

# Navigating the Path to Independence A Roadmap for Caregivers

2022



This workshop and presentation are funded by



<https://www.nctcog.org/aging-services>



# Finding Independence by CPSH

## Caregiver Welcome About this workshop

- Problem: Intellectual/Developmental Disabilities (IDD) services are aimed at the person but not their families
- Solution: provide caregiver information and counseling to families to improve health of whole family and reduce overall costs

# Navigating Services

How will **Finding Independence by CPSH** promote health and well-being for Caregivers?

- Engage family caregivers in health promotion programs
- Ask family caregivers how they are doing and assist them in navigating services for themselves and the individuals they care for





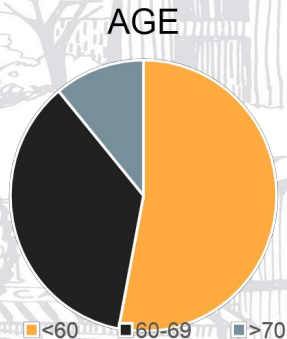


# History of African-American Caregivers

Providing extended care to one's family member is not a new phenomenon for African-American grandmothers. African-American elders have long histories taking in grandchildren, nieces and nephews, and even orphans. Family support is a source of relief for the African-American community. The associated role flexibility within African-American families is also a source of strength. African-American grandmothers are facing changed and trying circumstances including a reduction of available informal family supports

# African American Caregiver Demographic

- It is estimated that one in ten grandparents will take on the role of primary caregiver to a grandchild for at least six months before the child is age 18, this includes children with a developmental delay or disability.
- Most of these caregivers are younger than age 60, unemployed and without any education further than secondary school.
- These factors were all found to be significant cause and predictors of elevated symptoms of depression in African-American grandmothers.





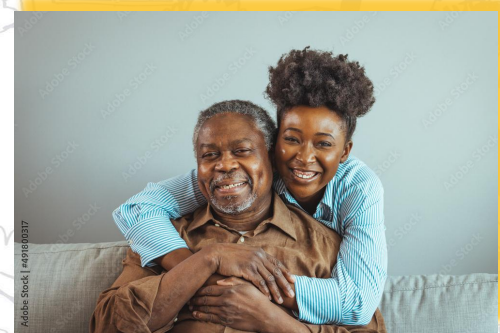
# Caregiving

For many, their primary source of care and support comes from parents who are aging and older and in need of their own services and supports. Many older adults with IDD have fewer opportunities to exercise self-determination to have a meaningful, fulfilling life. As more people with IDD are aging, it becomes increasingly important for systems that focus on the needs of aging, and systems that focus on the needs of people with IDD to collaborate. 2022 Texas Caregiver

## Status Questionnaire Results:

- 50% reported their health has affected their ability to provide care for the care recipient
- 48.1% take care of adults
- 32% reported high stress levels
- 21.6% provide care for five or more years

Grandparents caring for a child with a disability report receiving less social support, and experience higher levels of role strain, financial strain, and more life disruption than traditional grandparents raising children without intellectual and developmental disabilities.



# Families of Adults with Developmental Disabilities

- More than half of adults with developmental disabilities live with their families.
- African American persons with developmental disabilities are more likely to live with their families.
- Parents are often involved with caring for as long as they are able.



Adobe Stock | #481468548



# Research on African-American Caregivers:



- Report less burden, similar levels of depression compared to white caregivers.
- Religion an important coping resource.
- This group have been found to be severely disadvantaged (low education, income and poor health).

# 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.txcpsph.org>



Finding Independence<sup>™</sup>  
BY CPSH



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## Vision

All people with intellectual/developmental disabilities live as how and where they choose.



## Mission

Assist residents with disabilities in Texas to use **Voice**, use **Choice**, and create **Path** live their best lives.



## Area

CPSH primarily serves 14 counties in North Central Texas. Some of our services are available in all Texas counties.





# 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.**








# Q&A





# Understand Your Caregiver Approach

<b>It is the community's and family's role to take care of people with disabilities.</b>		<b>People with disabilities work for self- determination, equal opportunities and self-respect.</b>
<b>A person with a disability is not pressured to be independent, but rather is valued and supported in being functional within the family.</b>		<b>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.</b>
<b>Avoid asking for assistance outside the family.</b>		<b>Seek out services.</b>
<b>The family as a whole makes decisions about critical topics affecting any one member, including health or disability issues.</b>		<b>The individual is encouraged to make his/her own decisions.</b>
<b>Suggest changes gradually.</b>		<b>People with disabilities will freely express their needs and opinions.</b>

# 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.**





# Person-Centered Independent Living



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

# Federal Regulations Leading Cultural Change

**In 2023, all States will be required to implement the Medicaid Home and Community-Based Services Settings rule. 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 (PCP). Individuals must have options available for both private and shared living; service agency-owned or controlled housing must facilitate choice regarding roommate selection.**





- **“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. 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.**

# **From Texas Health Human Services Commission (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 and goals.**



# 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**

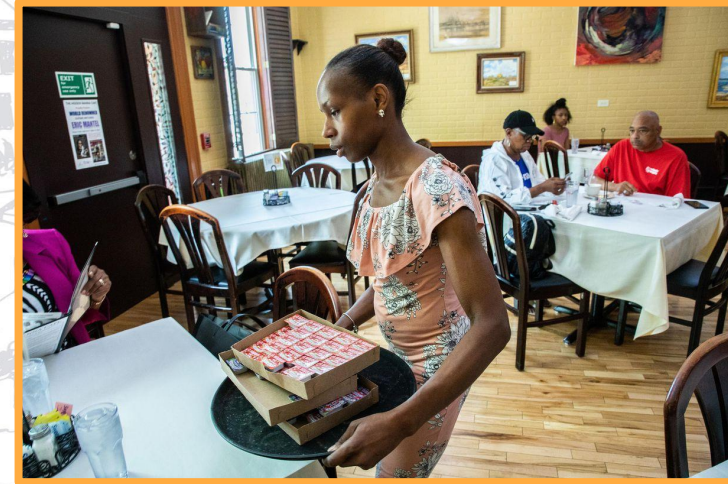
**As Developed by  
the IDD Strategic Planning Group**

**January 2022**

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



# Preparing for Independence



# Getting Ready- Parents' Experience

- Maximize independence and build community
- Teach independence with life experiences
- Step, Step, Step, Step, Step .....  
**PROGRESS**
- Learn true vs perceived boundaries of independence
- Observe support system in action
- Test sustainability
- Where will you be in \_\_ years?





# 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>



<b>Supplemental Security Income (SSI)</b>	<b>Social Security Disability Insurance (SSDI)</b>	<b>Retirement, Survivors, &amp; Disability Insurance (RSDI)</b>
Payments come from the general treasury fund, NOT the Social Security trust funds. SSI payments are NOT based on a person's earnings.	Payments come from the Social Security trust funds and are based on a person's earnings.	Federally funded program that provides benefits from 3 programs: Retirement Benefits, Survivors Benefits and Disability Insurance.
A needs-based public assistance program that does not require a person to have work history.	An insurance that workers earn by paying Social Security taxes on their wages.	Retirement, survivors, and disability insurance paid to workers, their dependents, and survivors based on deceased person's earnings.
Pays disabled individuals who are unable to work AND have limited income and resources.	Pays benefits to disabled individuals who are unable to work, regardless of their income and resources.	Pays benefits to a disabled child or a widow or widower of someone who has worked.
Benefits for children and adults in financial need. Must have limited income and limited resources.	Benefits for workers and for adults disabled since childhood. Must meet insured status requirements.	Can provide income after you retire and supplement lost income if you are hurt and cannot return to work. If a wage earning family member dies or if a family member who was receiving disability benefits dies.

# Retirement, Survivors, & Disability Insurance (RSDI)

**Retirement benefits:** Applicants can receive benefits if they:

- Are at least 62-years-old
- Are not currently receiving their Social Security benefits
- Have not applied for retirement benefits
- Want benefits to start in no more than four months

**Survivor benefits:** Qualified applicants include:

- Widows/widowers when they reach full retirement age (and age 60 or age 50 in certain circumstances)
- Widows/widowers who support minors, age 16 or younger or if they are disabled
- Unmarried children if they are younger than 18 (and older in certain circumstances)
- Stepchildren, grandchildren, and adopted children under certain circumstances
- Disabled children whose parents have limited income/resources
- Divorced spouses if they are at least 60 years old (50-59 if they are disabled) or if their marriage lasted at least 10 years

**Disability benefits:** Applicants are eligible if they:

- Are at least 18 years old
- Are not receiving their own Social Security benefits
- Are not working due to a medical problem that is expected to last at least a year or end in death
- Have not been denied within the last 60 days

For more information:

<https://www.midwestdisability.com/common-questions/what-is-the-difference-between-ssd-rsdi-and-ssi/>



# 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 Do 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 Do You Need to Qualify for SSDI?

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

# Sign Up for Supplemental Security Benefits

*\*Can apply a month before a person turns 18\**

**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.

**Retirement, Survivors, Disability Insurance (RSDI)** refers to "retirement, survivors, and disability benefits paid to workers, their dependants, and survivors." Pays benefits to a disabled child or a widow or widower of someone who has worked, qualified based on the deceased person's earnings.

- **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](https://www.ssa.gov/disability/SP_dib_starter_kits_child.htm)



# 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



TEXAS  
Health and Human Services

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?

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



# 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.



<https://www.disabilityrightsca.org/publications/in-home-supportive-services-protective-supervision>

# 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

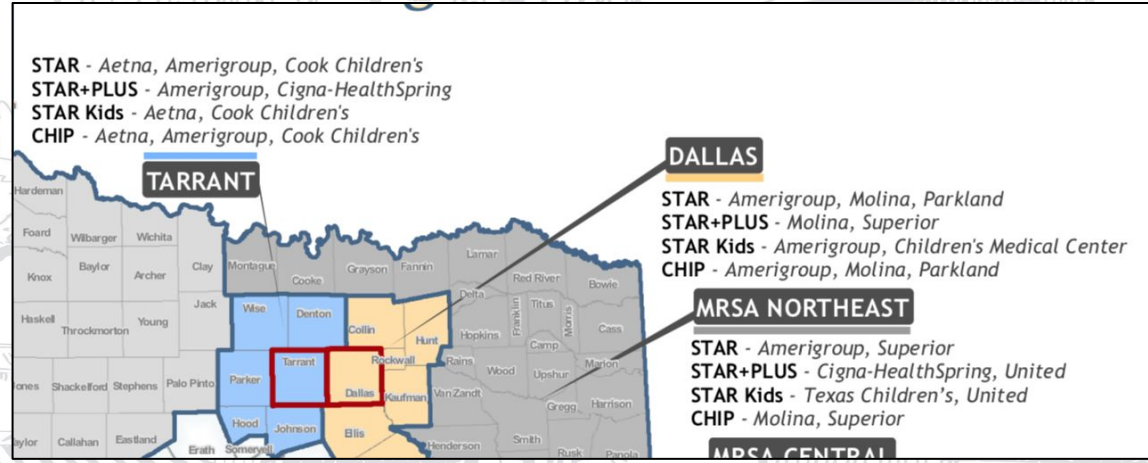
Yearly Attendant Care Assessment – how much assistance is needed to live safely and as independently as possible? Find assessment at: <https://www.txcpsph.org/s/AC-assessment.doc>

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)**



# 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>



## Meet the Expert

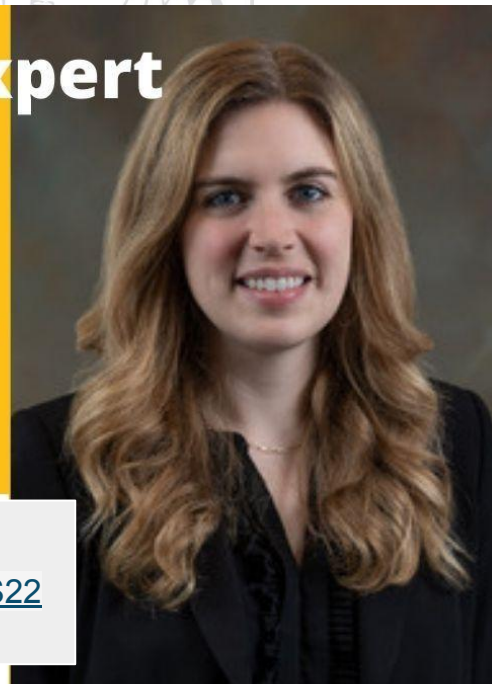
With Rachel Neely to discuss  
Consumer Directed Services

Register here:

<https://www.txcpsh.org/CDS22>

## 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.



Register here:

<https://www.txcpsh.org/CDS22>

# 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.**





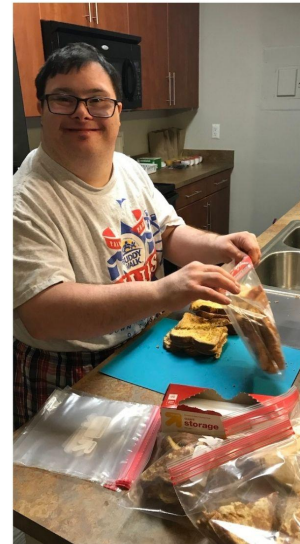
# Housing



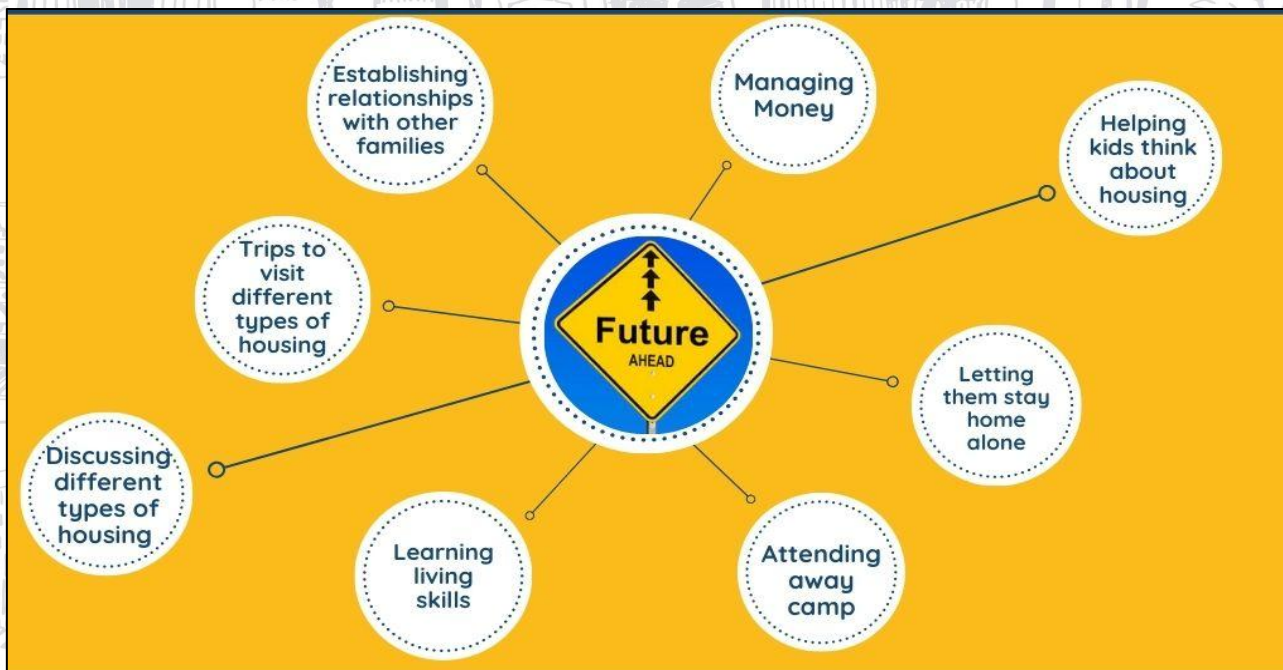
- DAVID LIVES ON HIS OWN.
- DAVID MOVED INTO HIS APARTMENT IN JUNE 2019.



**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?



# Q&A

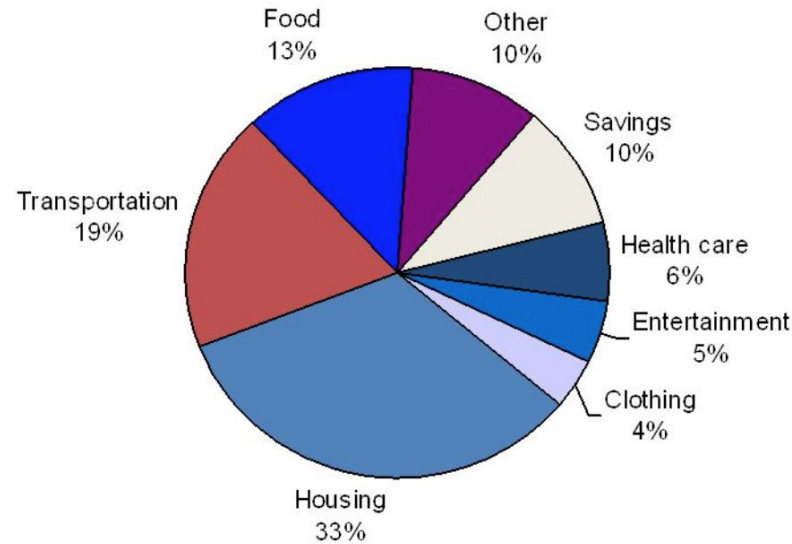
**How do you encourage  
your loved one to realize  
the future?**

**How do you feel  
about talking with  
your child about  
living away from  
home?**

**What are you  
doing to help your  
child be more  
independent?**

# 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.

## Federal Rent Subsidies

## Who it Helps

## Description



Finding Independence  
BY CPSH

### Mainstream Choice Vouchers (MCVs)

Dallas & Denton County Housing Authorities currently have open lists

Non-elderly persons with disabilities

You hold the voucher. You find a place that takes vouchers and use the voucher to pay for all or part of the rent. Pay **30 %** of income (SSI or no income accepted) You bring support services. Denton and Dallas Housing Authorities currently have MCVs.

### Section 811 Program

Low-income people with disabilities, criteria to meet with a referral agent

Property holds the voucher. Select from a list of properties that accept 811. Pay **30 %** of income (SSI or no income accepted). You bring support services. Must be referred by 811 referral agent from a local authority.

### Project-Based Vouchers (PBVs)

Property owner holds the voucher for 2- 4 people with disabilities to live in the property

You bring support services. 15 vouchers currently available. Dallas, Tarrant, Collin, Denton, Ellis, Kaufman, Rockwall counties eligible. Pay **30 %** of income (SSI or no income accepted)





# 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 (CPSH) 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
- CPSH has recordings of Zoom workshop for those interested in creating a Neighborhood Home.

# 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 (LLC) is established for this home.

<https://www.txcpsch.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
- 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 & RSDI included)
- Typically a Limited Liability Corporation (LLC) is established for this type of home
- <https://www.txcpsch.org/pbv> for info on applying



# 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://dhanthx.com/applic.../housing-choice-voucher-program/>

**WATCH YOUR EMAILS FOR OPENINGS**

**4 for 2022  
with CPSH  
endorsement  
through DHA**



# 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
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

Support



# 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/>
- **True Link Financial- Financial services that can be self-managed or administered by family members, friends, or trusted professionals. Spending monitors, safeguard spending, set custom spending rules, allow or block access to cash and ATMs, real-time alerts via texts**  
[www.truelinkfinancial.com](http://www.truelinkfinancial.com)  
1-866-984-8576
- **Texas ABLE Account- Savings program for Texans with disabilities**  
TexasABLE.org <https://www.texasable.org/faqs/>

# 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



# Physical and Mental health factors of Older Caregivers

- Older caregivers were more likely to report having physical health problems than non-caregivers
- Less likely to afford prescriptions and mental health care and less likely to exercise and have insurance.
- African-Americans were more likely to be in fair/poor health and fair or poor mental health than Whites
- African Americans with IDD were more likely to report fair/poor health and fair/poor mental health than Blacks without IDD.

# Health Checklist

Ohio Department of Developmental Disabilities

## HEALTH REVIEW/CHECKLIST

To be used by clinical or support staff to record health-related information and to help communicate recent changes to a supervisor or health care provider (HCP). Must be completed prior to annual physical and any visit to primary care physician (PCP).

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_ ALLERGIES: \_\_\_\_\_

FILLED OUT BY: \_\_\_\_\_

HCP: \_\_\_\_\_ Staff Name and Title Health Care Provider

Health Status Indicators	No	Yes	Don't Know	Check if recent change
<b>HABITS</b> Does this person: 1. smoke or use tobacco products? 2. drink alcohol? 3. avoid regular exercises? 4. engage in sex?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>SLEEP</b> Does this person: 1. have problems sleeping at night? 2. get up 2 or more times during the night to go to the bathroom? 3. fall asleep during the day?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>EATING/WEIGHT</b> Has this person: 1. gained or lost more than 10 pounds in the past year? 2. ever choked while eating? 3. had trouble chewing or swallowing? 4. cough or had a change in their breathing during or after eating or drinking? 5. ever been reluctant to eat or drink? 6. needed to change the texture of their food or drink?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>CARDIAC</b> Does this person: 1. ever complain of chest, jaw, or left arm pain? 2. have swollen feet or ankles? 3. ever have blue lips or nails?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>RESPIRATORY</b> Does this person: 1. frequently cough or wheeze? 2. have shortness of breath when at rest? 3. have shortness of breath while exercising? 4. have frequent colds, pneumonia, sinus infections or bronchitis?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>GASTROINTESTINAL</b> Does this person: 1. complain of or appear to have heartburn, rub chest, or burp frequently? 2. vomit 2 or more times per week? 3. complain of or appear to have abdominal pain? 4. have a bowel movement less than 3 times per week? 5. frequently have 3 or more bowel movements per day? 6. seem to have difficulty moving their bowels? 7. ever have blood in their bowel movements?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>



# CPSH Offers Resources on [www.txcpsh.org](http://www.txcpsh.org)

<https://www.txcpsh.org/serviceslist>



HOME WELCOME SERVICES GIVE & DO PRESS CONTACT US

DONATE

SUBSCRIBE

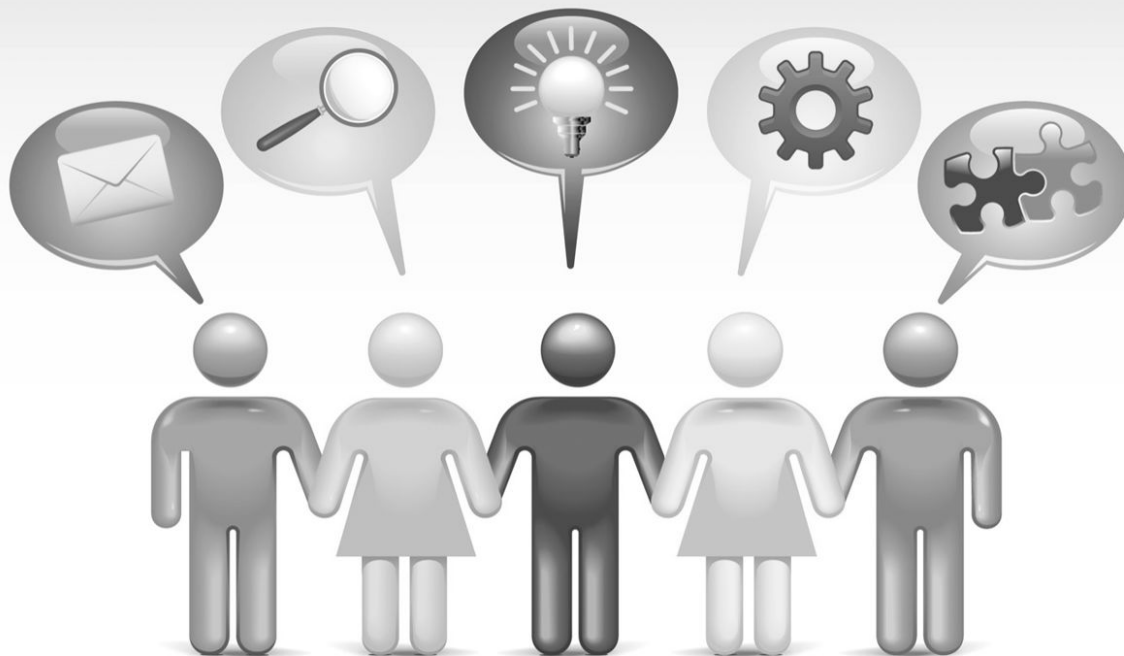


Updated 2/8/22

Service	Topics	For	Access	Price
<b>Discovering CPSH</b>	Overview of CPSH	All	Remote	Free
<b>Discovery Call</b>	Initial 15 minute call with CPSH. Ask questions to get started on more independence	All	<u><a href="#">Short Form</a></u>	Free
<b>Road to Home</b>	Presentation describes the services CPSH offers for community groups, schools and colleges businesses and government agencies	All	<u><a href="#">Email CPSH</a></u>	Free
<b>Guide - Texas</b>	Planning for Person-centered Independent Living (in Texas)	Families	<u><a href="#">Get It Now</a></u>	\$15
<b>Guide - USA</b>	Planning for Person-centered Independent Living (in USA)	Families	<u><a href="#">Get It Now</a></u>	\$15
<b>Meet the Experts</b>	Provides families, service providers, educators, and individuals with disabilities the opportunity to hear from local and state experts. (Are you an expert and interested in presenting?	All	Remote	Free



# General Q & A







*2020 Update!*  
*Affordable Housing*  
*Family Members as*  
*Caregivers*  
*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/>



## 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](http://www.txcpsh.org/twc)



**TWC contract**



# Next Steps

- ***Complete feedback form (will send through email)***
- ***Complete Health Checklist for Caregiver and Individual***
- ***Select resources from presentation and act on it!***
- ***Individual counseling sessions available with Mrs. Limbrick\*\****

***\*\*purpose of counseling sessions are to identify resources and/or talk through challenges you may have as caregivers***

# Thank you!

**Lakitria “Kiki” Limbrick**  
**Caregiver Information and**  
**Counseling Services**  
**kiki.limbrick@txcphs.org**  
**337-372-1770**

Contact Kiki for Free confidential  
Counseling Services

<https://www.txcphs.org/aacform>

**COMMUNITY FOR PERMANENT SUPPORTED HOUSING**

**www.txcphs.org**

**admin@txcphs.org**

**facebook.org/TxCPSH**

**501(C)3**