



Intake and Eligibility Checklist:

- Copy of your photo ID (if under the age of 18 a parent or guardian ID is acceptable)
- Copy of your Birth Certificate
- Copy of your Social Security Card
- Copies of all insurance cards. (Please include the front and back)
- Documentation of **Intellectual Disability** based on a standardized test. This test must include a Full-Scale IQ of 70 or below and standardized adaptive functioning test (ABAS-3 or Vineland). This evaluation must be signed off by a Licensed Professional and must have occurred prior to the 22nd Birthday.
- Complete MA-51 Form with ICF/ID Level of Care recommendation in box 20A and an Intellectual Disability diagnosis in box 15 with corresponding F code.
- Medical Assistance application if you do not currently have Medical Assistance

***All documentation will need to be gathered before eligibility can be determined and an intake can be scheduled**

Supports Coordination Services

1100 South Cameron Street, Harrisburg, PA 17104

(717) 232-8761

www.cmupa.org

CMU and YOU

CMU is a Supports Coordination Organization (SCO) for the Office of Developmental Programs (ODP). We provide Supports Coordination services to children & adults who have an intellectual disability and/or autism as well as young children (under age 9) who have a developmental delay that may lead to a diagnosis of intellectual disability and/or autism and children and young adults (Birth—21) who have a medically complex condition.

A Supports Coordinator (SC) assists with planning for and locating, coordinating & and monitoring of supports and services.

We help individuals and families to explore the resources within the community & to negotiate complex systems in order to access informal and formal supports and services.

At CMU, we endeavor to help everyone we serve in a manner that helps make Everyday Lives a reality.

CMU believes that relationships hold the key to overcoming barriers, accessing resources and fulfilling

CMU's Mission:

Charting paths & creating opportunity for adults, children and families to live full and inclusive lives in their communities.

You have CHOICE

At CMU, we believe it is important that you have a partnership with your Supports Coordinator.

CMU will offer to assign a Supports Coordinator for you when you have been determined eligible through the intake process. Although we will always strive to assure that you are satisfied with your Supports Coordinator, you may request a change in Supports Coordinator at any time.

OR

You may also choose another willing and qualified provider for your Supports Coordination services. We will provide contact information for other qualified SCO's & will help you to request services. CMU will continue to provide Supports Coordination services without interruption until you secure your Supports Coordination service through another SCO provider.

OR

You may also find qualified providers in the Support & Service Directory at:

You Have Choices!

www.hcsis.state.pa.us

Go to the Service and Supports Directory under the Office of Developmental Programs (ODP). There you can search for services and providers by county or by provider name. Information about service definitions is also provided.

CMU can also assist you in locating service providers.

Thing to know

Regardless of where you receive your supports coordination services, you may be asked to participate in assessments and procedures to determine the type of service that you need and how much is needed.

SIS (Supports Intensity Scale): This needs assessment is used to develop your Individual Support Plan (ISP). Support Coordinators participate in the assessment meetings conducted by Keypro, the entity contracted by the Office of Developmental Programs (ODP).

PUNS (Priority of Urgency of Need for Services): This assessment is used to document the type as well as the urgency of your unmet service needs. Your SC will provide more information regarding the importance of this process.

INDIVIDUAL MONITORING: Individuals who have a Supports Coordinator will update their Individual Support Plan and other related information at least twice annually. The frequency of face-to-face contact with your SC may vary depending upon your needs and preferences. Monitoring for service quality and satisfaction is required more frequently for individuals using some types of funding, such as waiver funding. Your Supports Coordinator will help you understand the importance of your participation with individual monitoring contacts and ongoing eligibility re-determinations in order to remain eligible waiver funded services.

The SC will check that services are being provided as written in the ISP and will check on the individual's health, safety and satisfaction with services when they visit.



Supports Coordination Services (continued)

Contacting your Supports Coordinator

Your Supports Coordinator (SC) meets with individuals in their home, program site or other community locations. For that reason, they are frequently out of the office. Your SC has confidential voice mail and e-mail for your convenience.

We know that some things just can't wait, so we also have an SC on duty daily from 8:30 a.m. to 5:00 p.m., Monday through Friday, so that immediate assistance can be available. Simply inform our receptionist that your SC is not available and ask for "Back-Up."

In emergency situations, a representative from CMU may also be reached during the evening, weekends and holidays through the Dauphin County Crisis Intervention Program by calling (717) 232-7511.

We Want to Hear From You!



CMU Satisfaction Survey: CMU values your feedback and uses a satisfaction survey to ask about your experience with the Supports Coordination services we provide for you. We always appreciate your feedback and use it to improve our services.

Thank you for choosing CMU to provide your Supports Coordination services.

This flyer was developed to provide an introduction to Supports Coordination.

Please contact your Supports Coordinator if you have questions OR check out the following websites:

CMU

www.cmupa.org

Dauphin County MH/ID Program

www.dauphincounty.org

Office of Developmental Programs

www.MyODP.org

PA Department of Human Services

www.dhs.pa.gov

The Arc

www.arcofdc.org

Disability Rights Pennsylvania

www.disabilityrightspa.org

LifeCourse Tools

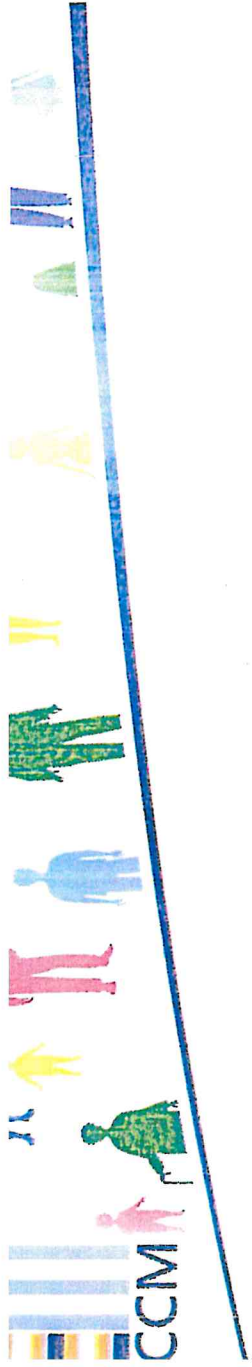
<http://www.lifecoursetools.com>

CMU

1100 South Cameron Street Harrisburg, PA 17104

Phone: 717.232.8761 Fax: 717.232.8537 Web: www.cmupa.org





WHAT IS SUPPORTS COORDINATION?

Intellectual Disability division at Expert Community Care Management (ECCM) strives to help individuals with an intellectual disability live a more meaningful and productive life. ECCM works closely with state and local government agencies as well as direct service providers as the “center of the system”.

Following the “Everyday Lives” approach, our supports coordinators will help individuals navigate their way through a system designed to meet their needs in a community setting, often at their own homes. Supports coordinators will work with individuals and families to identify individual life goals and work to find service providers to achieve these outcomes.

Support Coordination is voluntary and if an individual meets eligibility requirements the service is available to the individual for a lifetime.

LOCATING, COORDINATING, AND MONITORING

The primary functions of Supports Coordination typically fall into the following three actions:

- Locating – researching and providing information related to community resources and services
- Coordinating – contacting, scheduling, and referring individuals to the appropriate service providers
- Monitoring – ensuring the health and safety of the individual and quality of service(s) provided

WHAT TO EXPECT

- Following confirmation of eligibility, you will be offered a choice of a Supports Coordination Organization
- An initial meeting will be scheduled to gather pertinent information and determine what supports/services are needed
- An Individual Support Plan (ISP) will be developed to identify current and future needs as well as goals and aspirations
- An individual may also be identified for home and community based funding (waivers) determined by need and circumstance
- Your Supports Coordinator will meet with you as often as necessary (a minimum of 4 times a year) to identify and link needed supports
- Supports Coordinators work at the center of the human services system to find solutions and resources for often complex and unique situations



PRINCIPLES OF EVERYDAY LIVES

ECCM believes in and provides service to individuals following the principles of Everyday Lives. Deeply rooted in the concept of self-determination, ECCM Supports Coordination Services seek to help every individual achieve an everyday life the same as every other citizen.

MAKING A REFERRAL FOR SUPPORTS COORDINATION

Anyone can make a referral for Supports Coordination including: family members, teachers, therapists, or mental health professionals. However, no services will be provided without the consent of the individual or guardian.

If you'd like to learn more about supports coordination and the referral process, please call (717) 922-8583 Monday through Friday, 8:30 AM to 4:30 PM.



ODP SERVICES

A quick guide to the Office of Developmental Programs and services for Individuals with an Intellectual Disability, Autism, and Children with a Developmental Disability in Pennsylvania

What is ODP?

The Office of Developmental Programs (ODP) within the Department of Human Services is responsible for the oversight of intellectual and developmental disability services in Pennsylvania.

Local County MH/ID Programs' verify program eligibility for services through ODP.



Program Eligibility

Must have a diagnosis of one of the following:

- Intellectual disability with a full scale IQ of 70 or below that occurred prior to the age of 22
- Autism diagnosis based on diagnostic tools that occurred prior to the age of 22
- Developmental disability between age 0 through 8 with a high probability of an intellectual disability or autism
- Medically complex condition between age 0 through 21 with a current medical evaluation from a licensed medical provider

And also have:

- Substantial adaptive skill deficits in 3 or more of these major life activities: self-care, understanding and use of receptive and expressive language, learning, mobility, self-direction, capacity for independent living
- Intermediate care facility (ICF) level of care
- Medicaid eligibility (required for most services)



Where do I begin?

1. Make an appointment with your local County Office of Mental Health and Intellectual Disabilities (MH/ID). If you need help locating your local county office, call ODP Customer Service Hotline at 1-888-565-9435.
2. Take documents to the appointment that will help establish that you are eligible for services.

Some examples are medical, psychological, and school records.



What Happens Next?

Once program eligibility is determined, the County Office of Mental Health and Intellectual Disabilities (MH/ID) will offer a choice of Supports Coordination Organizations (SCOs). SCOs will assign a Supports Coordinator to help determine what services are needed and what resources are available to help plan for a good life, an everyday life.



Contacting the Office of Developmental Programs with Questions or Concerns

Toll- Free number (888) 565-9435

In preparation for possible increases in the volume of calls received, enhancements have been made to ODP's Customer Service Line, (888) 565-9435.

To help prepare you, the following is **what to expect when you call ODP's Customer Service Line:**

This is the initial message:

- Welcome to the Office of Developmental Programs Customer Service Line. If you are calling about payment of claims, provider enrollment, Home and Community Services Information System (HCSIS) or questions related to the waiver programs, such as service definitions and the services and supports directory, please stay on the line.
- For all other calls, please press 1.
- Questions for ODP Claims Solution Hotline, please press 2.
- Questions about Provider Enrollment issues, please press 3.
- Questions related to HCSIS issues, please press 4.
- Questions about Consolidated or Person and Family Directed Service Waiver, including the service definitions and the Supports and Services Directory, please press 5.

Then you will be directed to the appropriate ODP Regional Office:

- For Southeastern Pennsylvania, please call (215) 560-2245
For Northeastern Pennsylvania, please call (570) 963-4749
For Central Pennsylvania, please call (717) 772-6507
For Western Pennsylvania, please call (412) 565-5144
- After hearing option 5, if you are unsure as to which region to call, please press 1.

WHO TO CALL IN A CRISIS

NEED IMMEDIATE HELP IN AN EMERGENCY
Call 911

DAUPHIN COUNTY CRISIS INTERVENTION SERVICES

Crisis Intervention is the 24 hour emergency mental health service provided by the Dauphin County Mental Health/Intellectual Disabilities Program.

717-232-7511

SUICIDE & CRISIS LIFELINE

Call or text 988

SPECIFIC RESOURCES

VETERANS CRISIS LINE

988 Press "1"

NATIONAL DOMESTIC VIOLENCE HOTLINE

800-799-7233

NATIONAL SEXUAL ASSAULT HOTLINE

800-656-4673

TREVORLIFELINE FOR LGBTQ+ YOUTH

1-866-488-7386

TRANS LIFELINE

1-877-565-8860

Functional Eligibility Criteria for Office of Developmental Programs (ODP) Waivers and Programs

Pennsylvania's Office of Developmental Programs (ODP) offers waiver programs for people who need extra support to live and work in their communities. In order to qualify for the ODP programs (P/FDS, Adult Autism Waiver, Adult Community Autism Program, Consolidated, and Community Living Waivers), you need to:

1. Have a diagnosis of an intellectual disability (ID) or Autism from a qualified professional (children under age 8 can also qualify with a diagnosis of a developmental disability.)
2. Meet functional eligibility
3. Meet financial eligibility (for waiver only)

What is functional eligibility?

To be eligible for waiver services, a person has to show that they need a certain level of support in order to live and work in the community. The level of support is measured by having substantial limitations in 3 or more major life activities:



Self-Care



Communication



Learning



Motor Skills



Self Direction



Capacity for Independent Living

How is functional eligibility measured?

Functional eligibility for the ODP waivers is measured when you apply for waiver services at your county Mental Health/Intellectual Disability (MH/ID) Office. The MH/ID office will determine functional eligibility by using an **adaptive functioning assessment**. There are two adaptive functioning assessments that counties use: the **Vineland Adaptive Behavior Scale** and the **Adaptive Behavior Assessment System (ABAS)**. The test must have been administered within the last 3 years.

How can I get an adaptive functioning assessment?

If you or your family member has a Vineland or ABAS done in the past 3 years, you may be able to share that with your county MH/ID office. They will use those results to determine if you or your family member meet functional eligibility requirements for the ODP waivers.

If you do not have a recent Vineland or ABAS, you can call your County MH/ID to help you find out where you or your family member can get one of these assessments. If you or your family member are still in school, you may be able to get one of these assessments done by the school psychologist.

Medicaid Waiver Overview

Medicaid– funded home and community based services for individuals in Pennsylvania

Important Note: Waiver funding is never guaranteed. Individuals must be enrolled in one of the waivers/ programs listed below to get these services. Some services may need approval before program participants can get them. The services that program participants get are based on their individual needs and must be approved and authorized in their plans. Also, the availability of providers by service may be different by county. Check the program provider directories to learn more.

Person/Family Directed Support (P/FDS) Waiver:

The Person/Family Directed Support (P/FDS) Waiver is a Medicaid waiver that is available statewide in Pennsylvania. Participants in the P/FDS Waiver can get the following services:

- Advanced Supported Employment
- Assistive Technology
- Behavioral Support
- Benefits Counseling
- Communication Specialist
- Community Participation Support
- Companion
- Consultative Nutritional Services
- Education Support
- Family/Caregiver Training and Support
- Home Accessibility Adaptations
- Homemaker/Chore
- Housing Transition and Tenancy Sustaining Services
- In-Home and Community Support
- Music, Art, and Equine Assisted Therapy
- Participant-Directed Goods and Services
- Remote Supports
- Respite
- Shift Nursing
- Small Group Employment
- Specialized Supplies
- Supported Employment
- Supports Broker
- Supports Coordination
- Therapy Physical
- Occupational
- Speech/Language
- Orientation, Mobility and Vision
- Transportation
- Vehicle Accessibility Adaptations

There is a \$41,000 cost limit per participant per year in the P/FDS Waiver for services. Supports Coordination and Supports Broker are excluded from the cost limit. Participants can go over the cost limit by \$15,000 for Advanced Supported Employment or Supported Employment services.

Community Living Waiver:

The Community Living Waiver is a Medicaid waiver that is available statewide in Pennsylvania. Participants in the Community Living Waiver can get the following services:

- Advanced Supported Employment
- Assistive Technology
- Behavioral Support
- Benefits Counseling
- Communication Specialist
- Community Participation Support
- Companion
- Consultative Nutritional Services
- Education Support
- Family/Caregiver Training and Support
- Home Accessibility Adaptations
- Homemaker/Chore
- Housing Transition and Tenancy Sustaining Services
- In-Home and Community Support
- Music, Art, and Equine Assisted Therapy
- Life Sharing*
- Participant-Directed Goods and Services
- Remote Supports
- Respite
- Shift Nursing
- Small Group Employment
- Specialized Supplies
- Supported Employment
- Supported Living*
- Supports Broker
- Supports Coordination
- Therapy Physical
- Occupational
- Speech/Language
- Orientation, Mobility and Vision
- Transportation
- Vehicle Accessibility Adaptations

There is a \$85,000 cost limit per participant per year in the Community Living Waiver for services. Supports Coordination is excluded from the cost limit.

Medicaid Waiver Overview (continued)

Consolidated Waiver:

The Consolidated Waiver is a Medicaid waiver that is available statewide in Pennsylvania. Participants in the Consolidated Waiver can get the following services:

- Advanced Supported Employment
- Assistive Technology
- Behavioral Support
- Benefits Counseling
- Communication Specialist
- Community Participation Support
- Companion
- Consultative Nutritional Services
- Education Support
- Family/Caregiver Training and Support
- Home Accessibility Adaptations
- Homemaker/Chore
- Housing Transition and Tenancy Sustaining Services
- In-Home and Community Support
- (Licensed and Unlicensed) Life Sharing
- Music, Art and Equine Assisted Therapy
- (Licensed and Unlicensed) Residential Habilitation
- Remote Supports
- Respite
- Shift Nursing
- Small Group Employment
- Specialized Supplies
- Supported Employment
- Supported Living
- Supports Broker
- Supports Coordination
- Therapy
 - Physical
 - Speech/Language
 - Occupational
 - Orientation, Mobility and Vision
- Transportation
- Vehicle Accessibility Adaptations

There is no maximum amount (also known as a cap) of services that a participant can get in a consolidated waiver

Priority of Information of Needs (PUNS)

ODP uses a prioritization system to sort those on the waiting list based on their level of need. This system is called the Prioritization of Urgency of Need for Services (PUNS). PUNS collects information about your current and future service and support needs. PUNS helps the County MH/ID and state plan for your needs in comparison to others.

How is PUNS Information Collected? The information is collected by your County MH/ID and is updated at least once a year with a Supports Coordinator (SC).

PUNS Levels— After you complete the PUNS form, the County MH/ID will see what your PUNS level is. This depends on what your service and support needs are in the next 5 years. The PUNS looks at many areas of a person's life including: if they are getting services, if a family/ caregiver is able to give support, and if a person has a place to live safely.

EMERGENCY

Support needed immediately
(with next 6 months)

CRITICAL

Support needed in the next 2 years

PLANNING

Support needed within the next 2-5 years

Eligibility Criteria

- The following diagnosis and age requirements apply:
 - Individuals of any age with an intellectual disability (ID) or autism.
 - Children with a developmental disability under age 9 with a high probability of resulting in an ID or autism diagnosis.
 - Children under age 22 with a developmental disability due to a medically complex condition.
- Level of Care
 - Medical Evaluation
 - Diagnosis of an intellectual disability, autism or developmental disability
- Recommended for an intermediate care facility (ICF) level of care based on a medical evaluation
- Determined eligible for Medical Assistance (MA) in Pennsylvania

ADVOCACY & SUPPORT



CMU
1100 South Cameron Street
Harrisburg, PA 17104
(717) 232-8761
www.cmu.cc

Dauphin County MH-ID Program
100 Chestnut Street
Harrisburg, PA 17101
(717) 780-7050
www.dauphincounty.org

INTRODUCTION

This booklet was prepared to provide information about advocacy and support for individuals and families of individuals who use services through the early intervention or intellectual disability programs in Dauphin County.

The information in this booklet is representative of resources available for advocacy and support but certainly does not contain every resource that may be available. Please note that the resources in this booklet are not endorsed by their inclusion nor is there any intention to discourage the use of other resources by their absence.

Grateful acknowledgement is given to the Intellectual Disability Committee of the Dauphin County Mental Health/Intellectual Disability Board for the contribution of its members to the completion of this booklet.

Please contact CMU if we can assist you with any questions, need more information or other support. You may ask to speak with your Supports Coordinator, Service Coordinator or any ID or EI* Supervisor.



1100 South Cameron Street
Harrisburg, PA 17104
(717) 232-8761
www.cmu.cc

*ID or EI: Intellectual Disability or Early Intervention

ADVOCACY & SUPPORT

At one time or another, everyone needs some help. Navigating "disability systems" can be very confusing. When you need some extra help in understanding how to get services or information about the services that are available to you or your child, consider these options for support. You can also seek assistance if you disagree with a decision. Check out the advocacy services listed on the next couple of pages.

And don't forget about these sources of support:

First, please ask for advocacy assistance. At times, help is needed to understand the system and manage all the requirements. Individuals who have disabilities and their families as well as parents of children with developmental delays who wish to access services and participate as members in their community often struggle against barriers; both structural and attitudinal. Advocacy can do as much or more to help people with disabilities toward realizing the full and rich life envisioned by the values and principles of Everyday Lives, as do the services provided the MH/ID/EI* system.

Self-Advocacy: individuals with disabilities are encouraged to speak on their own behalf. Your opinion is important. The first and best source of advocacy is always self-advocacy. It is the responsibility of professionals to always respect, support and nurture self-advocacy.

Family Advocacy: Although the person with an intellectual disability remains the primary advocate regarding decisions about their own supports and services, the input and support from their family is most important. The role of their family is often one of significant involvement in support of that decision making process (co-decision making) and respectful advocacy on behalf of their loved one.

Circle of Support: Your circle of support can include your friends and other people that care about you. Ideally, all persons enrolled for MH/ID/EI* services will have strong circles of support, which include friends in addition to their families. The circle of support represents another potentially powerful source of support and advocacy for persons with disabilities.

Other Sources of Advocacy: Advocacy and support is also provided by Supports/Service Coordinators and service providers. They are dedicated to assuring that they honor the rights, welfare and dignity of the individuals they serve. Your Support Coordinator must assure that the people they serve have access to the supports and services they need in accordance with the wishes and needs expressed through their individual planning.

Formal Advocacy Support: Formal advocacy support is available through advocacy organizations. All persons with disabilities & parents of children with developmental delays who are enrolled in the MH/ID/EI* system have the right to use formal, advocacy services. These services are independent and conflict-free.

The following pages list some of the many, formal advocacy & support resources available for individuals and families who use intellectual disability or early intervention services in Dauphin County:

*MH/ID/EI: Mental Health/Intellectual Disability/Early Intervention

The Arc of Dauphin County

2569 Walnut Street | Harrisburg, Pa. 17103

Tel: (717) 920-2727

www.arcofdc.org

The Arc of PA

301 Chestnut Street, Suite 403 | Harrisburg, Pa. 17101

Tel: (717) 234-2621

<http://www.thearcpa.org/>

Contact Helpline

Local Resource Hotline

- o Call 2-1-1 for Resources & Referrals, or
- o Call 1-800-932-4616 for someone to listen.

Disability Rights Pennsylvania

301 Chestnut Street, Suite 300 | Harrisburg, Pa. 17101

Tel: (717) 236-8110 | (877) 375-7139 (TDD)

www.drnpa.org

Education Law Center - PA

1315 Walnut Street, 4th Floor | Philadelphia, Pa. 19107

(215) 238-6970

www.elc-pa.org

Family Support Services

UCP Central PA

Tel: (717) 975-0611

www.ucpcentralpa.org

Parent To Parent of Pennsylvania

Parent to Parent of PA is a network created by families for families of children & adults with special needs. They connect families in similar situations with one another so that they may share experiences, offer practical information and/or support.

1-888-727-2706

www.parenttoparent.org

Parent Education and Advocacy Leadership Center

They help families of children (0-26) with disabilities or special health care needs answer education questions (IEP's, etc.) and offer information on resources.

PEAL Center

1119 Penn Ave., Suite 400 | Pittsburgh, PA 15222

866-950-1040 Toll free

412-281-4409 TTY

412-281-4408 FAX

www.pealcenter.org

Pennsylvania Client Assistance Program (CAP)

CAP helps people who are seeking services from the Office of Vocational Rehabilitation, Blindness & Visual Services, Centers for Independent Living & other programs funded under federal law.

1515 Market Street, Suite 1300 | Philadelphia, PA 19102

1-888-745-2357 | (215) 557-7112 (TTY)

Pennsylvania Department of Education

- **ConsultLine**

1-800-879-2301 (Voice/TTY/TDD)

- **Office of Dispute Resolution**

Mediation & Due Process for Special Education and Early Intervention

1-800-222-3353

Pennsylvania Department of Human Services

Office of Developmental Programs | Bureau of Supports for People with ID

Customer Service Number: 1-888-565-9435 | 1-866-388-1114 (TTY)

<http://www.dhs.pa.gov>

Pennsylvania Health Law Project

PHLP offers free legal advice to low income people with insurance problems.

We also help people who don't have health insurance. (From the PHLP website)

1-800-931-7447

www.phlp.org

SFO - Speaking For Ourselves Central PA Chapter

SFO is a grassroots self-advocacy organization run by and for people with intellectual disabilities. The local chapter meets the 3rd Tuesday of every month from 5:30 – 7:30 p.m. at 1100 South Cameron Street in Harrisburg.

(717) 441-7036 for information

www.speaking.org

SAU1 - Self Advocates United as 1

SAU1 is a statewide self-advocacy organization that brings together people with developmental disabilities across the state to break down walls and build bridges to an everyday life.

Coordinator: Kaye Lenker: klenker@sau1.org

www.sau1.org

Special Kids Network

Pennsylvania Department of Health

Information and Referral

1-800-986-4550

www.gotoskn.state.pa.us

Special Education Advocate

Ned Whitehead

Educational Advocate

nedwhitehead@frontiernet.net

Wrightslaw

Parents, educators, advocates, and attorneys come to Wrightslaw for accurate, reliable information about special education law, education law, and advocacy for children with disabilities.

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

The PA Family Network

Vision for Equality's PA Family Network is part of Pennsylvania's Community of Practice: Supporting Families Throughout the Lifespan.

PA Family Network Family Advisors are located across Pennsylvania and are all people with disabilities or family members. Through our peer-peer workshops, mentoring services, and systems navigation we help families learn what they need to know and do, across the lifespan, to develop the supports and services needed to achieve an Everyday Life for the WHOLE family. At the PA Family Network we define "Family" as the person with an intellectual/developmental disability and/or autism, their family, and those thought of as family.

Family/Individual and Team Mentoring:

- Meet with a Family Advisor or Family Advisor Team (a family member and self-advocate together)
- We can meet with you as a family, individual, small group of families, or with your support team
- We can help plan, problem solve, and create a plan using the LifeCourse Framework and tools
- Prepare for Individual Support Plan (ISP) & Individualized Education Plan (IEP) Meetings
- Mentoring is also available to medically complex families, (Adult) Sibling to Sibling, and in Spanish

Workshops:

- Our workshops focus on the needs of the WHOLE family.
- Informational opportunities on the LifeCourse Framework and tools, safety, relationships, transitions across the lifespan, the Office of Developmental Programs Waiver system, and Community Engagement.
- Workshops are delivered virtually and are offered on a rotating basis
- All workshops are also offered in Spanish and for siblings by siblings. Visit our website to see our calendar and to register for an event- www.visionforequality.org/events

Community Engagement:

In the wake of the COVID-19 pandemic and for a limited time, we're offering a host of workshops, summits, and other learning opportunities geared towards helping families and individuals re-engage with their communities. Every three months, we will focus on a new topic. All workshops are presented by a Family Advisor Team meaning a person with disabilities and a family member. These workshops are peer-to-peer and geared toward the WHOLE family.

The PA Family Network is a statewide peer-peer support that is offered at no cost to people with Intellectual and/or Developmental Disabilities, and Autism and their families. To speak with a Family Advisor or Family Advisor Team, register for an event, or for more information please call or email us using the information below.



Call: 1-844-PA-Family
Email: PaFamilyNetwork@visionforequality.org
Social media: @PaFamilyNetwork on all platforms





What is the Charting the LifeCourse?

The Charting the LifeCourse (CtLC) framework was created to help individuals and families of all abilities and all ages develop a vision for a good life, think about what they need to know and do, identify how to find or develop supports, and discover what it takes to live the lives they want to live. The framework is the keystone for supporting a community of learning that champions transformational change through knowledge exchange, capacity building and collaborative engagement.

Principles of the Framework

Core Belief: All people have the right to live, love, work, play and pursue their own life aspirations.



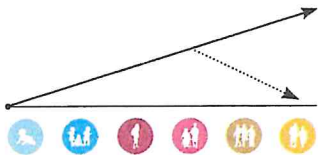
FOCUSING ON ALL PEOPLE

ALL people, regardless of age, ability or family role, are considered in our vision, values, policies and practices for supporting individuals and families. All families have choices and access to supports they need.



RECOGNIZING THE PERSON WITHIN THE CONTEXT OF THEIR FAMILY

People exist and have reciprocal roles within a family system, defined by that individual. Roles adjust as the individual members of the family system change and age. The entire family, individually and as a whole, needs support to ensure they all are able to successfully live their good life.



TRAJECTORY OF LIFE EXPERIENCES ACROSS THE LIFESPAN

Individuals and families can focus on a specific life stage, with an awareness of how prior, current and future life stages impact and influence their trajectory. It is important to have a vision for a good, quality life and have opportunities, experiences and support to move the life trajectory in a positive direction.



ACHIEVING LIFE OUTCOMES

Individuals and families plan for present and future life outcomes that take into account all facets of life and have opportunities for life experiences that build self-determination, social capital, economic sufficiency, and community inclusion.



Principles of the Framework (Continued)



HOLISTIC FOCUS ACROSS LIFE DOMAINS

People lead whole lives made up of specific, connected, and integrated life domains that are important to a good quality of life. Life domains are the different aspects and experiences of life that we all consider as we age and grow. These include: Daily Life & Employment, Community Living, Safety & Security, Healthy Living, Social & Spirituality, and Advocacy and Engagement.



SUPPORTING THE THREE BUCKETS OF NEEDS

The three strategies for supporting individuals and their families can be organized into three categories (or buckets):

- **Discovery and Navigation:** having the information and tools you need to navigate life
- **Connecting and Networking:** making connections with peers and resources to help you navigate;
- **Goods and Services:** the day-to-day tangible items you buy or use from public and private organizations in your community.



INTEGRATED SERVICES AND SUPPORTS ACROSS THE LIFE COURSE

Individuals and families access an array of integrated supports to achieve their envisioned good life. These include those that are publicly or privately funded and based upon eligibility; community supports that are available to anyone; relationship based supports; technology; and the personal strengths and assets of the individual and their family.



TRANSFORMATIONAL POLICY AND SYSTEMS CHANGE

Individuals and families are truly involved in policy making so that they influence planning, policy, implementation, research and revision of the practices that affect them. Every program, organization, system and policy-maker must think about a person within the context of family and community.



Fact Sheet: Supplemental Security Income (SSI)

What is SSI?

SSI is a federal program that provides monthly payments to adults and children with a disability or blindness and with limited income and resources. SSI payments are also made to people age 65 and older without disabilities who meet the financial qualifications.

To get SSI, you must meet 1 of these requirements:

- If you are an adult, the medical condition must prevent you from working and be expected to last at least 1 year or result in death.
- There are different rules for children. For more information, read *Benefits for Children With Disabilities* (Publication No. 05-10026).

How much can you get?

- The basic monthly SSI payment for 2023 is the same nationwide: \$914 for 1 person and \$1,371 for a couple.
- Not everyone gets the same amount. You may get more if you live in a state that adds money to the federal SSI payment. You may receive less if you or your family has other income. Where and with whom you live also affects the amount of your SSI payment.

How do you qualify for SSI?

- General tax revenues, not Social Security taxes, fund SSI. You do not need to have worked or paid Social Security taxes to qualify for SSI
- Your income and the things you own affect eligibility for SSI.
- Your income includes the money you earn, any Social Security benefits, pensions, and the value of items you get from someone else, such as shelter.
- You may be able to get SSI if your resources (the things you own) are worth no more than \$2,000 for a person or \$3,000 for a married couple living together. We don't count everything you own when we decide if you can get SSI. For example, we

don't count a house you own if you live in it, and we usually don't count your car. We do count cash, bank accounts, stocks, and bonds.

- You must live in the United States or the Northern Mariana Islands to get SSI. If you're not a U.S. citizen, but you are lawfully residing in the United States, you still may be able to get SSI. For more information, read *Supplemental Security Income (SSI) for Non-Citizens* (Publication No. 05-11051).

How do you apply for SSI?

- Visit our SSI webpage at www.ssa.gov/benefits/ssi to learn if you can begin the application process online.
- Once you complete the online process, a Social Security representative will contact you if we need additional information.
- If you cannot apply online, you can call **1-800-772-1213** (TTY **1-800-325-0778**) or your local Social Security office.

Did you know?

- If you get SSI, you usually can get benefits from the Supplemental Nutrition Assistance Program (SNAP) and Medicaid too. SNAP helps pay for food and Medicaid helps pay doctor and hospital bills.
- People who have worked may also qualify to receive Social Security disability or retirement benefits in addition to SSI.

Other resources

- You can learn more about the SSI program in our publications, *Supplemental Security Income, You May Be Able to Get Supplemental Security Income, and A Guide to Supplemental Security Income (SSI) for Groups and Organizations*.
- You can also help someone you care about apply for benefits and access Social Security services by visiting our People Helping Others page at www.ssa.gov/thirdparty.



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