

# Beyond the PPT: Life After High School

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***How will your child live  
after high school?***



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## How does any person live after high school?

Get a job.  
Find an apartment.  
Join groups.  
Make new friends.  
Learn to take care of oneself.  
Make a lot of mistakes.  
Grow up.

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## Developmental Disabilities Assistance and Bill of Rights Act of 2000

*“The goals of the Nation properly include a goal of providing individuals with developmental disabilities with the information, skills, opportunities, and support to live in homes and communities in which such individuals can exercise their full rights and responsibilities as citizens.”*



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# School Days



Special Education is an entitlement.

The IDEA insures your voice in the PPT.

*Your child's transition IEP is your last best chance to benefit from this entitlement.*

Then school ends and ...



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**You're not in Kansas anymore.**



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## There are very few entitlements for adults.

*However, people with developmental disabilities may be eligible for home and community based services and supports from a variety of sources:*



*and more.*

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*You will benefit from investigating services from a variety of sources.*

*But where to look?*



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***The CT Council on Developmental Disabilities  
has implemented many projects in Connecticut:***



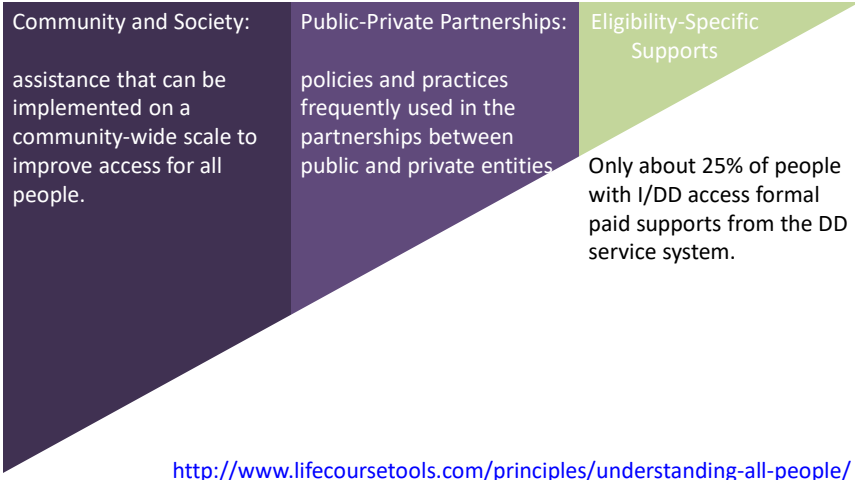
- ✓ Education
- ✓ Employment
- ✓ Housing
- ✓ Transportation
- ✓ Self-determination
- ✓ Self-advocacy
- ✓ Legislative advocacy
- ✓ Livable Communities

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***A few general themes emerge  
from these projects.***

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## First consider what all people do, a universal strategy for providing supports.

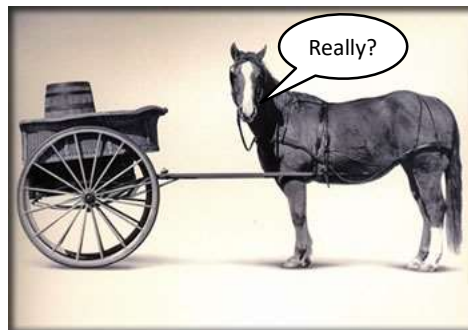


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### ***Know your goals and your needs,***

- then, look for resources.

(Some people do this backwards.)



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## Housing and Supports...

...are distinct and separate needs.

Each entails its own type of financing.

(e. g. Medicaid will NOT pay for room and board.)



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***There is a wide spectrum of personal situations.***



- Level of abilities.
- Level of needs.
- Earning power.
- Family resources.
- Community resources.

***No one size fits all.***

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## ***DDS is not Walmart.***

Most people who live with developmental disabilities in Connecticut do not receive assistance from DDS.

They receive assistance from DSS, DMHAS, DCF, DOH, DOL, DOT, ADS BESB or BRS, or DOC.

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*"No man ever steps in the same river twice, for it's not the same river and he's not the same man."*

- Heraclitus

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## Supported Decision Making

- ***You do NOT need Guardianship to have access to educational, medical, and financial records!***
- Power of Attorney and Health Care Representative are sufficient.
- *Guardianship deprives an individual of personal liberty! Use it sparingly.*
- A Guardianship can always be created at a later date, if necessary.
- Undoing a Guardianship is not trivial.

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## Post-secondary Education

### Think College models

1. Traditional College Programs with Accommodations
2. Comprehensive Transition and Postsecondary Programs



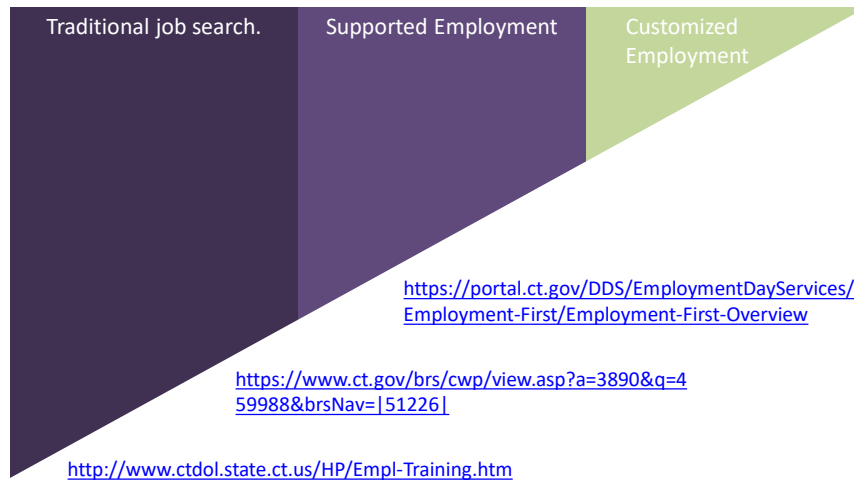
### Others

3. Co-located programs



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## Employment First!



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## How to find Employment:

- Network
- Job fairs
- American Job Centers
- Bureau of Rehabilitation Services
- DDS Supported Employment Services
- DMHAS Supported Employment Services
- Customized Employment (*coming soon!*)

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## ***How Do I Get the Information That I Need on Benefits So That I Can Make Good Vocational Choices?***

A Benefits Specialist (also known as a Community Work Incentive Coordinator or CWIC) at BRS understands how work and earnings will affect your benefits.

<https://www.ct.gov/brs/cwp/view.asp?a=3890&q=456890&brsNav=|>

MED-Connect Premium Income Guidelines 2016 :

(<https://portal.ct.gov/DSS/Health-And-Home-Care/Disability-Services/Med-Connect-Medicaid-for-Employees-with-Disabilities/Med-Connect-Medicaid-for-Employees-with-Disabilities>)

Basic Coverage Group Beneficiaries earning up to 200% of the Federal Poverty Level (FPL) do not pay premiums for health care coverage through MED-Connect.

For 2016, 200% of the FPL for an individual is \$1,980 monthly.

If your income is above these amounts, you will pay a monthly premium based on 10% of income above the limit.

Social Security Administration's Substantial Gainful Activity Level for 2016 is \$1,090 monthly.

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## **Supported Living**

- **Home Care - Long Term Services and Support**

<https://portal.ct.gov/DSS/Services/Health-and-Home-Care/Home-Care---Long-Term-Services-and-Support>  
Community First Choice (CFC), Long Term Care, Personal Care Assistants

- **DDS In Home Support**

<https://portal.ct.gov/DDS/Family/Supports-and-Services/In-Home-Support>  
In Home Supports (IHS), Shared Living, Self-Directed Services

- **Local and Municipal Social Service Agencies**

– *Contact your town social services department!*

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## Finding a place to live

- Person-centered planning  
<https://portal.ct.gov/DDS/LifeCourse/Charting-the-LifeCourse>
- Community resource mapping  
<https://uconnuidd.org/wp-content/uploads/sites/1340/2015/06/HOME-Appendices.pdf>
- Transportation
- Budget

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## Strawman Personal Budget

	Annual	Monthly
<b>Income</b>		
SSDI	\$9,000	\$750
Employment	\$9,000	\$750
Other	\$3,600	\$300
<b>Total Income</b>	<b>\$21,600</b>	<b>\$1,800</b>
<b>Expenses</b>		
Food	\$3,600	\$300
Housing	\$9,600	\$800
Transport	\$4,200	\$350
Internet	\$600	\$50
Phone	\$600	\$50
Other	\$2,400	\$200
<b>Total Expenses</b>	<b>\$21,000</b>	<b>\$1,750</b>

These amounts are net of adjustments to SSI or SSDI payments.

Expenses are adapted from the MIT Living Wage Calculator at <http://livingwage.mit.edu/states/09>

**Caveat: Individual realities will vary.**

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## Affordable Housing

- Family home
- Craig's list et al
- Partner with other families
- DDS Residential Services  
<https://portal.ct.gov/DDS/General/CCH/Community-Companion-Homes-CCH>  
<https://portal.ct.gov/DDS/Legal/Messier/Residential-Services-in-the-Community>
- CT Resources  
<https://portal.ct.gov/DDS/Family/Housing/CT-Resources>

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## More on Housing

### Housing Options

- Apartment or room rental
- Home ownership
- Affordable housing projects  
<https://www.theday.com/article/20140822/BIZ02/140829900/>
- Integrated housing projects  
<http://www.courant.com/community/canton/hc-news-canton-favarh-housing-money-20171129-story.html>
- "Senior" housing
- Cluster housing

### Financing

- ABLE Accounts and Special Needs Trusts
- Special grants
- Consider alternatives to guardianship
- Establish credit
- Share resources with other families
  - Partnership, LLC or corporation?

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**Discrimination is illegal!**



**Disability Rights Connecticut, Inc.**

<https://www.disrightsct.org/>

info@disrightsct.org

(860) 297-4300

**Connecticut Commission on Human Rights and Opportunities (CHRO)**

<https://www.ct.gov/chro/cwp/view.asp?a=2524&Q=316262>

860-541-3403

**Connecticut Fair Housing Center**

<https://www.ctfairhousing.org/>

info@ctfairhousing.org

(860) 247-4400

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## **Be involved!**

- Advocacy groups
- Legislative advocacy

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## Advocacy Groups



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## Conclusions:

- Begin with the "All."
- Know your needs, then seek resources.
- Use alternatives to guardianship, if possible.
- Housing is separate from supports.
- No one size fits all.
- Explore many resources.
- Expect the landscape to change.
- Explore services at state and local agencies.
- Think College.
- Consider employment.
- Report discrimination!
- Be involved.

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## Action Items

- ✓ Get the most from your child's transition IEP!
- ✓ Use the LifeCourse tool to explore a trajectory with your child.
- ✓ Familiarize yourself with the available services from various state, local, and private agencies.
- ✓ Introduce your state legislators to your child and discuss your needs.

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# *Thank you!*

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