



Children's Rehabilitative Services
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How To Get Ready For Independent Living

Racing To The Future



SOUTHWEST INSTITUTE FOR
FAMILIES AND CHILDREN WITH
SPECIAL NEEDS

Children's Rehabilitative Services



Release of Information *Privacy and Authorization*

The information in your medical record is private. It cannot be given to other health care professionals (or anyone else) without written authorization by you (if you are 18 years or older), your parent, or legal guardian.

Children's Rehabilitative Services (CRS) will ask you to sign two types of releases:

- 1) When you request information from your health records, you must sign a request that indicates who is allowed to receive the information. The request may be for yourself, your parent, legal guardian, attorney, insurance company, or the media.
- 2) The second "release of information" is used by the health care team at CRS to coordinate your ongoing care. This release also allows other health care providers to share information with CRS staff.

CRS coverage stops on your twenty-first birthday. As you make the transition from CRS to an adult health care provider, CRS will transfer appropriate sections of your record with your authorization; that is, CRS has your signature on the release forms. These forms can be obtained from Medical Records at CRS. Records will be sent at no charge to the health care provider. The records of patients born after 1977 are kept on file with the State of Arizona. The records of patients born before 1977 are not available.



Our thanks to the Social Security Administration, Americans with Disabilities Act, and the Arizona Department of Economic Security for the use of their information in the preparation of this piece.

Disclaimer of Warranties and Liability

The information contained in this publication is for informational purposes only, and you assume full responsibility and risk for the appropriate use of medical information contained herein. Do not make changes in your medication or lifestyle as a result of information you receive in this publication without consulting your physician. The Southwest Institute for Families and Children with Special Needs does not intend to provide medical or legal advice, and does not directly or indirectly practice medicine or dispense medical services. Consult your own physician or lawyer for specific advice about your personal situation.



The Americans with Disabilities Act

What Does It Mean For You?

The Americans with Disabilities Act of 1990 is a federal law that prohibits discrimination against people with disabilities. The Act covers employment, public services, schools, public accommodations, services run by private entities, and telecommunications. This Act protects all people with physical and mental disabilities.

How will this affect your daily life?

- Barriers to buildings must be removed.
- Employers must make reasonable accommodations for their employees and visitors.
- Modifications must be made so everyone can enjoy public accommodations.
- Readily accessible transportation for people with disabilities (para transit services) must be provided whenever possible.
- If places like hotels offer transportation, they must offer equal transportation to people with disabilities.



THE BIG TEST

1. Services at CRS stop at what birthday?
2. What is the purpose of the two types of releases CRS will ask you to sign?
3. What does the acronym SSI stand for?
4. What does SSI provide?
5. What does the Americans with Disabilities Act prohibit?
6. What does the acronym VR stand for?
7. What documentation does the VR counselor need to determine your eligibility for VR services?
8. How long does the VR counselor have to determine your eligibility for VR services?
9. Do you have a copy of your birth certificate?
10. Have you reviewed the 50 Things You Can Do To Get Ready to Transition to Independent Living?
11. Have you answered all the questions in Managing Your Own Health Care?
12. Are you ready to take charge of your future?



Managing Your Own Health Care

12. What pharmacy do you use?

Name: _____

Phone: _____

13. What is your social security number?

14. What are your insurance plans?

Primary Insurance Company: _____

Policy Number: _____

Phone: _____

Primary Insured: _____

Secondary Insurance Company: _____

Policy Number: _____

Phone: _____

Primary Insured: _____

Other Insurance Company: _____

Policy Number: _____

Phone: _____

Primary Insured: _____

15. What do you do to prepare for an appointment with your doctor?

Describe: _____

16. Under what circumstances do you call 911?

Describe: _____



The Americans with Disabilities Act

What Does It Mean For You?

- Telephone companies must offer services to people wishing telecommunications for the deaf (TDD's).
- Post-secondary training and educational institutions must make accommodations to help people with disabilities so they can attend school and work.

Information on the ADA and a copy of the act is on the internet at <http://www.usdoj.gov/crt/ada/adahom1.htm>



Vocational Rehabilitation

Preparing For Employment and Career Goals

The goal of Vocational Rehabilitation (VR) is to assist persons with disabilities in becoming economically independent and/or in decreasing their need for ongoing government support through meaningful and sustained work. You are eligible for services if you want to become or remain economically independent through work and

- Your disability is serious enough to make it hard for you to get or keep a job.
- Available services can help you to get or keep a job.

What if you can work but will always need help to keep a job? Rehabilitation Services Administration (RSA) does not pay for specially supervised work environments, job coaching, or personal care assistance on an ongoing basis to maintain your job. However, a counselor will help you to identify others who might help pay for these services, such as, Social Security Work Incentives, services of employers, friends or family members, and/or other agencies or programs.

When the only option is for RSA to pay the costs of long-term vocational supports, your name will be put on a waiting list for VR services. When RSA has money to pay for these supports, you will be contacted to begin a VR program of services.



Managing Your Own Health Care

Name? _____
 Reason? _____
 Dosage? _____
 Time? _____
 Potential side effects? _____

8. What do you do if you miss a dose?
 Describe: _____
9. Do you have special treatments, routine labs, or therapies?
 What? _____
 Why? _____
 Who provides? _____
 How often? _____
10. Who is your Primary Care Physician?
 Name: _____
 Address: _____
 Phone: _____
11. What types of specialists do you see?
 Name: _____
 Address: _____
 Phone: _____
- Name: _____
 Address: _____
 Phone: _____
- Name: _____
 Address: _____
 Phone: _____



Managing Your Own Health Care

1. What is your medical condition?
Describe: _____
2. How does your diagnosis affect your daily activities?
Describe: _____
3. What are the “warning signs” that you need to see the doctor?
Describe: _____
4. Does your medical condition require any special procedures?
Describe: _____
5. Do you follow a special diet?
Describe: _____
6. Do you use any adaptive equipment, orthotics, or prosthetics?
Describe: _____
7. What medications do you use?
Name? _____
Reason? _____
Dosage? _____
Time? _____
Potential side effects? _____

Name? _____
Reason? _____
Dosage? _____
Time? _____
Potential side effects? _____



Vocational Rehabilitation

How to Apply For Services

An application for VR services starts with a referral. It is important that before you or someone you know makes a self-referral to the Vocational Rehabilitation program, you read about the program. You may obtain information by contacting your local RSA office or on the internet at <http://www.de.state.az.us/rsa/>

The following are the steps to get started:

1. Call or visit the RSA nearest you and set up an appointment to attend regularly scheduled orientation sessions.
2. Get a referral from an agency that include students in High School with disabilities, individuals receiving services from DDD, or others who are involved in programs that have coordinated referral relationships with the VR Program.
3. Fill out a Self-Referral application. This includes completing an application form, submitting medical records about your disability, providing your social security disability determination, and meeting with a counselor to discuss a work plan.
4. VR has 60 days from the date you apply to determine if you are eligible for VR services.



Vocational Rehabilitation *Services You May Receive*

RSA always will provide you with personal attention, program information, an evaluation of your abilities and needs, and vocational counseling.

RSA also may pay for, or provide, other services including the following:

- assistive aids or services that you may need because of your disability
- modifications necessary for work
- help in finding a job

When re-training or education is the only or best way you will be able to go to work or keep a job, RSA may be able to help you with the following:

- tuition payments
- other training related costs

RSA will help you when other services or goods which are not purchased or provided through the VR program are needed to help you get or keep a job. RSA will help you decide what services/goods are needed and how to get them.



50 Things You Can Do To Get Ready to Transition to Independent Living

28. Find a safe, affordable place to live.
29. Find a compatible, potential roommate.
30. Join a local recreation center.
31. Research new ways to have fun.
32. Connect with a church group.
33. Use the library.
34. Get a library card.
35. Practice reading a map.
36. Take a tour of the city using a map with a friend.
37. Learn to ride the bus.
38. Get an ADA bus pass.
39. Practice reading a bus schedule and learn how to transfer to different routes.
40. Get a Driver license manual and study it.
41. Practice your telephone communication skills.
42. Learn how to make a long distance call and how to use a phone card.
43. Practice using the yellow pages.
44. Role-play contacting the police, doctors, teachers, etc.
45. Identify a lawyer and find out when you need one.
46. Renew contact with a family member you haven't spoke with in awhile.
47. Put together a family scrapbook.
48. Find a good counselor or person to talk to about anything that you may feel.
49. Talk to your parents about your feelings about going out on your own.
50. Understand that your parents are there for you, but you need to do things on your own as much as possible.



50 Things You Can Do To Get Ready to Transition to Independent Living

1. Start a "FYI file" with all your important papers and pictures.
2. Get an original copy of your birth certificate.
3. Get a picture identification card.
4. Get a social security card and put it in a safe place; keep a copy of in your wallet.
5. Make a list of important phone numbers.
6. Find out if you are eligible for AHCCCS.
7. Find an adult physician and schedule a physical.
8. Request to have your medical records sent to your new doctor.
9. Find a dentist and schedule a checkup.
10. Enroll in a school program that interests you.
11. Put together a resume and fact sheet with information you need to fill out applications.
12. Role-play interviewing for a job.
13. Look for a job that interests you.
14. Open a bank account.
15. Practice writing and cashing checks.
16. Learn to do an income tax 1040X short form.
17. Improve your skills in budgeting your money.
18. Practice shopping for food, clothing, etc...
19. Use coupons and comparison shop.
20. Cook 5 nutritional meals.
21. Practice using an oven and a microwave.
22. Prepare a meal for your parents or a friend.
23. Practice cleaning your bathroom properly.
24. Work on your independent living skills.
25. Buy and use an alarm clock.
26. Read and understand a rental/lease agreement.
27. Go over the tenant and landlord rights act to better understand your rights.



Independent Living Rehabilitation Services (ILRS)

Purpose: The purpose is to provide services to individuals who may benefit and to enable them to live and function more independently within their home or community.

Eligibility: You must be a person with a significant physical, mental, cognitive, or sensory impairment which substantially limits your ability to function independently. There must be a reasonable expectation that ILRS will assist you in improving your ability to function, continue functioning, or move towards functioning independently.

Services: Services are time-limited and always directed towards achieving an independent living goal. Individuals who meet eligibility criteria work closely with an ILSR counselor to identify objectives in the areas of personal and/or home management or community integration. In support of the identified goals, services provided through ILRS may include the following: Independent Living Skills Training Information and Referral to appropriate agencies or providers, Individual and Systems Advocacy, and Peer Support, Counseling, and/or Mentoring. Other services are provided based on individual needs and agency funding.

Applications for ILRS: Contact the Regional office closest to you. The staff will put you in touch with a Rehabilitation Services Administration Independent Living counselor in your area. For more information, go to <http://www.de.state.az.us/rsa/ilrs.asp#11>.



Sexuality and Relationships

Asking Questions and Getting Answers

A big part of growing up with a disability is learning to find people to form relationships with outside of the family. During your teenage years you make close friends, learn to accept your body with its strengths and weaknesses, and begin to figure out who you are and who you want to be as an adult. It is normal for teenagers to feel alone and different at times. It often really helps to talk to friends, both other teenagers and adults, about how you feel.

Evaluate your strengths and challenges. Use your strong points to offset your weak points. Everybody should do this sometime in his or her life. Although it's easier said than done; it's important to try.

It is often hard to get answers to questions about sex. Teenagers and magazines often do not have good answers. Try asking someone you trust, such as your primary care provider, urologist or gynecologist, nurse, social worker, or therapist. Remember, if you don't ask, you won't get an answer.



Sexuality and Relationships

Asking Questions and Getting Answers

Organizations that can help you find written information about sexuality and disabilities are:

National Information Center For Education
Children and Youth with Disabilities (NICHCY)
P. O. Box 1492
Washington, DC 20013
1-800-695-0285
www.nichcy.org

Sexuality Information & Education
University of Council of the US (SIECUS)
130 West 42nd St, Suite 350
New York, NY 10036-7802
1-212-819-9770
www.siecus.org