

Intellectual and Developmental Disabilities Resource List for Washington County Children & Adults

Is your child eligible for IDD social services?

Who can help?

Education/Schools

Services for Children and Adults with Intellectual and Developmental Disabilities

Vocational/Residential Services

Age 18+ - - What changes?

Recreation/Fun

Funding/Financial Assistance

Other Organizations and Resources

Are you concerned about your child?

Children grow at their own pace, but there are some general developmental guidelines that children follow. If you, your child's medical providers, or someone at school has noticed significant delays in cognitive development and adaptive functioning, or if your child has been diagnosed with a condition that results in impairment of general intellectual functioning or adaptive behavior similar to that of persons with cognitive impairments, this may suggest that your child could benefit from Intellectual and Developmental Disabilities (IDD) services. If your child's only condition is medically related, your child may or may not qualify for IDD social services. This pamphlet will cover a variety of services and resources, which can be explored.

It is important to remember that your child does not need to be eligible for Washington County IDD services in order to access many of the other services, funding sources and resources listed.

Although this pamphlet is not a comprehensive list of all IDD resources in Washington County, it can assist you in finding out what resources are available.

Is your Child Eligible for Intellectual and Developmental Disabilities (IDD) Social Services?

The child has test scores of more than two standard deviations below the mean in two global areas of functioning, one of which is cognition, and the child is at risk of a cognitive disability. 2) The child has been assessed and diagnosed by a psychologist as having Global Developmental Delays. 3) The child may have a related condition that results in impairment of general intellectual functioning or adaptive behavior similar to that of persons with cognitive disability. This may be indicated by substantial limitations in three or more areas of life activities, including self-care, understanding and use of language, learning, mobility, self-direction or judgment, and independent or daily living skills. Diagnoses which may (or may not) be Related Conditions include, but are not limited to, cerebral palsy, autism, epilepsy, Prader-Willi Syndrome, traumatic brain injury, and Fetal Alcohol Syndrome.

For a **child over the age of 5 years**, a psychological evaluation (IQ score) completed within the last three years, and an adaptive skills assessment that documents delays must be provided. Your child must show a full scale IQ of 70 or lower, or be diagnosed with a Related Condition and show both significant deficits in adaptive skills, and have similar service needs to a person with a cognitive disability. If your child's only condition is medically related, he or she may not qualify for IDD social services. Washington County will assist with obtaining an evaluation, if one is not available from the school or through private insurance.

To apply for Intellectual and Developmental Disabilities (IDD) Social Services, call 651-430-6484. You will be asked for some basic information over the phone, to determine if your child may meet the criteria listed above. A letter will be sent to you outlining the intake process, and requesting documents and information. When those items have been provided, an IDD Intake social worker will contact you to discuss the need for any further information. If your child is eligible for IDD social services, you will be notified by letter, and an ongoing social worker will be assigned. They will meet with you to develop a plan based on your child's needs. A social worker can help identify service and support options, and available funding to pay for them. Social Workers can provide services including assessment, information and referral, case management, resource development and coordination, monitoring, and advocacy.

SERVICES AND PROGRAMS

PCA (Personal Care Attendant): PCA services are funded by MA and all waiver programs. A MN Choices assessment determines the number of hours of PCA funding for which your child qualifies. If you are on managed care, that company will do the PCA assessment. PCA services include assistance with eating, bathing, dressing, personal hygiene, and activities of daily living, as well as meal preparation and housekeeping. PCA's can be hired from a private agency or you can choose PCA Choice and hire your own staff. Call the Community Services Intake Line at 651-430-6484 to request an assessment.

Consumer Support Grant Program: The CSG program is an alternative to the PCA/home care services. It is the state portion of the authorized PCA or Nursing hours. This is a consumer-directed monthly grant so it gives families more control and flexibility to hire their own staff and purchase services. Parents of minors may also pay themselves on this program. However, if you are on managed care, you will not be able to access this grant.

DD Waiver: Provides a variety of services to a person who meets eligibility requirements. Some of these services include respite, assistive technology, caregiver training, in-home family support, adaptive equipment, and the Consumer Directed Community Supports (CDCS) Program.

Family Support Grant (FSG): Provides a small cash grant to families of eligible children, with a goal of preventing or delaying an out-of-home placement and promoting family health. There is an annually adjusted income ceiling to qualify.

Respite Care: This is a childcare service designed to give caregivers a break, and can be provided in or out of the home. Out-of-home respite that is arranged by social services is usually in a licensed foster home setting. There is flexibility under some plans for families to arrange respite care informally. Respite is not guaranteed and there may be a fee.

Day Care: Resources for child caring provides referrals for finding childcare, call 651-641-0332. Washington County Child Care Assistance has a sliding fee program, which is based on family income, to assist families with the cost of childcare. Call 651-430-6459. There are some Special Needs Day Care Providers in Washington County. Ask your social worker for a list of these if interested.

WIC: Provides supplemental food items and nutritional education, eligible by income or TEFRA, for infants and young children. Call 651-430-6655.

FUNDING

Medical Assistance (MA): Program to pay for medical care and some support services for low-income families or individuals 18+ years old. To apply, contact MN Sure at 1-855-366-7873 or www.mnsure.org. If applying on behalf of someone with a disability, please consult with an ARC navigation advocate first (952-915-3610).

TEFRA: This is MA for children with qualifying disabilities who live with their families and do not qualify for MA because family income is too high. Only the child's income and disability are used to determine eligibility. There is a state parental fee for TEFRA, based on family income and family size. More detailed information is available at:

www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=id_007117.

Minnesota Children with Special Health Needs (MCSHN): Provides help in arranging and funding evaluations for children under the age of 21 years, without regard to income. Contact 651-201-3650.

Private Health Insurance: Your health insurance may pay for assessments, adaptive equipment, therapies, counseling, and support services.

SSI/RSDI: Supplemental Security Income/Retirement and Survivors Disability Insurance are cash benefits payable to children with qualifying disabilities whose families have very limited income. At age 18, family income is no longer a factor for eligibility. Call Social Security at 1-800-772-1213.

Waiver Programs: Eligibility for various Medical Assistance Waiver programs are determined through Social Services. DD waiver funding is limited at this time.

ADULTS

Your Child is 18 years old—What Changes?

Legal Status: Your child becomes a legal adult with all the rights and responsibilities of any other adult, at age 18. If you have concerns that your child’s judgment or decision-making is a threat to their welfare, if they are unable to make responsible, personal decisions, and are also unable to meet their needs, you may wish to explore guardianship of the person. A guardian may be a relative, another individual, or an agency. Information is available through Social Services or ARC at 651-523-0876.

Financial Responsibility: At age 18, income eligibility is based on your child’s income and assets, not on the family income. Your adult child may apply for MA, MSA, and SSI, important funding sources for services.

Transition Planning: Your child’s school meetings are important planning tools, and can assist the team plan for future work and housing plans. Vocational services are provided to your child by your school district as a part of their transition plan, to age 21 years. During the last year of transition you should contact your social worker to start touring agencies who provide vocational services so they are ready to start after graduation.

Vocational Services: When your child is 21 years old and has graduated from school, adult vocational supports can be utilized. Funding for these supports are paid for by the Department of Vocational Rehabilitation (651-501-6363, Woodbury location), the Waiver, or County funds based on the consumers needs. These services have to be arranged through your social worker. Services include Day Training and Habilitation (DTH), Sheltered Workshop, and Supported Employment. These services are provided by several agencies, at a variety of center-based and community-based sites. These same agencies provide daily transportation to and from the program or job.

Washington Counties Contracted Day Programs:

- East Suburban Resources651-351-0190
- Midwest Special Services651-777-7220
- Opportunity Services.....651-578-1329
- Phoenix Alternatives651-747-8740
- Tree Trust/MN Workforce Centers651-275-8650

Residential Services

Services include ICF/DD (group home), SLS (Supervised Living Services serving 1-4 people in a variety

of settings), Foster Care, SIL's (semi-independent living support services for adults not needing 24-hour supervision), and Hourly Support Services (in the family home or the community). Many adults choose to live in community setting with a range of staff support, a few hours a week of staff to 24 hour staff, depending on their needs. Funding is not mandated and services are based on availability of funds. If you have funding approved, finding an opening that meets the person's needs as well as finding compatible housemates and the intake process can take a long time. Your social worker will assist you.

MN ID Card

A reduced fee MN Identification Card can be obtained through the Department of Public Safety, Driver's Vehicle Services, with a form letter signed by the doctor or social worker.

OTHER ORGANIZATIONS AND RESOURCES

The ARC: Offers advocacy, information (including conservatorship/guardianship, trusts and wills) sibling support, support groups, family activities, parent-to-parent support, and People First Advocacy. Call 651-523-0823.

Autism Society of MN: Autism information, service referral, advocacy, workshops. Call 651-647-1083.

Canvas Health, Inc. (fka HSI): Children and Adult mental health services. Call 651-777-2222.

Community Bridge: A consortium of 5 community education programs and school districts organized to provide activities for teenagers and adults with disabilities. Call 651-748-7445.

Connect WC: Network for adults and children with developmental disabilities. Go to www.connectwc.org.

Courage Center: Swim therapy or lessons. Call 651-439-8283

Disability Linkage Line: Free resource informing how income affects benefits and answer questions about government benefits. Call 1-866-333-2466 or go to www.db101.org.

Down Syndrome Association: A nonprofit organization whose mission is to provide information and support to people with Down syndrome, their families and communities. Call 651-603-0720.

Epilepsy Foundation of MN: Information, education, support and discussion groups. Call 651-287-2300.

Family Means: Counseling and volunteer respite program. Call 651-439-4840.

First Call for Help: Free and confidential information and resources in the metro area. Call 211 or go to www.211.org/.

Governor's Council on Disabilities: Providing information, education, and training to build knowledge, develop skills, and change attitudes that will lead to increased independence, productivity, self-determination, integration and inclusion (IPSII) for people with developmental disabilities and their families. Go to <http://mn.gov/mnddc/>.

Housing Link: Housing information and resources in the metro area. Go to <http://housinglink.org/Home.aspx>.

Let's Go Fishing: Enjoy a safe, fun, enjoyable, and memorable fishing excursion on the National Park Service's Saint Croix National Scenic Riverway. Located at the Bayport Marina in Bayport, MN. Go to www.letsstofishingstillwater.com/Lets_Go_Fishing/index.php .

Metro Center for Independent Living: The Mission of the Metropolitan Center for Independent Living is to assist people with disabilities to fulfil their desire to lead productive self-determined lives. Go to www.mcil-mn.org/.

MN Department of Vocational Rehabilitation Services: <http://mn.gov/deed/job-seekers/disabilities>.

MN Disability Law Center: Free legal services for persons with developmental disabilities. Call (651) 222-3749.

MN Fishing License

Those who qualify are eligible for a free permanent angling license in Minnesota. Contact your social worker or the MN DNR for more information and an application.

PACER Center: Parent advocacy coalition for educational rights. They provide advocacy, information, workshops, free newsletters, and help with IEP, IFSP development. (www.pacer.org) Call 952-838-9000.

Social Security: Government benefits related to disability. Go to <http://ssa.gov/>.

Social Security Advocates: Information regarding benefits and advocacy for the application or appeal process. Call 612-332-6773 or go to www.cardonoutreach.com/daindex.php.

Special Olympics

- **Special Olympics:** Organized year around sporting events and activities for persons with IDD.
- **Lumberjacks:** st.croixvalleylumberjacks@yahoo.com - Stillwater area
- **Blazing Stars:** www.sites.google.com/site/woodburyblazingstars - Woodbury area

St. Croix Valley Friendship Club: A parent organization creating safe, accessible social opportunities. Go to www.valleyfriendshipclub.org/.

Transit Link – Metro Transit: A curb-to-curb minibus or van service for the general public that operates on weekdays throughout the seven-county metropolitan area. Call (651) 602-LINK (5465).

United Cerebral Palsy MN: Equipment referral, info., support groups, advocacy, and workshops. Go to <http://ucpmn.org/> .

Washington County Autism Resource Guide: An extensive resource list applicable for most people with disabilities which can be found on the Washington County website at www.co.washington.mn.us/DocumentCenter/View/4242.