



Plan Your Path - Puns & Beyond

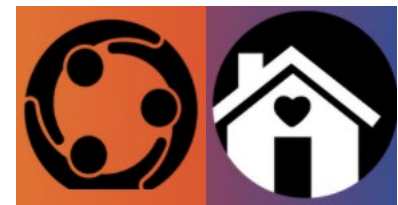
Workbook

Presented by:

Family Support Network

&

Ligas Family Advocate Program





This is your *Planning* Workbook.

We created this workbook to help you get started with your planning process. We hope that this guide becomes your GO TO document when you need to record something important or when you need to retrieve vital information.

You may:

Print it out

Keep it digital

Share it with your circle of support

Make it yours!



Important Basic Information

Name:

Nickname: (Optional)

DOB:

Medicaid ID#

Last 4 of Social:

Address:

Phone:

Email:



Photos

Add the most recent picture of your loved one.

Add a nice and fun picture of your loved one. Maybe even pictures of the things they like.

Contacts

- Identify a group of people that you can count on when something happens.
- Think of whom you would call first if you have an emergency
- Make sure they are aware of this and keep in touch with them.
- Inform other who is in this selected group.

• Key Family and Friends contact information

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Service Providers contact information:

Provider	Name	Email	Phone
Primary Doctor			
Specialist			
Physical Therapist			
Occupational Therapist			
Speech Pathologist			
Counselor			
Nurse			

Contacts continued

Provider	Name	Email	Phone
School Transition Specialist			
Social Worker			
Ligas Family Advocate			
ISC Agency			
Attorneys / Legal Aid			
Community Centers			

Community Organizations

- Look for agencies that provide services related to the conditions:
- Examples: The Arc of Illinois for Intellectual/Developmental
- My child has:
 - Autism- The Autism Program
 - Seizure Disorder- The Epilepsy Foundation
 - Down Syndrome- The Down Syndrome Association
 - Williams Syndrome – The Williams Syndrome Association

Kitchen Table Planning

Use this space to brainstorm and gather a wealth of ideas, thoughts, and wishes. Be creative; use colors, markers, crayons, etc.



Key Pillars of Support



Natural Supports:

Family
Friends
Church
Neighbors

Formalized Financial Supports:

SSI/SSDI
Medicaid/Medicare
Housing Vouchers

DD Specific Supports:

Employment supports
Medicaid Waiver Programs
DRS HOME Services
CILA/ICFDD
Community Day Services
Personal Support Workers
or Direct Support
Professionals
Transition Team

Non-Waiver Community Supports:

Park District
Programming
Special Olympics
Special Recreation
Programs
College & Community
Education
Gym memberships

Natural Supports: Family, Friends, Church Neighbors, etc.

You may rank them in order based on the commitment they show towards your expectations for the future.

Formalized Financial Supports

- SSI/SSDI
 - SSA Social Security Administration
 - <https://www.ssa.gov/benefits/disability/>
 - Call 1-800-772-1213 (TTY 1-800-325-0778) from 8:00 a.m. to 7:00 p.m., Monday through Friday, to apply by phone.
- Medicaid
 - <https://abe.illinois.gov/abe/access/>
 - You can call the DHS help Line at (800) 843-6154.
- Medicare: Open Enrollment October 15- December 7th
 - <https://www.medicare.gov>
 - Phone: 800-633-4227
- Housing Vouchers
 - Contact your Independent Service Coordinator for more info or visit the following website.
 - <https://www.dhs.state.il.us/page.aspx?item=87600>



Take notes when you interact with each entity.

Remember to keep a paper trail of everything you do. (Examples: email, fax, records keeping)

Write down the names and worker ID# if available.

Mark the date and time of each interaction.

Set reminders if you need to follow up with a task.

Developmental Disabilities Specific Supports

[Take time to explore the DHS website to learn more about the services & programs](#)

<https://www.dhs.state.il.us/page.aspx?item=27894>

Review page 6
The Pillars of
Supports

FINDING YOUR WAY



Ligas Family
Advocate Program

START

Contact ISC to determine eligibility to be on the PUNS waiting list for adult Home and Community Based Services (HCBS). Need help finding your ISC (Independent Service Coordination agency)? Call DHS at 1-888-337-5267 (TTY: 1-866-376-8446)

Placed on PUNS list to wait for HCBS. You will be categorized as: Planning for services OR Seeking services (starts at age 18)

Update paperwork yearly with the ISC — doing so will keep you on the PUNS list

After the age of 18, contact DHS by email yearly to see when you may be selected from PUNS DHS.DDD.PUNS@illinois.gov

Receive Early Notification Letter from DHS, you will likely be included in the next PUNS selection and invited to apply for DD waiver services. Start preparing now.



Clinical Eligibility— if not already determined medical and psychological evaluation can be needed to conduct these evaluations - Your ISC will connect you to a provider

PUNS Selection — You are invited to apply for DD waiver services.

Contact your ISC to begin the planning process for services now. Visit developmental disability providers and learn about their programs, visit including CILAs and learn about openings, and explore available living options. Consider how you can live in your own home as independently as you might like. Apply for Medicaid and SSI if you are not already receiving. Medicaid: <https://abe.illinois.gov/abe/access> SSI: www.ssa.gov

Receive letter from your Arc of Illinois Ligas Family Advocate. Respond by calling the number provided in the letter.

Take the time to watch this quick CQL video that describes your living options: [Play video >*](#)

Would you like to live in an affordable apartment of your own with support? Ask your ISC about Supportive Housing and have them place you on the Statewide Referral Network

You have been found clinically eligible for funding

Begin Personal Plan Process (PCP) with ISC. What supports do you want and need? Help at home, job coaching, respite services, transportation, therapy, home adaptations, Community Day programs/classes, help with personal care?

Determine how and where YOU want to receive services

Confused about all of the Acronyms? Contact your Ligas Family Advocate and we will provide you with a list.

Consider the options: Home-Based Services (Support based on your needs in your apartment/condo/house or family home) OR CILA Services

- Group Home CILA (24/7 support)
- Host Home CILA (24/7 support while living with another family in the community)
- Intermittent CILA OR Family CILA (less than 24 per day support while living in your apartment/condo/house)

Receive award letter for HCBS Waiver funding



BEGIN BUILDING A LIFE YOU LOVE IN THE COMMUNITY

Department of Rehabilitative Services

- Vocational Rehabilitative (VR)
- Personal Aide (PA)
- <https://www.dhs.state.il.us/page.aspx?item=29736>

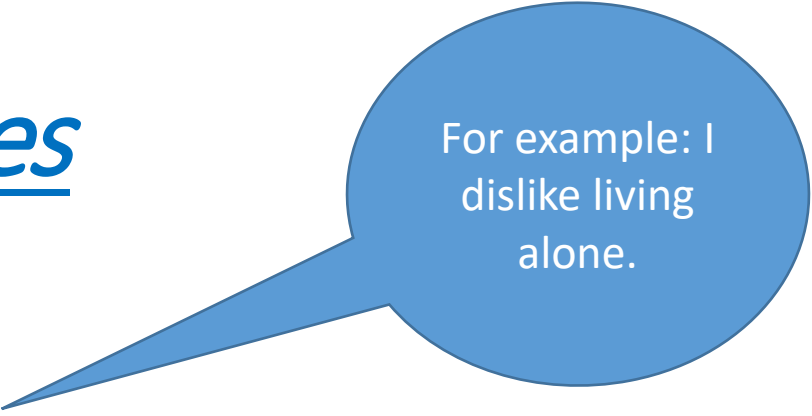
Comparison of Adult Services : IL Division of Rehabilitation Services (DRS) Medicaid waiver Home Services Program or the IL Division of Developmental Disabilities (DDD) Home-Based Services Program/Community Integrated Living Arrangement (CILA)

Individuals with disabilities can receive funding for services through only one Medicaid waiver. Some people with I/DD selected from the PUNS have been receiving services through the DRS Adult Waiver Home-Services Program for Persons with Disabilities/ Persons with Brain Injuries(TBI) must make a choice whether to remain with the DRS waiver or begin the application for services through the Adults with DD Waiver. Please note two key differences: The DRS waiver offers funding that can increase as the complexity of the disability increases. DRS Home Services are mostly offered in one's home. Whereas, DDD home-based services can be offered outside of the home and are based upon a fixed funding award of 3 x SSI monthly program allotment.

DRS Medicaid Waiver www.illinois.gov/hfs/MedicalClients/HCBS/Pages/disabilities.aspX	DDD Medicaid Waiver – HBS www.dhs.state.il.us/page.aspx?item=52665	DDD Medicaid Waiver – CILA www.dhs.state.il.us/page.aspx?item=52665
Home Services Program Union membership that offers health care for personal assistant (PA); union sets PA hourly wage	Home-based services from monthly allotment of 3 X SSI (Adult) Employer and personal support worker (PSW) negotiate an hourly rate for the PSW to be paid.	Community Integrated Living Arrangement Group or Host Family (24/7 care) or Intermittent/Family CILA (<24/7); DDD sets amount of individualized award
Eligibility: Under age 60 with severe disability lasting at least 12 months or life, imminent risk of health facility placement	Eligibility: IQ of 70 or below before age 18 OR related condition before age 22 with significant life skill deficits in 3 of 6 major life areas (self-care, language, learning, mobility, self-direction, capacity for independent living); PUNS waiting list	Eligibility: IQ of 70 or below before age 18 OR related condition before age 22 with significant life skill deficits in 3 of 6 major life areas (self-care, language, learning, mobility, self-direction, capacity for independent living); PUNS waiting list
Services include: PA/In-home Service -PA hours based on determination of need (DON) score. <ul style="list-style-type: none"> - Electronic Home Response System - Home-Delivered Meals - Adult Day Care (ADC) - Assistive Equipment - Environmental Modification - Respite - Homemaker - Nursing/Intermittent - Nursing - Therapies (PT/OT/ Speech) - Home Health Aide - Specialized Medical Equipment - Supported Employment (SEP)* <p><i>NOTE: No Community Day Services Programming and or residential services</i></p>	Services include: <ul style="list-style-type: none"> - Individualized Service and Support Advocacy - Supported employment (SEP)* - Behavior Counseling (Individual and Group) - Behavior Intervention and Treatment - Psychotherapy - Support Services Team - PT/OT/Speech Therapy* - Adaptive Equipment* - Assistive Technology* - Home Accessibility & Vehicle Modifications* - Self-Direction Assistance - Personal Support - Temporary Assistance** <ul style="list-style-type: none"> - Nursing - Emergency Home Response Services - Transportation (non-medical) - Training and Counseling for Unpaid Caregivers - Out of home respite - Adult Day Care* - Community Day Service (CDS) program - Temporary Intensive Staffing (in CDS program only)* <p>(** when unpaid caregiver is unable to provide support due to a temporary absence.)</p> <p><i>The SSI monthly allotment is determined by Social Security. This amount is generally updated in January of each year.</i></p>	Services include: <ul style="list-style-type: none"> - Individualized Service and Support advocacy - Residential Habilitation - Community Day Service (CDS) program - Temporary Intensive Staffing* - Supported Employment (SEP)* - Adult Day Care* - Other Day Program (formerly sheltered workshop)* - PT/OT/Speech Therapy* - Behavior Counseling (Individual and Group) - Behavior Intervention and Treatment - Psychotherapy - Adaptive Equipment* - Assistive Technology* - Home Accessibility Modifications* <p><i>*Services that require both authorization and prior approval are marked with an asterisk. *See DHS DDD comparison chart offered at https://www.dhs.state.il.us/page.aspx?item=101181</i></p>
Non-Waiver Specialized services: 12 week Vocational Training (Blind/ Visually Impaired) • Employment Assistance (Deaf/Hard of Hearing) • Bilingual Staff Assistance (Hispanic/Latino)		

Note: There are 9 waivers in IL. Only 2 are being compared in this document.

Make a list of likes and dislikes



For example: I
dislike living
alone.

Likes

Dislikes

Make a list of the things that make the ideal home!



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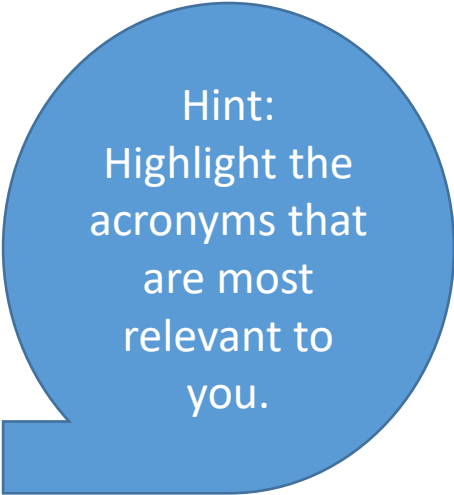
Make a list of the ideal JOB

- Think about Supported Employment/ Vocational Training/ Workshops
- Consider the things that in the skill set
- Consider strengths and weaknesses

Non-Waiver Community Supports

- Make a list of community organizations that can give you resources.
 - 1. The Arc of Illinois <https://www.thearcofil.org/>
 - Build a network of professional supports
 - Visit our Ligas Family Advocate page to learn how we can help:
 - <https://www.thearcofil.org/about-us/programs/ligas-family-advocate-program/>
 - Make a contact list of key people that will help you in the process

Glossary



Hint:
Highlight the
acronyms that
are most
relevant to
you.

- DDD Acronyms: <https://www.dhs.state.il.us/page.aspx?item=68922>
 - Acronym or
 - Abbreviation Full Wording
 - ABLE Adult Basic Literacy Examination
 - ADA American Disabilities Act
 - BALC Bureau of Accreditation, Licensure and Certification
 - BCABA Board Certified Associate Behavior Analyst
 - BCBA Board Certified Behavior Analyst
 - CABA Certified Associate Behavior Analyst
 - CBA Certified Behavior Analyst
 - CE Continuing Education
 - CGH Child Group Home
 - CILA Community Integrated Living Arrangement
 - CANTS Child Abuse & Neglect Tracking System
 - CASAS Comprehensive Adult Student Assessment System

- DD Developmental Disability
- DDD Division of Developmental Disabilities
- DHS Department of Human Services
- DHSCRS Department of Human Services
Community Reporting System
- DMH Division of Mental Health
- DoA Department on Aging
- DSP Direct Support Person
- DT Day Training
- EIN Employer Identification Number
- FEIN Federal Employer Identification Number
- CBTA Competency-Based Training Assessment
- CNA Certified Nursing Assistant
- CRS Community Reporting System (or ROCS)
- CRV Central Repository Vault
- CSA Community Service Agreement
- DASA Division of Alcohol and Substance Abuse
- dba or DBA Doing Business As
- DCFS Department of Children & Family Services
- Mobius Mobius Management Reporting
Systems, Inc.
- RF Region Facilitator
- NPI National Provider Identification
- OJT On-the-Job Training
- OT Occupational Therapy
- PAS Pre-Admission Screening
- POS Purchase of Service

- PSW Personal Support Worker
- PT Physical Therapy
- QIDP Qualified Intellectual Disabilities Professional
- RIN Recipient Identification Number
- RN Registered Nurse
- ROCS Reporting of Community Services
- SAC Statewide Advisory Council
- SEP Supported Employment Program
- SLA Supported Living Arrangement
- SODC State-Operated Developmental Center
- SSA Social Security Administration
- SSI Supplemental Security Income
- SSN Social Security Number
- TABE Test of Adult Basic Education
- TIN Taxpayer Identification Number
- IDHS Illinois Department of Human Services
- FTP File Tape Protocol
- GED Graduate Equivalent Diploma
- HAN IDPH Health Alert Network (HAN) Web Portal
- HBS Home-Based Services
- HCBS Home and Community-Based Services
- HCD Human Capital Development
- HFS Department of Healthcare & Family Services
- HIPAA Health Insurance Portability & Accountability Act
- ICDD Illinois Council on Developmental Disabilities
- ICFDD Intermediate Care Facility for Developmental Disabilities
- ICFMR Intermediate Care Facility for Mental Retardation
- IDPH Illinois Department of Public Health
- IDFPR Illinois Department of Financial & Professional Regulation
- IOC Illinois Office of the Comptroller
- IRS Internal Revenue Service
- ISC Independent Service Coordination
- ISSA Individual Service and Support Advocacy
- LL Limited Liability
- LLC Limited Liability Corporation
- LPN Licensed Practical Nurse
- MIS Management Information Services

TEAM CHART



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