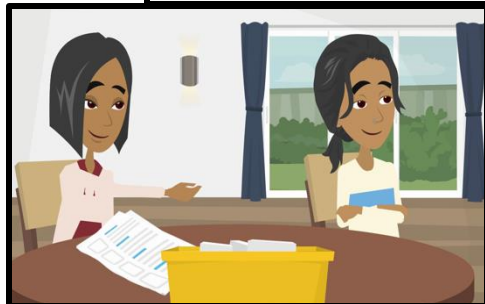


Adult Services

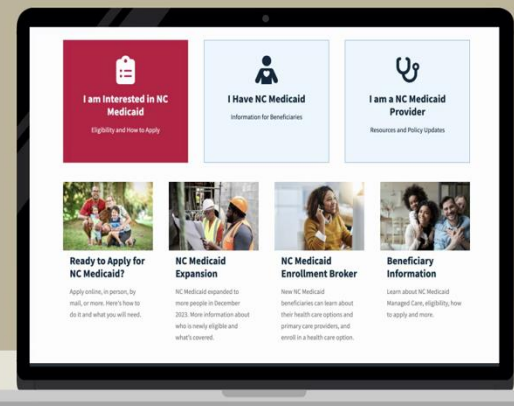
Meet Jayla

1 My name is Jayla, and I'm an adult with an intellectual disability.

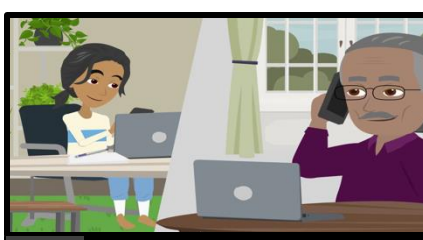
2 I've been going through a lot lately, trying to figure out how to access the services I qualify for. It hasn't been the easiest process, but here's what I've learned so far.



3 One of the first things I learned was that I needed to get all my important documents in order. Having things like my Social Security card, birth certificate, and diagnosis paperwork in one place will make it much easier to apply for the services I need.



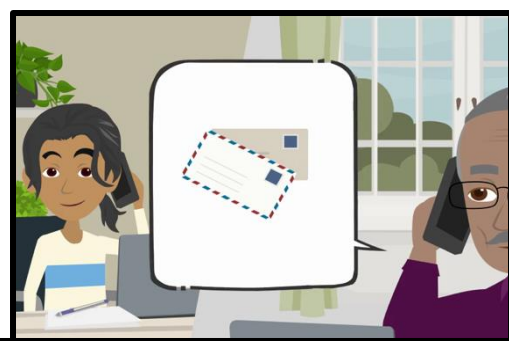
4 Next, I learned how to apply for NC Medicaid, a program that helps people with disabilities get health care and be active in their communities.



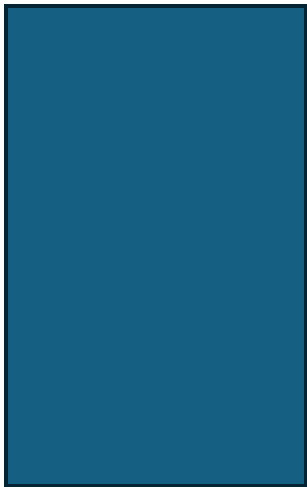
5 After applying, I contacted my local Managed Care Organization (MCO).



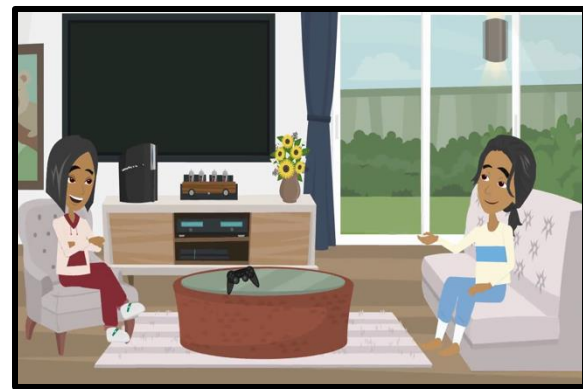
6 My case manager, Carlos, is helping me figure out if I can get services to help me with daily activities like grocery shopping, planning my calendar, and paying bills.



7 Another big step for me was learning more about Supplemental Security Income (SSI), which is a monthly check I started getting from the government when I turned 18. I use this money to pay for food and Ubers to get to work everyday.



8 Speaking of work, I have a job at the local public library that I love, and I recently got a raise!



9 When I told my sister, I thought she would say "Congratulations!". Instead, she said "

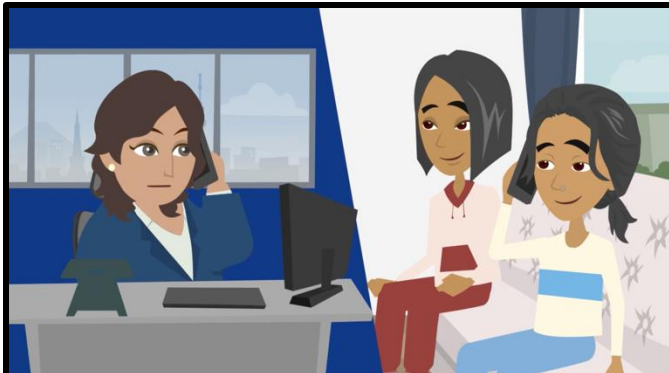


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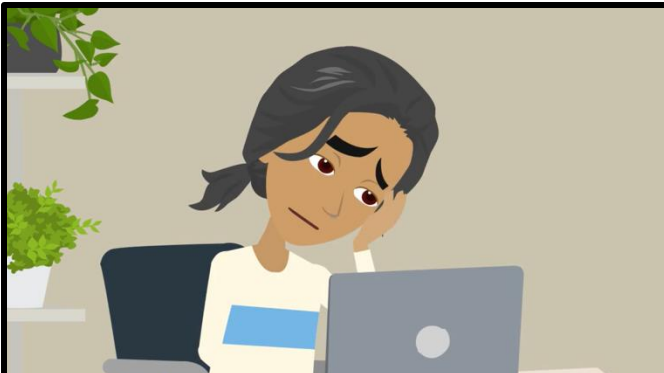
"Hm, I hope this doesn't affect your SSI."

11

We decided it would be a good idea to contact the *Division of Employment and Independence for People with Disabilities*.



12 They connected me with a Benefits Counselor, who told me the limits on how many hours a week I can work to avoid affecting my SSI.



13 It's been a complicated, sometimes frustrating process, but I'm finally getting the support I need.



14 With the right services in place, I'm becoming more independent, relying less on my sister, and really starting to live my best life.

T H E E N D