

## Who Can I Contact for Help?

**2-1-1** The phone number 211 serves as a 24-hour information and referral service for issues related to caregiving, child care, disability, employment, food, health services, housing, in-home services and transportation. [www.211texas.org](http://www.211texas.org)

### **Arc of Northeast Tarrant County**

These organizations assist people with disabilities with a variety of services. Their websites list activities and supports available in the local community.

(817) 834-7700 [www.arcnetc.org](http://www.arcnetc.org)

### **Arc of Greater Tarrant County**

(817) 877-1474 [www.arcgctc.org](http://www.arcgctc.org)

### **Deaf and Hard of Hearing Services (DHHS)**

DHHS assists people who are deaf or hard of hearing.

[www.dars.state.tx.us/dhhs](http://www.dars.state.tx.us/dhhs) (512) 407-3250 (512) 407-3251 TTY

Deaf Action Center-Region 3A (Dallas) Deaf Action Center-Region 3B (Fort Worth)

(214) 521-0407 V (214) 377-1898 VP (817) 546-7330 V/TTY [www.dactexas.org](http://www.dactexas.org)

### **Department of Aging and Disability Services (DADS)**

DADS assists people with disabilities and the elderly with community supports.

Home and Community-based Services (HCS)

(888) 337-6377 (local intake office) [www.dads.state.tx.us/](http://www.dads.state.tx.us/)

[www.dads.state.tx.us/providers/HCS/index.cfm](http://www.dads.state.tx.us/providers/HCS/index.cfm)

### **Division for Blind Services (DBS)**

DBS assists people who are blind or visually impaired.

(817) 759-3500 [www.dars.state.tx.us/dbs/](http://www.dars.state.tx.us/dbs/)

### **Easter Seals of North Texas**

Easter Seals provides services and information for people with disabilities.

(817) 332-7171 [www.easterseals.com/northtexas](http://www.easterseals.com/northtexas)

### **Family Support Council of Tarrant County**

The Family Support Council assists people with disabilities through inclusion in the local community as well as transition and awareness.

(817) 569-5491 [www.familysupportctc.org](http://www.familysupportctc.org)

### **MHMR of Tarrant County (MHMRTC)**

MHMR assists people with intellectual and developmental disabilities.

(817) 569-4300 [www.mhmrtarrant.org](http://www.mhmrtarrant.org)

### **Social Security Administration**

SSA provides supports for persons who cannot work or have limited employment due to a disability. 2010 N. State Highway 360, Grand Prairie, TX 75050 (800) 772-1213 [www.ssa.gov](http://www.ssa.gov)

For more information about Transition Services in the Arlington ISD, please contact your school's Post Secondary Facilitator. You may also visit: [www.aisd.net/sped](http://www.aisd.net/sped) **v. 3**



## Transition Planning in the Arlington ISD

### *Information for Families*



*Begin with the end in mind.*

*-Stephen R. Covey*

[www.aisd.net/sped](http://www.aisd.net/sped)  
[www.transitionintexas.org](http://www.transitionintexas.org) (TX Transition & Employment Guide)

## What is Transition Planning in the Arlington ISD?

Transition is a process that happens throughout the year that focuses on your child's goals for the future. In the Arlington ISD, Transition Services must begin by the annual ARD before your child turns 14 years of age. However, a Transition IEP can be drafted and implemented at any time prior to age 14. As part of the ARD committee, your input, as well as your child's input, is critical in the development of these goals and coordinated set of activities. When the ARD committee meets, including you and your child, a plan is developed that includes these goals and coordinated set of activities. The activities are designed to help your child make progress toward his/her post-secondary goals. During the school year, your child will engage in activities and learn skills related to:

- ✓ Daily living
- ✓ Community experiences
- ✓ Self-advocacy
- ✓ Related services (if applicable)
- ✓ Employment
- ✓ Training and/or education

The following individuals are involved in this process: students, parents, special education teachers, general education teachers, school administrators, school support staff (e.g., counselors, Post Secondary Facilitators), and other individuals you feel have an educational interest in your child. If written permission is obtained from a child's legal guardian, then agency representatives that may support children with disabilities may be involved.

## What are Medicaid Waivers and Interest Lists?

<http://www.dads.state.tx.us/services/interestlist/index.html>

Medicaid waivers allow the state to be more flexible in how it spends money to provide some long-term services to some people with disabilities or elderly citizens who are eligible for Medicaid. Waivers override certain rules for how that funding can be used. Now, if eligibility requirements are met, people can receive the services they need in their own homes or other community settings. In Texas, there are several different waiver programs that offer a broad range of home and community-based services. There are different rules and funding amounts associated with each of the different waivers. In general, though, they all help people with disabilities or elderly citizens obtain the supports they need.

Applicants are placed on the interest lists on a first-come, first-served basis. When a person's name comes to the top of the lists, he or she will be contacted by a caseworker to determine eligibility. **The wait time to be contacted by a caseworker can be up to 13 years. Therefore, individuals are strongly encouraged to place their names on the interest lists as soon as possible. In addition, individuals are advised to update their contact information yearly.**

Below is a list of several available Medicaid Waiver programs:

- Home and Community-based Services (HCS)
- Community Living Assistance and Support Services (CLASS)
- Medically Dependent Children's Program (MDCP)
- Community Based Alternatives (CBA)
- Deaf Blind with Multiple Disabilities (DBMD)

## What Can I Do to Help My Child Prepare for the Future?

Collect information about your child by asking him/her the following questions:

- What are your strengths, interests and abilities?
  - What are you good at? What do you like to do? What are your hobbies? What are your talents? What are your favorite extra-curricular activities?
- How do you learn best?
  - Do you learn better by listening, speaking, playing or writing?
- What are your goals for the future?
  - Where do you want to live when you get older? Where do you want to go to school/college? What do you want to be when you grow up?

Ask yourself the following questions about your child:

- What skills and experiences does my child need in order to reach his/her goals?
- What functional skills does my child do at this time? (e.g., grooming skills, self-help skills, chores, cooking, money management)
- What level of independence does my child possess when it comes to important life skills, self-advocacy and responsibility?

Learn about resources available to you and your child at school and in the community.

- Talk to the Post Secondary Facilitator assigned to your child's campus.
- Identify agencies that may help support your child's disability. A list of agencies is located on the back of this brochure.
- Attend the annual Arlington ISD Community Resource Fair.

The following are several suggestions on how you can help your child prepare for the future.

1. Provide your child time to practice basic skills. (e.g., chores, time, safety skills)
2. Help your child get to know themselves better.
3. Give your child opportunities to make choices.
4. Help your child with their communication skills. (e.g., listening/speaking skills)
5. Promote problem-solving and decision-making at home.
6. Teach assertiveness and self-advocacy skills through modeling and role-play.
7. Help your child learn how to set goals.
8. Foster friendships and community supports. (e.g., play groups, summer camps)
9. Encourage your child to prepare for and take part in their ARD meeting.
10. Plan for the future NOW!

### Student Participation in the ARD Committee Meeting and Transition Process

By law a student must be invited to attend the Admission, Review and Dismissal (ARD) committee meeting if the purpose of the meeting will be to discuss the student's post-secondary goals and the transition services needed to achieve those goals. In the Arlington ISD students in grades 5 – 12 are encouraged to prepare for and participate in their ARD committee meeting to the maximum extent possible with support from their family and school.