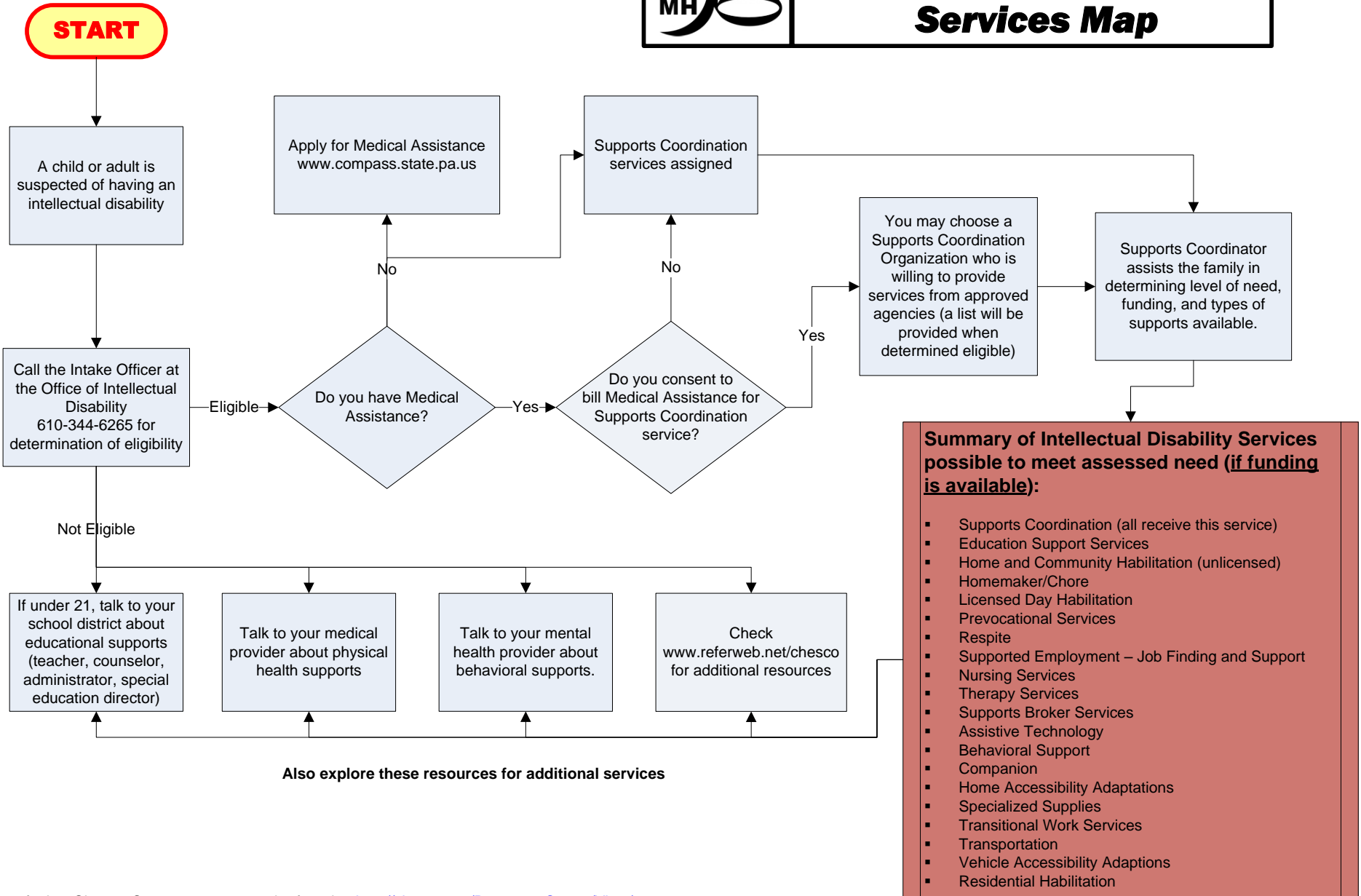




Chester County Intellectual Disability Services Map



Maps of other Chester County systems can be found at <http://chesco.org/DocumentCenter/View/19237>

PLEASE NOTE: This information could change. Updated versions are available at <http://chesco.org/DocumentCenter/View/19238>

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Chester County Intellectual Disability Services

A Guide and Supplement to Service Map

Introduction:

You've been through the evaluation process, and now you know that your child or loved one has intellectual disability. It doesn't matter if you have always known this to be the true, or if you're learning about the diagnosis for the first time. You're entering a new and complex system designed to help you and your family, but you may also feel overwhelmed. We are here to help.

There are various disabilities that also carry the intellectual disability label, and many people struggle with how to respond once that label is connected to a loved one. Different families will make different decisions. Some may not want to access support, some may want to explore support options for the future, some will want immediate support.

Chester County works collaboratively with a provider network to deliver a wide array of services. Local advocacy groups can offer advice, encouragement and other support. This service map and the supplemental information will help you get started, or help you continue this journey.

As you explore service options, please remember that you will be supported along the way to become an informed consumer. We strive to provide services and supports to foster independence, reduce or eliminate dependencies that might hold an individual back from having an "everyday life" in his or her community. It's our expectation that every person will be encouraged to reach his or her maximum potential.

Important to know:

- ◆ **Seek Help Promptly** — Enrolling in the intellectual disability system is a process that will help that will help you plan for the future. It is especially critical for young people transitioning to adulthood. Because specific services may not be available immediately, families should complete registration and determine eligibility at least 2 to 3 years in advance of anticipated need.
- ◆ **Find Support** — Chester County is rich with resources, including advocacy and support groups. Chester County MHIDD contracts with the Arc of Chester County to provide advocacy services. These services will assist families as they navigate the intellectual disability system, as well as provide individual advocacy in absence of one's own "natural" or personal and community supports.
- ◆ **Limited Resources** — Regardless of the funding source for intellectual disability supports and services, resources will always be limited by budgets and the number of people already enrolled. Please note that Chester County is only permitted to enroll the number of individuals approved by the Office of Developmental Programs into Waiver Programs. See the Chester County MH/IDD website www.chesco.org/mhidd for more information.
- ◆ **Individual Rights** — Individuals with intellectual disability have the right to choose the services they need, and choose willing, qualified and contracted service providers.
- ◆ **What to Expect** — When you call this office to determine eligibility, you'll be asked to provide copies of school records and documentation of psychological testing. You'll want to have as much relevant information as possible. Staff will tell you what information you need to submit. They may ask to contact the school on your behalf. If you agree to this, you'll need to sign a consent form. You may do this on your own if you prefer. If you aren't able to reach someone immediately when make your initial call, you can expect a return call within two business days.
- ◆ **You Have Choices** — Once the eligibility process is complete, staff will help you with registration and choice of the Supports Coordination Services.
- ◆ **Questions are Welcomed** — If you are unsure of any information, please ask! We're here to help.

Explanation of Support Services:

1. **Supports Coordination** — A Supports Coordinator assists with locating and coordinating supports and services which are then outlined in the Individual Support Plan. The Supports Coordinator also provides on-going monitoring of services when they are delivered, as well as monitoring the general health and welfare of the person using the services.
2. **Family Driven Resources** — These are limited resources such as respite camp, vehicle and/or home adaptations, and support needed to participate in integrated recreation. These may be paid directly to the vendor or as a reimbursement to the family.
3. **Companion** — Provides for supervision and basic care, as needed for individuals who are over the age of 18.
4. **Respite** — Overnight and/or interim respite may be available to provide periodic relief to the caregiver. This is not intended to be a regularly scheduled event and does have annual service limits.
5. **Supported Employment** — Provides for all aspects of job finding as well as job training and follow-up once a person has exhausted funding through the Office of Vocational Rehabilitation.
6. **Prevocational Supports** — Facility-based training programs that assist with developing skills needed to seek employment in the community. This is intended to be an outcome-focused and short-term support.
7. **Licensed Day Program** — Facility and community-based program that provides supervision, training and support in general of self-care, communication, community participation and socialization.
8. **Habilitation** — A face-to-face mentoring and support service, habilitation assists participants acquire, maintain and improve self-help, domestic, socialization and adaptive skills necessary to reside successfully in home and community-based settings.
9. **Residential Supports** — Provider operated residential homes that are needed to protect the health and welfare of the residents while assisting them in acquiring, retaining and improving self-help, socialization and adaptive skills necessary to reside successfully in home and community-based settings. This service includes licensed, unlicensed and Life Sharing options.
10. **Behavior Support** — This service offers functional assessment and development of strategies to support the participant. Family and staff/caregiver training is also provided.
11. **Home Accessibility/ Adaptation** — Modifications to the private home of the participant, which are necessary to ensure his or her health, security, and accessibility, or which enable the participant to function with greater independence in the home.
12. **Vehicle Adaptions** — These are modifications to the individual or family vehicle that is used for the individual's primary means of transportation.
13. **Assistive Technology** — This technology includes any item, piece of equipment or product system used to increase, maintain or improve a participant's functioning. Assistive technology devices must be recommended by an independent evaluation of the participant's assistive technology needs.

- 14. Therapy Services** — This includes occupational, speech, physical, vision and mobility therapy, and they must be medically needed to assist participants in the acquisition, retention, or improvement of skills necessary for the participant to live and work in the community. *
- 15. Nursing Services** — Diagnosing and treating human responses to actual or potential health problems through such services as case finding, health teaching, health counseling, providing care supportive to, or restorative of, life and wellbeing. Medical regimens are executed as prescribed. *

** Must be prescribed as medically needed and requires an insurance denial.*

Additional details and limits for these support services may be found in the approved 1915 C Waivers. Check the MH/IDD website for information.

Explanation of Community Supports :

- 1. Advocacy** — Chester County MH/IDD contracts with the Arc of Chester County to provide individual advocacy services. The organization has both children's and school advocates as well as adult systems advocates. If you need advocacy support, you may contact them at 610-696-8090. Please specify the type of advocacy support you feel you might need and they will direct you. Visit their website at www.arcofchestercounty.org.
- 2. Self- Advocacy**— The Arc provides supports for individuals who would like to advocate themselves. This may include developing skills related to both personal and system advocacy. Contact Rob Malone at 610-696-8090.
- 3. Speaking for Ourselves** — This organization has a Chester County Chapter. For more information, contact the organization at 215-923-8600 or 800-867-3330, or visit their website at www.speaking.org.
- 4. Philadelphia Coordinated Health Care (PCHC)** — This organization provides training and technical assistance to individuals registered for ID services throughout the southeast region of PA as the contracted Health Care Quality Unit. Their services includes providing free Community Health and Behavioral Health Reviews to assist teams struggling with supporting individuals who have complex challenges, as well as face-to-face and online training information. Supports Coordinators can provide more information about PCHC, their resources, and their trainings. Visit their website at www.pchc.org.
- 5. Chester County's Intellectual Disability MH/IDD Board Subcommittee**— This is the Self Determination Action Team, which meets monthly to review current events in the ID community, quality updates and to support the development of new resources. For more information on this group, contact Sue Berg at Chester County MH/IDD via email, sberg@chesco.org.
- 6. Everyday PossAbilities** — This free online newsletter is produced each month by Chester County MH/IDD and offers local news and information related to intellectual disability, as well as feature stories on individuals living and thriving with intellectual disability. Subscribe by emailing tbehringer@chesco.org.

Additional community support information and resources can be found at the MH/IDD Website.

Explanation of Other Chester County Systems :

1. **Other Human Service Departments** — Chester County's System of Care is a philosophy of how care should be delivered. It maximizes resources to help individuals and families. The System of Care includes The Department of Mental Health/Intellectual and Developmental Disabilities, as well as the departments listed below:

- ⇒ **Department of Aging** — This department provides home and community based protection, advocacy, information and assistance services to people aged 60 and over (and their families) so they can have choices about how they want to live with dignity and respect, lead independent and active lives, and be free from abuse and neglect.
- ⇒ **Children, Youth and Families** — This department intervenes to provide services that can't be provided by the family, friends or the community. It utilizes high quality, comprehensive social services that strengthen the family's ability to provide for the safety and well-being of each child.
- ⇒ **Department of Drug and Alcohol Services** — This department plans, implements, and monitors local addictions prevention, intervention, and treatment services.
- ⇒ **Chester County Youth Center** — The center provides five specialized programs for Chester County youths who are receiving services from the Chester County Juvenile Probation Department, the Chester County Department of Children, Youth and Families, and the Chester County Court of Common Pleas. Services are electronic home monitoring, evening reporting center, non-secure shelter, respite care, and secure detention.

If you receive services from Human Service Departments in addition to mental health, your care may be coordinated to increase positive outcomes. A single plan of care involves a representative from each service a person is utilizing, as well as at least one representative family member, friend, or others who may offer support. Chester County's System of Care is a team approach that focuses on individual and family strengths, promotes self-sufficiency and personal responsibility. Single plans of care also consider cultural differences.

If you think a single plan of care would benefit you or your loved one, ask your provider!

2. **Community Care Behavioral Health** — This is the behavioral health HealthChoices program for Chester County. HealthChoices is the name of Pennsylvania's mandatory managed care programs for Medical Assistance recipients. Visit the Community Care Behavioral Health website for more information. www.ccbh.org
3. **Chester County Assistance Office** — Residents of Pennsylvania can seek assistance and a range of services for themselves and their families. You should not call the office. Go to the website www.compass.state.pa.us for information and to apply online. Please note: You will need your social security number, proof of all income for your household in the past 30 days, and any other relevant information.