

Navigating the Path to Independence A Roadmap for Caregivers

2022



This Workshop and Presentation are Funded by



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



Finding IndependenceSM

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



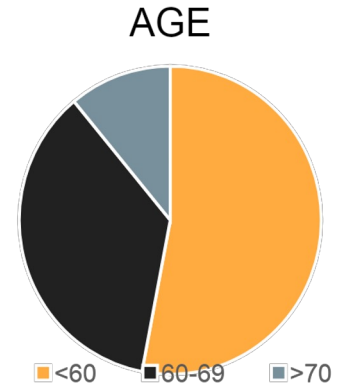
History of African-American Caregivers

- 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.



African American Caregiver Demographic

- 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



Caregiving

- 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



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.



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.txcpsh.org>



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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.



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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

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.

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



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.



HCBS Settings 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. 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.**

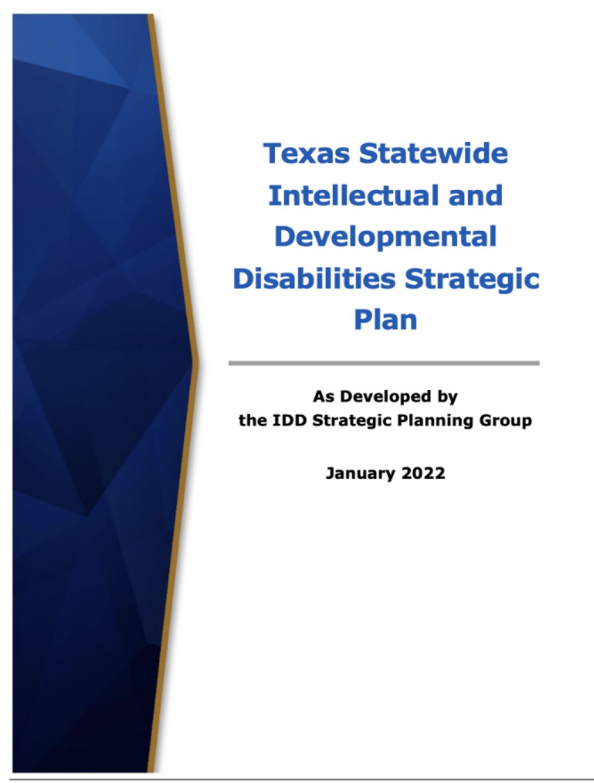


From Texas HHSC: Person-Centered Planning (PCP)

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.





<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.

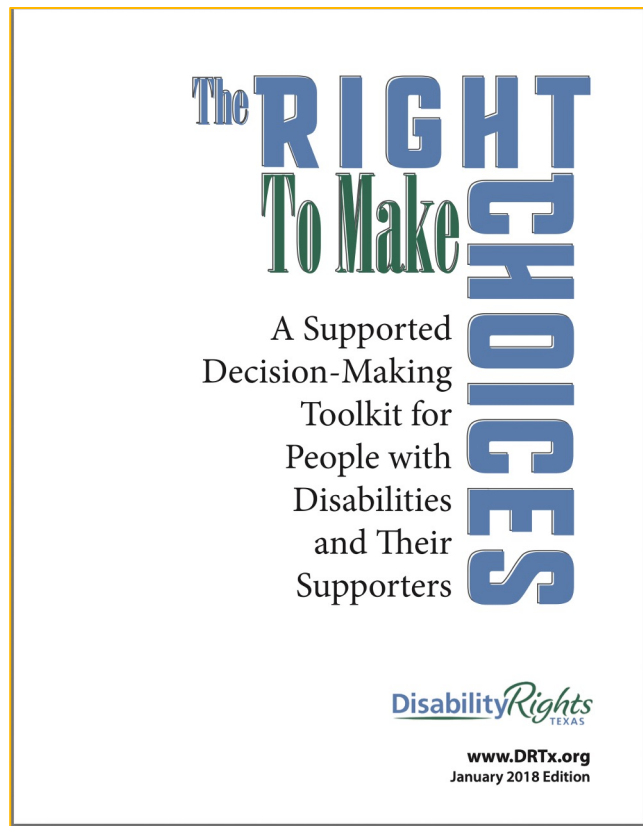
Because having a guardian takes away some of a person's rights, it should be the last and the best choice to protect someone. Before asking a court to appoint a guardian, other options are usually tried first, such as:



- 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>



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



Supplemental Security Income (SSI)	Social Security Disability Insurance (SSDI)	Retirement, Survivors, & Disability Insurance (RSDI)
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)

For more information:

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

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



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



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.



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

Q&A



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.txcpsph.org/s/8510-3.pdf>



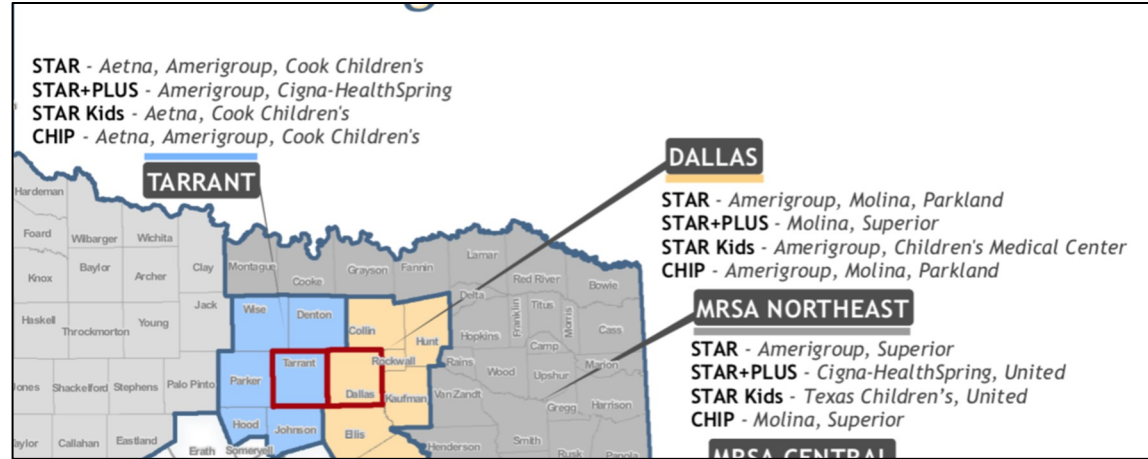
Simple Assessment

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:

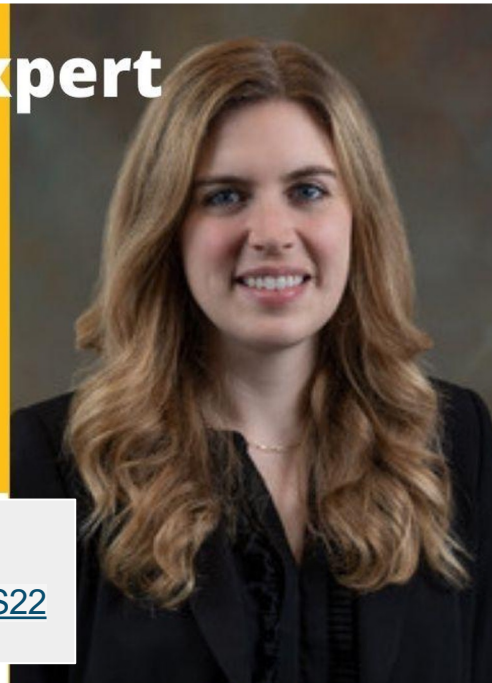
<https://www.txcpsph.org/CDS22>

For questions email:

CDS@hhsc.state.tx.us

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.txcpsph.org/CDS22>



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.

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



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

Q & A

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

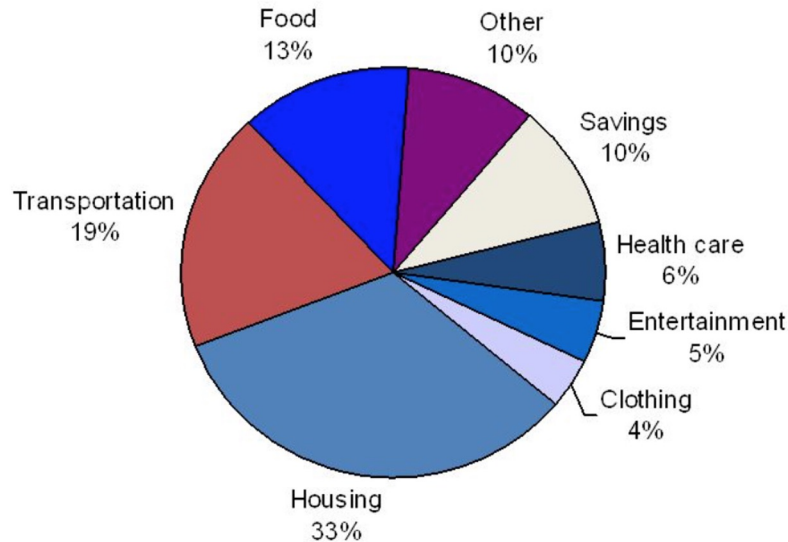
How do you encourage your loved one to realize the future?

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

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

Companion
Care Homes

Support
covered by
HCS and SSI.

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

Covered by a
combination of
private and
government funds.

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

State funded, HCS
provides services.

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. Pay 30 % of income (SSI or no income accepted) <u>You bring support services.</u> Denton and Dallas Housing Authorities currently have MCVs.</p>
<p>Section 811 Program</p>	<p>Low-income people with disabilities, criteria to meet with a referral agent</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. Pay 30 % of income (SSI or no income accepted)</p>



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.txcpsph.org/pbv> for info on applying



Applying for Mainstream Choice Vouchers (MCV)

(person holds the voucher)

4 for 2022
with CPSH
endorsement
through DHA

- 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/>

WATCH YOUR EMAILS FOR OPENINGS



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	Support
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/>
- **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
1-866-984-8576
- **Texas ABLE Account**- Savings program for Texans with disabilities
TexasABLE.org <https://www.texasable.org/faqs/>



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

This is a great assessment tool to use and have completed for doctor's visits/appointments.

Any "Yes", "Don't Know" or "Recent Change" may indicate a need for further exploration by your Healthcare Provider.

Examples of categories to explore/assess:

- **Habits:** tobacco/alcohol use, exercise
- **Sleep:** trouble falling/staying asleep, excessive sleeping
- **Eating/Weight:** gained/lost weight, trouble chewing/swallowing
- **Cardiac:** chest/jaw/arm pain, swollen feet/ankles
- **Respiratory:** frequent cough, shortness of breath
- **Gastrointestinal:** heartburn, vomiting
- **Neurological:** headaches, loss of consciousness, dizziness

Ohio Department of Developmental Disabilities¹

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: _____ Staff Name and Title Health Care Provider

HCP: _____

Health Status Indicators	No	Yes	Don't Know	Check if recent change
HABITS Does this person: 1. smoke or use tobacco products? 2. drink alcohol? 3. avoid regular exercise? 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"/>
SLEEP 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"/>
EATING/WEIGHT 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"/>
CARDIAC 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"/>
RESPIRATORY 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"/>
GASTROINTESTINAL 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"/>

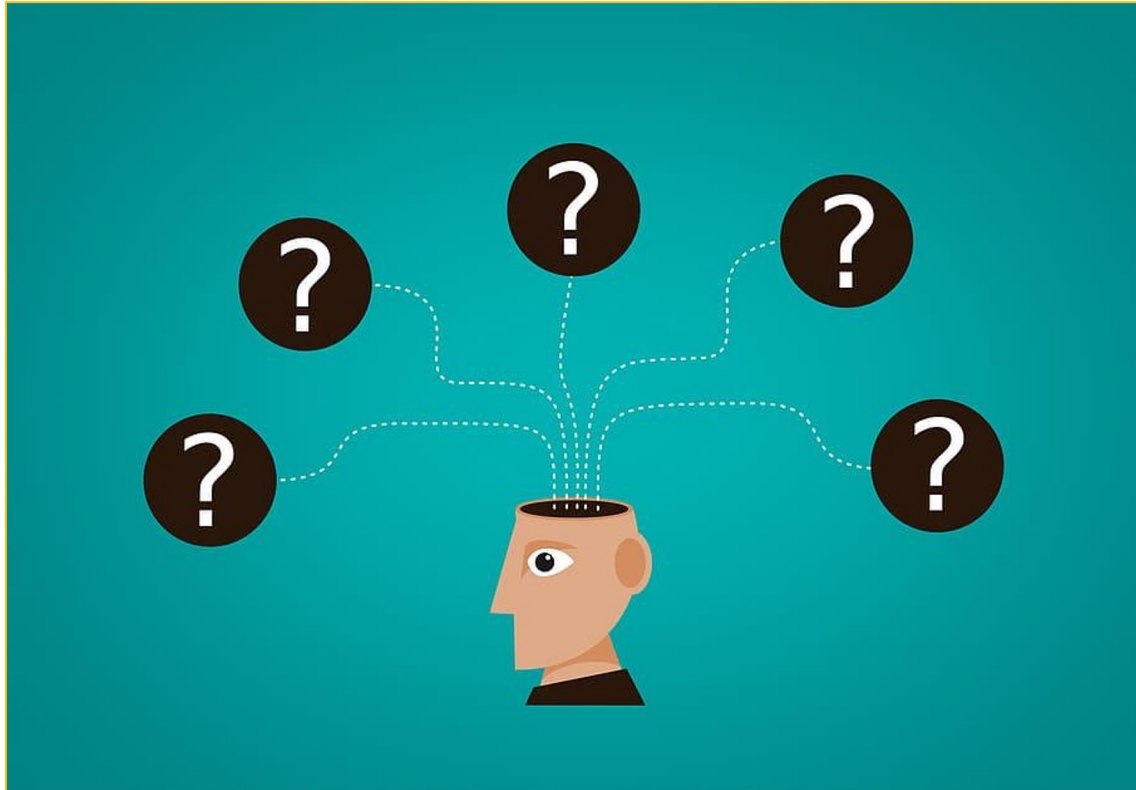
CPSH Offers Resources on www.txcpsh.org

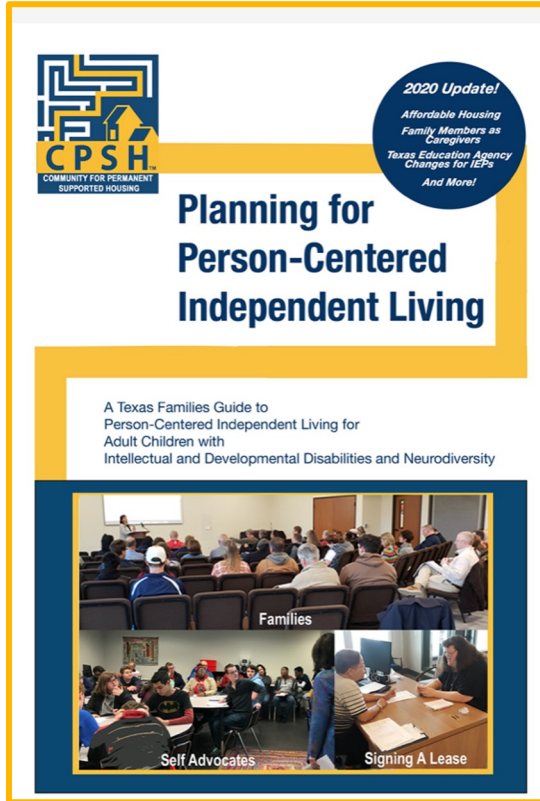
<https://www.txcpsh.org/serviceslist>

<div><div>COMMUNITY FOR PERMANENT SUPPORTED HOUSING</div><div>HOMEWELCOME SERVICESGIVE & DO PRESSCONTACT US</div><div>DONATESUBSCRIBE</div></div>				
Updated 2/8/22				
Service	Topics	For	Access	Price
Discovering CPSH	Overview of CPSH	All	Remote	Free
Discovery Call	Initial 15 minute call with CPSH. Ask questions to get started on more independence	All	Short Form	Free
Road to Home	Presentation describes the services CPSH offers for community groups, schools and colleges businesses and government agencies	All	Email CPSH	Free
Guide - Texas	Planning for Person-centered Independent Living (in Texas)	Families	Get It Now	\$15
Guide - USA	Planning for Person-centered Independent Living (in USA)	Families	Get It Now	\$15
Meet the Experts	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

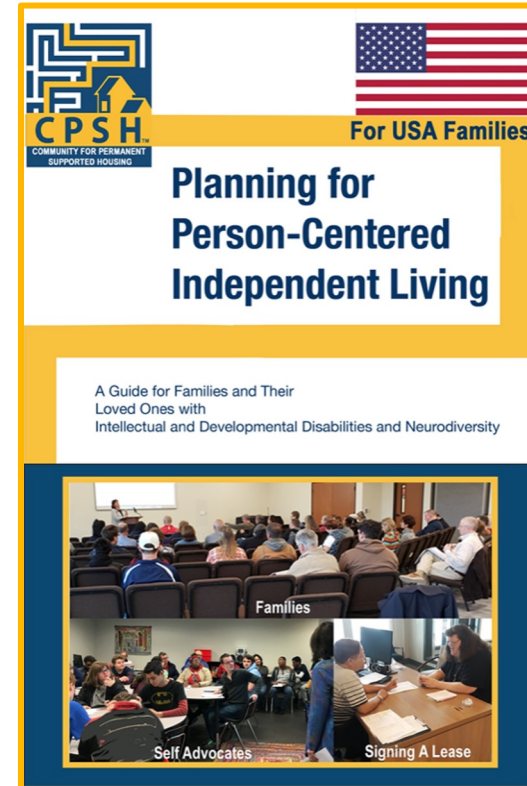


Q & A





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



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



My Independence Action Plan (MIAP)



Student: “CPSH has it going on!”

Parent: “We have some clarity for next steps”

For students ages 14 to 22

www.txcpsch.org/twc



Services through the North Central Texas Area Agency on Aging/ Aging and Disability Resource Centers

- Programs are age-based, rather than needs-based
- Target “at-risk” populations
 - Low income
 - Frailty
 - Isolation
 - Danger of premature institutionalization
- Programs provided at no charge to clients
- Voluntary contributions encouraged
- Contributions used to expand services under which they’re generated



Caregiver Support Coordination

Provides temporary services (up to five months) to older/disabled individuals who have unpaid family caregiver

Caregiver criteria (should meet at least 3):

- Has poor health or work disruption related to caregiving
- Cares for someone who has no other help
- Cares for person who has been hospitalized within last two weeks
- Cares for person with Alzheimer's or impairments of two or more activities of daily living
- Lives in same house as care receiver

Caregiver age requirements:

- Age 55 or older if caring for relative under the age of 60 who has severe disabilities
- Age 55 or older if grandparent with primary custody of grandchild under age 18
- Any age if caring for someone age 60 or older
- Any age if caring for someone who has Alzheimer's disease & related disorders

Area Agency on Aging Contact Information

1-800-272-3921

Mondays through Fridays, 8:00 a.m. – 5:00 p.m.

Website: nctcog.org/cs/aging

Email: dgreen@nctcog.org

Mailing Address: North Central Texas Area Agency on Aging

P.O. Box 5888

Arlington TX 76005-5888



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@txcpsh.org
337-372-1770

Contact Kiki for FREE confidential
Counseling Services
<https://www.txcpsh.org/aacform>

Community for Permanent Supported Housing
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admin@txcpsh.org
facebook.org/TxCPSH
501(C)3

