

Resources for Children & Adults with Long-Term Needs

Handout

Presented by:
Haydée M. M. De Paula, Ph.D.

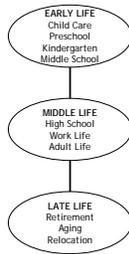


Sponsored by NIH Child Care Board & Office of Research Services/
Division of Amenities and Transportation Services

Resources for Children and Adults with Long Term Needs

Haydée M. M. De Paula, Ph.D.
Support Services Coordinator for Adolescents
The ARC Montgomery County

Where do I start?????



Life is full of TRANSITIONS

The Most Important Things!

- Have a "vision" for your child's future
- Follow your child
 - Have a plan
 - Set long-term and short-term goals
 - Share goals with others
 - Review goals often
- Remember to enjoy your child
- Focus on important issues - save your energy

Other Important Things

- Entitlement vs. Eligibility
- Graduating with a diploma vs. a certificate
- Transition Youth Initiative before age 22

Help your "vision" come to life.

- Know your child's strengths, needs, likes and dislikes
- Help your child find and keep a friend
- Help your child become a self-advocate
- Teach responsibility, teamwork, and independence

At Home

- Giving your child opportunities to learn skills at home and in the community can result in "real" jobs in the future.
- Jobs can also be "fun"!
- Set chores, respect free time, provide opportunities to be independent.
- Be flexible but firm, creative, patient, and persistent.
- Help your child deal with disappointment.

At School

- Be a good model for your child: work with the school as a team.
- You are a member of the IEP team.
- Fill out the Parent Report form and share it with your school staff before the IEP meeting.
- Ask for a Transition Support Teacher (TST) to be at your IEP meetings (there is *only one* TST in Middle School, and at least one in each High School)
- Be familiar with the curriculum and help provide consistent activities at home.
- Learn about the accommodations, adaptations, technology, supplementary aids and services your child needs, advocate for them, and help your child use them.

More At School

- Make sure there are academic, social, behavioral, and vocational goals in the IEP.
- Pick and choose your battles.
- Be a volunteer for the school, if you can (there are jobs you can do from home)
- Participate in PTA/PTSA activities and meetings.
- Become a Special Education Chair at your school.
- Attend your Special Education Advisory Committee meetings (SEAC or SECAC).
- Join your school listserv group.
- Help your child participate in after school clubs and activities and other social/recreational activities.

In the Community

- Help your child find a volunteer job, a paying job, or both.
- Help your child start to prepare a resume.
- Help your school travel train your child by using public transportation often, in a fun and relaxed way.

Be Informed*

- Sign up for listserves (online discussion groups)
 - NIH listerv (http://does.ors.od.nih.gov/childcare/wlc_services.htm#listserv)
 - Attend workshops in your area, check local and school county websites
 - Organize a meeting on a topic you want to learn at your school or other places. You will learn from the speaker and from the experience of other parents!
 - Participate in webinars
 - Participate in conferences and fairs, like the Transition Youth Resource Fair and the State Transition Conference
 - Attend parent workshops and committee meetings
 - Find a parent support group
- *other resources and websites can be found in handout packet

Ask for Help!*

- Supplemental Security Income, Social Security Disability Insurance
 - The Virginia Department of Education
 - The District of Columbia School System, Office of Special Education
 - Developmental Disabilities Administration
 - The Parent's Place of Maryland
 - Maryland Coalition for Inclusive Education
 - Wrightslaw
 - Maryland Disability Law Center
- *other resources and websites can be found in handout packet

Early Years: Up to Age 13

My Turn Program for children ages 3-13 with diagnosed developmental disabilities (Montgomery County program)

- Provides resource and referral information
- Can assist with funding for services/equipment for families in extenuating circumstances
- Prioritized each year based on budget and services

Transition Years: Ages 14-21

- Start a transition home file
- Keep a log (notebook) with dated records of contacts, doctors, medications, etc.
- Do not throw away ANY document
- Keep a personalized "Useful Transition Information" one-page list
- Get to know your child's Transition Support Teacher (TST)
- Help your youngster prepare a "skills resume"
- Visit and interview service provider agencies, view their websites, sign up for and read their newsletters

Transition Years: Ages 14-21

- Help organize a person centered planning meeting before your youngster leaves school, to help the adult agency to know your child's interests and skills better, so the agency can find a job he/she CAN do, will LIKE to do, and HAS THE SUPPORTS to be successful doing!

Adult Years: Ages 21+

- At age 21, your child graduates from school and will have worked with a transition team to select an adult service provider.
- Contingent upon availability of *funding, services, and eligibility*, your son/daughter may now begin to receive services from the Developmental Disabilities Administration (DDA)
- Go to DDA website for more information and application

Adult Years: Ages 21+

These services, funded through the Developmental Disabilities Administration, may include:

Support services - designed to provide support to your child at home or in the community; supports are centered around what your child needs.

Vocational Services - can include competitive employment, supported employment, enclaves, or sheltered workshops

Residential Services - can include independent living, supported living, or alternate living unit

Applications to Complete

• Looking at the Checklist and at the Transition Timeline, find out when to apply for services from:

- Social Security
- Medical Assistance
- Developmental Disabilities Administration (DDA)
- Division of Rehabilitation (DORS)
- Selective Service Registration (men only)
- Metro Access
- Respite Care
- Low Intensity Support Services (LISS)

Look at checklist on flyer: "Are You Ready?"

Future Planning & Guardianship

- Should occur PRIOR to family members becoming ill or incapacitated
- Many forms: trustee, power of attorney, special needs trust, wills
- Consider implications of guardianship for your adult child

Post Secondary Opportunities

- Montgomery College (and other locations)
- Towson University
- Mason LIFE program
- Landmark College
- College Living Experience
- Beacon College

Follow Your Child

- Follow your child, your teenager, and your young adult!
- Talk to them about their dreams and wishes for the future, including jobs, leisure, living arrangements, etc.
- The "Vision" keeps changing....be sure to keep up with it!

Acknowledgments & Resources

- Resources at NIH:
 - Dependent Care Resource & Referral Service
 - 1-800-777-1720
 - NIH ORS website: <http://does.ors.od.nih.gov/childcare/>
 - Lunch & Learn seminars:
http://does.ors.od.nih.gov/childcare/parent_seminars.htm
- The Arc Montgomery County
 - Programs and Services
 - Children's Services
 - Family & Community Resources
 - Vocational & Day Services
 - Residential Services
 - "Road to Adult Services" by Shawn Lattanzio and Jamell White, The Collaborative Outreach & Training Committee.
- Many other resources are listed in "Resource Section" of handout packet

An Important Service for NIH Employees:

If you are a caregiver, contact us for free consultation and resources to help meet your family's needs. Support is only a phone call away.

1-800-777-1720

NIH Dependent Care Resource & Referral Service



NIH Employees, trainees and contractors have free, unlimited access to a Work/life Specialist, who can help you to assess your caregiving role and support you by providing a range of resources and referrals. Examples include:

Housing Options	Home Health Aides	Evaluating care options	Special needs resources
Transportation Services	Preventing Elder Fraud	Child care providers	College planning
Meal Services	Long-distance caregiving	Nanny / in-home care	Tips for paying for care
Adult Day Care	Communication tips	Back-up care resources	And more...
		Adoption information	

This program is sponsored by the NIH Office of Research Services, Division of Amenities and Transportation Services.

For more information visit:
<http://does.ors.od.nih.gov/childcare>.

An Important Service for NIH Employees:

If you are a caregiver, contact us for free consultation and resources to help meet your family's needs. Support is only a phone call away.

1-800-777-1720



NIH Dependent Care

NIH Employees, trainees and contractors have free, unlimited access to a Work/life Specialist, who can help you to assess your caregiving role and support you by providing a range of resources and referrals. Examples include:

- | | | | |
|---|--|---|--|
| Housing Options | Home Health Aides | Evaluating care options | Special needs resources |
| Transportation Services | Preventing Elder Fraud | Child care providers | College planning |
| Meal Services | Long-distance caregiving | Nanny / in-home care | Tips for paying for care |
| Adult Day Care | Communication tips | Back-up care resources | And more... |
| | | Adoption information | |

**This program is sponsored by the NIH Office of Research Services,
Division of Amenities and Transportation Services.**

For more information visit:

<http://does.ors.od.nih.gov/childcare>.

Resources for Children and Adults with Long Term Needs

Prepared by:

Haydée M. M. De Paula, Ph.D.

The Arc Montgomery County

Important Things to Know

Entitlement VS Eligibility

<http://www.dors.state.md.us/DORS/ForHSStudents/SpecIssStudents/Eligibility.htm>

Graduating with a diploma vs. a certificate

Answers to Frequently Asked Questions About transition Services & Graduation:

<http://www.montgomeryschoolsmd.org/departments/transitionsvcv/gr/AnswerFAQ.pdf>

The Transition Youth Initiative: http://www.dhmf.state.md.us/dda_md/transitioning.htm

Be Informed

Listserves (online discussion groups)

-MCneeds: <http://groups.yahoo.com/group/MCneeds/>

-MCTrans: <http://www.mctransitions.org/>

-SpecialEdVoters-subscribe@yahoogroups.com

-PTA_SpecialEducationChairs_of_MC-subscribe@yahoogroups.com (If you are a chairperson)

-Down Syndrome Network of Montgomery County: www.dsnmc.org

Transition Checklist: Are You Ready?

<http://www.montgomeryschoolsmd.org/departments/transitionsvcv/publications/Transition%20Brochure%2009.pdf>

District of Columbia School System, Office of Special Education

<http://dcps.dc.gov/DCPS/In+the+Classroom/Special+Education>

Montgomery County Public System, Special Education

<http://www.montgomeryschoolsmd.org/departments/specialed/>

MCPS Parent Academy Workshops

<http://www.montgomeryschoolsmd.org/departments/parentacademy/>

MCPS Next Steps series of workshops

<http://www.montgomeryschoolsmd.org/departments/transitionsvcv/nextstep.shtm>

Virginia Department of Education

<http://www.doe.virginia.gov/>

Free Parent Seminars and Workshops

<http://thearcofmontgomerycounty.org/resources/Seminars-Workshops.html>

Upcoming Workshops & Seminars list

<http://www.mccpta.com/specedCal.pdf>

Find a parent support group and attend their meetings

<http://www.mccpta.net/SupportGroups.html>

The Arc of Northern Virginia Transition information

<http://www.thearcofnova.org/info-referral/transition/>

The Arc of Northern Virginia

For information on Advocacy, legislative information, resources (information and referral), programs, transition, etc.: <http://www.thearcofnova.org/>

Maryland Developmental Disabilities Council

Look at the publications section of the site: <http://www.md-council.org/>

Ask for Help!

MCPS Department of Family and Community Partnerships

Community Coordinators, 301.279.3100,

<http://www.montgomeryschoolsmd.org/departments/familycommunity/>

The Arc Montgomery County, 301.984.5777, <http://www.thearcmontgomerycounty.org/>

The Parent's Place of Maryland, 410.768.9100, <http://www.ppm.org/>

Maryland Coalition for Inclusive Education: 1.800.899.8837, <http://www.mcie.org/>

Wrightslaw: <http://www.wrightslaw.com/>

Maryland Disability Law Center: 1.800.233.7201, <http://www.mdclaw.org/>

The Arc of US: <http://www.thearc.org/>

The Arc of Virginia: <http://www.thearcofva.org/>

The Arc of Prince Georges County: <http://www.thearcofpgc.org/>

The Arc of the District of Columbia, Inc.: <http://www.arcdc.net/>

The Arc of Frederick County: <http://www.arafc.org/>

Early Years: Up to Age 13

My Turn Program for children ages 3-13 with diagnosed developmental disabilities (Montgomery County program) <http://www.montgomerycountymd.gov/hhstmpl.asp?url=/content/hhs/ads/CSN/myturn.asp>

Transition Years - 14-21 years old

Thomas Edison High School of Technology: <http://www.montgomeryschoolsmd.org/schools/edison/>

Transition Services and Anticipated Services in the Individualized Education Process (MSDE): http://www.montgomeryschoolsmd.org/departments/transitionsvc/gr/TransGuide9_English.pdf

Transition Planning Guide (MSDE):

http://www.montgomeryschoolsmd.org/departments/transitionsvc/publications/transitionplanningguide_updatedjan2010.pdf

Adult Years: Ages 21+

Developmental Disabilities Administration (DDA): <http://www.ddamaryland.org/>

DDA Services: http://dhmh.maryland.gov/dda_md/services.htm

Social Security Administration: <http://www.ssa.gov/>

Supplemental Security Income, Social Security Disability Insurance:

Contact information 1.800.772.1213, <http://www.ssa.gov/disability/>

Medical Assistance/Medicaid

Silver Spring: 240.777.3100, Rockville: 240.777.4600, Germantown: 240.777.3420

The Medicaid Reference Desk: <http://www.thedesk.info/>

Division of Rehabilitation (DORS): <http://www.dors.state.md.us/dors>

Wheaton: 301.949.3750, Germantown: 301.601.1500

Related Medical Assistance Programs

Community Pathways and New Directions Waiver: <http://www.ddamaryland.org/waiver.htm>

MD DDA Waivers: <http://dhmh.maryland.gov/mma/waiverprograms/>

Transportation

Metro Access: public transportation service for individuals with disabilities; must be certified by Metro (WMATA) in order to receive services; shared ride service in sedans or wheelchair accessible vans; drivers do not assist with getting into vehicle. Call 1.800-523-7009 or the eligibility line at 301-562-5361.

Call 'N Ride: transportation for low income people with disabilities; sliding scale fee based on income for coupon books; curb to curb service in sedan or wheelchair accessible vans. Call for application 301-948-5409.

Medicaid Office Transportation: used for medical appointments only to Medicaid providers; must have Medicaid card. Call 240.777.5890.

Metro's Reduced Fare Cards: for riders with disabilities; discounted Metrobus and Metrorail fares available through Metro (WMATA); application and proof of disability required. Call 202.962.1245.

<http://www.wmata.com/>

Montgomery County Transportation Options for Seniors and People with Disabilities:

<http://www.montgomerycountymd.gov/content/hhs/ads/PDFs/transportationoptionsforseniorsandpwd.pdf>

Post Secondary Opportunities and Continuing Education

Montgomery College Challenge Program, Graduate Transition Program (GTP):

Montgomery College Workforce Development & Continuing Education, contact Karla Nabors, 301.650.1660

<http://cms.montgomerycollege.edu/wdce/>

Towson University

Mason LIFE program: <http://masonlife.gmu.edu/>

Landmark College: <http://www.landmark.edu/>

College Living Experience: <http://www.cleinc.net/home.aspx>

Beacon College: <http://www.beaconcollege.edu/>

Future Planning and Guardianship

The Arc Montgomery County, other providers and agencies offer workshops on these topics. Check our website and e-groups for upcoming presentations: <http://www.thearcmontgomerycounty.org/>

Securing a Future for Your Child with a Disability

<http://www.thearcofnova.org/wp-content/uploads/2011/06/Securing-April-2011-2.pdf>.

The Washington Group Special Care Planning Team

<http://www.massmutual.com/planningtools/additional-resources/special-needs/special-care/gettingstarted>

METLIFE Center for Special Needs Planning

<http://www.metlife.com/individual/investment-products/financial-planning/special-needs-planning.html#overview>

MetLife Special Needs Planning

<http://www.metlife.com/individual/life-advice/life-transitions/special-needs-child/index.html>

The Arc of Frederick County: <http://www.arfc.org/services/FutureandEstatePlanning.htm>

The Arc of Northern Va. Pooled Trusts program: <http://thearcofnovatrust.org/>

M&L Special Needs Planning, LLC: <http://www.specialneedsplanning.net/>

End of Life Concerns

Five Wishes document: <http://www.agingwithdignity.org/forms/5wishes.pdf>

Other Resources for Transitioning Individuals and Their Families

Respite Care: <http://respiteservices-mc.org/>

Low Intensity Support Services (LISS)

<http://thearcofmontgomerycounty.org/program-services/family-and-community-resources/liss.html>

Disability Network Directory

<http://www.montgomerycountymd.gov/hhstmpl.asp?url=/content/hhs/ads/DisabilityNetworkDirectory/1/interpreting.asp>

Heath Resource Center: <http://www.heath.gwu.edu/>

National Dissemination Center for Children with Disabilities (NICHCY): <http://nichcy.org/>

Montgomery County Recreation:

<http://www.montgomerycountymd.gov/rectmpl.asp?url=/content/rec/index.asp>

MCPS Transition Services Unit: <http://www.montgomeryschoolsmd.org/departments/transitionsvcs/>

The Transition Connection Handbook: A directory that describes public and private agencies that support students with disabilities and their families.

<http://www.montgomeryschoolsmd.org/departments/transitionsvcs/publications/connection.pdf>

The Arc Maryland: <http://www.thearcmd.org/>

NOEWAIT -The National Organization to End the Waitlist through Advocacy, Information and Transformation

<http://www.noewait.net/>

End the Wait Now: The campaign in Maryland to end the DDA Waiting list for community supports and services. <http://www.endthewaitnow.com/>

Health Resource Center at the National Youth Transitions Center: <http://www.heath.gwu.edu/>

Transition Services & Anticipated Services in the Individualized Education Process.

http://www.montgomeryschoolsmd.org/departments/transitionsvcs/gr/TransGuide9_English.pdf

NIH Websites:

NIH Office of Research Services, Division of Amenities & Transportation- <http://does.ors.od.nih.gov/childcare>

Lunch & Learn Seminars - http://does.ors.od.nih.gov/childcare/parent_seminars.htm

seminar archives- Switching Caregiver Roles with Your Parents, Legal Considerations for the Sandwich Generation)

NIH Dependent Care Resource & Referral Service - 1-800-777-1720

For Additional Information about The Arc Montgomery County Programs:

Kitty Salahuddin, Director of Residential Services, kittys@arcmontmd.org, 301.984 .5777 x1237

Daria Cervantes, Director of Vocational & Day Services, dariac@arcmontmd.org, 301.984 .5777 x2212

Chrissy Shawver, Director of Children & Youth Services, chrissys@arcmontmd.org. 301.984 .5777 x1274

Asha Clark, Director of Family & Community Services, ashac@arcmontmd.org, 301.984 .5777 x1246

Haydée M. M. De Paula, Support Services Coordinator for Adolescents, haydeed@arcmontmd.org, 301.984 .5777 x1275

Other Important Resources

ADA Information Line: 800.514.0301(V), 800.514.0383 (TTY), www.ada.gov

- Call to obtain answers to general and technical questions about the ADA and to order technical assistance materials
- A Guide to Disability Rights Laws <http://www.ada.gov/cguide.htm>

Aging & Disability Resource Unit: 240.777.3000 (V) 240.777.4575 (TTY), MD Relay 711, Emergency After Hrs 240.777.4000, Hours: Mon, Wed, Fri: 8:30am-5:00pm; Tues & Thurs: 8:30am-7:00pm

- Consolidated access point for resources, consultation and service planning for seniors and persons with physical disabilities, related conditions, and developmental disabilities of all ages. Administered by the Montgomery County Department of Health and Human Services, Aging and Disability Services.
- Assistance with the following: Applying for benefits, Transportation, Food/nutrition, Respite care, Housing options, Support for family caregivers, Prescription drug programs, Emergency preparedness, Home care and chore services, Adult protective services and guardianship, Supports for adults and families with children who have a developmental disability, Transitioning youth services, And much more!

Benefits InfoSource at Independence Now/ Work Incentives Planning & Assistance (WIPA):

888.838.1776 (V), www.innow.org

- Benefits counseling for individuals: between the ages of 14 & 64, currently receiving disability benefits administered by SSA (SSI or SSDI), working or interesting in working

Commission on People with Disabilities: 240.777.1246 (V), 240.777.1256 (TTY), MD Relay 711,

- Confirmed by the County Council, to advise Montgomery County elected and appointed officials on the needs and concerns of the County's residents who have psychiatric, developmental, physical or sensory disabilities. This office provides staff support for the Commission

Crisis Center: 240.777.4000 (V), 240.777.4815 (TTY)

- 1301 Piccard Dr, 1st fl Rockville, MD 20850
- Hours: Telephone or Walk-In Services:24 Hours a Day, 7 Days a Week, Mobile Crisis Team: 8 AM-Midnight, 7 Days a Week, Administrative Office: Mon-Fri, 9:00 AM-5:00 PM.
- Fees: Telephone Services: No fee assessed, Walk-In Services: No fee for the first visit, Scheduled Session: Sliding Scale fee based on your income, family size & ability to pay.
- Eligibility: All Montgomery County residents are eligible for services-children, adolescents & adults.
- Montgomery County Crisis Center provides immediate response to crisis situations for all residents of Montgomery County, Maryland. The center provides goal-oriented crisis intervention, brief crisis stabilization, and help in obtaining services for individuals and families with a mental health crisis or experiencing other crisis situations.
- The staff includes Masters and Ph.D. level mental health professionals, psychiatrists, as well as Bachelor level case managers

Developmental Disabilities Administration (DDA): 301.362.5100 (V), 301.362.5131 (TTY), www.ddamaryland.org

- DDA-Southern Maryland Regional Office, 312 Marshall Ave, 7th Fl, Laurel, MD 20707
- The Developmental Disabilities Administration provides a coordinated service delivery system so that individuals with developmental disabilities receive appropriate services oriented toward the goal of integration into the community. These services are provided through a combination of state residential centers (providing services to individuals with intellectual disability) and a wide array of community based services delivered primarily through Southern Maryland Regional Office (Calvert, Charles, Montgomery, Princes George's, & St. Mary's Counties)

Montgomery County Aging & Disability Resource Center: 240.777.3000 (V), 240.777.4575 (TTY)

- Caring for a family member? You're not alone. One in four adults provides assistance to a disabilities family member or friend. The best way to help those who you love is to recognize it's not all up to you. Ask for help.

Maryland Division of Rehabilitation Services (DORS): www.dors.state.md.us

- **Wheaton:** Westfield South Office Suite 408, 11002 Viers Mill Rd Wheaton, MD 20902 301.949.3750 (V) 301.942.7513 (TTY) 866.338.7985 (Video Phone) wheaton@dors.state.md.us
- **Germantown:** 20010 Century Blvd Suite 400, Germantown, MD 20874 301.601.1500 (V), 866.282.0948 (Video Phone), germantown@dors.state.md.us
- Suburban D.C. One-Stop Career Centers
 - Montgomery Works-Wheaton 11160 Viers Mill Road Wheaton, MD 20902 301.946.1806
 - Montgomery Works-Lake Forest Mall 701 Russell Ave 2nd Level (near Hechts) Gaithersburg, MD 20877 301.519.8253
- DORS offers programs and services that help people with disabilities go to work or stay independent in their homes and communities. The mission of DORS is to provide leadership and support in promoting the employment, economic self-sufficiency, & independence of individuals with disabilities.

Maryland Disability Law Center (MDLC): 800.233.7201/410.727.6352 x0 (V), 410.727.6387 (TTY), www.mdclaw.org

- 1800 N. Charles Street; Suite 400 Baltimore, MD 21201
- MDLC, a non-profit legal services organization, is the designated Protection & Advocacy agency for the State of Maryland, mandated to advance the civil rights of people with disabilities.
- MDLC uses an array of strategies, including information & referral, direct representation, abuse & neglect, technical assistance, community outreach and training. The goal is to create a more integrated and just society by advancing the legal rights of people with disabilities and ensuring equal opportunities to participate in community life.

Montgomery County Mental Health Hotline: 301.738.CALL (2255)

Respite Services of Montgomery County: 301.816.9647 (V), 301.881.2286 (TTY), www.arcmontmd.org

- 11621 Nebel Street Rockville, MD 20852
- Provide occasional, temporary relief to individuals & families who are giving full-time care to children, adults with disabilities, and seniors. Care is provided by trained, certified care workers in the family's home or in the care worker's home.

Supplemental Security Income (SSI): 800.772.1213 (V 7:00 AM-7:00 PM Mon-Fri or automated), 800.325.0778 (TTY 7:00 AM-7:00 PM Mon-Fri), www.ssa.gov

- Social Security Administration Office of Public Inquiries Windsor Park Building 6401 Security Blvd Baltimore, MD 21235
- Social Security Office in Rockville: 315 N. Washington St Rockville, MD 20850 (9:00 AM-4:00 PM)
- Social Security Office in Silver Spring: 10230 New Hampshire Ave Suite 304 Silver Spring, MD 20903 (9:00 AM-4:00 PM)
- What you can do online: apply for benefits, appeal a decision, find out if you qualify for benefits, estimate your future benefits, etc.

Transportation/Metro Access: 301.562.5360 (V), 301.588.7535 (TTY), www.wmata.com

- MetroAccess is a shared ride transit service for people who are unable to use fixed-route public transportation due to a disability. Multiple passengers may ride together in the same vehicle.
- The service provides daily trips throughout the entire Washington Metropolitan region, including the District of Columbia, suburban Maryland, and suburban Virginia. Rides are offered in the same service areas and during the same hours of operation as Metrorail and Metrobus.
- For further questions contact the MetroAccess Administration Office at 301.562.4640 (V) or 301.588.7535 (TTY).

GLOSSARY OF TERMS USED IN ADULT SERVICES

*TERMS BELOW ARE FROM THE "SOUTHERN REGION GUIDE TO SERVICES DEVELOPMENTAL DISABILITIES ADMINISTRATION"

ALTERNATIVE LIVING UNIT (ALU): One type of residential service where the home is owned, leased, or operated by a licensed provider. No more than 3 people with disabilities living together and at least 10 hours of staff supervision is provided each week.

COMMUNITY-BASED: This term implies that services are provided in the community at large in an integrated setting rather than a segregated environment.

COMMUNITY SUPPORTED LIVING ARRANGEMENT (CSLA): A type of residential option where funding is individualized and flexible. CSLA may include the following: personal assistance services, supports that enhance the individual's opportunity for community participation and to exercise choice and control, training, and other services.

ENCLAVE: A group of people with disabilities who work together at a community based work site with agency staff supervision or job coach permanently present. Also known as a "crew" or "mobile crew".

DEVELOPMENTAL DISABILITIES ADMINISTRATION (DDA): The agency under the Maryland State Department of Health & Hygiene that funds agencies to provide services to people with developmental disabilities.

DIVISION OF REHABILITATION SERVICES (DORS): A state agency that provides funding for eligible individuals with disabilities for services, evaluations, and equipment to assist people in becoming more independent both in work and at home.

GENERIC APPLICATION: Application completed and given to each Adult Service of interest. Usually given during program interview/visit.

INDIVIDUAL PLAN (IP): The written plan that is generated as a result of the team meeting of family members, friends, and professionals. It outlines services needed and personal goals for the next 12 months.

Individual Support Services (ISS): Community based support services in the individual's home, work place, or community. ISS may also be used to purchase services or adaptive equipment.

INTERDISCIPLINARY TEAM MEETING (ITM): An annual meeting of the person with a disability, family, friends, and professional to review current progress and life situations, set personal annual goals and outline the steps and strategies to meet the established goals.

JOB DEVELOPMENT: Encompasses all aspects of finding a job and making a transition to working and keeping a job.

APS HEALTHCARE: An administrative service organization that supplies independent utilization review and level of need determination.

PERSON CENTERED PLAN: The written plan that is developed during a person-centered planning meeting. Individualized needs, wants, preferences, and desires are outlined.

SERVICE FUNDING PLAN: Developed in conjunction with an Adult Service Provider and family that provides information to DDA on service needs and costs.

SUPPORTED EMPLOYMENT: Refers to ongoing services for people with significant support needs in order to obtain and maintain employment. The variety of supports needed for a person to be successful will vary. Specific supports for success may include but are not limited to: use of adaptive technology, job creation, work place advocacy, on the job skills training, job behavior, community mobility, job seeking and interview skills, understanding the cultural aspects of the work place, and communicating with supervisors. Work is community based for pay with agency funded supports. Hours of employment may vary.

TRANSITIONING YOUTH: Refers to students with developmental disabilities who are receiving special education services who will age out or graduate from school. Students are usually 21 years of age. Also refers to a funding source for day services for eligible students.

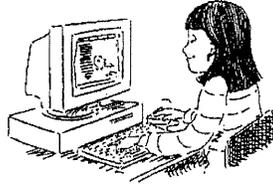
Day Services

SUPPORTED EMPLOYMENT	VOCATIONAL WORKSHOP
<p>Supported Employment DDA Providers help individuals with developmental disabilities obtain employment (paid or volunteer) in the community. This service is provided in an <u>enclave</u> as well as <u>1:1</u> (1:1 support is not a given).</p> <p>Services provided:</p> <ol style="list-style-type: none"> 1. On going job supports <ul style="list-style-type: none"> ➤ Job coaching & training to assist individuals with developmental disabilities perform the job functions ➤ Job development 	<p>Vocational Workshop DDA Providers offer sheltered employment, teaching skills necessary to enter the workforce.</p> <p>Services provided:</p> <ol style="list-style-type: none"> 1. Productivity work is emphasized. 2. Usually workers stay on site and their work tasks may change according to the workshop contracts. Workers may be paid according to what they produce.

DAY HABILITATION	DAY HABILITATION (MEDICALLY FRAGILE)
<p>Day Habilitation DDA Providers focus on pre-vocational skill development and other types of daily activities. No earned wages. Individuals may stay on site or go out in the community with a small group of peers and staff supervision (enclaves).</p> <p>Services provided:</p> <ol style="list-style-type: none"> 1. Pre-vocational skill development <ul style="list-style-type: none"> ➤ Clerical work <ul style="list-style-type: none"> • Sorting, collating, labeling, stuffing/sealing envelopes, other related tasks 2. Daily activities <ul style="list-style-type: none"> • Music, self help, skill development, arts and crafts, leisure education, community outings 	<p>Day Habilitation (Medically Fragile) DDA Providers offer services similar to those found at a Day Habilitation Program, however, these therapeutic programs are designed for individuals with developmental disabilities who are medically fragile.</p> <p>Services provided:</p> <ol style="list-style-type: none"> 1. Personal care (assistance with toileting, special diets and eating) 2. Community Outings 3. Sensory stimulation

The Sibling Support Project's Family of Listservs

(Please share this information with families and service providers in the disability, health, and mental health communities!)



We're proud that the Sibling Support Project hosts the world's oldest and largest listservs (electronic mailing lists) for siblings and those who care about sibling issues. Since 1996, our lists have connected tens of thousands of sisters and brothers from around the globe with their peers, providing members with validation, information, and advice. All of our lists are YahooGroups and all are free. To join any of our lists please visit our website at www.siblingsupport.org

SibNet. The world's first list for siblings of people with special needs, SibNet is a warm and thoughtful community. Intended for adult siblings, SibNet connects members from around the world.

SibKids. A place just for young sibs where they can discuss their brothers and sisters—and maybe music, movies, school and their lives. SibKids has volunteer adult sib “camp counselors” who help make SibKids a safe place to hang out.

SibParent. Our newest list is a place where parents of kids with special needs can talk about their “other” kids. As many SibParent participants are also parents of kids who attend Sibshops, SibParent is also forum for parents who want to support the Sibshop movement.

SibGroup. SibGroup is a list just for those who are running Sibshops. On SibGroup members share bright ideas, activities, challenges, funding opportunities and lots more with colleagues from around the world. And, as SibGroup is our primary means of communicating with all Sibshops, at least one staff member from each registered Sibshop must belong to SibGroup.

The Sibling Support Project E-Newsletter. Subscribe to this list to get occasional updates about the work of the Sibling Support Project. Unlike the above lists, members only receive information.

Don Meyer, Director
Sibling Support Project
6512 23rd Ave NW #213
Seattle, WA 98117
206-297-6368
donmeyer@siblingsupport.org
www.siblingsupport.org