



Utah Parent Center
Special needs, extraordinary potential

Services for Adults with Disabilities

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Transition planning can be overwhelming, but there are many resources along with your school team available to support youth and young adults throughout the process. Below the Utah Parent Center has listed some agencies and other resources that may help your family make it through the transition process into adulthood. Each agency provides different services and has different eligibility criteria. Some agencies have waiting lists or an order of selection.

When your son or daughter turn age 14:

1. Contact the Utah Parent Center if you have questions about a different agency and their services. You can also go to the agencies website and explore the services the agency provides. Determine if your son or daughter would be eligible for services.
2. Ask your school special educator to see if an agency representative could be invited to your son's or
3. If services are needed, contact agency and apply for services as early as possible.

Assistive Technology

The **Utah Center for Assistive Technology (UCAT)** is a statewide resource offering information and technical services to help people with disabilities acquire and use assistive technology devices. UCAT offers free evaluations to anyone within the state of Utah. Schedule an appointment with the Utah Center for Assistive Technology for a tour and evaluation of possible resources there. They have access to amazing computer programs and assistive devices that could help your child.

The **Computer Center** is an integral part of UCAT It offers a unique resource through which people with disabilities can access more completely the power afforded by modern computers. Make an appointment and receive a free evaluation. Explore communication devices, different computer programs, apps and adaptations to see if they will work for your child with a disability.

For either service call (801) 887-9380 or visit <http://ucat.usor.utah.gov/>

Utah Assistive Technology Program (UATP) gets assistive technology into the hands of people who need it. Located in Logan, Utah at the Center for Persons with Disabilities at Utah State University, UATP serves individuals with disabilities of all ages in Utah and the intermountain region. They provide assistive technology devices and services as well as train university students, parents, children with disabilities and professional service providers about assistive technology. For more information <http://www.uatpat.org/> or call 800-524-5152.

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Utah Assistive Technology Foundation (UATF) is a private, non-profit organization under UATP organized in 1991 under the laws of the state of Utah. Over the years UATF has been able to help hundreds of Utahns with disabilities of all ages obtain loans and grants to purchase the assistive technology that allows them to be independent, productive and successful at home, at school, at work and in the community. Our goal is to assist Utahns with disabilities by enhancing their quality of life through assistive technology. UATF works with Zions Bank to provide low-interest loans from \$500 up to \$50,000 to purchase assistive technology or home modifications such as, but not limited to: adapted vans, wheelchairs or scooters, hearing aids, braille equipment, lifts or elevators, adapted computer accessories and software, and augmentative communication device, including iPads. <http://www.uatf.org/financing/>

Division of Services for People with Disabilities (DSPD): The Division of Services for People with Disabilities (Division or DSPD) is part of the Utah Department of Human Services. DSPD offers services that assist people to live, learn, and work as part of their communities. The services that the DSPD provides are based on eligibility. Services include supported employment, day or partial day supports, respite care, family assistance and support, family training and preparation, residential supports, host home, supported living and the Utah State Developmental Center. DSPD does not serve all individuals with disabilities. To see if your child is eligible for DSPD services check their website. www.dspd.utah.gov intake: 1-877-568-0084

When you first contact DSPD, they will need to determine if your child or adult are eligible to receive services. Anyone seeking to apply for services from DSPD should call the toll-free number 1-877-568-0084 and ask for an Intake Worker. The Intake Worker will gather information to begin the process of determining eligibility. DSPD is usually not able to offer immediate services to eligible individuals so they are placed on a waiting list. As funds become available, individuals on the waiting list are notified by a DSPD Intake Worker and brought into services. While waiting for services, continue to work with the DSPD and inform them of any changes in your child's situation to see if that might affect the wait status. When your child reaches adulthood, service options will change, let DSPD know. Be sure you fill out and return the requested information annually so your child's name is not dropped from the list.

For employment supports check out **Supported Employment** through DSPD. Supported Employment includes job development, placement, intensive on-the-job training, and support on the job by a job coach. It is intended for those people who may not be able to work in the community without some form of support.

Guardianship

Guardianship Associates of Utah: At age 18 the individual with a disability reaches the age of majority and is considered the adult. Decision making is now the legal responsibility of the individual with a disability unless parents take out guardianship. If your child is unable to make decisions, guardianship should be considered. There are different levels of guardianship the judge can grant full guardianship or partial guardianship in any of the following areas: medical, habilitation, education, residential, and financial. Only a court can determine if a person is incapacitated. The petitioner has a choice regarding attorney representation. The petitioner can choose to have an attorney to represent them or choose to represent themselves. For more information call the Utah Parent Center at (801) 272-1051 or contact Guardianship Associates of Utah at <http://guardianshiputah.org/>

Utah Futures Website helps students to make education and career plans online. Students and their parents search living options, career information, and college options, take assessments, and complete activities. Have your student with a disability get a reality check. Does he/she see themselves renting an apartment or owning a house? Driving a car or taking the bus? Eating out a

lot or a little? On Utah Futures find out how much money he/she will need to earn to cover his/her expenses and what occupations will support his/her lifestyle. The elementary school version might be easier to use depending on your child's level, find out more at <http://www.stepuputah.com/utah-futures/>

Employment

Vocational Rehabilitation (VR), Utah State Office of Rehabilitation: The mission of Vocational Rehabilitation (VR) is to assist eligible individuals in obtaining employment and increasing their independence. Don't rule out some type of employment just because your child's disability is more significant. VR can offer counseling and guidance, job development and placement, career evaluation, supported employment and job coaches. Contact VR to see what types of programs and assistance is available. The Utah State Office of Rehabilitation provides transition services to eligible students with disabilities as they transition from school to adult life. The school can invite a transition counselor to the IEP to discuss what possible assistance can be provided. The school will ask you to sign a permission form in order for them to invite outside agencies. Contact VR at www.usor.utah.gov or 1-800-473-7530.

Employment Personal Assistance Program (EPAS) is Medicaid personal care services provided to people with disabilities to support them in maintaining employment. The individual needs to receive Medicaid and work at least 10 hours a week. EPAS is designed to provide personal assistance for people who may have physical, mental, cognitive, and/or developmental disabilities that are working in integrated, competitive employment. The assistance provided is for tasks directly related to maintaining employment. Services include support with eating, bathing, dressing, transportation, mobility, meal preparation, shopping, money management, medication management and symptom management. Learn more about EPAS at <http://health.utah.gov/ltc/EPAS/EPASHome.htm>

My Next Move – O'Net Career Exploration by the US Dept. of Labor. In planning for the future, all youth need to look at their interests and what they would like to do as a career. How do parents and educators help youth realistically search for careers that will match their abilities? This user friendly site allows youth, parents and professionals to explore different careers and provides a detailed look of the level of education, abilities, skills and technology needed for the career. <http://www.mynextmove.org/>

Utah Work Incentives Planning Services (UWIPS): Many parents are concerned that if their child works social security benefits will be lost. Utah Work Incentives Planning Services (UWIPS) helps people on Social Security and their families understand how working impacts their Social Security and other benefits (including Medicaid, Medicare, housing and food stamps , etc. UWIPS also educates individuals about work incentives and community resources that might be helpful. UWIPS is a program through the Utah State Office of Rehabilitation. If your youth or young adult is a Vocational Rehabilitation client, ask your Vocational Rehabilitation Counselor to refer you to the UWIPS program.

Other agencies like the Division of Services for People with Disabilities (DSPD) and mental health and organizations (educators, service brokers, job coaches, etc.) can also refer the youth or young adult. A parent can also refer the youth or young adult by calling (801) 887-9530.

There is a downloadable form at: <http://uwips.usor.utah.gov/>

Health Care

Medicaid: Medicaid is a source of health insurance coverage for Utah's vulnerable populations. Medicaid is a state/federal program that pays for medical services for individual's low-income individuals with disabilities. To qualify, these individuals must meet income and other eligibility

requirements. *When a youth reaches age 18 they become an adult, the parent's income is no longer considered for Medicaid services even if the parent has guardianship.* To find out more about Medicaid and to download the application go to <https://medicaid.utah.gov/apply-medicaid>

Children's Health Insurance Program (CHIP) If your youth is under age 18, they might qualify for coverage under the Children's Health Insurance Program (CHIP) – even if you don't qualify for Medicaid. CHIP provides free or low-cost health coverage. To find out more about Chip go to <http://health.utah.gov/chip/> or call 1-877-KIDS-NOW

Primary Care Network (PCN) The Primary Care Network (PCN) is a health plan offered by the Utah Department of Health. It covers services administered by a primary care provider. It covers visits to a primary care provider, four prescriptions per month, dental exams, x-rays, fillings, immunizations, eye exam, routine lab services, x-rays, emergency room visits with restrictions, etc. To apply go to <http://health.utah.gov/pcn/>

Student Health Plans If your school offers a student health plan, it can be an easy and affordable way to get basic insurance coverage. If you're enrolled in a student health plan, in most cases it qualifies as minimum essential coverage. This means you're considered covered under the health care law, and won't have to pay the penalty for not having insurance. Most student health plans qualify. Be sure to check with the plan to be sure.

Federally-Facilitated Marketplace plan www.healthcare.gov All Marketplace insurance plans cover ER services, doctor and hospital charges, pregnancy, treatment for all pre-existing conditions, mental health and substance abuse services, lab work, and a list of essential health benefits. Some include dental coverage. Some plans provide good coverage for individuals with disabilities that have health care needs and find it difficult to be covered by other insurances. All plans are offered by private insurance companies that compete for your business based on features and price.

The **Utah Medical Home Portal** helps parents to learn how to better care for his/her child with chronic and complex conditions, and become a more effective partner in your child's care. The website provides reliable information and resources to help physicians and parents care for children and youth with special health care needs (CYSHCN). There is also a special section on "Navigating Transitions with Your Child." This link provides information in many areas including resources, checklists, self-advocacy, transportation, etc. <http://www.medicalhomeportal.org/>

Social Security

Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) disability programs are the federal programs that provide assistance to people with disabilities. These two programs are different in many ways. Both are administered by the Social Security Administration. Only individuals who have a disability and meet medical criteria may qualify for benefits under either program.

The Supplemental Security Income (SSI) program makes cash assistance payments to individuals who are aged, blind, or have a disability (including children under age 18). This program is based on a family's need, considering both income and resources. The federal government funds SSI from general tax revenues.

Social Security Disability Insurance (SSDI) provides benefits to individuals with disabilities who are "insured" by workers' contributions to the Social Security trust fund. These contributions are the "FICA" which is deducted from your paycheck or the earnings of your spouse or your parents. Title II of the Social Security Act authorizes SSDI benefits. Use Social Security's Benefits Eligibility Screening Tool to find out which programs your youth may be eligible for at <http://www.benefits.gov/ssa>

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There is a downloadable form at: <http://uwips.usor.utah.gov/>

For Help Navigating the Health Care Systems and understanding Medicaid

Utah Family Voices

Phone: (801) 584-8213 or (801) 272-1068

Toll Free: 1-800-468-1160

Spanish: 801-272-1067

Website: www.medicalhomeportal.org

Medical Home Portal

Website: www.medicalhomeportal.org

Got Transition

Website: www.GotTransition.org

Utah Centers for Independent Living are non-residential facilities that provide services which enhance the independence of people with disabilities. Staff members, some of whom have a disability, play an important role in the delivery of independent living services which include four core services: Peer Support, Information and Referral, Independent Living Skills Training and Advocacy. Most services at the Independent Living (IL) Centers are free. The Independent Living Centers are state-wide and some centers provide a youth and transition program. Check your local Independent Living Center website to see what services are available or visit <http://usilc.org/il-centers>