

Introduction to Independence

2022



Each Family Has a Unique Situation

Each family's situation is unique. Consult with legal, financial, medical, social service professionals for advice on planning for the future with your loved one.



About This Workshop

- About CPSH
- Services
- Housing





CPSH Web Page

<https://www.txcpsh.org>



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Overview



Vision

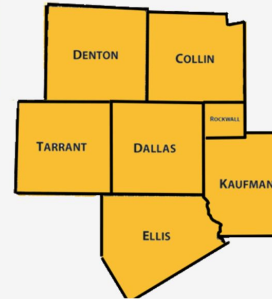
All people with intellectual/developmental disabilities live enriched lives in safe, affordable, community-based homes of their choice.

[Learn more](#)



Mission

Advocate, educate, and collaborate to transform the lives of residents with disabilities in Texas by creating access to community-based, safe, affordable housing options, and support services.



Area

CPSH primarily serves 7 counties in North Texas. Some of our products are available in all Texas counties.

[Learn more](#)

Case for Action

- **Government only provides housing for 2% of IDD population and there is no growth.**
- **Lack of housing issue is not resolving, no action is being taken to improve situation.**
- **Waiting lists are so long that people who need support aren't receiving it.**
- **Service-directed model is not meeting the needs of people with disabilities and their families.**
- **People with disabilities are outliving their parents.**



Person- Centered Independent Living



Federal Regulations Leading Cultural Change

In 2023, all States will be required to implement the Final Rule for Medicaid Home and Community-Based Services. The setting is selected by the individual from among setting options including non-disability specific settings; choice of setting must be documented in person-centered service plan. Individuals must have options available for both private and shared living; provider owned or controlled housing must facilitate choice regarding roommate selection.





HCBS Final Rule - What to look for

- **“Admission” program is fitting someone into a structure. Agencies get stuck in programming.**
- **Isolation is about what happens in a building.**
- **Life is about choices, rights, privacy and opportunities for participation in the community.**
- **Person’s goals should be outcome-based and are based on the person’s experiences. “I will be able to listen to directions without getting upset 70% of the time.” “I will visit 3 zoos in the next year.” “I will meet friends for ice cream once a month.” “I will clean my bathroom every Wednesday.” (Include in PCP= Person-Centered Plan)**
- **Accessibility to space they have. Windows, light switches, walkways, etc.**
- **Blanket rules (written and unwritten) and permission that apply to just people with disabilities but not others. Example: staff offices.**
- **Customers are infantilized: “my kids”, “playground time”, “we love them”, candy and children’s toys/gifts, speaking down.**
- **Creativity, flexibility, no limits to opportunities.**
- **Collaborations between agencies to provide experiences.**

Person-Centered Independent Living

A person selects the home of their choice that provides the opportunity to live independently in the most community-based homes appropriate to their needs and in a stable, long-term living environment, and service agencies provide services where the person needs them.



This video is about making my plan for independence and shows some of the decisions I have to make.



From Texas Health Human Services Commision (HHSC): Person-Centered Planning (PCP)

People who are in a Medicaid waiver program have the right to decide how their services are provided.

PCP identifies and focuses on your talents, what you are good at, and your skills. In the planning meeting you talk about and decide where in your community you can share your skills and where your skills will be valued.



From Texas HHSC: Person-Centered Planning (PCP) (con't)

Organizations that provide waiver services are required by law to provide a person-centered plan for each person they serve. But more importantly, they will work with *you to figure out the best way to provide services, so you can reach your full potential in life.*

Texas Health and Human Services is currently working to change their service model to be driven by the balance between the wants and needs of people who get our services.

Texas Statewide Intellectual and Developmental Disabilities Strategic Plan

**As Developed by
the IDD Strategic Planning Group**

January 2022

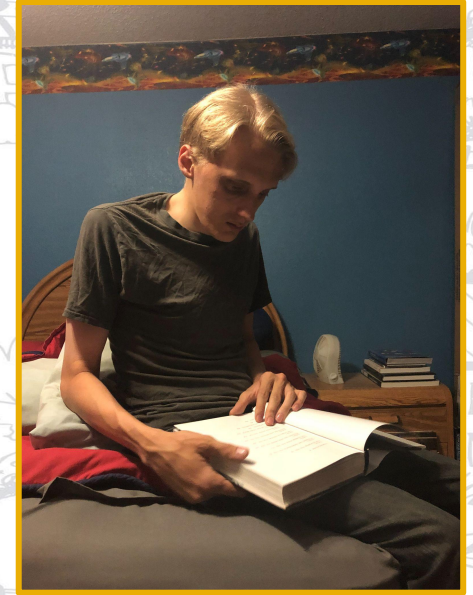
<https://www.hhs.texas.gov/sites/default/files/documents/statewide-idd-strategic-plan-jan-13-2022.pdf>

Discussion






How would you see the change in federal law affecting planning for the future with your child?



Preparing for Independence



Understand Your Support Approach

It is the community's and family's role to take care of people with disabilities.		People with disabilities work for self-determination, equal opportunities and self-respect.
A person with a disability is not pressured to be independent, but rather is valued and supported in being functional within the family.		Independent Living means that people with disabilities demand the same choices and control in our everyday lives that our non-disabled brothers and sisters, neighbors, and friends take for granted.
Avoid asking for assistance outside the family.		Seek out services.
The family as a whole makes decisions about critical topics affecting any one member, including health or disability issues.		The individual is encouraged to make his/her own decisions.
Suggest changes gradually.		People with disabilities will freely express their needs and opinions.

Guardianship



Some people need help managing their daily affairs because of their age, a disease or an injury. If this happens, a court of law may appoint a guardian for them.

Because having a guardian takes away some of a person's rights, it should be the last and the best choice to protect someone. Before asking a court to appoint a guardian, other options are usually tried first, such as:

- Finding someone to help the person pay bills and manage money
- Finding someone to help the person make decisions, including health care decisions
- Enrolling the person in available community services, including Medicaid programs

To learn more about the guardianship process in Texas, read [A Texas Guide to Adult Guardianship](#).

<https://hhs.texas.gov/sites/default/files/documents/laws-regulations/legal-information/guardianship/pub395-guardianship.pdf>

The **RIGHT** To Make **CHOICES**

A Supported
Decision-Making
Toolkit for
People with
Disabilities
and Their
Supporters

DisabilityRights
TEXAS

www.DRTx.org
January 2018 Edition

<https://media.disabilityrightstx.org/wp-content/uploads/2018/08/16200451/The-Right-to-Make-Choices-SDM-toolkit-jan-2018.pdf>

Sign Up for Supplemental Security Benefits

Social Security Disability Insurance (SSDI) pays benefits to you and certain members of your family if you are "insured," meaning that you worked long enough and paid **Social Security** taxes.

Supplemental Security Income (SSI) pays benefits (**\$841 monthly**) based on financial need.

What is the difference between **SSI** and **SSDI**? The major difference is that **SSI** determination is based on age/disability and limited income and resources, whereas **SSDI** determination is based on disability and work credits. In addition, in most states, an **SSI** recipient will automatically qualify for Medicaid.

Many individuals are eligible for benefits under **both** the **Social Security Disability Insurance (SSDI)** and **Supplemental Security Income (SSI)** programs at the same time. The term "concurrent" is used when individuals are eligible for benefits under **both** programs.

- **Registration:**
<https://secure.ssa.gov/ICON/main.jsp>
- If your child is under 18 for more information go to:
https://www.ssa.gov/disability/SP_dib_starter_kits_child.htm



Work Credits

Work Credits

- Work credits are credits that you earn throughout your work history. Each year that you earn wages and pay FICA taxes into the Social Security system, you receive work credits. These work credits are required in order to receive Social Security Disability benefits (SSDI or SSI), Social Security Retirement and Medicare benefits.

How Are Work Credits Earned?

- Workers can receive a maximum of four work credits each year. The exact amount of work credits you earn each year will depend on your employment activity and the amount of your earnings. In 2021, a worker must earn \$1,510 to earn one work credit. In order to qualify for Social Security Disability benefits, you will generally need to have earned a total of 20 work credits, although there are age exceptions to this rule.

As an individual - How Many Social Security Credits You Need to Qualify for SSDI

Because the number of social security credits for eligibility for SSDI varies by age. If you are between 31 and 42 years you will need 20 work credits to qualify for disability benefits.

If you are under 24 years old, you will require 6 work credits. If you are between 24 and 30 years old the number of social security credits required is 8 with number of years of work set at 2 while a 30 year old will need 18 credits and 4 and a half years of work.

As an child with a disability - How Many Social Security Credits You Need to Qualify for SSDI

Amount paid on a parent's Social Security earnings record.

Medicaid and Medicaid Waivers

Medicaid is a joint federal and state program providing **health benefits** for those including:

- Adults with disabilities
- Older adults
- Adults with low incomes



A **Medicaid waiver** allows the **state** to assist individuals and provide some **long-term services** to those with disabilities or elderly citizens who are eligible for **Medicaid**.

Medicaid waivers override certain rules for how **Medicaid** funding can be used.

For example, a **waiver** may help a person with an increased likelihood of requiring long-term care, such as those with behavioral issues.

The **waivers** allow healthcare professionals to provide care in a person's home or community instead of a long-term care facility.

To apply: <https://hhs.texas.gov/services/health/medicaid-chip>

Join the Texas Medicaid Waiver Interest List

Call **1-877-438-5658** for information on putting your child on an interest list for long-term services. **This is for the CLASS, DBMD, and MDCP exemptions.**



- **Community Living Assistive and Support Services (CLASS)**: Provides support at home and in the community to children and adults with related conditions. There are more than 200 related conditions, such as cerebral palsy and spina bifida. The related condition must have occurred before the child was 22 years old.
- **Deaf Blind with Multiple Disabilities (DBMD)**: Provides services for children and adults who are deaf-blind or have a related condition that leads to deaf-blindness and who have another disability.
- **Medically Dependent Children Program (MDCP)**: Provides services to medically fragile children and adults under age 20 as an alternative to receiving services in a nursing facility.

Join the Texas Medicaid Waiver Interest List (con't)



Call your Local Intellectual and Developmental Disability Authority (LIDDA) to get your name on the interest list for the HCS and Texas Home Living Waiver programs. You can search for your LIDDA's telephone number.

<https://apps.hhs.texas.gov/contact/search.cfm/>

- **Home and Community-Based Services (HCS)**: gives services and supports to children and adults with an intellectual disability (ID) or a related condition who live with their families, in their own homes, or in small group homes with no more than 4 people.
- **STAR+PLUS Home and Community-Based Services (HCBS)**: gives services to adults over the age of 21 to keep them in their community and not in a nursing home facility.
- **Texas Home Living (TxHmL)**: gives services to children and adults with an intellectual disability (ID) or a related condition who live in their own home or their family's home.

Services- Where Do You Find Them?

Local Authority (LIDDA)- <ul style="list-style-type: none"> • MetroCare- Dallas County • LifePath Systems- Collin County • My Health My Resources- Tarrant County 	Managed Care Organization (MCO)- Entities that serve Medicare or Medicaid beneficiaries	Medical Professional- Doctor, Nurse, Mental Health	Insurance Company- Health Insurance Property Insurance
Legal Professional Special Needs Lawyer Property Lawyer	Financial Professional	Specialized Resource Groups such as Down Syndrome Guild, Autism Speaks, DisabilityRightsTX, The Arc	Local Elected Official such as City Council Member, County Judges, legislative representative, Senators
Research centers in hospitals that specialize in different disabilities- such as UT Southwestern, Children's Medical Hospital	Parent Groups Such as on FB and at schools	211- ask for help and set up case	Special Needs Ministries

Protective Supervision

- A supportive service for people with a disability *who need to be observed at times during the day or night to protect them from injuries, hazards or accidents.*
- Difficult to justify and bill.
- The need must be identified through Person-Centered Planning and be included in a person's individual service plan.





Community First Choice (CFC)

CFC provides certain services and supports to individuals living in the community who are enrolled in the Medicaid program and meet CFC eligibility requirements. Services and supports may include:

<https://hhs.texas.gov/services/health/medicaid-chip/programs-services/community-first-choice>

- **Activities of daily living** (eating, toileting and grooming), activities related to living independently in the community and health-related tasks (personal assistance services)
- **Acquisition, maintenance and enhancement of skills** necessary for the individuals to care for themselves and to live independently in the community (habilitation)
- **Providing a backup system or ways to ensure continuity of services** and supports (emergency response services)
- **Training people how to select, manage and dismiss their own attendants** (support management)



CFC Assessment

The form is used in conjunction with the Person-Directed Plan, as an instrument for collecting and documenting essential information to determine the number of CFC Personal Assistance Services/Habilitation (PAS/HAB) hours to be authorized on the applicant's/individual's Individual Plan of Care (IPC).

To access the form:

<https://www.txcpsh.org/s/8510-3.pdf>





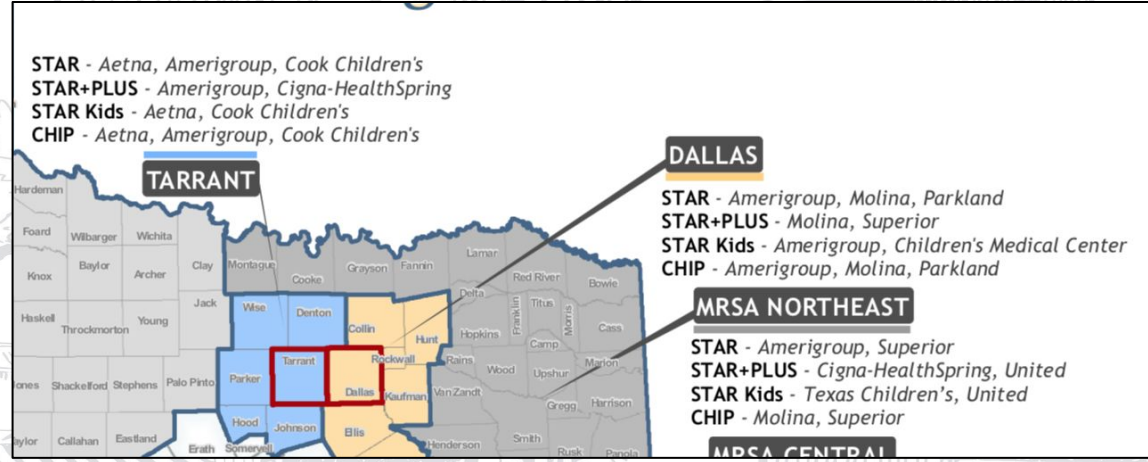
Simple Assessment

Yearly Attendant Care Assessment – how much assistance is needed to live safely and as independently as possible? Find assessment at: <https://www.txcpsh.org/s/AC-assessment.doc>

Everything you do for person, including reminders	What time did you do it? How much time did you spend?	With the right training could this be learned Y1 – more Y2 – all M – don't know yet N - no	Who will help you with training on this skill? What should be in IEP?
woke up	7:00am 5min	Y1	Buy alarm
personal hygiene (menstruation, bathroom, hair, nails)	7:15am 10min	Y1	School Nurse for some, family for other
brought French toast after student micro-waved	8:00am 2 min	Y2	parent
got his medicine ready	8:05am 3 min	Y2	parent
helped get dressed for work	8:10am 10 min	Y2	parent
took him to work	8:30am 20 min	Y1	School, DART
bought first aid supplies	10:30am 30 min	Y2	Parent, school
did 2 loads of laundry	11:00am 90 min	Y2	Parent
picked up from work	12:00pm 30 min	Y1	Parent
helped take off work clothes	12:20pm 10 min	Y1	Parent
picked up prescription	3:00pm 30 min	Y1	Parent
made dinner	6:00pm 30 min	Y1	Parent

Applying for CFC

- If your loved one is receiving a **Medicaid Waiver** contact your case manager
- If your loved one is not receiving a **Medicaid Waiver** contact your **Managed Care Organization (MCO)**





Where Are the Caregivers? Many Are Taking Other Jobs

- **The (Medicaid Waiver) personal attendant base wage was raised to \$8.11 in September 2019**
- **Poverty levels: \$24,238 for one person; \$32,114 for family of two; \$37,502 for family of three**
- **Direct care service workers growth: 2019: 301,000 to 2031: 484,000**
- **Ask your service provider:**
 - **what the salary rate is for a caregiver for you child**
 - **how they can increase that rate and what benefits they offer**
 - **how they find caregivers, how long do they stay, and if there is a performance evaluation process where they promote and terminate**



Consumer Directed Services (CDS)

Allows you or your legally authorized representative to be the employer of some of your service providers.

- Hire and manage your own employees, set the wages for your employees, within state guidelines
- Select a Financial Management Services agency to do your payroll and federal and state taxes

<https://www.hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/consumer-directed-services/fmsa-agencies>

- Roles and responsibilities:

<https://www.hhs.texas.gov/sites/default/files/documents/services/disability/cds-option-roles-responsibilities.pdf>



New FB Group *Consumer Directed Services*



Skilled caregivers are crucial to the ability of most persons with severe disabilities to live healthy lives independently in their communities.

In Texas, you may be able to pay a personal attendant **more than \$8.11 per hour** (the Medicaid base rate) using Consumer Directed Services (CDS).

This group is for families and guardians to help each other by **sharing knowledge, experience and questions** about Consumer Directed Services (CDS)

<https://www.facebook.com/groups/txcpshcds>



Meet the Expert

With Rachel Neely to discuss
Consumer Directed Services

Friday 2.4.2022
12pm-1:30pm

Free registration at
<https://us06web.zoom.us/j/8122222222>

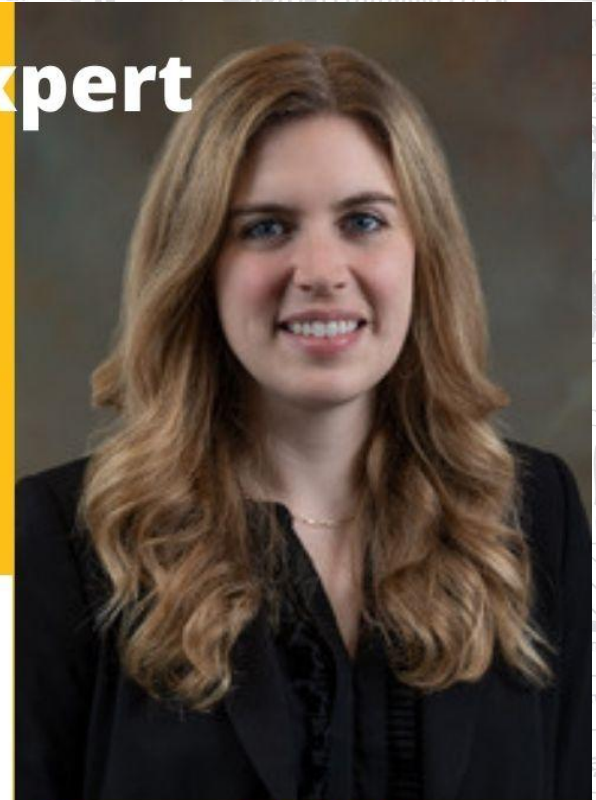
Meet the Expert

Rachel Neely to provide an introduction to the **Consumer Directed Services** option, or CDS, which allows individuals in Texas HHSC home and community-based programs the opportunity to self-direct some of all or the their services.

Free Zoom Meeting
Friday, February 4, 2022
12pm - 1:30pm



[Register for link](#)



Rachel Neely
Senior Policy Advisor, Medicaid and CHIP
Services at the Texas Health and Human
Services Commission

Today Affects the Future



- **Medicaid and Private Services are difficult to justify and expensive to maintain over many years.**
- **The fewer services our loved ones need the easier it is to find qualified, long term care.**
- **What can families do to minimize the dependence our loved ones have on us, so they can take more responsibility for themselves?**
- **How can we provide realistic expectations to future caregivers so that we are confident that our loved ones will be safe and be good neighbors when they no longer live with us?**
- **We can create a safe place in our homes so that our loved ones can learn, practice, make mistakes, and improve upon their daily living and safety skills.**

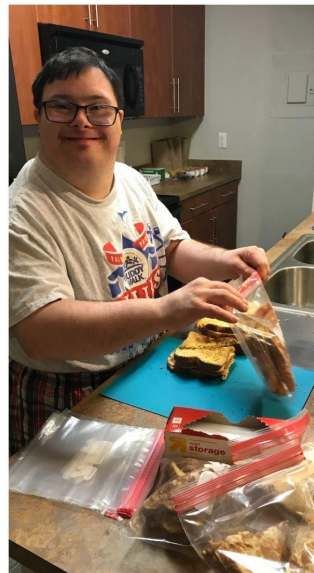
Housing



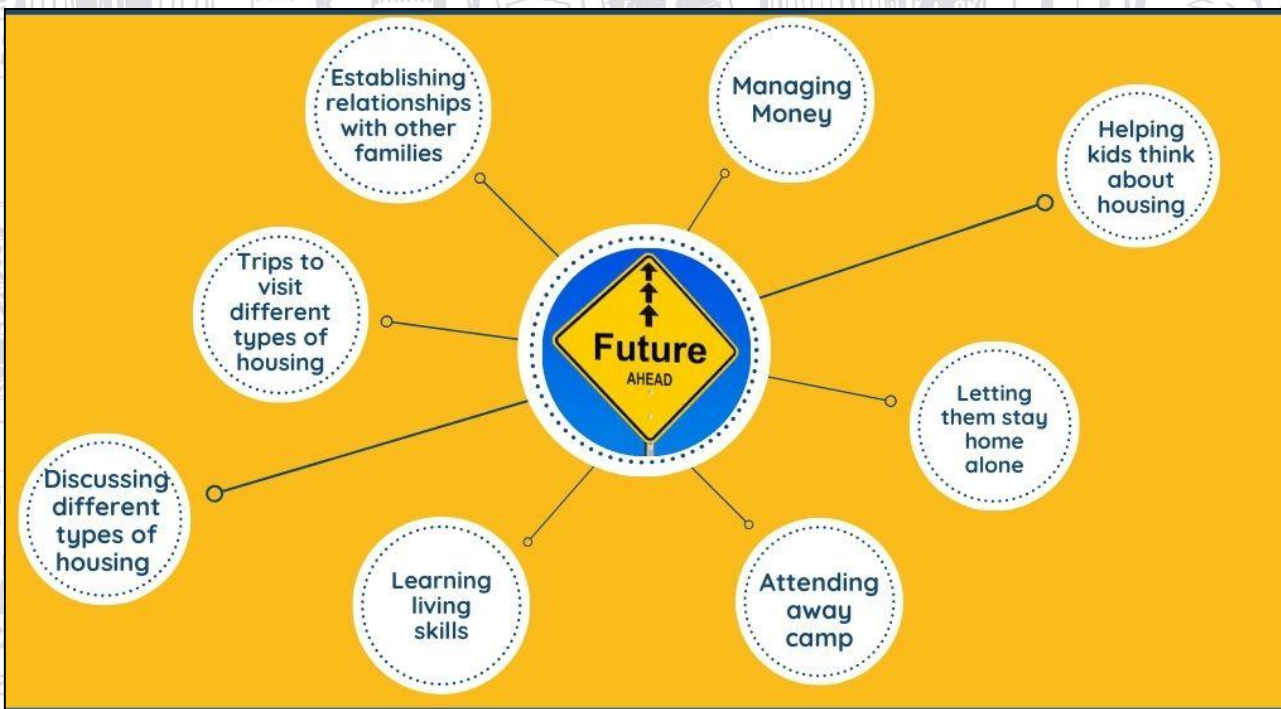
- DAVID LIVES ON HIS OWN.
- DAVID MOVED INTO HIS APARTMENT IN JUNE 2019.



**DAVID HAS DOWN
SYNDROME AND
MEDICAL
CHALLENGES.**



- David gets help from his Medicaid Waiver program.
- David has services come to his home.



How could parents help a loved one think about a time when they are living away from the family?

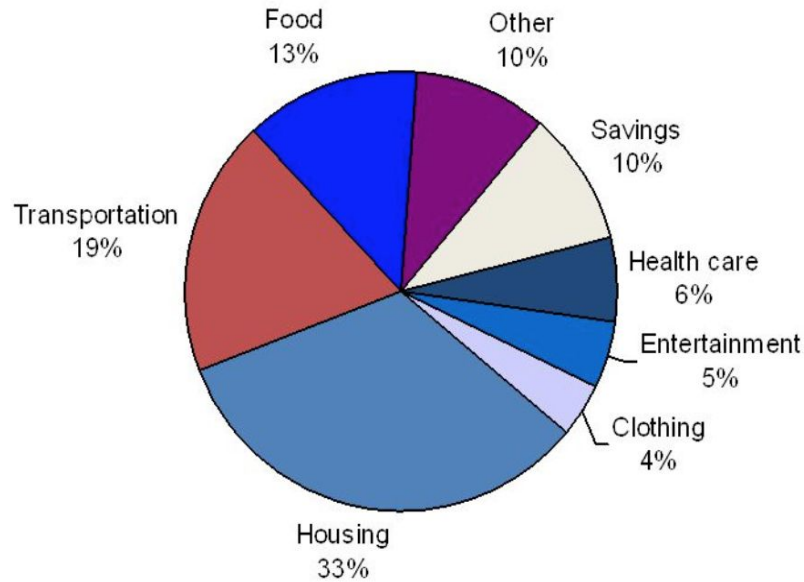
What are you doing to help your child move out?

How do you encourage your loved one to realize the future?

How do you help your child look forward to living away from you?

Affordable Budget

Spending Guidelines



Source: U.S. Bureau of Labor and Statistics

Housing Options

Private
facilities and
developments

Companion
Care Homes

**Neighborhood
Homes**- single
family homes,
apartments,
condos

Managed and
State Funded
Housing-
**Group
Homes**

Services **not**
covered by state
or federal funds.

Support
covered by
HCS and SSI.

Covered by a
combination of
private and
government funds.

State funded, HCS
provides services.



What is the Difference

HCS Group Home - Texas State Approved Service-Centered

- Planned group activities
- Housemate may be assigned
- Homes are in specific locations
- Limited stock of government supported housing (HCS residential, Companion Care, ICF, SSLC)
- Service Agencies own or rent thus become landlord- dilutes focus from service
- Self-actualization is limited
- Desire for choice and control limited in implementation of Person-Centered Plan

Neighborhood Home Person-Centered

- Property owned by family or property owner
- Property owner does not live in home
- Housemate compatibility a priority
- Each person chooses their own service agency for in home services
- Each person creates their own schedule
- Person can choose where they want to live
- Progressive Service Agencies provide services in the home if needed
- Gives property owners more opportunities to participate in improving lives



Federal Rent Subsidies	Who it Helps	Description
<p>Mainstream Choice Vouchers (MCVs)</p> <p>Dallas & Denton County Housing Authorities currently have open lists</p>	<p>Non-elderly persons with disabilities</p>	<p><u>You hold the voucher.</u> You find a place that takes vouchers and use the voucher to pay for all or part of the rent. <u>You bring support services.</u> Denton, Tarrant County, McKinney, Arlington and Dallas Housing Authorities have MCVs.</p>
<p>Section 811 Program</p>	<p>Low-income people with disabilities</p>	<p><u>Property holds the voucher.</u> Select from a list of properties that accept 811. Pay 30 % of income (SSI or no income accepted). <u>You bring support services.</u> Must be referred by 811 referral agent from a local authority.</p>
<p>Project-Based Vouchers (PBVs)</p>	<p><u>Property owner holds the voucher</u> for 2- 4 people with disabilities to live in the property</p>	<p><u>You bring support services.</u> 15 vouchers currently available. Dallas, Tarrant, Collin, Denton, Ellis, Kaufman, Rockwall counties eligible.</p>



Applying for Mainstream Choice Vouchers (MCV) (person holds the voucher)

- MCVs are designed to help tenants with disabilities live independently in the community.
- For non-elderly people with disabilities who are transitioning from institutionalization, homeless: or risk of becoming homeless.
- The voucher holder looks for properties that will accept the voucher. This may be property that already accepts vouchers or is willing to fill out a simple form to accept a voucher for the first time.
- Considered affordable rent at about 30% of a person's income.
- Offered by local housing authorities.
- Currently Dallas Housing Authority wait list is open at : <https://dhantx.com/applic.../housing-choice-voucher-program/>

Denton Housing Authority wait list open at: <https://denton.apply4housing.com/>

WATCH YOUR EMAILS FOR OPENINGS

Owning the Home Your Loved One Lives In

Neighborhood Homes

- Are owned by people who want to offer housing for people with disabilities
- Have rental agreements directly with tenants
- At best, rental property should cover all operating expenses and produce a modest return or break even



Homeowner is responsible for "marketing" the availability of the openings in the residence and securing residents. Typically a Limited Liability Corporation is established for this home.

<https://www.txcpsh.org/neighborhood-homes/>

Applying for Project-Based Vouchers (PBV) (voucher attached to the property)

5 for 2022

- Offered by the Dallas Housing Authority (DHA) to Tarrant, Collin, Dallas, Denton, Kaufman, Rockwall and Ellis counties
- Property owned by people who want to offer housing for people with disabilities
- Rental agreements are directly with tenants
- Property owner applies to the Request for Proposal (RFP)- DHA has authority over program
- Tenant pays up to 30% of income to rent (SSI & SSDI included)
- Typically a Limited Liability Corporation (LLC) is established for this type of home
- <https://www.txcpsh.org/pbv> for info on applying



CPSH Informational Videos



Project-Based Housing Vouchers- learn what they are, how they help and how to apply.

<https://secure.givelively.org/event/community-for-permanent-supported-housing/2022-mainstream-project-based-voucher-video>



Neighborhood Homes- learn how parents/property owners set up and run a home for their son and 2 roommates in Richardson.

<https://secure.givelively.org/event/community-for-permanent-supported-housing/2022-cpsch-creating-a-neighborhood-home>



Budget Checklist with SSI



SSI-est.	With Out Mainstream Voucher		With Mainstream Voucher
	W/O MCV	W/ MCV	
Rent	\$ 1,100	\$ 330	Support
Water	\$ 35	\$ 35	
Electric	\$ 90	\$ 90	
Cable/Internet	\$ 50	\$ 50	
Phone	\$ 25	\$ 25	
Health Insurance			
Food	\$ 60	\$ 60	
Entertainment	\$ 50	\$ 50	
Transportation	\$ -	\$ 400	
Total Expenses/Mo	\$ 1,410	\$ 1,040	
Sources of Income			
Food Stamps	\$ 149	\$ 149	
Work	\$ 384	\$ 384	
SSI	\$ 591	\$ 591	
Family Assistance	\$ 286	\$ -	
Total Income/Mon	\$ 1,410	\$ 1,124	
Medicaid Waiver	10hr/mon	10hr/mon	
Medicaid Health	As needed	As needed	
Emergency support	As needed	As needed	



Resources



- **SNAP (Supplemental Nutrition Assistance Program)- Food benefits**
<https://hhs.texas.gov/services/food/snap-food-benefits>
- **AT&T Access Program-Offering low-cost (\$10) wireless home Internet service to qualifying households:**
 - *With at least one resident who participates in SNAP and
 - *With an address in AT&T's 21-state service area, at which they offer home Internet service<https://m.att.com/shopmobile/internet/access/>
- **Assurance Wireless- Free smartphone, minutes and texts. May qualify if on SNAP, Medicaid, or SSI**
<https://www.assurancewireless.com/>
- **True Link Financial- Financial services that can be self-managed or administered by family members, friends, or trusted professionals.**
www.truelinkfinancial.com
1-866-984-8576
- **Texas ABLE Account- Savings program for Texans with disabilities**
TexasABLE.org <https://www.texasable.org/fags/>

Home Safety Game Changers



Video Doorbell



Fire Extinguisher Spray



Smart WIFI Smoke
Alarm



Vocal Recordable
Smoke Alarm

Home Safety Game Changers



Electric Auto Stove
Shut-off Safety
Device



Indoor Security
Camera



Water Alarm Sensor



Automatic Pill
Dispenser

Home Safety Game Changers



Find My Phone Apps



Keyless Smart Lock



Memo Minder- Motion
Activated Message
Player



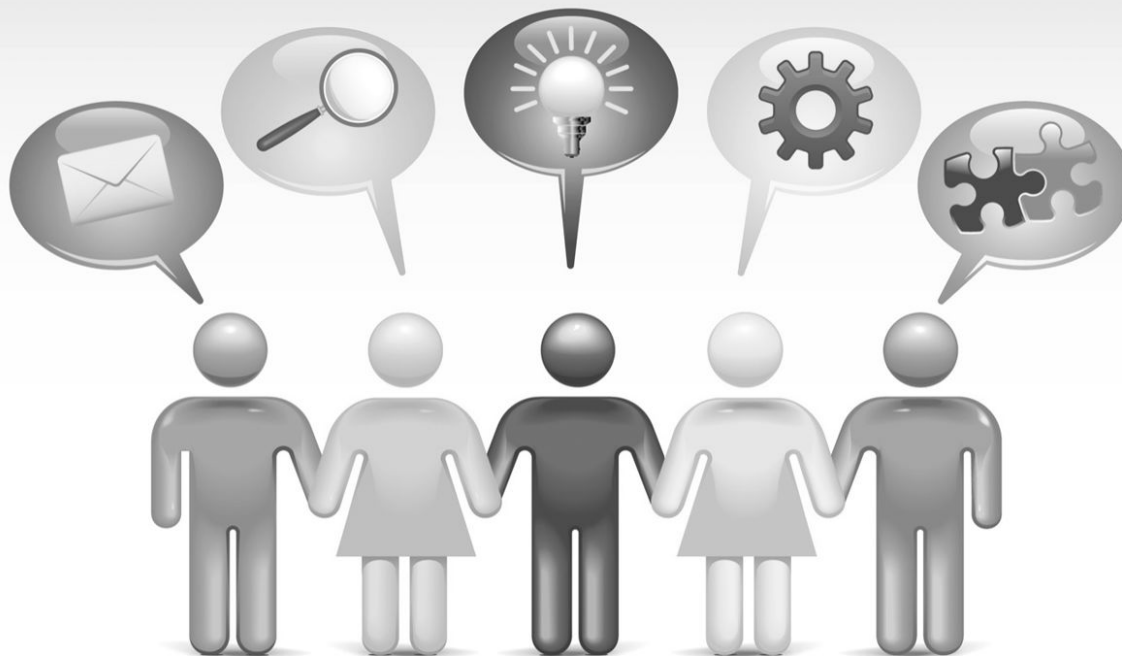
Extra Loud Alarm
Clock with Bed
Shaker

Discussion

***What are the
benefits of living
independently?***



General Q & A





2020 Update!

*Affordable Housing
Family Members as
Co-managers
Texas Education Agency
Changes for IEPs
And More!*

Planning for Person-Centered Independent Living

A Texas Families Guide to
Person-Centered Independent Living for
Adult Children with
Intellectual and Developmental Disabilities and Neurodiversity



<https://www.txcpsch.org/cpschguide/>



For USA Families

Planning for Person-Centered Independent Living

A Guide for Families and Their
Loved Ones with
Intellectual and Developmental Disabilities and Neurodiversity



<https://www.txcpsch.org/cpschguideusa/>

My Independence Action Plan (MIAP) Course



Student: "CPSH has it going on!"

Parent: "We have some clarity for next steps"



For students up to age 22
www.txcpsh.org/twc

TWC contract



Call for CPSH Board Members




**GET ON
BOARD!**

***Call for CPSH
Board
Nominations***

**CPSH is seeking your talents to help
impact the lives of people with
disabilities.**

To learn more contact Kimberly Rogers,
Board of Directors,
at rogerskm1@hotmail.com



The background of the slide is a detailed, hand-drawn illustration of a neighborhood. It shows various types of houses, including single-story bungalow-style homes and multi-story apartment buildings. There are trees, bushes, and a street with a "CAFE" sign visible in the lower left. The drawing is done in a sketchy, artistic style with cross-hatching for shading.

Please complete our online survey that will be sent to you via email. Your feedback helps us to improve our workshop and grant opportunities.

Thank you!

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COMMUNITY FOR PERMANENT SUPPORTED HOUSING

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