



WELCOME TO THE GROUP

September 2024

Handbook for parents

Grupo Poder y Esperanza

About Us

We are a support organization for parents of people with medical conditions and different abilities where we learn how to advocate for the rights of our loved ones within the Society; we have a reliable environment to express ourselves and learn about the needs and resources within the community. It is a place where families can share, support and help find options and ways to cope with the difficulties that arise.

Mission

Our mission is to provide support and resources to individuals and families affected by one of four categories of medical conditions: Intellectual and Developmental Disability (IDD), Mental Health (MH), Traumatic Brain Injury (TBI) and Substance Use (SU).

Vision

Our vision is to establish a center that is strong and reliable, providing unwavering support to families across the state of North Carolina affected by various conditions that fall into four categories of medical conditions: Intellectual and Developmental Disability (IDD), Mental Health (MH), Traumatic Brain Injury (TBI) and Substance Use (SU)..

Goals

- Our main objective is to educate families to cope with the challenges they face and provide them with the necessary resources to address their needs.
- Work closely with Legislative representatives to find viable solutions and address any deficiencies in the county or state through advocacy.

Goaals

- It is the sharing of information, techniques, and resources within the community through workshops, professional talks, pieces of training, annual conferences, and community information sessions.
- By learning to recognize the problems and needs faced by members of the group, we strive to find viable solutions through advocacy and support of community authorities.
- Our ultimate goal is to create a more inclusive and supportive community for all.

regulations

Ø This group is for sharing and learning about how to support families with a person with different health conditions.

Ø The group is open to participation so all members can share, comment, suggest, or ask questions based on their personal experiences.

Ø All opinions of the members are respected remembering that people are diverse and based on that we learn

Ø All personal information shared within the group stays in the group.

regulations

∅ The time of the group members must be respected, so it is requested to be punctual to start the meetings.

∅ All the members have the right to share their experiences and needs, and therefore the monopolization of time in the meetings by one member should be avoided.

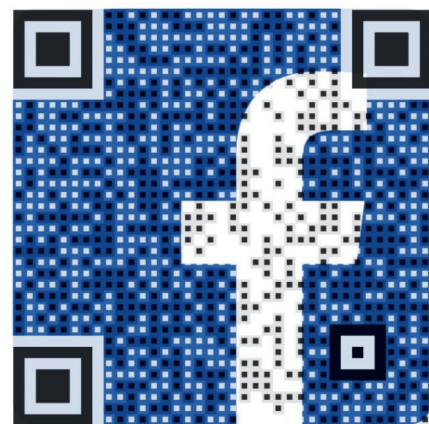
∅ It is important to remember that human beings are imperfect, so this group is to support each other and help find options and ways to overcome the difficulties that arise.

Our Social Networks

FACEBOOK PAGE



FACEBOOK



WEBSITE



PINTERES



INSTAGRAM



WHATSAPP



YOUTUBE



LINKEDLN



X



TIKTOK



ALIGNABLE



Whatsapp for support groups by county.

Welcome to the WhatsApp Support, Power, and Hope Group. The reason for creating this group on WhatsApp is to be more connected, share information, ask questions, and support each other with ideas and social resources for those parents who have children with different conditions from the four categories mental health, traumatic brain injury, substance use and intellectual and developmental delays.

If your county does not have Whatsapp please log in to the general whatsapp.

Whatsapp Usage Rules

In order to make efficient use of this resource we will share the group's rules with you.

1. Write at appropriate times (7:00am-9:00pm).
2. Maintain respect and tolerance for the opinions of the members of the group.
3. No propaganda.
4. Avoid sending chains, memes or things that are not related to the topic of the group.
5. Read the information very well in case of very specific doubts, do it directly to one of the administrators.

Whatsapp Usage Rules

6. No one in the group will ask for money since everything is free.

7. Do not put personal information in the WhatsApp for confidentiality reasons.

8. Respect all the people in the group and their opinions.

9. Offers of work, services or products that sell we have an exclusive whatsapp for that in which you can register if you wish but do not put this information in the group Whatsapp.

Thank you for understanding and we are waiting for you in our meetings!

Whatsapp by County

GENERAL



MECKLENBURG



NEW HANOVER



UNION



GASTONIA



ORANCE



ALAMANCE



JACKSON



CABARRUS



VENTAS Y SERVICIOS





Programs



Programs

1. Strong Minds
2. Triple P Adolescent Discussion Group
3. Triple P Primary Care
4. Triple P Level 4 Standard
5. Support Group
6. Webinars with specialists
7. Training
8. Virtual community health worker consultation
9. Family partner support
10. Annual Let's talk about different abilities conference





Be Kind to Your Mind

Learn strategies to improve your mood, feel better about yourself, and reach your goals.

The **Strong Minds Program** invites adults 18+ to participate in a no-cost program to support health and wellness. Through regular meetings with one of our staff members, our program provides a safe space to support personal growth, build coping skills, and connect you with resources in the community.

We want
to hear
from you!

CALL (704) 726-3156

EMAIL grupopoderyesperanza@gmail.com

VISIT <https://is.gd/AsiqAN>

STRONG MINDS
PROGRAM



THE UNIVERSITY of NORTH CAROLINA
GREENSBORO



TRIPLE P

Teen Parents Group



VIRTUAL GROUP TRIPLE P



What is a Triple P Group?

They are small group sessions that last two hours and target specific issues and/or problem behaviors. Each focus group can be taken as a stand-alone session or as part of a series of sessions.



To whom is it directed?

For those parents or caregivers who are concerned about mild or moderate problem behaviors in their adolescent children and/or simply for those who want to prevent the development of behavior problems or risk behaviors.



What are the topics it addresses?

- How to Manage the Emotions of Adolescents
- How to Reduce Family Conflict
- How to Get the Adolescent to Cooperate
- How to Develop Survival Skills in Adolescents

REGISTRATION



grupopoderyesperanza@gmail.com



704-726-3156



www.grupopoderyesperanza.com



GRUPO PODER Y ESPERANZA INVITES YOU

TRIPLE P CLASSES POSITIVE PARENTING PROGRAM LEVEL 3 INDIVIDUAL PRIMARY CARE FOR PARENTS OF CHILDREN 0-12 YEARS.



WHAT IS TRIPLE P?

POSITIVE PARENTING PROGRAM IS ONE OF THE MOST EFFECTIVE EVIDENCE-BASED PROGRAMS IN THE WORLD AND IS BACKED BY MORE THAN 35 YEARS OF RESEARCH.



HOW DOES THE PARENT BENEFIT FROM RECEIVING THESE CLASSES?

TRIPLE P PROVIDES PARENTS WITH SIMPLE, PRACTICAL STRATEGIES TO HELP THEM CONFIDENTLY MANAGE THEIR CHILDREN'S BEHAVIOR, PREVENT DEVELOPMENTAL PROBLEMS AND BUILD STRONG, HEALTHY RELATIONSHIPS, AND REDUCE THE PREVALENCE OF MENTAL, EMOTIONAL, AND BEHAVIORAL HEALTH PROBLEMS IN CHILDREN AND ADOLESCENTS.



HOW DOES PRIMARY TRIPLE P WORK?

IT IS A BRIEF, INDIVIDUAL, FACE-TO-FACE OR TELEPHONE INTERVENTION, WITH A PRIMARY CARE FACILITATOR (IN AREAS SUCH AS CHILD AND COMMUNITY HEALTH, EDUCATION, CHILD CARE, ETC.). THERE ARE APPROXIMATELY FOUR CONSULTATIONS OF 15-30 MINUTES. TIP SHEETS AND THE POSITIVE PARENTING HANDOUT ARE USED TO REINFORCE THE STRATEGIES.



HOW TO REGISTER?

JUST FILL OUT THE FORM. ANY QUESTIONS OR DOUBTS CAN BE SENT VIA EMAIL TO GRUPOPODERYESPERANZA@GMAIL.COM THE CLASSES ARE FREE FOR NORTH CAROLINA.



704-726-3156



GRUPOPODERYESPERANZA@GMAIL.COM

WWW.GRUPOPOEDRYESPERANZA.COM



Triple P estándar



REGISTER

Sesión en línea o en persona



**GRUPO
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ESPERANZA**



**TRIPLE
P**

STANDARD TRIPLE P

Para padres de niños con graves dificultades de comportamiento (o para padres motivados interesados en obtener una comprensión más profunda de la Crianza Positiva).

Standard Triple P/Standard
Para padres que necesitan
apoyo intensivo.
Asesoramiento individual
impartido en diez sesiones
(1 hora). Utiliza el libro de
trabajo.

Solo rellena el formulario.
Cualquier pregunta o duda se
puede enviar por correo
electrónico.
Las clases son gratuitas para
Carolina del Norte.



GRUPOPODERYESPERANZA@GMAIL.COM

GRUPO PODER Y ESPERANZA

SUPPORT GROUP FOR PARENTS WITH FAMILY MEMBERS WITH EXCEPTIONAL ABILITIES



EDUCATION

- MEDICAL SYSTEM FOR THE CATEGORIES OF MENTAL HEALTH (MH), INTELLECTUAL AND DEVELOPMENTAL DISABILITY (IDD), TRAUMATIC BRAIN INJURY (TBI), SUBSTANCE ABUSE (SUB).
- SPECIAL EDUCATION SYSTEM
- RELATIONSHIPS AND SEXUAL HEALTH.

ADVOCACY

- ADVOCATE AS A PARENT FOR THE CHILDREN IN THE EDUCATIONAL SYSTEM.
- ADVOCATE AS A PARENT FOR THE CHILDREN IN THE MEDICAL SYSTEM.
- RIGHTS AND RESPONSIBILITIES.
- JUVENILE JUSTICE SYSTEM.
- HOW TO TELL YOUR STORY.



SHARE AND LEARN ABOUT THE DIFFERENT MEDICAL CONDITIONS THAT EXIST IN THE FOUR CATEGORIES OF

- MENTAL HEALTH (MH),
- SUBSTANCE USE (SUB),
- TRAUMATIC BRAIN INJURY (TBI),
- INTELLECTUAL AND DEVELOPMENTAL DISABILITIES (IDD).



LEARN AND SHARE INFORMATION, TECHNIQUES AND RESOURCES WITHIN THE COMMUNITY

- WORKSHOPS,
- PROFESSIONAL TALKS,
- TRAININGS,
- COMMUNITY INFORMATION, ETC.



RECOGNIZE THE PROBLEMS AND NEEDS THAT GROUP MEMBERS FACE AND SEEK VIABLE SOLUTIONS THROUGH ADVOCACY AND SUPPORT FROM AUTHORITIES IN THE COMMUNITY.

MEETINGS

INFORMATION ABOUT OUR ONLINE MEETINGS IS ON THE FIRST AND SECOND FRIDAY AND IN PERSON IS THE LAST FRIDAY OF THE MONTH FROM 7:00 P.M. TO 9:00 P.M. ASK FOR THE COUNTIES IN PERSON. SEE OUR WEBSITE

ABOUT US

IT IS A SUPPORT GROUP WITH A TRUSTED ENVIRONMENT TO EXPRESS FREELY BY LEARNING FROM THE EXPERIENCES OF OTHER PARENTS, FROM EXPERTS WHO SHARE WITH THE GROUP TO HELP AND ADVOCATE FOR THEIR CHILDREN OR FAMILY MEMBERS WITHIN THE MEDICAL, EDUCATIONAL, AND COMMUNITY SYSTEMS.

IF YOU WANT TO DONATE SO THAT WE CAN CONTINUE WITH OUR OPERATION PLEASE SEE OUR WEBSITE



INFORMATION ON HOW TO PARTICIPATE IN THE ONLINE OR IN-PERSON MEETINGS IS POSTED ON OUR WEBSITE OR OUR FACEBOOK PAGE.

FACEBOOK PAGE



FACEBOOK



WEBSITE



PINTERES



INSTAGRAM



WHATSAPP



YOUTUBE



LINKEDLN





Community Health Workers (CHW) for Individuals with Intellectual and Development Disability (IDD), Mental Health (MH), Substance Use Disorders (SUD), and Traumatic Brain Injury (TBI)

Empowering Your Journey to Access Health Services and Education

Who Are CHW? 01



CHW are trained individuals dedicated to helping individuals and families with IDD, MH, SUD, and TBI. Our mission is to empower you to access health services and educational opportunities, ensuring you can live independently and thrive in your community.

02 Our Services

- Unbiased Support: Our CHW provides impartial assistance tailored to your unique needs.
- Free of Charge: We offer our services at no cost to you—ensuring that everyone can access the help they need.



Our Services 03



- Focused Expertise: Our CHW's specialize in supporting individuals with IDD, MH, SUD, and TBI, recognizing the specific challenges you may face.

04 Activities CHW Engage In:

- Information Gathering: CHW assist you in understanding available health services, educational programs, and community resources.
- Personalized Guidance: They help tailor an action plan based on your unique circumstances, preferences, and needs.



Activities CHW Engage In: 05



- System navigation: CHW guides you through the complex medical and educational systems, so you advocate for yourself and help make the process easier.
- Empowerment through education: They provide resources and workshops that inform you about your rights, options, and strategies for accessing services.

06 Activities CHW Engage In

- Ongoing Support: CHW maintains communication with individuals, offering continuous help and adjusting plans as necessary to ensure you remain on track.



grupopoderyesperanza@gmail.com



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FAMILY PARTNERS

Family Partners work closely with families navigating the education, child welfare, mental health, and juvenile justice systems. We offer personalized one-to-one support, preparing parents for engagement with schools, service providers, and child & family teams. Our mission is to empower families to advocate for themselves and become informed, confident participants in their child's success.



We Offer



One-on-one support. Providing families personalized coaching



Preparation for meetings with preparation for meetings with educational institutions, service providers, and Child & Family Teams.(CFT)



Educational Support : Access to information and resources to improve your child's ability function successfully at home and in school.



Find resources for essential needs such as food and transportation. Get guidance on connecting with various community support systems to keep your family thriving.

- Triple P: Positive Parenting Program. Learn tips, tools, and strategies to equip yourself with best practices for managing misbehavior and raising happy, confident kids and teens.

Together, We Empower Families

- ✓ SelfAdvocate
- ✓ Educational Support
- ✓ Family Thriving
- ✓ Living Experience

Contact Us

 (704) 726-3156

GRUPO PODER Y ESPERANZA

SUPPORT PROGRAM FOR PARENTS
AND CAREGIVERS OF A LOVED
ONE WITH EXCEPTIONAL ABILITIES

Our services

- Strong Minds
- Triple P Primary Care
- Triple P Discussion Group
- Triple P Standard
- Support Group
- Family Partner
- Online Community Health Promoters.
- Workshops and web sessions

- **Education**

Medical system for mental health (MH), intellectual and developmental disability (IDD), traumatic brain injury (TBI), substance abuse (SUB) categories. Special education system, Relationships and sexual health.

- **Advocacy**

Advocating as a parent for children in the education system, medical system. Rights and responsibilities. Juvenile Justice System. How to tell your story.

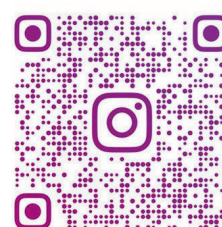


About us

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Our social networks

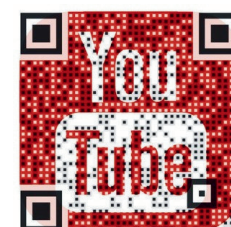
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Recursos informativos



Information

1. Medicaid Plans
2. Tailored Plans (Tailored Plan)
3. Local Management Entities/Managed Care Organizations (LME-MCOs)
4. Unmet Needs Registry
5. Tailored Care Manager (Tailored Care Manager)
6. 1915i Waiver
7. Innovation Waiver

Information

8. Community Alternatives for Children Program (CAP-C)

9. Checklist by age

10. Steps after diagnosis

11. Supplemental Security Income (SSI)

12. Guardianship

13. In-School Evaluation Process.

14. Transition to Adult Life



MEDICAID IN NORTH CAROLINA

is a health insurance program for low-income individuals and families who cannot afford health care costs.



MEDICAID PLANS



STANDARD PLAN

A North Carolina Medicaid health plan and NC Health Choice. The plan provides individuals with physical health, pharmacy, care coordination, and basic behavioral health services through WellCare, United HealthCare Community plan, Healthy blue, America Health Caritas, Carolina complete Health.



NC MEDICAID DIRECT

It is North Carolina's health care program for people in NC Medicaid who are not enrolled in NC Medicaid Managed Care or standard plan. Includes care management by Community Care North Carolina (CCNC), the primary care case management entity for physical health services. Local management entities/managed care organizations (LME/MCOs) coordinate services for mental health disorders, substance use disorders, intellectual/developmental disability (I/DD), or traumatic brain injury (TBI).



TAILORED PLAN

A Tailored Behavioral Health Plan (Tailored Plan) is a North Carolina Medicaid health plan. It provides physical health, pharmacy (prescriptions), care management, and behavioral health services. It is for people with mental health needs, substance use disorders, intellectual and developmental disabilities (I/DD), or traumatic brain injury (TBI). Customized plans provide additional services for individuals who qualify through Local Management Entities/Managed Care Organizations (LME/MCOs), which coordinate care assigned by county.



EASTERN BAND OF CHEROKEE INDIANS (EBCI) TRIBAL OPTION

If you are a federally recognized tribal member or qualify for services through the Indian Health Service (IHS) and live in Buncombe, Clay, Cherokee, Graham, Haywood, Henderson, Jackson, Macon, Madison, Swain, or Transylvania counties

WHO QUALIFIES FOR NC MEDICAID DIRECT?

- Children/youth in foster care
- Children/youth who get adoption assistance
- Children who get Community Alternatives Program for Children (CAP/C) services
- Federally recognized tribal members or others who qualify for services through Indian Health Service (IHS)
- Former foster care youth
- People in the Health Insurance Premium Payment (HIPP) program
- People in the Program for All-inclusive Care for the Elderly (PACE)
- People who are medically needy
- People who get Community Alternatives Program for Disabled Adults (CAP/DA) services
- People who get Family Planning Medicaid only
- People who get Medicaid and Medicare
- People who may have a mental health disorder, substance use disorder, intellectual/developmental disability (I/DD) or traumatic brain injury (TBI)



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MEDICAID

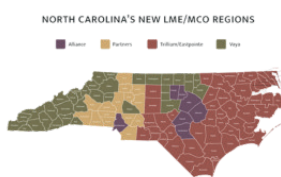
Tailored Plan



What are the Tailored?

Tailored Plans for Mental Health and Intellectual Disability/Development are a new type of NC Medicaid Managed Care health plan. Personalized Plans cover doctor's visits, prescription medications and serious mental health services, serious substance use, developmental and intellectual disability (I/DD) and Cerebral Trauma Injury (TBI), all under one plan.

Important information to consider



01

Your Tailored Plan is assigned based on the county that handles your Medicaid insurance. Find which Local Management Entities/Managed Care Organizations (LME/MCOs) in the QR code or call the NC Medicaid Enrollment Broker at 1-833-870-5500.



02

Switching to a Tailored Plan allows you to keep your coverage and cover the same services you receive now through NC Medicaid Direct and your LME/MCO. Some members will be able to stay in NC Medicaid Direct but may lose certain services such as NC Innovations or TBI Waiver.



03

Non-emergency medical transportation (NEMT) services are covered by your Tailored Plan such as appointments to Doctors and other specialists, Pick up of medications, Mental Health appointments, Treatment for substance abuse, and Treatment of substance abuse, to request transportation services call your LME/MCO at least two days prior to the appointment.



04

Tailored Care Management (TCM) is a Tailored plan service that helps you navigate the health care system, so you don't have to do it all yourself. They can even help with basic needs such as food, transportation, housing and the school's Individualized Education Program (IEP).



05

1915(i)" services help you lead a more independent life in your home and community, and provide needed support to your caregivers. These services include: Respite Care, Supported Work Services, Positioning, and individual support or job assistance, Individual support and assistance with transition to home or community, Support for living in your community, Community Transition. To find out what services you qualify for call TCM or LME/MCO.



06

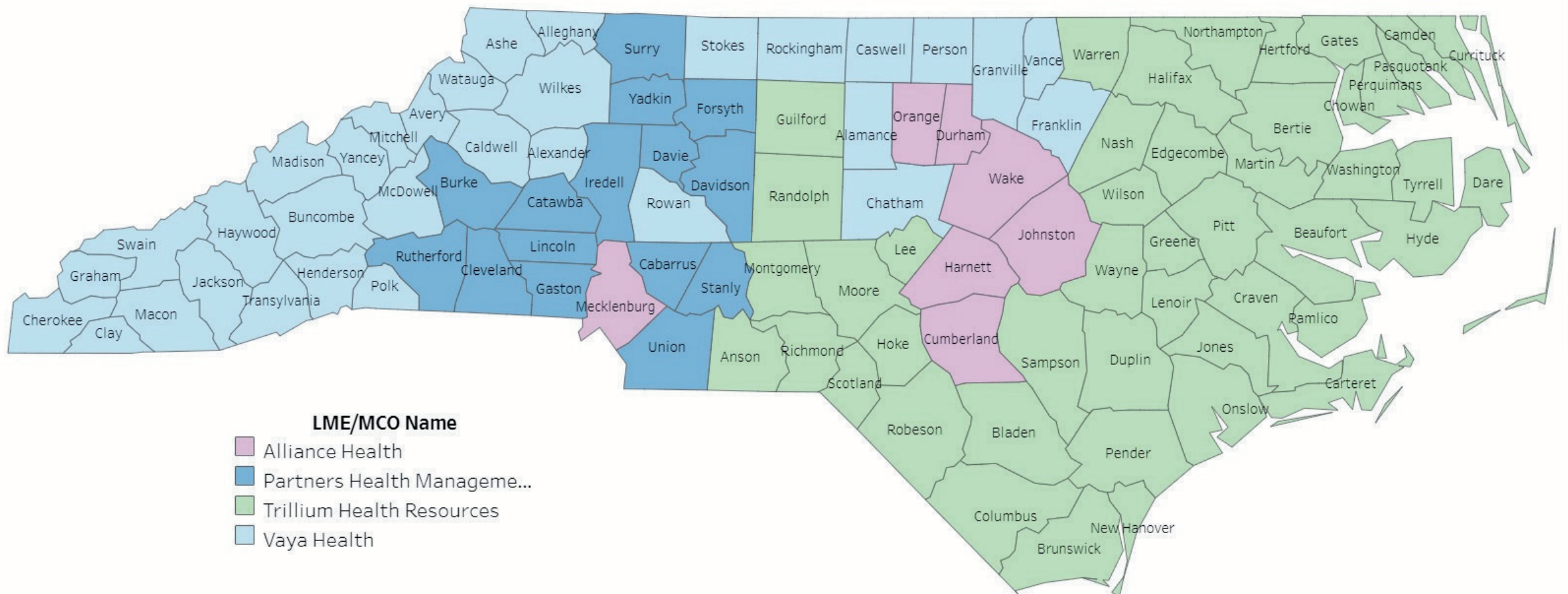
Providers who do not accept your Tailored Plan are considered "out-of-network." You can continue to see them until January 31, 2025. It is possible to continue seeing an out-of-network provider after January 31, 2025. For more details, call your Tailored Plan.



Call your Tailored Plan or 1-888-245-0179



LME/MCO, OR LOCAL MANAGEMENT ENTITIES/MANAGED CARE ORGANIZATIONS



This map shows LME/MCO configuration effective 2/1/24.

Fuente: <https://www.ncdhhs.gov/providers/lme-mco-directory>

LME/MCO, or Local Management Entities/Managed Care Organizations, are companies that:

- Manage personalized North Carolina Medicaid plans for beneficiaries receiving mental health services, developmental disabilities or substance use disorders.
- Coordinate certain services for Medicaid Direct beneficiaries in North Carolina
- Coordinate certain services for EBCI Tribal Option members

There is an LME/MCO Information.

Alliance Health

Phone: 919-651-8401
Phone: 919-651-8672
Crisis line: 877-223-4617

Partners Health

Phone: 888-235-4673
Phone: 704-884-2713
Crisis line: 833-353-2093

Trillium Health Phone:

866-998-2597 Crisis line:
888-302-0738

Vaya Health Phone:

828-225-2785 Phone: 828-225-2796
Crisis line: 800-849-6127

This resource is provided to you by Grupo Poder y Esperanza.

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Register Of Unmet Needs

Waitlist for the NC Innovations Waiver

What is the Registry of Unmet Needs?

The Registry of Unmet Needs is the waiting list for the NC Innovations Waiver. It's for people who qualify for the waiver but are waiting for state funding to become available.

Who is Eligible?

Individuals with a documented diagnosis of:

- Intellectual Disabilities
- Significant Developmental Disabilities
- Traumatic Brain Injury (TBI)
- Those who have major limitations in daily life activities (self-care, language, learning, mobility, self-direction, independent living).
- Individuals needing services to live in the community or move out of institutional settings.

Assessment areas of activities

- Self-care
- Understanding and using language
- Learning
- Mobility
- Self-direction
- Capacity for independent living

How to Apply:

1. Prepare Documents:

- Psychological evaluation (within the last 3 years)
- Functional adaptive assessment results
- Other documents like Individualized Education Programs (IEPs)

2. Contact Your Local Management Entity-Managed Care Organization (LME/MCO)

- Submit your documents
- The IDD registry coordinator will reach out regarding next steps.

3. Assessment Process:

- Additional documents may be needed (e.g., medical records, guardianship papers). A
- Supports Intensity Scale (SIS) assessment will be scheduled. (takes a few hours). At the
- time of the assessment you need to have substantial limitations in at least 3 of these areas

Benefits of Being on the Registry:

- Access to Services: Receive support and services necessary for community living.
- Individualized Support: Tailored services based on personal needs and assessments.
- Transition Assistance: Help in moving from institutional settings to community living.

Important Timeline:

- LME/MCO must receive all complete information within 90 days of your request.
- If the process cannot be completed in this time, inform the enrollment coordinator to establish a new date.

After You Apply:

- You will receive a letter about your application status.
- If approved, you'll get an effective date for the Unmet Needs List.
- If denied, you will receive a letter explaining why, with appeal instructions.



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TAILORED CARE MANAGEMENT

Tailored Care Management is a North Carolina Medicaid service option. Care Managers coordinate all aspects of a person's health care needs to improve their wellbeing and quality of life



OBJECTIVE

is to improve the health of North Carolinians through a coordinated system of care, which addresses both medical and non-medical components of health.



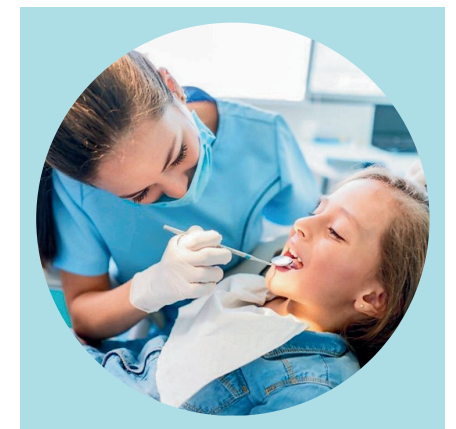
ELIGIBLE

Tailored Care Management provides specialized support to current members who have significant mental health needs, severe substance use disorders, or intellectual/developmental disabilities (IDD).



ACCESS

You can connect with the Enrollment Broker if you recently received Medicaid and diagnosis, If you are no assigned to Care Management Agency and want to contact your Local Management Entity/Managed Care Organization (LME/MCO)



WHAT ARE THE BENEFITS OF TAILORED CARE MANAGEMENT?

- Your individual Care Manager will create a plan to help coordinate your physical health and pharmacy needs, as well as your behavioral health and/or IDD service needs.
- Care Managers can help in other areas that may affect your health and wellbeing, such as finding appropriate resources for housing, employment, food insecurity and more. Your Care Manager will provide individualized support and aid caregivers/family members in successful management of your health needs. Your Care Manager will serve as a streamlined contact point for coordinating your individual
- care.

MORE INFORMATION

01

about North Carolina's Tailored Care Management initiatives, visit [NCMedicaidPlans.gov](https://www.ncmedicaidplans.gov) or call 833.870.5500.

02

Choosing not to participate in Tailored Care Management is your right. If you choose not to participate, your care will not change.

03

This resource is provided to you by Grupo Poder y Esperanza.



(704) 726-3156



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1915(i) Waiver.

Medicaid Home and Community-Based Services

The 1915(i) waiver offers free Medicaid services to support your independence at home or in the community. When you apply for 1915(i), you will be matched to the right services based on your needs and goals

1



Respite Care

Purpose: Gives caregivers a break, ensuring their loved ones are cared for.

Types of Care: In-home, out-of-home, overnight, weekend, emergency.

Eligibility:

- Ages 3-20 with Serious Emotional Disturbance (SED), Substance Use Disorder (SUD).
- Ages 3+ with Intellectual and Developmental Disabilities (I/DD) or Traumatic Brain Injury (TBI).

2



Community Living and Support

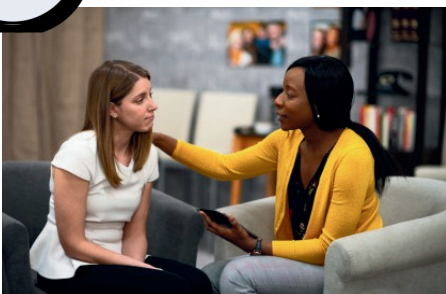
Purpose: Equip individuals with skills to live independently and engage in the community.

Key Activities:

- Personal care (eating, bathing, dressing).
- Life skills (shopping, banking).
- Health and safety support.

Eligibility: Ages 3+ with I/DD or TBI.

3



Individual and Transitional Support

Purpose: Help transition from institutions to personal homes.

Features:

- Up to \$5,000 in credit for moving expenses.
- Support for security deposits, home furnishings, utility setup.

Eligibility: All ages with I/DD, TBI, SUD, Serious Mental Illness (SMI), Severe and Persistent Mental Illness (SPMI).

4



Employment Services

- Supported Employment: Provides career planning, résumé assistance, interview practice, support with job tasks, and transportation.

Eligibility: Ages 16+ with I/DD or TBI.

- Individual Placement and Support: Helps find and keep jobs through personalized support.

Eligibility: Ages 16+ with SPMI, SMI, SED, SUD.

5



Recovery Support Services

Purpose: Offers personalized guidance for mental health or SUD recovery.

Key Activities:

- Participate in recovery planning.
- Access transportation, housing, financial management, and educational support.

Eligibility:

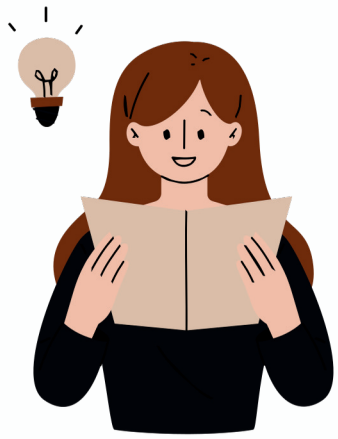
- SUD: Ages 16+.
- SMI/SPMI: Ages 18+.
- SED: Ages 16-21.

Innovation Waiver

BASIC INFORMATION.



North Carolina Innovation Waiver is a health plan for people with intellectual and/or developmental disabilities. This allows you to receive services and support in your home and community instead of receiving them in an institution.



What are the benefits of having Innovation Waiver?

- It provides support and services to support people to discover their skills, talent and goals.
- Participate in activities that feel happy and comfortable
- Find support to be more independent.
- Have the control of managing and directing your services and financial support



Who allocates the number of spaces available for this service annually? is The North Carolina General Assembly.



How can I access Innovation Waiver?

- Be within the Registry of Unmet Needs or Waiver's Waiting List.
- You must be eligible for Medicaid
- Have a diagnosis of Intellectual and/or Developmental Disability.
- Limitations in three of the six main areas of activity
1. Self-care, 2. Self-direction, 3. Communication, 4. Self-sufficiency, 5. Mobility, 6. Ability to live independently.
- You must need the services of innovation Waiver to live at home with your parents or in your own home
- Living in a home with no more than six people
- At least one Innovation Waiver service must be used every month so as not to lose the service.

LME/MCO



It is important that you know about your Local Administrative Entity / Managed Care Organization (LME / MCO). It administers the care of North Carolina Medicaid beneficiaries who receive their County's Mental Health, Intellectual Disability/Development or Substance Use services to register on the Innovation Waiver Waiting List and have support services such as the Personalized Care Manager to help them with information and resources such as 1915i Services while obtaining Innovation Waiver services.

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Advocates for Medically Fragile Kids NC



CHILDREN'S COMMUNITY ALTERNATIVES PROGRAM (CAP/C)

COMMUNITY ALTERNATIVES FOR CHILDREN PROGRAM (CAP/C)

THE COMMUNITY ALTERNATIVES PROGRAM IS A MEDICAID WAIVER FOR HOME AND COMMUNITY-BASED SERVICES (HCBS), HOME AND COMMUNITY-BASED WAIVER SERVICES (HOME AND COMMUNITY-BASED WAIVER SERVICES). THIS WAIVER PROGRAM PROVIDES A COST-EFFECTIVE ALTERNATIVE TO INSTITUTIONALIZATION FOR A BENEFICIARY, IN A SPECIFIC POPULATION, WHO RUNS THE RISK OF BEING INSTITUTIONALIZED IF HE DOES NOT HAVE SPECIALIZED ASSISTANCE SERVICES. THESE SERVICES ALLOW THE BENEFICIARY TO STAY OR RETURN TO AN ENVIRONMENT BASED ON THE HOME AND THE COMMUNITY.

WHO IS ELIGIBLE FOR CAP/C?

- MEET A LEVEL OF INSTITUTIONAL CARE
- BELONG TO THE TARGET GROUP (MEDICALLY FRAGILE, COMPLEX MEDICAL CONDITIONS FROM 0-20 YEARS)
- NEED ONE OR MORE HCBS TO MAINTAIN YOUR LOCATION IN THE COMMUNITY OR INTEGRATE BACK INTO IT
- EXERCISE FREEDOM OF CHOICE BY AGREEING TO ENROLL IN THE CAP-C PROGRAM; AND
- ACCEPT THE CONDITIONS OF PARTICIPATION IN THE PROGRAM BY SIGNING A FORM OF RIGHTS AND RESPONSIBILITIES.

HOW TO REFER TO CAP/C

YOU CAN DO SO BY CALLING NCLIFTSS/ACENTRA AT 919-568-1717 OR 833-522-5429 (TOLL-FREE CALL) OR BY FAXING A COMPLETED REFERRAL FORM TO 833-470-0597. THE REFERRAL FORMS CAN BE FOUND ON THE NCLIFTSS WEBSITE: NCLIFTSS.HOME (KEPRO.COM) [HTTPS://NCLIFTSS.ACENTRA.KEPRO.COM/](https://ncliftss.acentra.kepro.com/)

WHAT ARE CONSUMER-DIRECTED SERVICES?

CONSUMER DIRECTION IS A SERVICE DELIVERY MODEL THAT ALLOWS A CAP/C MEDICAID BENEFICIARY OR A DESIGNATED REPRESENTATIVE TO ACT IN THE ROLE OF EMPLOYER OF RECORD TO DIRECT YOUR PERSONAL CARE SERVICES BY:

FREELY CHOOSING, WITHIN ESTABLISHED LIMITS, WHO WILL PROVIDE THE CARE NECESSARY TO MEET THEIR MEDICAL AND FUNCTIONAL NEEDS.

- INDEPENDENTLY RECRUIT, HIRE, SUPERVISE AND TERMINATE (WHEN NECESSARY) AN EMPLOYEE (PERSONAL ASSISTANT)
- INDEPENDENTLY SET THE SALARY OF AN EMPLOYEE (PERSONAL ASSISTANT)
- ASSIGN WORK TASKS TO THE EMPLOYEE (PA) BASED ON HIS/HER MEDICAL AND FUNCTIONAL NEEDS.
- STATE PLAN NURSING IS NOT A SERVICE THAT CAN BE DIRECTED.

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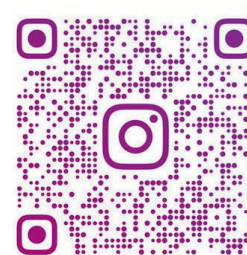
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RESOURCE LIST

This list is intended to help families know what services may be available to their children based on their age.



Three years or less

- Contact the Department of Social Services (CAP-C for medically fragile children: eligible from age 3 through age 21).
- Apply for Supplemental Security Income (SSI) (if the family income is below the poverty line or you have Medicaid).
- Contact your Local Management Entity Managed Care Organization (LME-MCO)* for inclusion on the Unmet Needs Registry (Innovation Waiver Waiting Registry).
- Contact your LME-MCO* to apply for Tailored Care Manager and 1915i services. (If you have Medicaid and do not have the Innovation Waiver).
- Open a Special Needs Trust (talk to an attorney).
- Contact the North Carolina Department of Health and Human Services (NC DHHS) for information about the N.C. Infant and Toddler Program (NC ITP) for early intervention services with Child Development Services Agencies (CDSAs) for support, services and preschool education.

Ages between 4 - 15 years old

- Contact LME-MCO to verify the Innovation Waiver status. If you are not on the waiting list, contact your LME-MCO* for inclusion.
- Contact LME-MCO* to Apply for your Tailored Care Manager and 1915i Services.
- Get information on Parent and Member Training. Contact the Exceptional Children's Assistance Center (ECAC). For support with Individualized Education Programs (IEPs), 504.
- Contact Special Olympics for recreational resources and opportunities.
- Connect with the School to establish relationships and obtain support, especially at the beginning of each school year and during the transition to middle and high school.
- If you would like a disability scholarship and/or opportunity scholarship to choose a non-public school for your child's education or to home-school your child, contact the North Carolina State Education Assistance Authority (NCSEAA) to apply for an Education Support Account (ESA).
- Apply for SSI (This is for those households with incomes below the poverty line or those on Medicaid).



RESOURCE LIST

This list is intended to help families know what services may be available to their children based on their age.



Ages between 16-22 years old

- Contact your LME-MCO* to verify the Innovation Waiver status. If you are not on the waiting list, talk to your LME-MCO* about being included in the Unmet Needs Registry and apply for Tailored Care Manager service.
- Apply for SSI, at age 18, individuals qualify for Security Income (SSI). -.
- Contact Local Vocational Rehabilitation for assistance with employment, transportation, Day Services Program, employment support, living support, and secondary education support.
- Open an ABLE (Achieving a Better Life Experience) Account.
- Utilize the Innovation Waiver or 1915i to assist with: Individual Employment Support, Supported Housing, Group Homes, Alternative Family Living Programs, provider services, and care coordination.
- Transition planning. (Consider whether schooling will be continued until age 21 or if transition to adulthood will occur at age 18.
- Research Guardianship and Guardianship options before age 18. during high school. transition period to consider how much support you need and in what areas.
- Use Charting the LifeCourse Framework and Work together NC, which is an online tool with several worksheets that can be incorporated into transition planning.

It is important that at each of the stages they have the support of the family and a group to help them with information and resources.





PROCESS AFTER DIAGNOSTICS

If you do not have a diagnosis but have a suspicion

- Ask the pediatrician for a referral for a psychological evaluation and be prepared with information about the person's development to be evaluated.
- Fill out the forms requested by the psychologist
- Request the diagnosis on paper

Steps after receiving the diagnosis

- Take the diagnosis to the pediatrician
- Request change to Tailored plan if not done automatically upon receipt of diagnosis
- The doctor will make a referral for needed therapies
- Request to be on the unmet needs registry with your local management entity (LME-MCO)
- Apply for a Tailored care manager (TCM)
- Apply for 1915i
- Apply for Supplemental Security Income (SSI in Social Security)
- Send a letter to the school to apply for an Individualized Education Program (IEP, 3-20 years)

If you are eligible apply for

- Services with local Child Development Services Agencies (CDSA, 0-3 years)
- Community Alternatives Program for Children (CAP-C, 0-21 years old and medically fragile). If diagnosed at age 16 or older, you may inquire about Vocational Rehabilitation services.

Other resources

- Support group Poder y Esperanza
- Food stamps/ EBT
- Medicaid (if you don't have it and qualify)
- Diapers (3 years and older can be ordered with TCM)

notes:

- developmental information refers to having information about when the person first sat up, and started talking. What he/she can and cannot do determine in which areas the person needs support. With this information the person will fill out the forms provided by the psychologist.

notes:

- The change of medicaid plan can be done by your doctor or by yourself through a process in this link.
- Therapies can be speech, occupational, behavioral, physical, emotional or other. To be on the unmet needs registry, apply for your TCM and 1915i you can call your LME-MCO in this link you will find which one corresponds to you according to your county.

notes:

- To apply for SSI you can call 1-800-772-1213 or go directly to your local Social Security office and apply online.
- You must request the IEP to receive supports at school, this must be in writing and you can use this form as a reference.

notes:

- For children under the age of three, the CDSA can perform evaluations and therapies, the doctor can refer you, or you can call them if you suspect your child has developmental delays.
- CAP C is a program for children or youth with medically fragile conditions.

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STEPS FOR APPLYING FOR SUPPLEMENTAL SECURITY INCOME (SSI) FOR A CHILD WITH A DISABILITY



simple guide to help you through the process:

SSI (Supplemental Security Income) is a program that provides financial help for children with disabilities. The child must meet specific criteria and financial need.

Step 1: Determine Eligibility

- 1 Before applying, you should check if your child is eligible for SSI. To qualify, your child must:
- Be under 18 years old.
 - Have a medical condition that severely limits their daily activities.
 - Meet the income and resource limits set by the Social Security Administration (SSA).

Step 2: Gather Necessary Information

- 2 Collect all required documents and information you'll need for the application:
- Your child's Social Security number (if they have one).
 - Birth certificate or other proof of age.
 - Medical records that show your child's disability (doctor's notes, treatment records, etc.).
 - School records that indicate any special education services (if applicable).
 - Information about your family's income and resources

Step 3: Complete the Application

- 3 You can apply for SSI in two ways:
1. Online: Visit the Social Security Administration website and complete the online application.
 - Go to the SSI section on SSA's website.
 - Create or log into an account and follow the prompts.
 2. In Person or by Phone: You can also apply in person at your local Social Security office or by calling the SSA at 1-800-772-1213.
 - If you visit in person, remember to take all gathered documents with you.

Step 4: Schedule a Disability Determination Interview

- 4 After you submit the application, you may be contacted for an interview.
- This can be done over the phone or in person.
 - Be prepared to discuss your child's disability, how it affects their daily life, and provide additional information if needed.

Step 5: Wait for a Decision

- 5 After the interview, your application will be reviewed. This process can take several months.
- You will receive a notice in the mail about whether your child qualifies for SSI.
 - If approved, you will also receive information about how much benefit your child will receive.

Step 6: Appeal if Necessary

- 6 If your application is denied, don't worry! You can appeal the decision.
- Follow the instructions in the denial letter to request a reconsideration.
 - You will have 60 days from the date on the notice to file your appeal.

Step 7: Keep Records and Update Information

- 7 While waiting for a decision, keep a copy of everything you submit and note down any conversations with SSA representatives.
- If there are changes in your family's income or your child's condition, update the SSA as it could affect the SSI benefits.

Step 8: Receive Payments

- 8 Once approved, your child will start to receive SSI payments.
- Payments can be deposited directly into a bank account or sent via a debit card.
 - Continue to monitor your child's eligibility and report any changes to the SSA.
- Tips**
- Keep copies of all documents you submit.
 - Stay organized and keep track of deadlines, especially for appeals.
 - Engage with support organizations or legal aid if you need assistance throughout the process.

Key Documents Needed When Applying for SSI for a Child with Disabilities

- 9
1. **Child's Birth Certificate:** To prove the child's age.
 2. **Social Security Number:** For the child, which can be found on the Social Security card.
 3. **Proof of Income:** This includes the income of parents or guardians, such as pay stubs or tax returns and any other benefits received (like food stamps or housing assistance).
 4. **Bank Statements and Financial Documents:** To show resources and savings.
 5. **Medical Records:** Documentation from doctors, psychiatrists, or therapists detailing your child's medical condition, treatment history, and how it affects their daily life.
 6. **School Records:** Copies of Individualized Education Programs (IEPs), school reports, or evaluations that highlight your child's needs in a school setting
 7. **Proof of Living Situation:** This can be a lease agreement or utility bill to prove where the child lives.

Unexpected Requirements or Steps

- 10 During the SSI application process, some families report encountering unexpected requirements or steps such as:
- **Additional Documentation:** Sometimes the SSA may request more documents than initially discussed, like detailed medical histories or updated assessments from doctors.
 - **Delayed Response:** The waiting time for decisions can be longer than expected. It's important to stay in touch with the SSA for updates.
 - **Meeting with specialists:** Occasionally, you may be asked to meet with a third-party specialist for an evaluation of the child's disability.
 - **Changes in Income Reporting:** If there are changes in the family's income during the application process, it must be reported immediately as it can affect eligibility.
 - **Unforeseen Questions:** The interview may include unexpected questions about the child's daily routines or behaviors that may seem personal but are important for assessing the application.

STEPS TO APPLY FOR SUPPLEMENTAL SECURITY INCOME



SSI (Supplemental Security Income) is a program that provides financial help for children with disabilities. The child must meet specific criteria and financial need.

1 CHECK YOUR ELIGIBILITY

- **Diagnosis:** To qualify, you must have a diagnosed disability listed in the Social Security Administration (SSA) Blue Book, which includes physical and mental conditions. Common disabilities include:
 - Intellectual disabilities
 - Mental disorders (e.g., depression, anxiety, schizophrenia)
 - Neurological disorders (e.g., multiple sclerosis, epilepsy)
 - Physical conditions (e.g., severe arthritis, heart disease)
- **Income and Resources:** Your income must be below the SSI limit, and you should have minimal resources (less than \$2,000 for individuals, \$3,000 for couples).

2 GATHER KEY DOCUMENTS

Collect these essential documents:

- **Identification:** A government-issued photo ID (e.g., driver's license, passport).
- **Social Security Number:** Your Social Security card or proof of your number.
- **Financial Information:**
 - Recent bank statements (checking and savings)
 - Pay stubs or proof of any income (e.g., wages, pensions, unemployment benefits)
- **Disability Evidence:**
 - Medical records showing your diagnosis
 - Doctor's notes describing your condition and how it limits your daily activities
 - Psychological evaluations if applicable
- **Work History:** A detailed list of jobs held in the last 15 years, including:
 - Job titles
 - Dates of employment
 - Duties performed
- **Living Situation Details:** Information about your current living arrangements, including rent/mortgage details and other monthly expenses.

3 COMPLETE THE APPLICATION

- You can apply for SSI through several channels:
 - **Online:** Visit the SSA website and complete the online application.
 - **By Phone:** Call the SSA at 1-800-772-1213 to set up an appointment to apply over the phone.
 - **In Person:** Locate your nearest SSA office and bring all your gathered documents.
- When filling out the application, provide clear and detailed answers about your disability, living situation, and financial information.

4 SUBMIT YOUR APPLICATION

- **Double-Check:** Make sure you have included all required documents.
- **Online Submission:** Follow the prompts carefully.
- **Phone or In-Person:** Keep copies of everything submitted for your records.

5 ATTEND AN INTERVIEW (IF REQUIRED)

- If the SSA decides an interview is necessary, be prepared for questions regarding:
 - The nature of your disability.
 - How your disability affects your daily living and ability to work.
- Bring any additional medical documentation if requested.

6 WAIT FOR THE DECISION

- The SSA may take several months to review your application and make a decision.
- You can check your application status online or by calling the SSA.

7 RECEIVE YOUR APPROVAL OR DENIAL LETTER

- **If Approved:** The letter will detail your benefit amount and the start date of payments.
- **If Denied:** Review the letter carefully as it will explain why the denial occurred and how you can appeal the decision.

UNEXPECTED REQUIREMENTS OR STEPS

- **Consultative Exam (CE):** The SSA may require you to attend a consultative exam with a doctor they choose to evaluate your disability further. **Requests for More Information:** During the review process, the SSA may ask for additional documents or clarification about your application. **Changes in Situation:** If anything changes in your financial or living situation (e.g., you start earning income or move), you must report it to the SSA, as it may affect your eligibility or benefit amount.

Tips

Keep Copies: Always keep copies of your submitted documents and any letters received from the SSA.

Be Thorough: Provide as much detail as possible in your application to ensure the SSA has a complete understanding of your situation.

Seek Help: If you're overwhelmed or unsure about the process, consider contacting a friend, family member, or local disability advocacy organizations for assistance.



Steps for the Guardianship

Guardianship is a legal relationship where a person (the guardian) is appointed by a court to make decisions for another person (the ward) who is unable to make those decisions for themselves due to a disability, medical condition, or other reasons. This can include decisions related to personal care, financial matters, health care, and legal issues. While guardianship can provide essential support, it's important to consider the implications, as it can limit the rights and autonomy of the individual. If pursued, be prepared with the necessary paperwork and information, and know that the process requires clear documentation and understanding of the law.

Steps to Follow

1. Determine if Guardianship is Necessary

Assess if the person truly needs guardianship. Can they make some decisions on their own? Maybe there are less restrictive options.

- **Safety and Well-being:** If a person with a disability cannot take care of themselves or make safe decisions regarding their health, a guardian can help ensure their safety and well-being.
- **Complex Decision-Making:** Some disabilities can impair a person's ability to understand complex decisions, such as financial matters, legal agreements, or medical treatments. A guardian can help make these decisions on their behalf.
- **Access to Services:** Having a guardian can sometimes make it easier for individuals with disabilities to access certain services and benefits, as the guardian can navigate the system on their behalf.
- **Protection from Exploitation:** A guardian can help protect the individual from potential abuse or exploitation by ensuring that their rights are upheld and their needs are met.
- **Support in Daily Living:** For individuals who may have difficulty with daily living tasks or managing their affairs, a guardian can provide the necessary support and guidance.

2. Gather Necessary Information and Documents

Common forms you might need include:

- **Petition for Guardianship:** This document states why you believe guardianship is necessary.
- **Medical Certificate:** This is often filled out by a doctor, confirming the person's disability.
- **Background Checks:** Some states require background checks for potential guardians.
- **Other relevant documents:** This might include proof of relationship.
- **Medical Records:** Obtain current medical evaluations or reports from a qualified medical professional outlining the individual's condition.
- **Financial Statements:** Collect information about the individual's assets, income, and bills.

3. Prepare the Petition and Fill Out the Forms

1. Obtain the "Petition for Appointment of Guardian" form from the North Carolina court [website](#) or clerk's office.
2. Complete the petition, including all required information:
 - Name and address of the individual with disabilities.
 - Description of their disabilities.
 - Reasons why guardianship is necessary.
 - Information about yourself and any other potential guardians.
3. Attach the medical evaluation report.
4. Submit the completed petition and any attached documents to the Clerk of Superior Court in the county where the individual resides.
5. Pay the filing fee (check with the clerk's office for the amount).

4. Serve Notice:

Serve notice of the guardianship petition to the individual and other interested parties, as required by law. This may involve sending a written notice via certified mail.

5. Attend the Hearing and Follow the Court's Decision

- Prepare for the court hearing by organizing your arguments and evidence. Be ready to explain to the judge why guardianship is needed. If possible, bring witnesses or additional evidence to support your case. If approved, comply with any requirements set by the court regarding your duties and responsibilities as a guardian.



Alternatives to Guardianship

If a person with a disability doesn't apply for guardianship or if you think guardianship is too restrictive, there are other options:

Power of Attorney: This is a less formal arrangement where the individual grants someone else (the agent) the authority to make decisions on their behalf. It can be tailored to specific needs.

Supported Decision-Making: This approach helps the individual make their own decisions while providing support. It can include having trusted friends or family assist in understanding choices.

Representative Payee: If the person has difficulty handling their finances, a representative payee can be appointed to manage their Social Security or disability benefits.

Advance Healthcare Directive: This document allows a person to express their wishes regarding medical treatment if they can't communicate them in the future. It can include appointing someone to make healthcare decisions on their behalf.

Trusts: A special needs trust can help manage finances without affecting the individual's eligibility for government benefits.

Informal Arrangements: Sometimes family members or close friends can help without formal legal arrangements, discussing responsibilities and expectations among themselves.

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PROCESS FOR ASKING FOR AN IEP FOR THE FIRST TIME IN NORTH CAROLINA

Understanding the IEP:

An Individualized Education Program (IEP) is a written plan designed to help children with disabilities succeed in school. It is based on the needs of the child and is required by the Individuals with Disabilities Education Act (IDEA).

IDENTIFY CONCERNS

Determine if your child is struggling in school due to a disability, such as learning difficulties, communication issues, or other challenges.

1

GATHER INFORMATION

Collect information about your child's behavior, performance, and any assessments or reports from teachers.

2

REQUEST AN EVALUATION

- Write a formal letter to the school (usually addressed to the school principal or special education coordinator) asking for an evaluation to determine if your child qualifies for special education services.
- Include specific concerns and any relevant background information.

3

EVALUATION PROCESS

- The school must respond to your request within a set time frame (typically within 14 days). They may ask for additional information or agree to evaluate your child.
- If the school agrees, Consent to Evaluate: The school will ask for your written consent to evaluate your child.
- they will conduct a comprehensive evaluation in areas relevant to your child's suspected disability (academic, cognitive, social, emotional, etc.). and includes various types of assessments.
- Assessment: The school must conduct an assessment to see if your child has a disability and how it impacts their learning.
- Parents can also request an independent evaluation if they disagree with the school's findings.

4

ELIGIBILITY DETERMINATION

- Reviewing Results: Once the evaluation is complete, a team will review the results. This team typically includes teachers, school psychologists, and you (the parent).
- Decision on Eligibility: If your child qualifies as having a disability that affects their educational performance, the team moves forward to develop an IEP.

5

CREATING THE IEP

- IEP Meeting: The school will schedule a meeting to create the IEP. You will discuss your child's strengths, challenges, goals, and the services they will receive.
- Draft the IEP: The IEP will outline specific educational goals, accommodations, modifications, and related services.
- The IEP should be reviewed annually to monitor progress and make necessary adjustments but not limit once a year.

6

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Transition to Adulthood.

This transition process can be unique for each individual and may require collaboration with family, educators, and community services. It's important to ensure the transition plan is person-centered and focused on the individual's goals and aspirations, by following these steps, individuals with disabilities can have a smoother transition to independent living, helping them achieve their personal goals and lead fulfilling lives in North Carolina.

- 1. Start Early.** Begin planning for transition during the Individualized Education Program (IEP) meetings, ideally starting at age 14, as required by the Individuals with Disabilities Education Act (IDEA). Set specific goals for post-secondary education, employment, and independent living.
- 2. Assess Strengths and Needs.** Conduct assessments to identify the individual's strengths, preferences, and areas of need. This can include evaluations for vocational skills, social skills, and everyday living skills.
- 3. Develop an Individualized Transition Plan (ITP).** Create a comprehensive ITP as part of the IEP that outlines goals for education, employment, and independent living. The ITP should include specific strategies to achieve these goals.
Transition Services: Include services that help students develop skills needed for independence, such as daily living skills, job readiness, and social skills training.
- 4. Engage in Vocational Training.** Explore vocational training programs and internships that provide hands-on experience in potential career fields. North Carolina offers various vocational rehabilitation programs through the Division of Vocational Rehabilitation Services (DVRS).
- 5. Explore Post-Secondary Education Options**
Post-Secondary Education: Research colleges, vocational schools, and training programs that support students with disabilities. Many institutions offer accommodations and specialized programs. Ensure that the student understands the accommodations and supports available.
Community Colleges: North Carolina community colleges often have programs specifically designed for students with disabilities.
- 6. Participate in Life Skills Training.** Offer opportunities for life skills training that covers cooking, budgeting, personal care, and transportation. Local organizations and community colleges may provide these courses.
- 7. Explore Employment Services.** Utilize resources such as the Job Link Career Center and providers of Supported Employment services to find job placements and training programs.
Job Coaching and Internships: Identify job coaching services and internship opportunities. Organizations like Vocational Rehabilitation Services can assist with job searches, training, and placement.
Soft Skills Training: Focus on developing soft skills, such as communication, teamwork, and problem-solving, which are crucial for workplace success.
- 8. Develop Social Skills and Networks.** Encourage participation in social activities and peer groups to help develop social skills and build a support network.
Independent Living Skills Training: Seek programs that teach essential life skills, including budgeting, cooking, personal care, and time management.
Self-Advocacy: Encourage the individual to practice self-advocacy skills and gradually increase opportunities for independence in daily living activities. Practice decision-making skills and encourage self-advocacy. This includes learning how to express needs, make choices, and seek assistance when necessary. Local advocacy groups can provide opportunities for networking and socialization.

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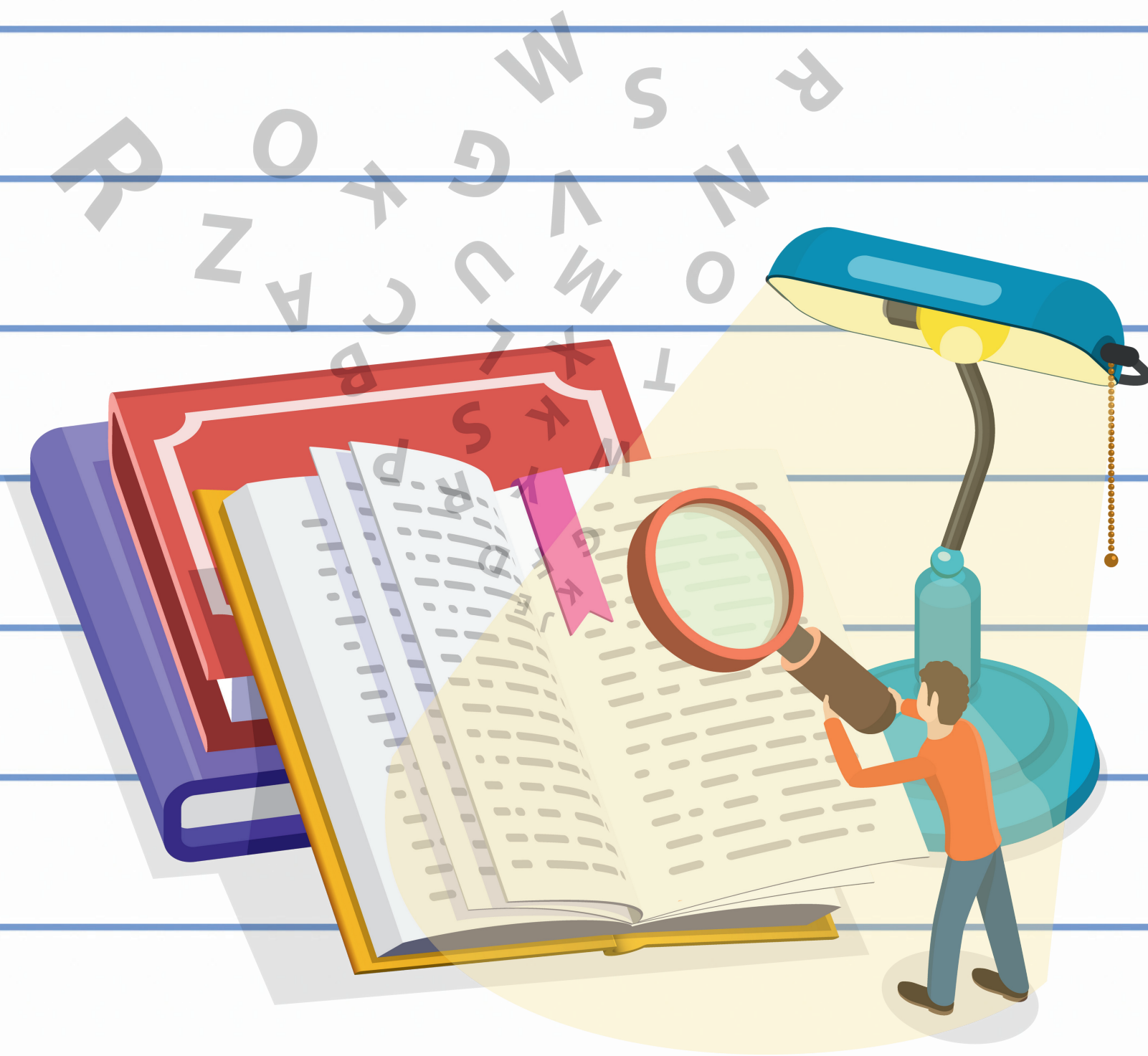


Transition to Adulthood.

9. **Plan for Healthcare and Benefits.** Discuss providers for adults and healthcare coverage options, including Medicaid and Medicare, and ensure that the individual is aware of their rights and benefits. Consult with a professional to aid in understanding Social Security Disability benefits if applicable.
10. **Financial Planning:**
 - Benefits Awareness:** Inform about various benefits available, such as Social Security Income (SSI), Medicaid, or other assistance programs.
 - Budgeting Skills:** Teach budgeting and financial management skills to promote responsible money management.
11. **Housing Options:**
 - Explore Housing Resources:** Investigate independent living options, supportive housing, or group homes that can provide a suitable environment for living independently.
 - Housing Authorities:** Contact local housing authorities or agencies specializing in accessible housing to find options that meet the individual's needs.
12. **Networking and Community Involvement:**
 - Peer Support Groups:** Encourage participation in local or online support groups for young adults with disabilities. This promotes social connections and shared experiences.
 - Community Engagement:** Involve the individual in community activities, volunteering, or interest-based groups to enhance social skills and create routines.
13. **Engage Family Support.** Involve family members in the planning and transition process, providing them with resources and information to support their loved ones.
14. **Continual Support, Review and Adjust Plans Regularly.** Continuously review the transition plan and make necessary adjustments based on the individual's progress, changing needs, and new opportunities.
 - Regular Check-Ins:** Maintain regular communication with the individual to monitor progress and address any challenges that arise.
 - Long-term Planning:** Continue to revisit and update the transition plan as goals and needs evolve.
15. **Legal and Advocacy Support:**
 - Know Rights:** Ensure the individual understands their rights regarding education, employment, and access to services under laws such as the Americans with Disabilities Act (ADA) and Individuals with Disabilities Education Act (IDEA).
 - Advocates:** Consider working with a legal advocate or consultant who specializes in disability rights to assist with navigating the transition process.
16. **Access to Resources and Support:** Identify and connect with local agencies and organizations that provide support for individuals with disabilities. Resources such as the Division of Mental Health, Developmental Disabilities, and Substance Abuse Services can be beneficial.
 - Community Resources:** Connect with local organizations that provide support for individuals with disabilities, such as the Exceptional Children's Assistance Center (ECAC) and disability advocacy groups.
 - Durable Medical Equipment and Assistive Technology:** Explore resources for obtaining necessary equipment or technology that aids in daily living.
 - North Carolina Division of Vocational Rehabilitation Services (DVRS):** Offers services to assist individuals with disabilities in achieving employment and independence.
 - NC Department of Public Instruction:** Provides information about special education and transition services.
 - Local advocacy organizations:** Organizations like Disability Rights North Carolina can provide guidance and advocacy for individuals transitioning to adulthood.

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Glossary.

Glossary.

This is a list of terms and acronyms commonly used in mental health, intellectual and developmental disability, substance use disorder, traumatic brain injury, and special education medical system in North Carolina. The descriptions are kept simple for better understanding.

Mental health

MH: Mental Health Refers to emotional and psychological well-being.

CM: Case Management Support services that help people access mental health resources.

Crisis Services: Immediate help for mental health emergencies.

Therapy: Treatment to improve mental health through counseling and other techniques.

Mental health

Psychiatrist: Physician who treats mental health problems.

Counselor: Qualified person who helps with emotional problems.

Intellectual and Developmental Disabilities

IDD: Intellectual and Developmental
Disabilities. Group of disabilities that
affect daily functioning and learning.

DD: Developmental Disabilities.
Disabilities that affect physical and
mental development.

Intellectual and Developmental Disabilities

DSDA: Supports for People with
Developmental Disabilities

CAP: Community Alternatives
Program (for Medicaid services).

Person-Centered Planning: A way of
planning services based on the
person's needs.

Substance use disorder

SUD: Substance use disorder A condition in which a person is unable to control his or her use of drugs or alcohol.

Rehabilitation: Treatment aimed at helping people recover from substance use disorders.

Detoxification: The process of safely removing drugs or alcohol from the body.

Substance use disorder

MAT: Medication Assisted Treatment

NA: Narcotics Anonymous

AA: Alcoholics Anonymous

Relapse: Returning to substance use
after treatment

Traumatic brain injury

TBI: Traumatic brain injury: injury to the brain caused by an external force, which can affect thinking, emotions, and behavior.

Neuropsychological testing: Tests that assess brain function and cognitive abilities after TBI.

Rehabilitation: Treatment to aid recovery after a brain injury.

Traumatic brain injury

Neurorehabilitation: Therapy to help recover brain function.

Cognitive therapy: Treatment focused on thinking skills.

Occupational therapy: help with everyday tasks

Special education

SPED: Special Education - An adapted education program designed for students with various disabilities.

ADA: Americans with Disabilities Act - An act protecting the rights of people with disabilities.

504 Plan: A plan in compliance with Section 504 of the Rehabilitation Act. A plan that provides accommodations to students with disabilities to help them succeed in school.

Special education

IEP: Individualized Education Plan - A plan created for students with disabilities to ensure that they receive an appropriate education.

FAPE: Free Appropriate Public Education

LEA: Local Education Agency (school district)

RTI: Response to Intervention (a method of providing extra help)

General Terms

Patient: A person receiving medical care.

Provider: A health professional or facility that provides treatment.

Support groups: Gatherings where people share experiences and support each other, often related to mental health or substance use problems.

Medicaid: A government program for people with low incomes.

General Terms

NC MHS: North Carolina Mental Health Services

Early Intervention: Services for Young Children with Developmental Delays:
Short-term relief for caregivers

Peer Support: Help from people with similar experiences

Vocational Rehabilitation: Help finding and keeping a job

General Terms

Social worker: Professional who assists with social and emotional issues.

Advocacy: Supporting or advocating for a person's needs.

Community Resources: Feel free to ask if you would like more detailed descriptions or additional terms.

How can you support us

"Dear Families, Our nonprofit is dedicated to providing essential support and resources to those who need it most in our community.

However, we need your collaboration to continue our work and help more people. We invite you to participate in this effort, either through financial donations or by sharing our cause with others. Your support can make a big difference in the lives of many families. Together, we can build a more hopeful future. For more information on how to contribute, please do not hesitate to contact us."

if you need support contact us

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