

To be prepared  
is half the  
victory.  
*Miguel De Cervantes*

Transition planning means preparing and planning for life after high school. Parents of a child with a disability should begin to think about their child's life after high school as early as possible. There is a common misconception that this planning doesn't need to start until their

teenage years, however, students and parents will benefit from early planning in many ways. It is important to begin acquiring needed skills (i.e. self-advocacy skills) and identifying needed post-secondary supports (i.e. instructional supports in college or job training, therapy, assistive technology, community supports, financial supports, pre-vocational skills, etc.) Most of these skills and supports take at least 10 years to obtain, therefore the earlier the planning, the better!

Parents, don't let high school graduation sneak up on you....begin taking steps now to ensure that your child will achieve his or her goals!

In this packet, you will find a transition time-line and resources that will help you and your child plan for life after graduation. If you need additional information, please contact your child's transition specialist.

Transition Specialists can be reached by email or at the AYVP campus  
(210)-354-9362.

High School Feeder	Transition Specialist	Email
Brackenridge, Burbank, Healy Murphy	Rufino Arenas	rarenas@saisd.net
Edison, Sam Houston, Brewer	Yvonne Cadena	Ycadena1@saisd.net
Jefferson, Fox Tech, Advanced Learning Academy, C.A.S.T., Cooper@Navarro, YWLA	Cassidy Meyer	Cmeyer1@saisd.net
Highlands, Seidel, YMLA	Charlotte Vasquez	Cvasquez2@saisd.net
Lanier, JJAEP, BCJDC	Lydia Ochoa	lochoa@saisd.net

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Transition Planning Timeline for Elementary-Aged Students	
AGE OF CHILD	STEPS TO TAKE
Anytime, ASAP	<p>DETERMINE WHAT AGENCY SERVICES MIGHT BE NEEDED AND GET ON THE INTEREST LIST <b>ASAP</b></p> <p>It is <b>critical</b> to <b><u>call your Local Authority (AACOG-IDD Services) at 210-832-5020</u></b> to get on the interest list. (A Local Authority offers services in the community for people with intellectual or developmental delays.) Even if you hope your child will never need services, it is very important that they be added to the interest list for any program(s) that might meet their needs. You can always decline the services once your child moves to the top of the list.</p> <ul style="list-style-type: none"> <li>• Put your child's name on the list <b>as soon as you suspect or know</b> your child has a disability—it can take up to 15 years before you can enter a waiver program and start receiving services</li> <li>• You don't have to know if your child is eligible for the programs to get on the list</li> <li>• You don't have to be receiving Medicaid to get on the list</li> <li>• Complete and submit an AACOG-IDD Services Application</li> <li>• Think you already put your son/daughter's name on the list but want to make sure? Be sure to call to make sure.</li> </ul>
Anytime, ASAP	<p>COMPLETE ARC REFERRAL FORM</p> <p><b>The Arc of San Antonio provides services to children and adults with Intellectual and/or Developmental Disabilities.</b></p> <ul style="list-style-type: none"> <li>• Complete and submit referral form to school personnel or organization</li> <li>• School personnel will fax, email, or hand deliver form to the ARC of San Antonio</li> </ul>
Anytime, ASAP	<p>COMPLETE ANY BABY CAN REFERRAL FORM <b><u>ONLINE</u></b></p> <p><b>Since 1982, Any Baby Can has been a safety net for families in need. Providing direction and guidance for families of children and youth with special needs is at the heart of this organization.</b></p> <ul style="list-style-type: none"> <li>• Complete and submit referral form at <a href="http://www.anybabycansa.org">www.anybabycansa.org</a></li> </ul>
By age 6	<ul style="list-style-type: none"> <li>• Start teaching your child self-advocacy skills (knowing their strengths, needs, and interests.)</li> <li>• Give your child tasks to do at home</li> </ul>
By age 12	<ul style="list-style-type: none"> <li>• Start talking about your child's preferences for the future (job, living situation, social activities)</li> <li>• Explore volunteer and paid jobs in the community</li> </ul>

# MEDICAID WAIVER PROGRAMS

The purpose of the Medicaid Waiver Programs is to keep a person with disabilities living in the community instead of a nursing home or institution. Services may include nursing care, attendant care, respite, therapies, adaptive aids, medical equipment, home modifications, service coordination, pre-vocational services, community living supports, supported employment, assistive technology and more! Eligibility is based on the child's income whether under or over age 18 (except for Texas Home Living). Medicaid Waiver Programs have interest (waiting) lists that could be up to 15 years, depending on the program. The sooner the agencies receive your application, the sooner your child will begin moving up the waiver waiting lists.

## THE MEDICAID WAIVER PROGRAMS FOR CHILDREN

**Medically Dependent Children Program (MDCP)** supports families caring for a medically dependent child in their home who is younger than 21 years of age. Call 1-877-438-5658 to reach the interest list hotline.

**Community Living Assistance and Support Services (CLASS)** provides services and supports for children and adults diagnosed with a related condition. A related condition is a disability, other than an intellectual disability, that originated before age 22 that affects the ability to function in daily life. Call 1-877-438-5658 to reach the interest list hotline.

**Deaf Blind with Multiple Disabilities (DBMD)** is for people of all ages diagnosed with legal blindness; a chronic, severe hearing loss; or a condition that leads to deaf-blindness and an additional disability that results in impairment to independent functioning. Call 1-877-438-5658 to reach the interest list hotline.

**Home and Community-Based Services (HCS)** provides services and supports to people of any age with a determination of an intellectual disability and certain related conditions, including Autism.

**Texas Home Living (TxHmL)** provides services and supports to people with an intellectual disability or a related condition who live in their own home or their family's home. You must be determined eligible for Medicaid services before enrolling in the program. **You should be aware that TxHmL does consider parental income.**

### **Tips when calling to be put on the interest list(s):**

- ☐ Sign up for all interest lists that you or your family member may be eligible for or interested in, even if you're not sure you qualify.
- ☐ Always get the name & contact information of the person who records your information and keep it with your records. You should receive a letter of confirmation.
- ☐ If you receive a letter or phone call from the agency regarding the interest list, ALWAYS respond. Your name may be "scrubbed" from the list if there is no response. (On average, calls are made once every two years.)

Ask: How many people are on the list? \_\_\_\_\_ How long is the wait? \_\_\_\_\_

How will they contact you when the time comes? \_\_\_\_\_

- ☐ If you change your address or phone number make sure that you call **1-210-832-5020** to give them the correct information. Also, call at least one time a year to verify that your name is still on the list and that your contact information is still correct.

### **CONTACT LOG**

Date: \_\_\_\_\_ Agency: \_\_\_\_\_ Waiver(s): \_\_\_\_\_ Contact Name: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

Date: \_\_\_\_\_ Agency: \_\_\_\_\_ Waiver(s): \_\_\_\_\_ Contact Name: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

Date: \_\_\_\_\_ Agency: \_\_\_\_\_ Waiver(s): \_\_\_\_\_ Contact Name: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

Date: \_\_\_\_\_ Agency: \_\_\_\_\_ Waiver(s): \_\_\_\_\_ Contact Name: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_



The Alamo Area Council of Government for Intellectual and Developmental Disabilities provides access to community services and supports for individuals of Bexar County.

### **Long-term Services & Supports:**

- Eligibility Determination
- Consumer Benefits Screening
- Service Coordination
- Medicaid Waiver Programs such as Home and Community Based Services and Texas Home Living
- General Revenue Services
- Community First Choice
- Residential Options

### **Steps to Accessing Services from AACOG-IDD Services**

**Step 1:** Contact 210-832-5020 and ask to speak to the on call intake worker of the day.

**Step 2:** Participate in the initial phone screening with an intake worker. The intake worker will obtain your contact information and mail you an intake application (the same application that can be found in this packet.) *Be sure to ask to be placed on the HCS and TXHML interest list* (this can be done over the phone). Once you receive the application (one is provided for you in this packet as well), please fill it out and return it with the supporting documents requested to your child's teacher, transition specialist, or directly to AACOG. Once your case is assigned, you will be contacted by an intake worker to complete a face to face intake interview. (It may take over a year to be contacted after you have submitted your completed application.... Be patient and remember to keep your contact information updated in the meantime.)

**Step 3:** Attend your scheduled interview. At this time the intake worker will explain services and supports available and the process. Be sure to have questions ready-this is your time to sit down one on one and gather all the information you need. The intake worker will review your documents to ensure you submitted the required documents. If all the required documents have been provided, the intake worker will schedule you for a determination of disability with a psychologist.

**Step 4:** Attend your psychological evaluation meeting. Once finished, the psychologist will invite the intake worker in to review the results of the evaluation with you. At this time you will be notified of eligibility. You will receive screening to determine if you qualify for additional services by a consumer benefits officer. A written report will be mailed to you.

**Step 5:** Continue to wait on the interest list for the programs you expressed interest in. Once you arrive at the top of the list, you will receive a call from a service coordinator who will meet with you to explain the process and services being offered.

***\*AACOG-IDD Services application found in the back of this packet.***

**\*Please complete the application and return to your child's case-manager/monitor teacher ASAP**

**\*Please note that it may be up to a year before you get an "intake phone call" from this agency. If any of your contact information changes within that time period, call the number listed for AACOG and provide them with the updated information.**



## About Us

The Arc of San Antonio was founded in 1954 by parents who wanted to create a network of support and services for their children with special needs. Throughout our history, The Arc has responded to the changing needs in our community by developing programs and partnerships that address the most critical issues facing people living with disabilities. Today, The Arc offers one of the largest continuum of services for children and adults with a broad range of developmental abilities.

The Arc has two locations in San Antonio ([13430 West Avenue, 78216](#)) and ([6530 Wurzbach Road, 78240](#)). Each location offers extended hours for our childcare and day habitation for adults. We serve over 300 children and adults each day.

We play a distinctive role among social service providers in San Antonio. Each year our case manager and support services connect over 1,200 children, adults and families to a wide range of resources for people with disabilities. The Arc serves as a gateway to community services for many individuals and families seeking assistance for the first time. We provide a continuing source of information, referral and support during times of transition or crisis.

We are an affiliate of The Arc of the United States.

**Our Mission:** To enhance the lives of people with intellectual and/or developmental disabilities

**Our vision:** To provide quality, innovative services to the maximum number of people with intellectual and/or other developmental disabilities to help them achieve their potential.

**\*Please complete ARC referral form and return it to your child's teacher or transition specialist. It will be turned in to the ARC of San Antonio for you either by email or hand delivered.**

**\*Please expect to receive a phone call from the ARC within 2-4 weeks after referral has been submitted.\***





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### Helping Families In Need Since 1982

Since 1982, Any Baby Can has been a safety net for families in need. Providing direction and guidance for families of children and youth with special needs is at the heart of this organization. The impact the birth of a child with special needs has on the family is immense. Instantly, the family's dreams are altered and their lives are changed forever. The stress has the potential to tear even the strongest families apart.

Any Baby Can of San Antonio is a non-profit agency and all services are provided at no cost – regardless of income – to families who have a child birth through 17 years of age with a chronic illness, disability, developmental delay or health risk.

#### Services

Case Management – Case Managers direct families to many Any Baby Can program as well as help link families to many local and state programs.

Sibling Support – For young children growing up is hard enough, especially where there is a sibling whose special needs require a great deal of time and attention. Sometimes siblings feel alone and left out, as we have seen happen over the years at Any Baby Can. Sibling Support is facilitated by a licensed professional counselor.

Autism Services – Any Baby Can of San Antonio has a program designed specifically for families who have a child diagnosed with autism spectrum disorder. The program includes parent education and support as well as many programs for families such as parent training, counseling, and education groups among many others.

Educational Materials – Blue Cat PIES is an education curriculum designed for children with unique learning abilities. Many families who have children with autism spectrum disorder find these products very useful.

Wellness Services Program – Any Body Can is an exercise program designed specifically for people with unique learning abilities. The kit includes everything you need for a well-rounded exercise program. The whole family can benefit!

Center for Infant and Child Loss – The purpose of the Center for Infant and Child Loss is to provide support to families who have experienced the tragic loss of their infant or young child due to any cause. Services include funeral assistance, individual/family counseling, grief support literature and annual memorial service among others.

Prescription Assistance – Any Baby Can's Prescription Assistance Program enables individuals without medical insurance or who have exhausted all other insurance resources to apply for free or low cost prescription drugs.

## **Resources Every Parent Should Know About**

**SSI (Supplemental Security Income)** – Designed to help people who are aged, blind, and have disabilities, who have little or no income. SSI provides cash to meet basic needs for food, clothing, and shelter.

- Call 1-800-772-1213
- Address:  
RM 701 7TH FLOOR  
727 E CESAR CHAVEZ  
SAN ANTONIO, TX 78206

**Medicaid/CHIP Services/Medicaid “Buy In”** – Medicaid provides health coverage to millions of Americans, including eligible low-income adults, children, pregnant women, elderly adults and people with disabilities. Medicaid is administered by states, according to federal requirements. The program is funded jointly by states and the federal government.

The Children's Health Insurance Program (CHIP) serves uninsured children up to age 19 in families with incomes too high to qualify them for Medicaid. States have broad discretion in setting their income eligibility standards, and eligibility varies across states.

The Medicaid Buy In program is for families who have a child with a disability, but earn too much money to get regular Medicaid. Families can “buy-in” to Medicaid coverage by making monthly payments.

- **Medicaid client hotline:** 1-800-252-8263
- **CHIP call center:** 1-877-543-7669 or 1-800-647-6558
- To find an office near you or to apply: <https://www.yourtexasbenefits.com/>

**Children with Special Health Care Needs** – CSHCN is made up of several programs that provide services to children with extraordinary medical needs, disabilities, and chronic health conditions. The CSHCN health care benefits pays for medical care, family support services, and related services not covered by Medicaid, CHIP, private insurance, or other “third party payer”. CSHCN is a “payer of last resort”.

- **Helpline:** 1-800-252-8023
- For more information/contact information visit <https://www.dshs.texas.gov/cshcn/>

**Texas Parent to Parent** – A statewide nonprofit developed for parents by parents. Provides emotional support, information, websites, resources, newsletters, training, etc.

- 1-866-896-6001
- [www.txp2p.org](http://www.txp2p.org)

**Center for Parent Information and Resources** – Offers a “Family Resource Center for Disabilities and Special Needs. Visit <http://www.parentcenterhub.org/featured-parent-center/>

**National Organization for Rare Disorders** – Information and referrals on rare disorders.

- 1-800-999-6673
- <http://rarediseases.org>

**Wrights Law** – Great website on special education and advocacy for children with disabilities.

Visit [www.wrightslaw.com](http://www.wrightslaw.com)

**Autism Society of Texas** – The Autism Society of Texas changes lives by connecting families and individuals to community resources and support throughout Texas. Offerings include support meetings; on-line networking opportunities; Sensory Friendly films; and fun family activities.

- (512) 479-4199 ext 1
- Visit <http://www.texasautismsociety.org/>

**Autism Lifeline Links** – A single point of entry into a system of services and care; Access to information and service coordination; San Antonio non-profit organization working to positively effect change for people on the autism spectrum.

- 210-960-9106
- Visit <https://autismlifelinelinks.org/>

**National Alliance on Mental Health (NAMI)-San Antonio** – NAMI-SAT is committed to improving the quality of life for all people affected by mental illness by providing support, education, referral sources and legislative advocacy.

- NAMI San Antonio's Information Line Phone: (210) 734-3349 (not a crisis line)  
Email Address: [nami@nami-sat.namieasysite.com](mailto:nami@nami-sat.namieasysite.com)
- NAMI's National Information Helpline: (800) 950-NAMI

**The ARC/Community Resource Directory** – Are you looking for health providers, adaptive equipment, special needs trust lawyers or other services necessary to help raise your child or family member with special needs? The ARC of San Antonio is pleased to present this Community Resource Directory at no charge. This document is not an endorsement of the companies, individuals or providers listed. This is merely a listing of services available in Bexar County.

- (210) 490-4300
- Visit <http://www.arc-sa.org/resources/>

**Region 20-Special Education Parent Resources** – Wide variety of resources for parents of children with a disability. Quick links to helpful information and a hotline to call to help answer questions and provide correct information to help parents support their children in school.

- ESC 20 Special Education Parent Calls: 210-370-5411

**Texas Council for Development Disabilities Higher Education Resource Guide** – The Higher Education Resource Guide for Students with Disabilities is now available from the Texas Council for Developmental Disabilities (TCDD). The guide includes information for future college students, parents, high school counselors and other educators. For students who are not college bound, information is available about other educational options and choosing a career. The guide also includes information regarding the full process of preparing for higher education, from planning ahead in high school, to what to do when accepted by a college. Visit <http://www.tcdd.texas.gov/higher-education-resource-guide-released/> for a free copy.

**San Antonio ISD Special Education Transition Services** – An abundance of resources and contact information for San Antonio ISD Transition Specialists.

- (210) 226-4337
- Visit [http://www.saisd.net/main/index.php?option=com\\_content&view=article&id=6034&Itemid=0](http://www.saisd.net/main/index.php?option=com_content&view=article&id=6034&Itemid=0)

**Any Baby Can San Antonio** – The mission of Any Baby Can is to serve families with children and youth facing serious health or developmental challenges.

- 210-227-0170
- Visit <http://www.anybabycansa.org/>