Beyond High School
Understanding, Obtaining and Maintaining Adult Services

Presented by Debbie Weidinger, Executive Director
Understanding Adult Services

Social Security

mercy maricopa integrated care

RSA - Rehabilitation Services Administration

Health-e-Arizona PLUS

Housing Choice Voucher Program (Section 8 Housing)
What is Supplemental Security Income? (SSI)

The SSI program pays benefits to disabled adults and children who have limited income and resources.
What is Supplemental Security Disability Income? (SSDI)

SSDI benefits are paid to insured workers who qualify under Social Security's definition of disability.

Benefits may be payable to children (disabled before age 22) of disabled, retired or deceased workers.
Adults Disabled Before Age 22

May be eligible for child's benefits if a parent is deceased or starts receiving retirement or disability benefits.

This is considered a "child's" benefit because it is paid on a parent's Social Security earnings record.
The "adult child"—including an adopted child, or, in some cases, a stepchild, grandchild, or stepgrandchild—must be:

- unmarried
- age 18 or older
- and have a disability that started before the age of 22.
Example:
You (the parent) start collecting Social Security retirement benefits at age 62. You have a 38-year old who has been disabled since birth (and you have documentation that the disability began before age 22). Your child may be able to collect a disabled "child's" benefit on your Social Security record.
How does Social Security decide if I am disabled?

Social Security has a very strict definition of disability.

• You must be unable to do any substantial work because of your physical or mental impairment(s), AND

• Your condition(s) must have lasted, or be expected to last, at least 1 year, or be expected to result in your death.
My doctor says I am disabled. Is that enough to qualify me for disability benefits?

No. You cannot get disability benefits solely because your doctor says you are disabled.
Paperwork AND an Interview are required.

You can cut your interview time in half by starting the process online. You can complete BOTH the application for benefits and the disability report at: www.socialsecurity.gov/applyfordisability
SSI & SSDI - 2 Different Programs!

Supplemental Security Income (SSI)
- Based on financial need
- Resource limit of $2,000
- Medicaid (AHCCCS)
- Maximum benefit for an individual in 2016 is $733

Social Security Disability Insurance (SSDI)
- Based on an individual’s work history & amount paid into the system.
- Medicare (after 2 yrs)

Payments for SSI and SSDI vary depending on each individual’s circumstances.
*Retirement*  You have earned enough credits to qualify for benefits. At your current earnings rate, if you continue working until...

- your full retirement age (66 and 6 months), your payment would be about... $ 1,158 a month
- age 70, your payment would be about... $ 1,502 a month
- age 62, your payment would be about... $ 823 a month

*Disability*  You have earned enough credits to qualify for benefits. If you became disabled right now your payment would be about... $ 1,145

*Family*  If you get retirement or disability benefits, your spouse and children also may qualify for benefits.

*Survivors*  You have earned enough credits for your family to receive survivors benefits. If you die this year, certain members of your family may qualify for the following benefits:

- Your child... $ 864 a month
- Your spouse who is caring for your child... $ 864 a month
- Your spouse, if benefits start at full retirement age... $ 1,152 a month
- Total family benefits cannot be more than... $ 1,800 a month
Lots of rules!

Spend time on www.ssa.gov

Disability Benefits 101 is a great way to learn how working will affect your benefits:
http://az.db101.org/
Help debunk the **myth**:

You **cannot** work if you receive SSI or SSDI benefits.

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**The Truth:**

You **CAN**- and you’ll be better off if you do! Your quality of life will improve dramatically!
When denied, appeal – every time!

Once approved, you can receive back pay back to the date of the application.
Maintaining

• Keep all paperwork organized.
• Report changes as required.
• Complete annual report.
• Participate in Continuing Disability Review (CDR). (3-5 years)
• Participate in Redetermination (income, resources, living arrangements every 1-6 years)
Nutrition Assistance

Nutrition Assistance (formerly known as Food Stamps) is Arizona’s federal Supplemental Nutrition Assistance Program (SNAP). The goal of Nutrition Assistance is to help low income families provide adequate nutrition to their families.
www.healthearizonaplus.gov

Select Programs

What benefits do you want?

- Medical Assistance from AHCCCS or the Tax Credit to help pay for health insurance
- Help with Medicare Costs Only
- Nutrition Assistance
- Cash Assistance
Tips

• “Household” refers to the person requesting benefits. At the age of 18, that person is a Household of ONE even if they live with someone else!
• New applications can take 30 days for approval.
• Benefits are placed on an EBT Card within the 1\textsuperscript{st} two weeks of the month, based on last name.
Tips

• The Restaurant Meals Program allows some people to use their Nutrition Assistance benefits to buy hot and prepared meals. This program is available when everyone in the Nutrition Assistance household is:

  • 60 years of age or older,
  • disabled,
  • or homeless.
Tips

When you apply for Nutrition Assistance (NA), you will have an interview. If you can’t go to your local Family Assistance Administration (FAA) office for the interview, you can schedule it over the phone. Make sure to keep your appointment or to reschedule it if you miss it. Nutrition Assistance might deny your application if you don’t have an interview.

Benefit amounts range from $16 – 194, depending on income.
www.azdes.gov/rsa
Vocational Rehabilitation
Understanding & Obtaining
The Vocational Rehabilitation (VR) Program provides a variety of services to individuals with disabilities, with the ultimate goal to prepare for, enter into, or retain employment.
The VR program is a public program funded through a Federal/State partnership and administered by the Rehabilitation Services Administration (RSA), which is part of the Arizona Department of Economic Security (DES).
WHO IS ELIGIBLE FOR VR SERVICES?

Individuals who:

• Have a documented disability
• Have a disability which presents a barrier to employment
• Have the potential and desire to work
• Need services in order to work
WHAT ARE THE VR SERVICES AN ELIGIBLE INDIVIDUAL MAY RECEIVE?

• Assessment for eligibility and VR needs
• Vocational guidance and counseling
• Training
• Work site evaluations
• Job development
• Job placement services
• Rehabilitation technology services and devices
• Other support services

Based on the individual’s available resources, the Rehabilitation Services Administration may require an eligible individual to pay for some services.
HOW CAN AN INDIVIDUAL APPLY FOR VR SERVICES?

Visit [www.azdes.gov/RSA/](http://www.azdes.gov/RSA/) or call toll-free 1-800-563-1221
Individuals are encouraged to call or visit the office nearest to them to set up an appointment to attend regularly scheduled orientation sessions.
Self Referral

https://www.azdes.gov/InternetFiles/InternetProgrammaticForms/doc/self_referral.doc

Referral by Agency
Examples: High Schools, DDD, Regional Behavioral Health Authorities (RBHAs)
Maintaining

- Keep appointments
- Actively participate
- Complete tasks

Get a job!
What is Section 8?

Section 8 is a program that helps individuals and families with low incomes afford decent housing. The program is funded by the federal government and administered by local Public Housing Authorities (PHAs). A PHA is in charge of assigning vouchers, maintaining public housing, and ensuring that the housing you get is safe, decent, and affordable.
The Housing Choice Voucher Program is the largest part of Section 8. With this program, you pay about 30% of your monthly household income for rent in privately-owned housing, while the government pays the rest. Once you are issued a Section 8 voucher, you can continue to use it even if you move to another city or state. The only limitation is that there has to be a housing authority available to service the voucher in the jurisdiction where you want to move.
Eligibility

In order to qualify for Section 8, you must:
• Have a low annual gross income (individuals receiving SSI qualify)
• Be a U.S. citizen or an eligible immigrant. Eligible immigrants include permanent legal residents, refugees, asylum-seekers, and lawful temporary residents
Eligibility

When you apply for Section 8, the people reviewing your application will also take into account:

• Your history with federal housing programs
• Your criminal background
• Your credit history
Other Factors
When you apply, other things are taken into account.

Here are some common things that may help you qualify for a Section 8 voucher:

• Having a disability
• Having children
• Being age 62 or older
• Being a U.S. Armed Services veteran, widow, or widower
• Being homeless
• Residing in a shelter
Other Factors

Most public housing authorities have waiting lists to get Section 8. Sometimes people with disabilities and veterans get preference on these waiting lists, so make sure to ask how the waiting list at your housing authority works. Tell them about any relevant issues that might help you get a voucher faster, including the things listed above.
Many cities in Arizona provide Section 8 housing assistance. The following sites can be a valuable resource for housing assistance information:

- Chandler Housing and Redevelopment Division
- City of Glendale
- City of Mesa
- City of Peoria – Managed by Housing Authority of Maricopa County
- City of Phoenix
- City of Scottsdale
- City of Tempe
- HOM, Inc. focusing on persons with disabilities
- Maricopa County
- Other Arizona Housing Authorities
http://www.mercymaricopa.org/

Understanding & Obtaining
Mental illness can strike anyone of any age, race, ethnicity or gender.
Who is eligible to receive behavioral health services?

- Persons AHCCCS eligible thru either Title XIX (Medicaid) or Title XXI (KidsCare)
- Persons determined to have a Serious Mental Illness
Title XIX (Medicaid; also called AHCCCS) is health insurance for low-income persons, children, and families. It pays for medical, dental (for children up to 21 years of age), and behavioral health services.
For mental, behavioral health or substance abuse services, contact

Mercy Maricopa Member Services

24 hours a day, 7 days a week
1-800-564-5465 (toll-free)
Accessing / Paying for Behavioral Health Services

For enrollment in the health insurance marketplace
www.healthcare.gov

START HERE
Does the person have health insurance or Medicare?

Contact the health insurance company to get a referral to behavioral health services. Medicare pays 80% of initial visit to behavioral health professionals and 55% of follow-up visits. Locate providers at medicareinteractive.org

For AHCCCS enrollment
healthearizonaplus.gov

Is the person enrolled in AHCCCS?

Contact the Regional Behavioral Health Authority in your region of the state. (See page 2-Section A)

Does the person have a problem with drugs or alcohol?

NO
Has this person ever served in the military?

- **YES**
  - Contact the Veterans Administration (VA) in your region of the state to find out if the veteran will qualify for VA funded services: (See page 2-Section B)

- **NO**
  - Is the person a member of a federally recognized Tribal Nation?
    - **NO**
    - Contact Indian Health Services (IHS) to determine eligibility and receive referral information:
      - Navajo Nation 928-871-4811; serving Navajo Nation.
      - Tucson 520-295-2405; serving the Tohono O’Odham Nation and Pascua Yaqui Tribe.
      - Phoenix 602-364-5039; Alcohol and Substance Abuse: 602-364-5159; Suicide Issues: 602-364-5183; serving all other Arizona Tribal Nations.
<table>
<thead>
<tr>
<th>Arizona Tribal and Regional Behavioral Health Authority (T/RBHA):</th>
<th>County or Tribal Nation Served:</th>
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<tbody>
<tr>
<td>Cenpatico Integrated Care (C-IC) RBHA</td>
<td>Pima, Gila (part of), La Paz, Pinal, Yuma, Graham, Greenlee, Santa Cruz, and Cochise</td>
</tr>
<tr>
<td><a href="http://www.cenpaticointegratedcareaz.com">www.cenpaticointegratedcareaz.com</a> and 1-866-495-6735</td>
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<tr>
<td>Gila River RBHA</td>
<td>Gila River Indian Community</td>
</tr>
<tr>
<td><a href="http://www.gilariverrbha.org">www.gilariverrbha.org</a> and 1-800-259-3449</td>
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<tr>
<td><strong>Mercy Maricopa Integrated Care (MMIC) RBHA</strong></td>
<td>Maricopa</td>
</tr>
<tr>
<td><a href="http://www.mercymaricopa.org">www.mercymaricopa.org</a> and 1-800-631-1314</td>
<td></td>
</tr>
<tr>
<td>Navajo Nation RBHA</td>
<td>Navajo Nation</td>
</tr>
<tr>
<td><a href="http://www.ndoh.org/dbhs.html">www.ndoh.org/dbhs.html</a> and 1-928-729-4466</td>
<td></td>
</tr>
<tr>
<td>Health Choice Integrated Care (HCIC) RBHA</td>
<td>Apache, Coconino, Mohave, Navajo, Yavapai, Gila (part of)</td>
</tr>
<tr>
<td><a href="http://www.healthchoiceintegratedcare.com">www.healthchoiceintegratedcare.com</a> and 1-877-756-4090</td>
<td></td>
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<tr>
<td>Pascua-Yaqui RBHA</td>
<td>Pascua Yaqui Tribe</td>
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<tr>
<td><a href="http://www.pascuayaqui-nsn.gov">www.pascuayaqui-nsn.gov</a> and (520)879-6060</td>
<td></td>
</tr>
<tr>
<td>White Mountain Apache RBHA</td>
<td>White Mountain Apache Nation</td>
</tr>
<tr>
<td><a href="http://www.wmabhs.org">www.wmabhs.org</a> and 1-877-336-4811</td>
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Individuals with Serious Mental Illness (SMI) receive the most services through Mercy Maricopa’s providers.
When applying for services, it is important to know how Mercy Maricopa determines qualification.

1. Qualifying Diagnosis
2. Functional Impairment as a result of the qualifying diagnosis
Anxiety Disorders:  (F40.00, F40.01, F40.02, F41.0, F41.1, F41.8, F41.9)


Major Depression:  (F32.0, F32.1, F32.2, F32.3, F32.4, F32.5, F32.8, F32.9, F33.0, F33.1, F33.2, F33.3, F33.4, F33.40, F33.41, F33.42, F33.9, F34.1)

Obsessive-compulsive Disorder:  (F42)

Other Mood Disorders:  (F39)

Personality Disorders:  (F60.0, F60.1, F60.3, F60.4, F60.5, F60.6, F60.7, F60.81, F60.89, F60.9)


2. Functional Impairment as a result of the qualifying diagnosis

*Inability to live in an independent or family setting w/o supervision*
*(Self Care/Basic Needs)*

The person's capacity to live independently or in a family setting, including the capacity to provide or arrange for needs such as food, clothing, shelter, and medical care.
A risk of serious harm to self or others (Social/Legal and/or Feeling/Affect/Mood)

The extent and ease with which the person is able to maintain conduct within the limits prescribed by law, rules and social expectations, and/or the extent to which the person's emotional life is well modulated or out of control.
Dysfunction in Role Performance

Person's capacity to perform the present major role function in society, school, work, parenting or other developmentally appropriate responsibility.
Risk of Deterioration

The individual does not currently meet any one of the above functional criteria but may be expected to deteriorate to such a level without treatment.

When denied, appeal!
Snapshot of Services available

Psycho educational services
Ongoing support to maintain employment
Case management
Home care training
Supported housing
Transportation (taxi, bus passes)
Counseling
Respite Care

Maintaining

Keep appointments.

Review your Service Plan at least annually.
Learning to Navigate

• Use a speaker phone and invite your young adult to listen – even if only for a short time
• Write a script for them to use – start small (My name is ___ and I’d like information about ____.)
• Encourage them to locate a phone number or web address

• Prepare a binder for each agency or program and introduce your young adult to the system of organization
• Explain what services each program provides.

• Help your young adult identify mail from government programs
• Create a computer filing system similar to the binders

• Invite your young adult to scan paperwork and save into corresponding folders on the computer
Navigating the murky waters of adult services can be overwhelming.

- If possible, tackle one system at a time.
- Keep track of conversations and paperwork.
- Read everything.
- Ask questions.
## Resources and Services for Adults with Disabilities in Maricopa County

<table>
<thead>
<tr>
<th>Social Security</th>
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<tbody>
<tr>
<td><strong><a href="http://www.ssa.gov/disability/">http://www.ssa.gov/disability/</a></strong></td>
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<tr>
<td><strong><a href="http://www.socialsecurity.gov/applyfordisability">www.socialsecurity.gov/applyfordisability</a></strong></td>
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<tr>
<th>Mercy Maricopa</th>
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<tr>
<td><strong><a href="http://www.azdhs.gov/bhs/pdf/AccessingBHsystem.pdf">http://www.azdhs.gov/bhs/pdf/AccessingBHsystem.pdf</a></strong></td>
</tr>
<tr>
<td><strong><a href="http://www.mercymaricopa.org/members/mmic/handbook">http://www.mercymaricopa.org/members/mmic/handbook</a></strong></td>
</tr>
<tr>
<td><strong><a href="http://www.mercymaricopa.org/become-a-member/">http://www.mercymaricopa.org/become-a-member/</a></strong></td>
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</table>

The Social Security and Supplemental Security Income disability programs are the largest of several Federal programs that provide assistance to people with disabilities. While these two programs are different in many ways, both are administered by the Social Security Administration and only individuals who have a disability and meet medical criteria may qualify for benefits under either program.

Apply for online disability benefits.

How to access Behavioral Health Svcs.

Member Handbook

This Web site provides behavioral health service recipients and their families with information and regarding issues such as mental health support, substance abuse, depression and co-occurring disorders.
<p>| <strong>Area Agency on Aging Region One, Incorporated</strong> | <a href="http://aaaphx.org/program-services/senior-adult-independent-living-sail/">http://aaaphx.org/program-services/senior-adult-independent-living-sail/</a> | Not just for the elderly. Disabled adults 18 and over can qualify for services. |
| <strong>Arizona Department of Economic Security</strong> | <a href="https://www.azdes.gov/rehabilitation_services/">https://www.azdes.gov/rehabilitation_services/</a> | Promoting the safety, well-being, and self-sufficiency of children, adults, and families by working with individuals with disabilities to achieve increased independence and/or gainful employment through the provision of comprehensive rehabilitative and employment support services. |
| <strong>Rehabilitation Services Administration</strong>&lt;br&gt;Vocational Rehabilitation | | |
| <strong>BenefitsCheckUp.</strong> | <a href="https://www.benefitscheckup.org">https://www.benefitscheckup.org</a> | Benefits CheckUp is the nation's most comprehensive web-based service to screen for benefits programs for people with limited income and resources who are 55 and older, or are an adult of any age and disabled. |
| <strong>Arizona SelfHelp.org</strong> | <a href="http://www.arizonaselfhelp.org">www.arizonaselfhelp.org</a> | Designed to quickly and accurately identify options to meet your needs in Arizona. |</p>
<table>
<thead>
<tr>
<th>Service</th>
<th>Website</th>
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<tbody>
<tr>
<td><strong>AZLINKS.gov</strong></td>
<td><a href="http://www.azlinks.gov">www.azlinks.gov</a></td>
<td>AzLinks.gov offers assistance and information on aging and disability.</td>
</tr>
<tr>
<td><strong>ABILITY360</strong></td>
<td><a href="http://www.ability360.org">www.ability360.org</a></td>
<td>Ability360 offers and promotes programs designed to empower people with disabilities to take personal responsibility so that they may achieve or continue independent lifestyles within the community.</td>
</tr>
<tr>
<td><strong>Disability Benefits 101</strong></td>
<td><a href="http://www.az.db101.org/">http://www.az.db101.org/</a></td>
<td>Disability Benefits 101 gives you tools and information on health coverage, benefits, and employment. You can plan ahead and learn how work and benefits go together.</td>
</tr>
<tr>
<td><strong>Health and Wellness for all Arizonans</strong></td>
<td><a href="http://azdhs.gov">http://azdhs.gov</a></td>
<td>Arizona Dept. of Health Main Page</td>
</tr>
<tr>
<td>****</td>
<td><a href="http://azdhs.gov/bhs/index.htm">http://azdhs.gov/bhs/index.htm</a></td>
<td>Division of Behavioral Health Services</td>
</tr>
<tr>
<td>****</td>
<td><a href="http://azdhs.gov/phs/owch/ocshcn/">http://azdhs.gov/phs/owch/ocshcn/</a></td>
<td>Office of Children With Special Health Care Needs (includes adults)</td>
</tr>
<tr>
<td>****</td>
<td><a href="http://azdhs.gov/phs/owch/ocshcn/youth-transition.htm">http://azdhs.gov/phs/owch/ocshcn/youth-transition.htm</a></td>
<td>Youth Transition</td>
</tr>
<tr>
<td><strong>Autism Society of Greater Phoenix</strong></td>
<td>The Autism Society of Greater Phoenix provides information, resources, and support to families affected by autism and helps families who have just received the autism diagnosis by providing information on effective treatments.</td>
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<tr>
<td><strong>Arizona Department of Education</strong></td>
<td>An Empowerment Scholarship Account (ESA) is a scholarship established to provide an education for qualified students, and must include at a minimum reading, grammar, mathematics, social studies and science. Applications are being accepted for the 2016-2017 starting January 1, 2016 through April 1, 2016.</td>
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<tr>
<td><strong>Health-e-Arizona PLUS</strong></td>
<td>Use Health-e-Arizona to apply on-line for medical assistance, Nutrition Assistance (Food Stamps), and cash assistance. Individuals age 22 and older may qualify for Nutrition Assistance as a separate unit from their parents.</td>
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URLs:
- [http://www.phxautism.org/resources/adult-services/](http://www.phxautism.org/resources/adult-services/)
- [https://www.healthearizona.org](https://www.healthearizona.org)
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<thead>
<tr>
<th>Organization</th>
<th>Website/Link</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>AZ ASSIST</strong></td>
<td><a href="http://www.azassist.com">www.azassist.com</a></td>
<td>A supportive community where families with teens and young adults on the autism spectrum are empowered with the knowledge of public and private services and opportunities so that individuals can live as independently as they choose and access a variety of employment options, post-secondary education and social opportunities.</td>
</tr>
<tr>
<td><strong>Raising Special Kids</strong></td>
<td><a href="http://www.raisingspecialkids.org/">http://www.raisingspecialkids.org/</a></td>
<td>A non-profit organization of families helping families of children with disabilities and special health needs in Arizona. All programs and services are provided to families free of charge at all ages and stages of a child’s development.</td>
</tr>
<tr>
<td><strong>got transition</strong></td>
<td><a href="http://www.gottransition.org/">http://www.gottransition.org/</a></td>
<td>Got Transition aims to improve transition from pediatric to adult health care through the use of new and innovative strategies for health professionals and youth and families.</td>
</tr>
</tbody>
</table>
Go forth and conquer!