

## Accessing Texas Department of Aging and Disability Services

Do you or someone you know need help to maintain your independence or improve your quality of life?

[Pictures: Older couple and woman with walker and man with wheelchair grilling]

The Texas Department of Aging and Disability Services and its local providers help aging Texans and people with intellectual and physical disabilities.

The Health and Human Services Commission determines your financial eligibility.

[Pictures: Application for benefits and woman applicant]

The Texas Department of Aging and Disability Services determines your eligibility for specific programs.

Here's how it works:

A case manager or service coordinator develops a plan based on your needs and preferences.

Then the plan is implemented through community services regional offices, Local Authorities, Aging and Disability Resource Centers, Area Agencies on Aging, and private providers.

Your individual needs and choices will determine the type, amount, and scope of the services you receive.

Daily activities that can be supported may include: bathing, dressing, eating, taking your medications, help using the bathroom, and moving from your bed to a chair.

Other supports may include help with housekeeping, doing your laundry, preparing meals, and shopping.

Care and assistance may include: nursing, dental treatment, physical therapy, adaptive aids, employment assistance, minor home modifications, respite services for caregivers, or support managing challenging behaviors.

Consumer-Directed Services allow you to make decisions about personal and respite support offered in the home and community-based programs. You can hire and manage your own employees including your personal attendant.

[Onscreen text: Felix Briones, Jr., member, Housing and Health Services Coordination Council]

FELIX: I'll see if I can do it first but if I can't, then I'll let my attendant go ahead and take care of it. He's been working for me now for about a year and a half, two years now. And he's like about my third person here cause I'm not the easiest guy to work for sometimes. They just can't handle all the maroon.

The Texas Department of Aging and Disability Services has two broad categories of programs: Medicaid entitlement and Medicaid waiver.

One major difference is that entitlement programs don't have long lists of people waiting for services.

The Primary Home Care program provides in-home services for people who have an approved medical need. These services include accompanying you to a medical appointment, help with housekeeping chores that help you stay healthy and safe, and personal care related to your physical health.

Community Attendant Services offer similar help to people not eligible for Medicaid.

Day Activity and Health Services' facilities provide daytime assistance to people Monday through Friday, who live in the community as an alternative to living in a nursing home or other institution.

Services may include: lunch and snacks; nursing and personal care; physical rehabilitation; social, educational and recreational activities; and transportation.

The Money Follows the Person program helps persons with disabilities and aging adults transition into the community.

[Onscreen text: Craig, participant, Money Follows the Person]

CRAIG: I sat for a year and a half trying to imagine what it would be like, being on my own.

[Video: Craig walking across his apartment with the assistance of a walker]

When I got the call from Mike Martinez the first of February say that they had issued paperwork, I started getting very afraid. They're basically the connector piece between the person living in the nursing home and the setting up of a place to live. And arranging for the voucher. Making sure all those things were handled.

I moved from the nursing home to here. The moving van came and I had things in storage. And the money follows the people program provided the furniture. So I walked in and the place was furnished. My case manager from United Health Care was here

putting things together. The social worker was putting things in drawers. And that afternoon the aide came out to help. And a physical therapy person came out. And it's been that way ever since.

Medicaid waiver programs provide long-term services and supports for persons with disabilities and aging Texans who live in their own or family home or in small group homes.

All of the Medicaid waiver programs have long lists of people waiting for services so it's important to have your name added to the list as soon as possible.

The Home and Community-based Services program provides comprehensive services for individuals with Intellectual and Developmental Disabilities who live in their own or family home, in a foster or companion care setting, or in a residence with no more than four others who receive similar services.

The Texas Home Living program is another program for persons with Intellectual Disabilities. However, this program only provides services for people who live in their own or family home.

The Community Living Assistance and Support Services program is for persons with a "related condition" such as Cerebral Palsy or Autism and who live in their own or family home, or with a support family.

The Deaf-Blind with Multiple Disabilities program serves individuals with deaf-blindness and one or more other disabilities who reside in small group homes or in their own or family home.

If needed, a person called an "intervener" provides a way for the individual to communicate.

The Medically Dependent Children Program encourages de-institutionalization of children living in nursing homes.

It provides supports for families caring for children and young adults who are medically dependent and living at home.

[Onscreen text: Paula Margeson, member, Housing and Health Services Coordination Council]

PAULA: You know, in the Independent Living Movement we really feel like almost no one should be institutionalized. We feel like community-based services are the best kind of services – where people get to stay in their communities and get the support and the care and the help that they need.

Paula: It's always our preference in our movement to see people live out in society.

For more information go to The Department of Aging and Disability Services “Help for Texans” website: <http://www.dads.state.tx.us/services/>

You can search by city, county or zip code, or you can call 1-800-458-9858.