs/medicaid-health/apply-adult-developmental-disabilities-programs>

- 📁 Documentation confirming that your Developmental Disability was identified before the age of 22. Examples:

- 📁 School records
- 📁 Doctor records
- 📁 Evaluations or assessments

- 📁 Documentation of your disability:

- 📁 If you have **Cerebral Palsy, Epilepsy, or Traumatic Brain Injury** provide medical documentation from your doctor; OR
- 📁 If you have an **Intellectual Disability** provide results of a current adult IQ test; OR
- 📁 If you have **autism spectrum disorder (ASD)** provide documentation from a professional working within their scope of practice; OR
- 📁 If you have **other conditions** found to be closely related to or like one of these impairments, provide documentation showing the relationship between the impairing condition and the developmental disability (does not include mental illness).

Send your application form and documentation to the local BDDS office.

Once you send in your documentation and application it will be given to an Independent Assessment Contractor (IAC). They will call you to schedule a time to meet with you. During this meeting they will do an assessment to see if you are eligible for services.



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If you have an **intellectual disability**, you will need current adult psychological testing with full-scale IQ to submit with your DD Application.

Supplemental Security Income (SSI) Application What is this and why do I need it?

SSI is a program that helps people with disabilities have income to pay for monthly living expenses. It is not something that you must have to use adult services. It could help you though!

Social Security calls the individual who is applying for SSI the “**claimant**.” Most people who receive SSI can also receive Medicaid.

Why do I need it?

- 🚗 Adult services do not help pay for housing. SSI can help with money to help pay for monthly living expenses like your rent or utilities.
- 🚗 Children’s Medicaid ends at 18 or 19 years old. Qualifying for SSI allows the claimant to receive Medicaid as an adult.



Who is eligible to receive SSI?

SSI is a federal program and has their own process for determining if someone is eligible for SSI. There are disability and financial criteria.


- 🚗 Disability Criteria: A disability can be physical, mental, or developmental. It must be documented. You will need to provide the documentation when you are asked for it. The application will ask for you to:
 - 🚗 Describe the disability and how it affects daily living
 - 🚗 List who is providing services and supports
 - 🚗 Provide other information about the **claimant’s** disability



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 **Financial Criteria:** When you turn 18 you are your own “household.” Individuals do not have the income of their parents or guardians considered. They will not have to put the family’s income on applications. The **claimant** will be expected to pay rent. If the parent or guardian chooses not to charge the **claimant** rent, then they will not be eligible for the full amount of SSI every month.

How does a person apply for SSI?

Social Security offices in different regions have different policies. It is recommended that you or your parent/guardian call your local Social Security office and ask about their current application policy.



Usually to apply as an adult, you must wait until your 18th birthday. It is a good idea to call 30 days before your birthday and make an appointment for your birthday or any time after. You can apply over the phone, in person, by mail, or online. Go to the social security website or call the general phone number for your local office for information.

Online: www.ssa.gov/disability

General Phone: (800) 772-1213



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Eligibility & Budget

How do I find out if I'm eligible?

When all your documents for adult developmental disability services have been received by BDDS, they will send your application to the IAC for review. The IAC will call to schedule an appointment or let you know they need more information. It is important that you attend your scheduled appointment so that they can determine if you are eligible for adult services. Make sure you have two people with you during the interview. These are your respondents. They can be friends, your parents/guardians, or people who know you well.

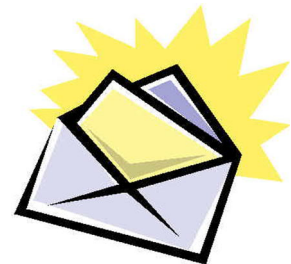
What will happen at the interview?

- 🚗 At the interview the IAC will ask questions that will help them gather information about you and your needs.
- 🚗 The IAC will complete an assessment with your respondents. The assessment will help determine if you are eligible.
- 🚗 The IAC will ask questions about your needs. This allows the IAC to calculate your annual budget for Adult Developmental Disability services.
- 🚗 The IAC might request signatures on Release of Information forms to gather more information about you and your disability.



What will happen after the interview?

- 🚗 The IAC will review all the information they have gathered. They will decide if you are eligible for adult developmental disability services. You will be sent a notice to let you know the decision.
- 🚗 If you are found eligible your notice will tell you an amount of money, called your annual budget, that can be used on adult developmental disability services. Your notice will also have a timeline to submit your plan of service for adult services.



Be sure you return phone calls quickly and complete each step to avoid gaps in services!



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Plan Developer Selection

Who will help me?

If you are found eligible for developmental disability services, you will need to choose a person or an agency to help you write your plan. You can find a current list of providers in your region at: <https://healthandwelfare.idaho.gov/services-programs/medicaid-health/traditional-support-services>

-  **For participants who choose Traditional Services:** You will choose an agency to provide you with Plan Development and Service Coordination. You will be able to work with your Plan Developer/Service Coordinator to explore your options. They will help you create an Individual Support Plan to access services and supports that meet your needs.
-  **For participants who choose Self-Direction:** You will choose a Support Broker. They will help you decide what you want your supports to look like and who you want to hire to help you. The Support Broker will work with you to develop a Support and Spending Plan. A current list of Support Brokers can be found on the Department's website.

**You can find out more information about the differences between Traditional Services and Self-Direction in the following section.*



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Now that I have a budget, what services can I access?

State Plan Home and Community Based Services (HCBS)

All participants who qualify for adult developmental disability services are eligible for state plan services. You choose services and supports that meet your needs and fit within your budget. You will want to speak with your Service Coordinator to see if there are additional services available to you. State plan services available include:

- Plan Development/Service Coordination
- Developmental Therapy
- Crisis Intervention Services

Developmental Disabilities Waiver

Individuals who meet a higher level of support might also qualify for the DD Waiver. If you qualified, you have two options for selecting the services and supports that will best meet your needs and fit within your annual budget.

Self-Direction

*Self Direction services CANNOT be used with state plan services above

- Participant and/or parent/guardian complete a Self-Direction training
- Hire a Support Broker instead of a Plan Developer/Service Coordinator to write and monitor their plan
- With help from the Support Broker, create a Support and Spending Plan that includes hiring Community Support Workers and/or buying goods and/or buying services

Traditional Services

*Traditional services CAN be used with state plan services above

- Residential Habilitation
- Chore Services
- Respite Care
- Supported Employment
- Environmental Accessibility Adaptations
- Specialized Medical Equipment and Supplies
- Personal Emergency Response System
- Home Delivered Meals
- Skilled Nursing
- Behavior Consultation/Crisis Management
- Non-Medical Transportation



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Medicaid Services and Supports for Adults with Developmental Disabilities What services can I access?

State Plan Home and Community Based Services (HCBS)

All participants who qualify for adult developmental disability services are eligible for state plan services. Speak with your Service Coordinator to see if there are additional services available to you. Services available include:




-  **Plan Development/Service Coordination:** A person to help coordinate and maintain your services and supports.
-  **Developmental Therapy:** Skill-building services offered by an agency. They can help you work on goals to increase your independence. This service can be provided one-on-one or in a group.
-  **Community Intervention Services:** Extra help when in a crisis. These supports are here to keep you healthy and safe.

Developmental Disability Waiver Services

Individuals who meet a higher level of support might also qualify for the DD waiver. If you qualified for the DD waiver, you have two options for selecting the services and supports. One option is called Traditional Services and the other is called Self Direction.

Traditional Services

With Traditional Services, you select a Service Coordinator. They will help you choose the most appropriate services and supports to meet your needs. Here are some examples:


-  **Residential Habilitation:** "Res Hab," helps you to live in your own home, with your family, or in a Certified Family Home with more independence.
 -  **Certified Family Home:** A home you can live in to help with your daily living needs. This can be the home of a relative or someone who isn't related. Some services and supports will be provided in the home and some services and supports will be provided in the community.
 -  **Supported Living Services:** Extra supports provided in your family's home, in a home by yourself or in a home with roommates. This service is meant to help you increase your independence by teaching you how to meet your needs.




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 **Chore Services:** An agency can be paid to do chores for you. Things like: window washing, moving furniture, shoveling snow or other chores that you may not be able to do on your own.





 **Respite Care:** This is for unpaid caregivers to have relief. Medicaid will pay for someone else to care for you when your support is not able to be there. This service is only available for short time periods.


 **Supported Employment:** You can get a job and go to work with the help of a job coach. The job coach will help you learn and keep your job.

 **Environmental Accessibility Adaptations:** Changes that help make you more independent in your home. These changes allow you to be able to do things on your own.

 **Specialized Medical Equipment and Supplies:** Medicaid does pay for some medical equipment. When Medicaid won't cover an item, you might be able to purchase it using your budget. The items must be related to your disability.


 **Personal Emergency Response System (PERS):** A PERS unit is a device that you can use to call for help in an emergency. A PERS can be worn on your body or placed in your house. These are also referred to as a "Lifeline" or "Life Alert".

 **Home Delivered Meals:** A service that delivers nutritious meals each day for individuals. This is very helpful if you have no regular caregiver and are unable to prepare a healthy meal.

 **Skilled Nursing:** Skilled nursing is to help you take care of any regular medical needs that you have. They come to your home. Your doctor must recommend nursing services.



 **Behavioral Consultation/Crisis Management:** This service is meant to help you in a crisis. It can provide direct support to you.

 **Adult Day Health:** A day program for you to receive social, recreational and health activities.

 **Medical Transportation:** This service pays for you to be able to get transportation to community events. This is different than Medicaid transportation.



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Self-Direction

Self-Direction is a Medicaid option for adults who are eligible for the DD waiver. It gives the participant more choices. Participants will have as much or as little help as they need from a Support Broker, a Circle of Support, and a Fiscal Employer Agent (FEA).

Participants will have a budget, create a Support and Spending Plan, hire Community Support Workers (CSWs), and buy goods and services. Participants who choose Self-Direction must agree to the following four (4) principles:



-  *Freedom to plan their own lives*
-  *Control over their Medicaid dollars to buy services and supports*
-  *Support to become involved in their communities*
-  *Responsibility for their choices and decisions*

If Self-Direction doesn't work out, individuals can go back to receiving Traditional DD Waiver Services.

Children's State Plan Intervention Services

For adults 18-21, Intervention services through Developmental Disabilities Agencies (DDAs), or Independent Providers can be an option. You must be on Medicaid and meet the criteria. These services can be provided in combination with most adult DD service options. Speak with your plan developer about your options.



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Plan Development

How do I write my plan?

Person-Centered Planning Team/Circle of Support: A group of people that you choose to help you write your plan. This group can include you, your plan developer and anyone else you think will be important.

Person-Centered Planning Meeting: A meeting held to discuss the services and supports that you would like on your plan. You help come up with goals to make you more independent. Your plan will look different depending on what you choose.



Traditional Services

Your plan developer will work with you to schedule a person-centered planning meeting. Once the meeting is complete, your plan developer will write your Individual Support Plan (ISP) and send it to BDDS for approval. The approval process for an initial ISP takes up to 30 days. Once approved, you can work with your service coordinator to start accessing the services and supports you selected.

Self-Direction

To use Self-Direction, you will need to attend a training with BDDS. This training will teach you how to self-direct your services and supports. After the training, you will hire a support broker to help you. You will work with your support broker to decide who you should include in the person-centered planning process.

After completing the person-centered planning meeting, your support broker will create a document called a Support and Spending Plan (SSP). This SSP will be sent to BDDS for approval. The approval process takes up to 45 days. Once approved, you can begin accessing the services and supports outlined in your SSP.



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Resources You May Find Helpful

Center on Disabilities and Human Development (CDHD): CDHD wants to see all Americans interact with their communities. CDHD teaches and supports Americans with disabilities while they work to join in their community.

www.idahocdhd.org

DisAbility Rights Idaho: Teaches people with disabilities how to advocate for themselves, especially with areas in human rights and legal advocacy.

<https://disabilityrightsidaho.org/>

Early Periodic Screening, Diagnosis and Treatment (EPSDT): Medicaid funding that helps to cover necessary treatments for participants from birth to 21 years.

<http://healthandwelfare.idaho.gov/Medical/Medicaid/EPSDT/tabid/3361/Default.aspx>

Idaho Care Line-211: A referral service that helps Idahoans find resources that they need. This can include community resources and department services.

<http://www.idahocareline.org>

Idaho Council on Developmental Disabilities (ICDD): Teaches people with disabilities and their families how to find services they need for daily living.

www.icdd.idaho.gov

Idaho Division of Vocational Rehabilitation (IDVR): Assists people with disabilities in preparing for, securing, retaining, or regaining employment.

www.vr.idaho.gov

Idaho Federation of Families: Provides support and education services to families and youth with behavioral, emotional, and mental health needs.

www.idahofederation.org

Idaho Parents Unlimited, Inc. (IPUL): Provides resources and advocacy for parents with children with developmental disabilities.

www.ipulidaho.org

Idaho Training Clearinghouse (ITC): Resources for students and families to plan and get organized for leaving high school and moving into the adult world. You can access the Idaho Transition Binder on this website.

www.idahotc.com



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KnowHow2Go: Interactive website with advice and tips on preparing for and going to college.

<http://knowhow2go.acenet.edu/>

Social Security Online: The Red Book: Summary guide to employment support for individuals with disabilities under the Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) programs.

<https://www.ssa.gov/redbook/>

Children's Developmental Disability Services: Learn more about children's intervention services. Some services can be available through the month of an individual's 21st birthday.

<https://healthandwelfare.idaho.gov/services-programs/medicaid-health/about-childrens-development-disabilities>



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