



Navigating the Transition from School to Adult Life

About The Arc of Northern Virginia

- We promote and protect the human rights of people with ID/DD and actively support their full inclusion and participation in the community throughout their lifetimes.
- Founded in 1962 by a group of families looking for school services for their children.
- Affiliated with The Arc of the US and The Arc of Virginia
21 chapters in VA/Over 600 across the country

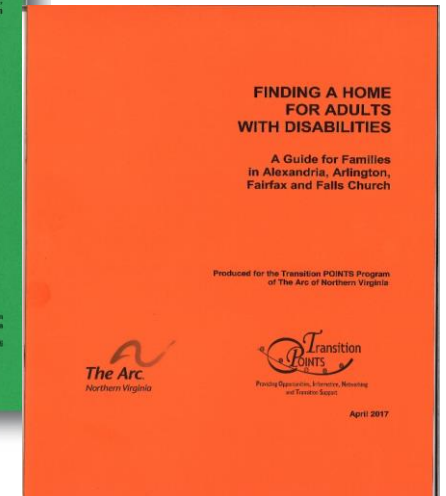
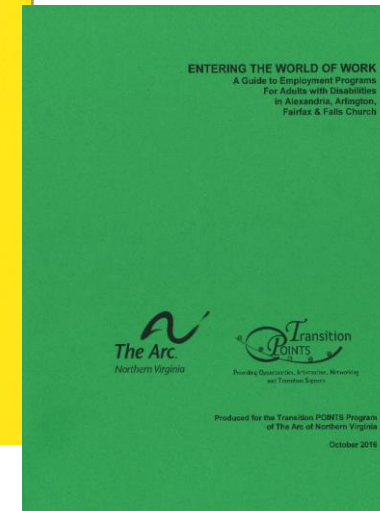
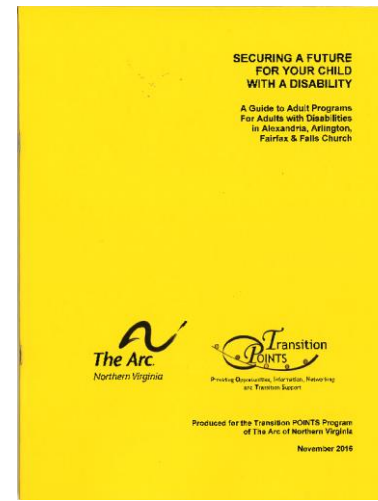
Our Services

Educate & Empower

- Transition POINTS
- Webinars/YouTube
- Transition Series
- Transition Lunch & Learns
- Information & Referral (I&R Portal)
- Resource Library

Advocacy

- Legislative: Local and State
- Self-Advocacy: People First for Young Adults & People First (ALLY) Toastmasters



Our Services Continued

Services

- Support Coordination for DD Waiver
- Guardian of Last Resort (GOLR)

Pooled Special Needs Trust

- Family Funded & Self Funded
- Trust Talk Tuesdays & First Fridays

Tech for Independent Living

- Arc2Independence app provides general and customized lessons for daily living, employment, safety and travel training skills

❖ *Funded by grants, fundraising events, donations, membership, waiver reimbursement for support coordination services*

Transition from School to Adult Services



Based on eligibility that is specific to each agency

And funding availability



Where to Begin?





Must Do List

- Apply for a Medicaid DD Waiver
- Apply for Pre-ETS with DARS
- Explore Adult Service Providers (Day Support, Employment,) Do Informational Interviews
- Establish a Special Needs Trust/Write a Will/Maybe establish an ABLE Account
- Apply for SSI the month after your child turns 18
- Establish Decision Making Supports, Power of Attorney, Consent to Exchange Information Forms
- Obtain a government issued ID
- Apply for MetroAccess and/or Reduced Fare Card
- Support your young adult to practice self-advocacy and independent living skills



To Do List Continued ...

IT'S A GOOD IDEA TO DO

- Sign up for The Arc of Northern Virginia's E-newsletter, Resources
- Explore Social and Recreation Opportunities
- Build a Supported Decision Making Team
- Explore housing options and housing supports
- Establish an ABLÉ Account

MAYBE YOU'LL DO DEPENDING ON YOUR PATH

- Apply for Vocational Rehab Services from DARS if goal is competitive employment
- Research and apply for post-secondary options i.e. two or four year colleges, Mason LIFE, etc.
- Apply for guardianship

Funding the Future with Public Funds: DD Medicaid Waivers

Call the Prince William County CSB 703-792-7800 to apply for the Developmental Disabilities Waivers

There are 3 DD Waivers: Community Living Waiver, Family and Individual Supports Waiver, and the Building Independence Waiver

DD Waivers cover a menu of services for home, nursing, work and community.

Long term employment and day support services, respite, assistive technology, environmental modifications, skilled nursing, companion care, residential supports, and other services.

Eligibility Criteria:

- Functional Ability (VIDES Assessment): Must show functional need in 3 out of 8 categories: Health Status, Communication, Task Learning Skills, Personal/Self Care, Mobility, Behavior, Community Living Skills, and Financial Self-Sufficiency
- Diagnosis: DD Diagnosis and IQ
- Financial: \$2000 Resource Limit, \$2829 per month (300% of 2024 SSI amount)

DD Waiver Waiting Lists

All waivers have a shared waiting list

Wait time is unpredictable since it is based on urgency of need

Waiting lists are managed by the CSB. A Regional Waiver Slot Assignment Committee reviews applications

Waiting List Tiers

- Priority One: need services within one year
- Priority Two: need services within one to five years
- Priority Three: need services in over five years

While on the Waiting List for a Waiver

- Apply for IFSP Funds (Individual and Family Support Program) annually for up to \$1000
- Apply for a CCC+ Waiver if eligible

*** Maintain contact with your Support Coordinator as life changes occur*

CCC+ Waiver (Commonwealth Coordinated Care)

If your child has medical/nursing needs, may be eligible for CCC+ Waiver. Contact local Dept of Social Services Prince William County 703-792-7500

No waiting list

Mom's in Motion Screening Tool to check eligibility <https://momsinmotion.net/commonwealth-coordinated-care-plus-eligibility-self-help-tool/>

Set up screening and intake interview with social worker

Schedule visit with a nurse

Need a disability diagnosis and medical need

Shorter menu of services aimed at home care and some nursing

56 hour weekly cap on personal care

DARS

VA Dept of Aging and Rehab Services

DARS is a federal-state program offering vocational rehabilitation services for individuals with disabilities to prepare for, enter, and maintain employment Manassas Office 703-335-5550

5 Pre-ETS (Employment and Transition Services) – eligible students ages 14-22 (with an IEP, 504, etc.)

*** no waiting list

- Job exploration counseling
- Work based learning experiences
- Counseling on opportunities for enrollment in post secondary education and training programs
- Workplace readiness training to develop social skills and independent living
- Instruction in self-advocacy

DARS

Vocational Rehabilitation (VR)

VR Services is an eligibility program: need a documented disability that causes a substantial barrier to getting or keeping a job and meet financial eligibility

VR Services help people get ready for, find, and keep a job

Includes career exploration, job seeking, job development, training, rehabilitative engineering, assistive technology

Provides short term services

Wilson Workforce and Rehabilitation Center (WWRC)

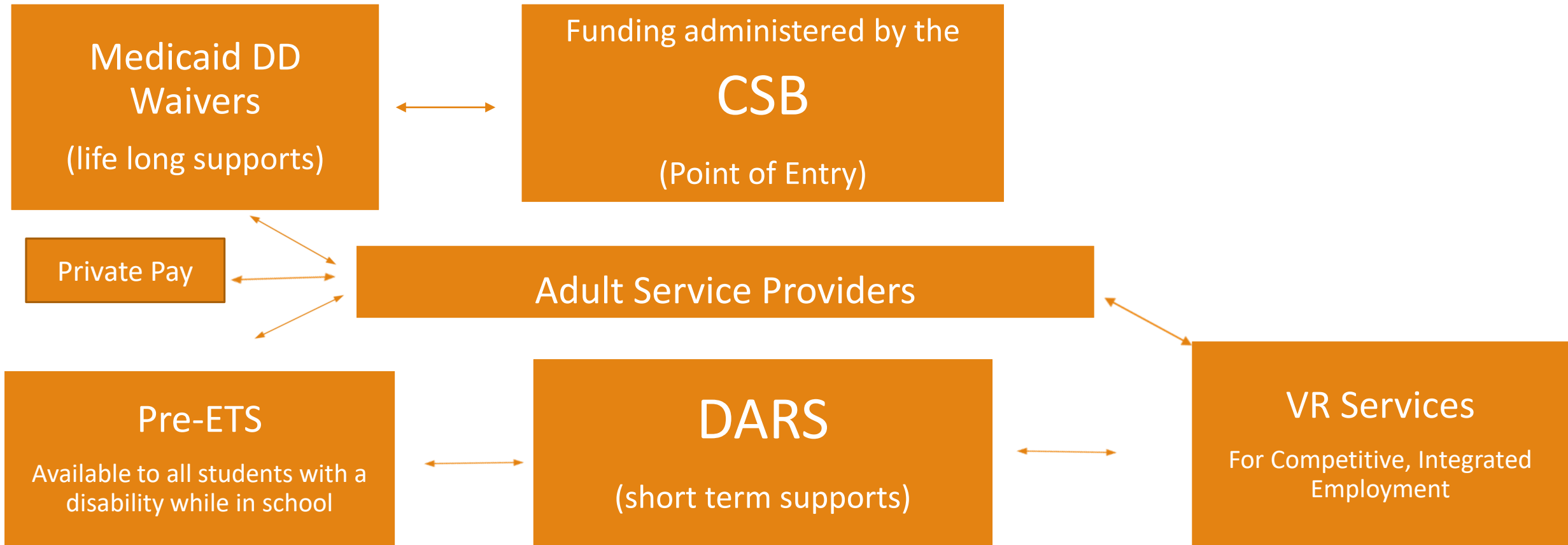
- Provides individuals with disabilities comprehensive and individualized services that lead to employment. Provides vocational evaluation, vocational training, medical rehabilitation, driver instruction, and other services.

Adult Service Providers

- Explore Adult Service Providers (or Employment Service Organizations) that offer individual supported employment, group supported employment, meaningful day supports and do information interviews
- Discuss schedule – what does a typical day look like?
- Transportation to and from employment or day program
- What meaningful day activities are provided.
- Think about strengths and goals

Funding the Future with Public Supports

How Do They Connect?



Public Supports Continued: SSI



Supplemental Security Income (SSI)

- Apply the month after your child turns 18
- Eligible if disability prevents an individual from working
- Cash based monthly assistance: \$943 in 2024
- Meets basic needs: food, clothing, and shelter
- Resource limit of \$2000
- Provide a room and board agreement during interview
- Use our Resource Library to determine rent

Social Security Tips & Tricks

- Establish a My SSA Account
- Be as descriptive as possible when responding to questions
- Follow up with physicians that you've listed on application
- When you call SSA keep a record of the date, name of the person, what you asked, what they told you
- Make copies of all documents you give SSA
- Promptly open and read all mail sent by SSA. Comply with deadlines. Keep all paperwork
- Once working, report pay stubs each month to SSA. Keep wage records in a file.
- Report life changes to SSA – address, loss of job, etc.

Funding the Future with Private Funds

These financial tools protect eligibility and enhance quality of life

Special Needs Trust

ABLE Account (ABLENow)

Create a Special Needs Trust

Part of overall estate planning

Allows families to provide for the future of their loved one without jeopardizing public benefits

Family Funded v. Self-Funded Trusts

Funds from SNT pay for life enhancing expenditures (i.e. education, vacations, computer, phone, entertainment, vehicle, etc.)

SNTs can funded or unfunded

How to fund a Family Funded Trust: inheritance, life insurance policy, transfer from another trust, property

How to fund a Self-Funded Trust: unexpected inheritance, lump sum payback from SSA, settlement, adult child support, military survivor benefit, lottery

SNTs can be established with an attorney, a bank, or with The Arc of Northern Virginia

Fees for The Arc of NoVA SNT \$1050

SIGN UP FOR A TRUST TALK TUESDAY TO LEARN MORE

Open an ABLA Account

- The Achieving a Better Life Experience Act of 2014 allows states to set up tax advantages savings accounts for individuals with disabilities for disability related expenses
- Can be used as an additional tool for financial planning
- ABLEnow created in 2016—directed by Virginia529
- Open up online
- Must be used for Qualified Disability Expenses. Examples include education, transportation, assistive technology, health, prevention and wellness, employment training
- Up to \$18,000 per year, not considered income for SSI purposes up to \$100,000
- Fees are \$39 per year and asset management fees range from .37%-.40%. No enrollment fee

Build a Supported Decision Making Team and Utilize a Spectrum of Legal Tools

Least Restrictive Legal Supports

- Social Security Representative Payee
- HIPPA Forms
- Power of Attorney, Education Power of Attorney, Medical Power of Attorney. Powers of Attorney can be customized!

Guardianship

- Limited Guardianship or Full Guardianship
- Limited guardianship may retain certain rights, like voting or driving
- Fees generally range from \$2500 to \$4000
- Guardianship Process generally takes 2 to 3 months
- Guardianship must be done with an attorney, usually an elder law attorney

What is Supported Decision Making?

At its most basic, Supported Decision Making is having people you trust to help you make decisions

Part of our culture for everyone

Can be formal or informal



Why Should You Consider SDM?

Self-determination studies on safety and quality of life

Increasing independence

Dignity of Risk and learning from mistakes

Preservation of Rights

Minimal to no cost



SDM

What if???

No studies have shown guardianship increases safety, but studies do show that self-determination does

SDM utilizes and builds on strengths of the individuals and their team

We all learn to make better decisions by making mistakes

Most people make some bad choices everyday, and that is okay

Putting SDM into action

Read about it and put some ideas on paper

Check out The Arc of Northern Virginia's Pilot Project

Can use legal tools in addition to SDM

Additional Resources

<https://thearcofnova.org/programs-services/library/>

<https://padlet.com/dmonnig/2023-the-arc-of-northern-virginia-transition-series-6rwyso2sx86u8jd3>

<https://www.youtube.com/user/VideosatTheArcofNoVA>

The Arc's Center for Future Planning to build a future plan <https://futureplanning.thearc.org/>

Disability Law Center of Virginia www.dlcva.org

PEATC (Parent Education Advocacy and Training Center) <https://peatc.org/>

ECNV (Endeppendence Center of Northern Virginia) <https://ecnv.org>

Charting the Life Course <https://www.lifecoursetools.com/>

Thank You!

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