



***The Arc***<sup>®</sup>

*East Central Iowa*

# Family Resource Guide

2022



# The Arc of East Central Iowa

## Family Resource Guide

The Arc of East Central Iowa is a local chapter of The Arc of the United States, a national nonprofit organization headquartered in Washington D.C. We are one of 16 Iowa chapters advocating for people diagnosed with disabilities. Our chapter was started in 1953 by a group of parents who wanted to raise their children in their homes and communities and not in institutions. Our administrative office is located in Cedar Rapids, Linn County, Iowa, and we provide services to 5 additional surrounding counties. Currently we serve nearly 575 individuals and their families.

This guide is a breakdown of information, resources, and tools to support individuals diagnosed with a disability, their caregivers, guardians, families, friends, and community members. This guide is intended for general information only and is not intended, nor should it be construed or relied on as legal or medical advice. You should seek the appropriate counsel prior to making any decision on services or resources. This guide will be reviewed and updated to reflect changes to policies, procedures, and additional resources.

This guide is available to be printed in sections or its entirety. For questions on the guide, please contact:

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# Section 1:

## The Start of Your Journey

### What is a disability?

An individual with a disability is defined by the Americans with Disabilities Act (ADA) as a person who has a physical or mental impairment that substantially limits one or more major life activities, a person who has a history or record of such an impairment, or a person who is perceived by others as having such an impairment. An impairment is a physical or mental anatomical, physiological, or psychological abnormality. A qualified diagnosis must come from clinical or diagnostic techniques or testing completed by a physician or specialist in the field. For more information on what qualifies as a disability visit [www.ada.gov](http://www.ada.gov).

### I am concerned my loved one has a disability. What do I do?

Meet with your family physician and share your concerns with them on the possibility of a disability. Often families will utilize the internet to complete research and to self-diagnose. It is important to seek confirmation from a physician who will direct you to the appropriate specialist. When you apply for services, you will have to provide documentation confirming the diagnosis from a physician or specialist. A specialist's documentation can carry more weight in the decision-making process for services or during the application process for government programs. When applying for government programs, you must provide medical evidence of the impairment.

### How do I get a diagnosis for a disability?

During your visit with the specialist, they will complete a series of tests to diagnose the disability. It is not uncommon for other underlying diagnoses to show up during the testing process and the first specialist may direct you to other specialist for further testing.

Some clinical and diagnostic techniques and testing may include behavioral observation, blood test, genetic testing, newborn screening, prenatal (i.e., Amniocentesis or Chorionic Villus Sampling), ultrasound, etc.

A common test given to individuals is the Intelligence Quotient (IQ). IQ testing evaluates abstract thinking, academic learning, experimental learning, judgment, problem solving, and reasoning. Initial testing and recertification requirements for the state of Iowa vary by the diagnosis and Home and Community Based Services (HCBS) waiver requirements. For more information on IQ testing requirements speak with your physician, specialist, or case manager.



## Is my loved one protected with their disability?

Individuals diagnosed with a disability are protected under federal law. The Americans with Disabilities Act (ADA) was signed into law by President George H. W. Bush in 1990. This major civil rights bill prohibits discrimination based on disability in the private and government sectors. ADA enacted a comprehensive set of national goals to ensure individuals with disabilities enjoy equality of opportunity, full community participation, independent living, and economic self-sufficiency.

In 2008 President George W. Bush signed a revision expanding the term of disability to broaden the definition resulting in protection for more Americans under the ADA and other federal disability nondiscrimination laws.

More information on ADA is provided in the K-12 Education and Post-Secondary Alternatives sections of this guide.



# Section 2:

## After the Diagnosis

### How I am feeling after the diagnosis and who can I talk to?

Being given a diagnosis can be overwhelming for the individual and their family. It can cause many emotions to come to the surface immediately or can take time and slowly overwhelm you. It's important for you to process the information you have received and create a plan for moving forward. Below are several steps you can take to help you through this new journey.

**Step One** – Take time to breathe and process through the information you have received. For some the diagnosis could be a shock and for others they may have questioned the possibility of a diagnosis for some time. Every individual and caregiver will handle the situation differently and it is recommended to implement self-care techniques to help navigate through the changes to your family. These techniques may feel new at the beginning but are easy additions to a regular routine moving forward.

**Step Two** – Knowing the disability is important, but it does not define your loved one. This step is incredibly important as you begin your journey. For many of us who have been a part of this community, we will say the person has been diagnosed with a disability and not that they are their disability (i.e., Tom has been diagnosed with autism, not Tom is autistic). You may hear people in the disability community refer to this as People First Language (PFL). This is a way for us to acknowledge the individual has a disability, but we never want it to be the sole attribute to define them. Your loved one is still your loved one and their value doesn't change with the diagnosis. Those diagnosed with the disability may choose to identify themselves as their diagnosis (i.e. I am autistic, I have down syndrome, I am deaf, etc.). This is a way for individuals to own their disability.

**Step Three** – Education is your greatest tool throughout your new journey. Take the time to learn everything you can about the diagnosis. Utilize the medical team who gave the initial diagnosis, your family physician, medical journals, books, websites affiliated with medical organizations, etc. Ensure you are using reputable sources when gathering information to help you through your new journey.

**Step Four** – Build your team of medical professionals, local providers, family, friends, educators, social media groups, local support groups. It takes a village and many people have been through the process before and want to provide any help you need. Never hesitate to ask for assistance. It is not uncommon for caregivers to seek out support from a therapist to process through the diagnosis of their loved one. This is a valuable step in your journey and talking through your feelings can help create a solid plan moving forward.

**Step Five** – After you have taken the time to process through the diagnosis, gathered information, and start to build your team, now is the time to talk with family and friends. Some of these conversations can be the most difficult to have but are the most necessary. Having advocates and allies allows you to know you have people looking out for you on this journey.

## **Self-Care Techniques**

**De-clutter** – Being surrounded by unnecessary clutter can increase feelings of being overwhelmed. Starting small will allow you to ease into de-cluttering while relieving additional stress. Choose a closet, a corner, or a room to start small and work at a pace you feel comfortable with.

**Find a hobby** – Find a hobby unrelated to your career. Draw, paint, garden, woodworking, etc. Allow yourself the opportunity to engage in something to allow your creativity to come out.

**Fuel your body** – Find ways to add fruits and vegetables into your diet, aim to have one healthy meal each day and increase to additional healthy options weekly.

**Get outside** – Walk, run, bike, garden, take your dog for a walk, etc. Find any reason to get outside to reset your mind.

**Listen to music** – Take 30 minutes each day and listen to your favorite music. This could be while you are getting ready for the day, your commute, while making supper, etc.

**Massage** – Set aside time once a month and get a massage. There are many options for massage therapists in our area. Some health savings plans will allow you to utilize your funds if a note is on file from your physician. Talk with your health savings account customer service for more information. If your plan does not cover massages, we have several massage schools in the area with students who offer training massages at discounted rates.

**Meditate and Relaxation** – Give yourself the gift of peaceful moments. Turn off your electronics, utilize aromatherapy through oils or candles, turn on calming music or sit in silence. Allow yourself time to rest.

**Move** – Get into an exercise routine before and after work by joining a class, go for a walk, lift weights, dance, yoga, etc. If it helps find a friend or neighbor who can join you.

**Read a book** – Find a cozy place inside or go find a great space outside with fresh air. Allow yourself a minimum of 15 minutes to read each day.

**Relationships** – Nurture current relationships and building new friendships. Surround yourself with positive people who support where you are and where you want to be. Find people you are comfortable with to share how you are



coping with the current demands of your life and be a listener for them as well. Attend events for them or with them, spend time with them in a group or one on one. Events may include sports, concerts, plays, religious activity, movies, exercise class, coffee, shopping, etc.

**Sleep** – Develop and implement a regular sleep routine. If the kids go to bed at 8 PM, there is no reason you can't be close behind. You will be your best self if you can get the rest you need.

**Take breaks** – This applies to both 15-minute breaks, walking breaks, and/or lunches. You can only run-on fumes for so long before you need the time. Be aware of your start and stop times for work. It is easy to go in early or stay late, but self-care means you are making yourself a priority to be the best version for you and your family.

**Vacation** – Take time to get away. This could be a long weekend or a full week off. Allowing yourself to take time away to reset with your family will help you to re-energize and balance yourself.

## Education Resources

Physicians, Specialists, and credible websites are all beneficial resources to gather information to help support you and your loved one. Below you will find a list of websites to access for disability information. This is a small selection of reputable information you can find online. If you are a reader, spend time online looking at books written by and for individuals diagnosed with a disability. You will find lots of books online for all age ranges, diagnosis, and relatable content.

### ADDitude

<https://www.additudemag.com>

ADDitude is an on-line magazine that addresses issues and provides resources for people affected by or caring for those with Attention Deficit Hyperactivity Disorder (ADHD).

### American Speech-Language-Hearing Association (ASHA)

<https://www.asha.org>

Members: 800-498-2071 · Non-Members: 800-638-8255

National professional, scientific, and credentialing association for 218,000 members and affiliates who are audiologists; speech-language pathologists; speech, language, and hearing scientists; audiology and speech-language pathology support personnel; and students.

## **ASK (Access for Special Kids) Family Resource Center**

<https://www.askresource.org>

800-450-8667

The center can connect you with strategy, training, and education programs. Families with children who have disabilities can access their F.I.N.D. database, which connects families with similar experiences and interests.

## **Aunt Bertha**

<https://www.auntbertha.com>

Aunt Bertha is a social services search engine helping people find referrals to free or low-cost programs and services for food, shelter, health care, work, financial assistance and more.

## **Birth Injury Help Center**

<https://www.birthinjuryhelpcenter.org>

800-444-6443

A comprehensive website dedicated to promoting awareness of major birth injuries and related childhood disabilities. Their goal is to give parents of children injured during childbirth access to the highest quality information on the web to enable them to make informed decisions.

## **Brain Injury Association of America**

<https://www.biausa.org>

The Brain Injury Association of America offers information about how to connect to supports and resources, including descriptions of the many symptoms and issues that may accompany a brain injury.

## **Cerebral Palsy Guidance**

<https://www.cerebralpalsyguidance.com>

This organization's website features information ranging from cerebral palsy symptoms to financial assistance to daily living articles, covering all aspects of cerebral palsy.

## **Cerebral Palsy Guide**

<https://www.cerebralpalsyguide.com>

866-778-5616

Read a free educational guide with information for parents and children affected by cerebral palsy, including financial options and emotional support.

## **Disabilities Resource Library**

<https://uichildrens.org/cdd/drl>

319-356-1345

Located at the University of Iowa Hospital, the collection focuses on information regarding disabilities. Over half of the items can't be found in any other library in Iowa.

## **Disability Rights Iowa**

<https://disabilityrightsiowa.org>

666 Walnut Street, Des Moines, IA 50309 · 515-278-2502

Disability Rights IOWA aims to defend and promote the human and legal rights of Iowans who have disabilities and mental illness. They promote safety, opportunity, access, and self-determination for all Iowans.

## **Disability Scoop**

<https://www.disabilityscoop.com>

Disability Scoop is a conglomerate of recent developmental disability stories in the news.

## **Epilepsy Foundation**

<https://www.epilepsy.com>

The mission of the Epilepsy Foundation is to lead the fight to overcome the challenges of living with epilepsy and to accelerate therapies to stop seizures, find cures, and save lives. For more than five decades, the Epilepsy Foundation and their network of nearly 50 partners have helped to connect people to treatment, support and resources, fund innovative research and the training of specialists; and educate the public about epilepsy and seizure first aid. Their programs also shine a light on epilepsy by promoting awareness and advocating for laws that matter to people with epilepsy



## **Friendship Circle Blog**

<https://www.friendshipcircle.org/blog>

The blog offers a number of online special needs resources including over 1,000 articles on special needs parenting, products, therapy, and more. It also offers information about special needs apps.

## **GeneReviews**

[www.genetests.org](http://www.genetests.org)

GeneReviews, an international point-of-care resource for busy clinicians, provides clinically relevant and medically actionable information for inherited conditions in a standardized journal-style format, covering diagnosis, management, and genetic counseling for patients and their families. Each chapter in GeneReviews is written by one or more experts on the specific condition or disease and goes through a rigorous editing and peer review process before being published online..

## **Global Down Syndrome Foundation**

<https://www.globaldownsyndrome.org>

303-321-6277

Network of affiliated organizations to improve lives of people with down syndrome through research, medical care, education, and advocacy.

## **MindSpring Mental Health Alliance**

<https://mindspringhealth.org>

515-850-1467

MindSpring is an independent local organization providing mental health education, support, and advocacy. They are dedicated to improving the lives of individuals, families, and the community on mental illness. MindSpring welcomes anyone who shares their mission and vision.

## **National Alliance on Mental Illness (NAMI)**

<https://namiiowa.org>

800-950-6264

Alliance for the Mentally Ill provides education and support programs.

## **National Council on Independent Living (NCIL)**

<https://ncil.org>

844-778-7961

NCIL advances independent living and the rights of people with disabilities. NCIL envisions a world in which people with disabilities are valued equally and participate fully.

## **National Federation of Families for Children's Mental Health**

<https://www.ffcmh.org>

240-403-1901

The National Federation of Families for Children's Mental Health is a national family-run organization linking more than 120 chapters and state organizations focused on the issues of children and youth with emotional, behavioral, or mental health needs, and their families.

## **Self Advocates Becoming Empowered (SABE USA)**

<https://www.sabeusa.org>

Self Advocates Becoming Empowered (SABE) is the United States national self-advocacy organization. They are a national board of regional representatives and members from every state in the US. Their mission is to ensure that people with disabilities are treated as equals and that they are given the same decisions, choices, rights, responsibilities, and chances to speak up to empower themselves; opportunities to make new friends, and to learn from their mistakes.

## **The Arc of the United States**

<https://thearc.org>

800-433-5255

The Arc is the largest national community-based organization advocating for and serving people with intellectual and developmental disabilities and their families. They serve all ages and individuals with more than 100 different diagnoses including Autism, Down Syndrome, Fragile X Syndrome, and various other developmental disabilities.

## The Arc's Action Center

<https://p2a.co/IRPDZ5C>

Stay up to date on what is going on in Congress and how it impacts people with intellectual and developmental disabilities. Advocates receive a weekly policy newsletter and get action alerts that give a direct course of action, talking points, and background on breaking policy related issues.

## Building a Team

When building a support team, the team will generally start small and increase in size as you learn more about the diagnosis or are referred to additional physicians and specialists. Here are some possible members of your team:

**Developmental and Behavioral Pediatrician** – a physician specially trained to address behavioral, developmental, and/or learning needs of children. They will provide a diagnosis, referrals, and assist in locating community resources to help support the individual.

**Local Service Provider** – an organization supporting individuals with a development, intellectual, or mental health diagnosis (i.e., The Arc of East Central Iowa, Abbe Center, etc.). The staff can help provide resources, education, and support throughout all stages of an individual's journey.

**Medical Specialist** – a medical professional focused on certain areas of the body (i.e., audiologist, cardiologist, genetics, immunologist, internal, neurologist, podiatry, etc.).

**Nurse Practitioners (NP), Advanced Registered Nurse Practitioner (ARNP) or Advanced Practice Registered Nurse (APRN)** – a nurse who has graduated with an advanced nursing degree. They can complete a wide range of tasks to support the individual in need.

**Parent Partner Support** – a fellow parent or caregiver of an individual diagnosed with a disability who can lend a listening ear, share their experiences, and offer advice as you go through your journey. If you are needing additional support contact Kristen Krambeer at The Arc of East Central Iowa at [kkrambeer@arceci.org](mailto:kkrambeer@arceci.org) to be connected to a parent partner.

**Physicians** – a medical professional with a medical doctorate degree who can provide an individual with a diagnosis, care, treatment, and prescribe medication.

**Physician's Assistant** – a medical professional licensed to provide services under supervision of a physician.



**Psychologist** – a person who studies the mind and brain. A psychologist will help an individual utilize psychotherapy to adjust changes in the individual's behavior.

**Psychiatrist** – a person who diagnoses and helps to prevent and treat behavioral, emotional, and mental health.

**School Staff** – a member of a school who provides support to students and their families (teacher, school counselor, principal, etc.).

**Spiritual Advisor** – is anyone in your faith you acknowledge as a leader to help guide you through your journey (bishop, elder, guru, lama, imam, minister, pastor, priest, rabbi, reverend, etc.).

**Therapist** – a specialist who works to support an individual through the process of handling multiple emotions through a diagnosis and medical process (Occupational, Play, Physical, Respiratory, Speech, Musical).

## Talking with others about the diagnosis

It can be easy to feel like it is your job to explain the diagnosis everywhere you go. Luckily, there are many wonderful resources online, books, public speakers, podcasts, etc. that anyone can access to learn more about a particular diagnosis. Never feel you are alone or having to educate everyone in every circumstance. Sometimes the best thing you can do is direct them to places where they can learn more and make yourself an open resource if they have follow-up questions.

### Helpful tips when sharing a diagnosis with another person:

Make sure the information you share is accurate. With all the resources online, you want to ensure you are directing people to appropriate and useful information.

Be aware of the audience you are speaking to and how much information you share. For a friend or family member, you may be okay sharing every detail, but with a stranger, you may say, “they/I have been diagnosed with a disability” and choose to share nothing else.

If you go into further detail, it is best to provide the information in a private location to help maintain your privacy but allow time for the individual to process the information. They may begin to ask questions during the initial conversation or ask to speak to you in the future if you are open to further discussion.

It is important to remember disclosing is always a choice. You should never feel pressured to disclose a diagnosis and you are not required to disclose. This includes disclosures to current or future employers.

**Additional resources for sharing someone's disability diagnosis or how to interact with individuals diagnosed with a disability:**

**Center For Disease Control and Prevention: Communicating with People with Disabilities**

<https://www.cdc.gov/ncbddd/disabilityandhealth/materials/factsheets/fs-communicating-with-people.html>

**Cincinnati Children's Hospital Medical Center: How to Talk to Kids About People with Disabilities**

<https://blog.cincinnatichildrens.org/86/how-talk-kids-people-disabilities>

**Raising Children: Talking About Your Child's Disability**

<https://raisingchildren.net.au/disability/family-life/communicating-relationships/talking-about-child-disability>

**Respectability: Etiquette: Interacting with People with Disabilities**

<https://www.respectability.org/inclusion-toolkits/etiquette-interacting-with-people-with-disabilities/>

**After a Conversation: What are things, someone can do to help end the stigma around disabilities?**

Ask questions. It is always better to ask in an open honest way about someone's disability. Taking the time to hear people's stories may help you understand who they are as a person, their experiences, and some of the struggles they face each day.

Never joke about having a disability and if you hear something, say something.

Using the phrase of "Everyone's a little on the spectrum", "I'm a little slow too", "I couldn't even tell", or "I'd like to cruise around on two wheels all day too" can be extremely hurtful for those who are experiencing the real challenges of being diagnosed with a disability.

# Section 3:

## Medicaid Waiver Services

### What are waiver services?

Home and Community Based Services (HCBS) are a Medicaid entitlement program providing medical care and services for individuals diagnosed with a disability or for older Iowans needing additional support. HCBS is designed to allow individuals to remain in their home and community, rather than medical institutions.

### What does it mean to have services?

Having services means you can utilize the services based on what waiver you have been approved for. For example, if you qualify and are placed on the Health & Disability waiver, you can access the services provided on that specific waiver. If you need services provided from a different waiver, you will want to look at applying to the waiver that best fits your needs.

### Who qualifies for waiver services?

Waiver qualifications are based on the disability or chronic health condition of the individual. You must be an Iowa resident to qualify for Iowa Waiver Services.

### What waivers are available?

Iowa currently supports eight HCBS waivers. Please note not all service providers will support all the waivers listed.

### AIDS/HIV Waiver (AH)

Acquired Immunodeficiency Syndrome/Human Immunodeficiency Virus Waiver (HCBS AIDS/HIV) provides service funding and individualized supports to maintain eligible members in their own homes or communities who would otherwise require care in a medical institution.

Target Population: Children and adults diagnosed with AIDS or HIV.

Ages: All

Talk with your Case Manager for annual testing requirements and unit caps.



Services you may receive on the AIDS/HIV Waiver:

- Adult Day Care
- Consumer Directed Attendant Care (CDAC)
- Counseling Services
- Home Delivered Meals
- Home Health Aide
- Homemaker
- Nursing
- Respite

### **Brain Injury Waiver (BI)**

Provides service funding and individualized supports to maintain eligible members in their own homes or communities who would otherwise require care in a medical institution. Provision of these services must be cost effective.

Target Population: Children and adults diagnosed with a brain injury by accident or illness.

Ages: One month or older.

Talk with your Case Manager for annual testing requirements and unit caps.

Services you may receive on the Brain Injury Waiver:

- Adult Day Care
- Behavioral Programming
- Case Management
- Consumer-Directed Attendant Care (CDAC)
- Family Counseling and Training
- Home and Vehicle Modification
- Interim Medical Monitoring and Treatment
- Personal Emergency Response

- Prevocational Services
- Respite
- Specialized Medical Equipment
- Supported Community Living
- Supported Employment
- Transportation

### **Children's Mental Health Waiver (CMH)**

Identify and provide services and supports that are not available through other mental health programs and services that can be used in conjunction with traditional services to develop a comprehensive support system for children with serious emotional disturbance. These services will allow children in this targeted population to remain in their own homes and communities. Provision of these services must be cost effective.

Target Population: Children diagnosed with serious emotional disturbance.

Ages: 0-17.

Talk with your Case Manager for annual testing requirements and unit caps.

Services you may receive on the Children's Mental Health Waiver:

- Environmental Modifications and Adaptive Devices
- Family and Community Support Services
- In-Home Family Therapy
- Respite

### **Elderly Waiver (E)**

Provides service funding and individualized supports to maintain eligible members in their own homes or communities who would otherwise require care in a medical institution. Provision of these services must be cost effective.

Target Population: Adult 65 years of age or older.

Ages: 65 and up.

Talk with your Case Manager for annual testing requirements and unit caps.

Services you may receive on the Elderly Waiver:

- Adult Day Care
- Assistive Devices
- Assisted Living Service
- Case Management
- Chore
- Consumer-Directed Attendant Care (CDAC)
- Home and Vehicle Modification
- Home Delivered Meals
- Home Health Aide
- Homemaker
- Mental Health Outreach
- Nursing
- Nutritional Counseling
- Personal Emergency Response
- Respite
- Senior Companion
- Transportation

### **Health & Disability Waiver (HD)**

Provides service funding and individualized supports to maintain eligible persons in their own homes or communities who would otherwise require care in a medical institution. Provision of these services must be cost effective.

Target Population: Children and adults diagnosed with a physical or other medical disability.

Ages: 0-64

Talk with your Case Manager for annual testing requirements and unit caps.

Services you may receive on the Health and Disability Waiver:

- Adult Day Care
- Consumer-Directed Attendant Care (CDAC)

- Counseling
- Home and Vehicle Modification
- Home Delivered Meals
- Home Health Aide
- Homemaker
- Interim Medical Monitoring and Treatment
- Nursing
- Nutritional Counseling
- Personal Emergency Response
- Respite

### **Intellectual Disability Waiver (ID)**

Provides service funding and individualized supports to maintain eligible members in their own homes or communities who would otherwise require care in a medical institution. Provision of these services must be cost effective.

Target Population: Children and adults diagnosed with an intellectual disability.

Ages: All ages.

Talk with your Case Manager for annual testing requirements and unit caps.

Intelligence Quotient (IQ) testing must take place prior to the individual turning 18 to qualify for the ID Waiver.

Services you may receive on the Intellectual Disability Waiver:

- Adult Day Care
- Consumer-Directed Attendant Care (CDAC)
- Day Habilitation
- Home and Vehicle Modification
- Home Health Aide
- Interim Medical Monitoring and Treatment
- Nursing
- Personal Emergency Response

- Prevocational Services
- Respite
- Supported Community Living
- Supported Community Living-Residential Based
- Supported Employment
- Transportation

### **Physical Disability Waiver (PD)**

Provides service funding and individualized supports to maintain eligible persons in their own homes or communities who would otherwise require care in a medical institution. Provision of these services must be cost effective.

Target Population: Adults diagnosed with a physical disability.

Age: 18 to 64.

Talk with your Case Manager for annual testing requirements and unit caps.

Services you may receive on the Physical Disability Waiver:

- Consumer-Directed Attendant Care (CDAC)
- Home and Vehicle Modification
- Personal Emergency Response
- Specialized Medical Equipment
- Transportation

### **What other programs are available in partnership with Medicaid Waivers?**

#### **Dual Enrolled Medicare-Medicaid**

Individuals who are eligible for Medicare and Medicaid are referred to as “Dually Eligible”. These are individuals who experience higher rates of chronic illness requiring long-term care. Dually eligible members may receive better healthcare coverage and lower out-of-pocket costs. Medicare is the primary payer. If Medicare does not cover the cost in its entirety, Medicaid (secondary payer) will pay the remaining cost if they are covered under Medicaid expenses.



**Additional Resource for Dually Eligible:**

<https://www.medicare.gov/sites/default/files/2021-10/02179-Medicare-and-other-health-benefits-your-guide-to-who-pays-first.pdf>

**Early and Periodic Screening, Diagnostic, and Treatment (EPSDT)****Eligible Waivers: All**

<https://www.iowaepsdt.org/iowa-epsdt/>

Iowa EPSDT Care for Kids is the state's federally mandated Medicaid program for children. The Early and Periodic Screening, Diagnosis and Treatment (EPSDT) program was first created by Congress in 1967.

Any person under the age of 21 enrolled in Medicaid through a state plan is eligible for EPSDT.

If an individual has nursing services, EPSDT should be discussed with the care team for consideration of extra support in the school system.

According to the Iowa Medicaid EPSDT Care for Kids website there are three levels of developmental care:

- **Level 1 Care**

- For all children:
  - Federal Medicaid guidelines require primary health care providers to review development at every well child visit. This includes:
    - Review cognitive, motor, language, adaptive, and social-emotional milestones.
    - Address parental concerns about development, behavior, or emotions.
    - Assess family risk factors, including parental stress, depression, violence, substance use, financial stress, etc.
    - Iowa Medicaid Enterprise endorses the AAP recommendation for developmental and autism screening for all children.
    - Developmental Screening at 9 months, 18 months, and 24-30 months.
    - Autism screening at 18 and 24 months.

- **Level 2 Care**

- For at risk children:

- Additional screening of development, social emotional and behavioral concerns, and caregiver depression and family stress.
- General Development: Ages and Stages Questionnaires, Third Edition (ASQ-3) can be administered at additional times (1-66 months).
- Behavioral-Emotional: Ages and Stages Questionnaires: Social-Emotional (ASQ:SE-2) (3-66 months).
- Care coordination to assist the child, family, and healthcare team develop a plan of care to optimize the child's development and support the family.
- Brief interventions by the healthcare provider or other professional to promote child development and well-being.
- **Level 3 Care**
  - For children with identified developmental or social emotional concerns:
    - Referral of children identified with a developmental or social emotional concern for a comprehensive diagnostic evaluation.
    - Care coordination to assist the child, family, healthcare team, and other professionals to develop a family centered plan of care to optimize the child's development and support the family.
    - More intensive interventions to address the developmental or social emotional concern.
    - Periodic reassessment of progress.

## **Habilitation Services Program**

Provide services funding and individualized supports to maintain eligible persons in their own homes or communities who would otherwise require care in a medical institution. Provision of these services must be cost effective.

- Target Population: Iowans diagnosed with a functional impairment typically associated with chronic mental illness. Designed to assist in acquiring, retaining, and improving adaptive skills to successfully live-in home and community-based settings.
- Ages: 18 and up.
- Talk with your Case Manager for annual testing requirements and unit caps.

- Services you may receive on the Habilitation Waiver:
  - Case Management
  - Home-Based Habilitation
  - Day Habilitation
  - Prevocational Services
  - Supported Employment

## Integrated Health Home (IHH)

### Eligible Waivers: Children's Mental Health Waiver & Habilitation

Integrated Health Home (IHH) is a team of professionals, including family and peer support services, working together to provide whole-person, patient-centered, coordinated care for adults with a serious mental illness (SMI) and children with a serious emotional disturbance (SED). This includes individuals currently receiving Targeted Case Management (TCM) and Case Management through Medicaid funded Habilitation. Care coordination is provided for all aspects of the individual's life and for transitions of care the individual may experience. The IHH is required to assist individuals with their paperwork and guide them through the application process for benefits for which they qualify. The IHH is required to coordinate all services for an individual, including medical, behavioral, and community services regardless of the funding sources for those services.

Integrated Health Home may be provided in:

- Member's home and community
- Cannot be provided in the provider's home

## Medicare

Medicare is a federal government health insurance program for individuals 65 years of age and older and for those living with a disability or other illness under the age of 65. Before deciding on a plan, take the time to review each plan in its entirety. Medicare is broken down into four parts based on coverage:

- **Part A:** Covers hospital care and services related to hospital care. This does not include custodial or long-term care.
- **Part B:** Covers outpatient medical care and doctor's appointments. This includes ambulance services, mental health coverage, durable medical equipment, and some prescription drugs.

- **Part C:** Covers the benefits in Parts A and B but is offered through a private insurer. This plan is commonly referred to as Medicare Advantage and in some cases covers Part D's prescription drug coverage. This plan may also include vision, hearing, and dental care.
- **Part D:** Covers Prescription Medication (generic and brand name). A monthly premium is required for the program and is offered through a private insurer.

**Medigap:** A health insurance policy from a private insurer to help offset the costs not covered by Part A and Part B. Items may include deductibles and coinsurance when outside of the United States. In Iowa, Medigap plans range in cost from \$65 to \$342 each month based on coverage.

**Additional Resources for Medicaid:**

- <https://www.medicaid.gov/>
- <https://dhs.iowa.gov/ime/members>

**Medicaid for Employed Persons with Disabilities (MEPD)**

Is a Medicaid coverage allowing an individual diagnosed with a disability the right to work while continuing to have access to medical services.

According to the Iowa Department of Human Services website an individual is eligible for MEPD if they meet the following requirements:

- Is under age 65.
- Is still considered to be disabled based on SSI medical criteria for disability.
- Has earned income from employment or self-employment.
- Meets general SSI-related Medicaid eligibility requirements.
- Is not eligible for any other Medicaid coverage group other than QMB, SLMB, or Medically Needy.
- Have resources less than \$12,000 for an individual and \$13,000 for a couple.
- Has net family income less than 250% of the federal poverty level.
- Pays any premium due for the monthly eligibility.
- **Additional Resource for MEPD:**
  - <https://dhs.iowa.gov/ime/members/medicaid-a-to-z/mepd>

# Section 4:

## Medicaid Eligible Services

The following information is a brief breakdown of eligible services from the Iowa Department of Human Resources Website for Home and Community Based Services (HCBS). For a full breakdown of services for each waiver, visit the Iowa DHS websites listed below:

### **All Waivers:**

<https://dhs.iowa.gov/ime/members/medicaid-a-to-z/hcbs/waivers>

### **AIDS/HIV:**

<https://dhs.iowa.gov/sites/default/files/Comm527.pdf?121320212221>

### **Brain Injury:**

<https://dhs.iowa.gov/sites/default/files/Comm510.pdf?121420211422>

### **Children's Mental Health:**

<https://dhs.iowa.gov/sites/default/files/Comm512.pdf?121420211517>

### **Elderly:**

<https://dhs.iowa.gov/sites/default/files/Comm513.pdf?121420211644>

### **Habilitation:**

<https://dhs.iowa.gov/sites/default/files/Comm531.pdf?121420211630>

### **Health & Disability:**

<https://dhs.iowa.gov/sites/default/files/Comm529.pdf?121420211643>

### **Intellectual Disability:**

<https://dhs.iowa.gov/sites/default/files/Comm511.pdf?121420211357>

### **Physical Disability:**

<https://dhs.iowa.gov/sites/default/files/Comm528.pdf?121420211430>



## **Medicaid Home and Community Based Services (HCBS) Comparison Chart:**

[https://dhs.iowa.gov/sites/default/files/MHDS\\_Medicaid\\_HCBS\\_Program\\_Comparison\\_Chart.pdf?111120211447](https://dhs.iowa.gov/sites/default/files/MHDS_Medicaid_HCBS_Program_Comparison_Chart.pdf?111120211447)

### **Adult Day Care**

#### **Eligible Waivers: AIDS/HIV, Brain Injury, Elderly, Health & Disability, and Intellectual Disability**

Adult day care services provide an organized program of supportive care in a group environment to persons who need a degree of supervision and assistance on a regular or intermittent basis in a day care center.

Adult day care may be provided in an adult day care program in the community that is certified to provide waiver services.

### **Assistive Devices**

#### **Eligible Waivers: Elderly**

Assistive devices are practical equipment products to assist members with activities of daily living and instrumental activities of daily living, which allow the member more independence. These assistive devices may include, but are not limited to:

- Long reach brush
- Extra-long shoehorn
- Non-slip grippers to pick up and reach items
- Dressing aids
- Shampoo rinse tray
- Inflatable shampoo tray
- Double handled cup
- Sipper lid

Assistive devices can be provided in:

- Member's home

Cost:

- The cost of any one assistive device cannot exceed \$115.62 per unit.

## **Assisted Living Service**

### **Eligible Waivers: Elderly**

Assisted living service includes unanticipated and unscheduled personal care and supportive services that are furnished to waiver participants who reside in a homelike, non-institutional setting. Assisted living service includes 24-hour on-site response capability to meet unpredictable member needs as well as member safety and security through incidental supervision. Assisted living service is not reimbursable if performed at the same time as any service included in a CDAC agreement.

Assisted living services may be provided in:

- Assisted living center

## **Behavioral Programing**

### **Eligible Waivers: Brain Injury**

Individually designed strategies to increase the member's appropriate behaviors and decrease any maladaptive behaviors that interfere with the member's ability to remain in the community. This may include, but is not limited to, the following:

- Clinical redirection
- Token economies
- Reinforcement
- Extinction
- Modeling
- Overlearning

Behavioral programing services may be provided in:

- Member's Home
- Community
- Cannot be provided in provider's home

## **Career Exploration Services**

### **Eligible Waivers: Brain Injury, Habilitation, and Intellectual Disability**

Career exploration activities are designed to develop an individual career plan and facilitate the members experientially based, informed choice

regarding the goal of individual employment. Career exploration may be provided in small groups of no more than four members to participate in career exploration activities that include:

- Business tours
- Attending industry education events
- Benefit information
- Financial literacy classes
- Attending career fairs

Career exploration may be authorized for up to 34 hours, to be completed over 90 days in the member's local community or nearby communities and may include, but is not limited to, the following activities:

- Meeting with the member and the member's family, guardian, or legal representative to introduce them to supported employment and explore the member's employment goals and experiences.
- Business tours,
- Informational interviews
- Job shadows
- Benefits education and financial literacy
- Assistive technology assessment
- Job exploration events

Prevocational career exploration services shall take place in community-based nonresidential settings.

## **Case Management**

**Eligible Waivers: AIDS/HIV, Brain Injury, Children's Mental Health, Elderly, Habilitation, Health & Disability, Intellectual Disability, Physical Disability**

The goal of case management is to enhance the member's ability to exercise choices, make decisions, and take risks that are typical of life, and fully participate in the community.

Case management activities include the following:

- A comprehensive diagnosis and evaluation
- Assistance in obtaining appropriate services and living arrangements

- Coordination of service delivery
- Ongoing monitoring of the appropriateness of services and living arrangements
- Crisis assistance to facilitate referral to the appropriate providers

Case Management can be provided in:

- Member's home
- Community

## **Chore Services**

### **Eligible Waivers: Elderly**

Chore services are limited to the following services:

- Window and door maintenance, such as hanging screen windows and doors, replacing windowpanes, and washing windows
- Minor repairs to walls, floors, stairs, railings, and handles
- Heavy cleaning which includes cleaning attics or basements to remove fire hazards, moving heavy furniture, extensive wall washing, floor care, painting, and trash removal
- Lawn mowing and removal of snow and ice from sidewalks and driveways

The following services are not included:

- Leaf raking
- Bush and tree trimming
- Trash burning
- Stick and tree removal

Chore services can be provided in:

- In and on the outside of the home and on the member's property

## **Consumer-Directed Attendant Care (CDAC)**

### **Eligible Waivers: AIDS/HIV, Brain Injury, Elderly, Health & Disability, Intellectual Disability, Physical Disability**

Assistance to the member with self-care tasks that the member would typically do independently if the member was otherwise able. An individual

or agency, depending on the member's needs may provide the service. The member, parent, guardian, or attorney-in-fact under a durable power of attorney for health care shall be responsible for selecting the individual or agency that will provide the components of the CDAC services to be provided.

Skilled services may include, but are not limited to:

- Tube feedings
- Intravenous therapy
- Parenteral injections
- Catheterizations
- Respiratory care
- Care of decubiti and other ulcerated areas
- Rehabilitation services
- Colostomy care
- Care of medical conditions out of control
- Postsurgical nursing care
- Monitoring medications
- Preparing and monitoring response to therapeutic diets
- Recording and reporting of changes in vital signs

Non-skilled services may include, but are not limited to:

- Dressing
- Hygiene
- Grooming
- Bathing supports
- Wheelchair transfer
- Ambulation and mobility
- Toileting assistance
- Meal preparation



- Cooking
- Eating and feeding
- Housekeeping
- Medications ordinarily self-administered
- Minor wound care
- Employment support
- Cognitive assistance
- Fostering communication
- Transportation

CDAC may be provided in:

- Member's home
- Community
- Cannot be provided in a provider's home.

## Counseling Services

### Eligible Waivers: AIDS/HIV and Health & Disability

Counseling services are face-to-face mental health services provided to the member and caregiver by a mental health professional as defined in 441 Iowa Administrative Rule 24.1(225C) to facilitate home management of the member and prevent institutionalization. Counseling services are nonpsychiatric services necessary for:

- The management of depression
- Assistance with the grief process
- Alleviation of psychosocial isolation and support in coping with a disability or illness include terminal illness

Counseling services may be provided both for the purpose of training the member's family or other caregiver to provide care and for the purpose of helping the member and those caring for the member to adjust to the member's disability or terminal condition. Counseling services may be provided to the member's caregiver only when included in the case plan for the member.

Counseling may be provided in:

- Community mental health center
- Other location used by a provider that meets accreditation under the Mental Health and Disabilities Commission

## **Day Habilitation**

### **Eligible Waivers: Habilitation and Intellectual Disability**

Day habilitation services are services that assist or support the member in developing or maintaining life skills and community integration. Services must enable or enhance the member's:

- Intellectual functioning
- Physical and emotional health and development
- Language and communication development
- Cognitive functioning
- Socialization and community integration
- Functional skill development
- Behavior management
- Responsibility and self-direction
- Daily living activities
- Self-advocacy skills
- Mobility

Family training option. Day habilitation services may include training families in treatment and support methodologies or in the care and use of equipment. Family training may be provided in the member's home.

Day Habilitation services may be provided in:

- Integrated community-based setting
- Cannot be provided in the member's home

## **Environmental Modifications and Adaptive Devices**

### **Eligible Waivers: Children's Mental Health**

Environmental modifications and adaptive devices are items installed or used within the child's home that address specific documented mental health, health, or safety concerns. This service shall be provided under the recommendation and direction of the mental health professionals that are included on the child's interdisciplinary team. Items may include, but are not limited to:

- Smoke alarms
- Window or door alarms
- Pager supports
- Motion sensors

Services not included:

- Items ordinarily covered by Medicaid
- Items funded by educational or vocational rehabilitation programs
- Items provided by voluntary means
- Repair and maintenance of items purchased through the waiver
- Fencing

Environmental modifications and adaptive devices may be provided in:

- In or on member's home

## **Family and Community Supports Services**

### **Eligible Waivers: Children's Mental Health**

This service shall be provided under the recommendation and direction of the mental health professionals that are included in the child's interdisciplinary team. This service shall support the child and family by helping them with the development and implementation of strategies and interventions that will result in the reduction of stress and depression and will increase the child's and family's social and emotional strength.

Depending on the needs of the child and family members (individually or collectively), family and community support services may be provided to the child, to the child's family members, or to the child and family members as a family unit. This service shall incorporate recommended support interventions and activities that may include the following:

- Developing and maintaining a crisis support network for the member and for the member's family.

- Modeling and coaching effective coping strategies for the member's family members.
- Building resilience to the stigma of serious emotional disturbance for the member and the family.
- Reducing the stigma of serious emotional disturbance by the development of relationships with peers and community members.
- Modeling and coaching the strategies and interventions identified in the member's crisis intervention plan as defined in 441 Iowa Administrative Code 24.1(225C) for life situations with the member's family and in the community.
- Developing medication management skills.
- Developing personal hygiene and grooming skills that contributes to the member's positive self-image.
- Developing positive socialization and citizenship skills.

Transportation and therapeutic resources: Family and community support services may include an amount not to exceed the upper limit per 441 Iowa Administrative Code 79.1(15)"b"(8) per member per year for transportation within the community and purchase of therapeutic resources. Therapeutic resources may include books, training materials, and visual or audio media.

- The interdisciplinary team must have identified the transportation or therapeutic resource as a support need and included it in the service plan.
- The annual amount available for transportation and therapeutic resources must be listed in the member's service plan.
- The member's parent or legal guardian shall submit a signed statement that the transportation or therapeutic resource cannot be provided by the member or the member's family or legal guardian.
- The member's Medicaid case manager or integrated health home shall maintain a signed statement that potential community resources are unavailable and shall list the community resources contacted to fund the transportation or therapeutic resource.
- The transportation or therapeutic resource must not be otherwise eligible for Medicaid reimbursement.

The following items are not included:

- Vocational and prevocational services
- Supported employment services

- Room and board
- Academic services
- General supervision
- Childcare
- Parenting
- Case management

Family and community support services may be provided in:

- Child's home
- Community

## **Family Counseling and Training**

### **Eligible Waivers: Brain Injury**

Face-to-face mental health services that help the member, the member's family members or friends with:

- Crisis coping strategies
- Stress reduction
- Management of depression
- Alleviation of psychosocial isolation
- Support in coping with the effects of brain injury

Family counseling and training may be provided in:

- Member's home
- Community
- Community mental health center or other location used by a mental health provider that meets Mental Health and Disabilities Commission accreditation.
- Cannot in the provider's home

## **Home and Vehicle Modification**

### **Eligible Waivers: Brain Injury, Elderly, Health & Disability, Intellectual Disability, and Physical Disability**

Physical modifications to the home and vehicle to assist with the health, safety, and welfare needs of the member and to increase or maintain



independence. Competitive bids are essential to determine the cost effectiveness of the requested item. All modification requests are reviewed individually, and a determination is made regarding the appropriateness of the modification request.

Home and Vehicle Modification must be in the member's home or vehicle. Only the following modifications are included:

- Kitchen counters, sink space, and cabinets
- Special adaptations to refrigerators, stoves, and ovens
- Bathtubs, bath chairs and toilets to accommodate transfer, special handles and hoses for shower heads, water faucet controls, and accessible showers and sink areas
- Grab bars and handrails
- Turnaround space adaptations
- Ramps, lifts, and door, hall, and window widening
- Fire safety alarm equipment specific for disability
- Voice activated, sound activated, light activated, motion activated, and electronic devices directly related to the member's disability
- Vehicle lifts, driver specific adaptations, remote start systems, including such modifications already installed in a vehicle
- Keyless entry systems
- Automatic opening device for home or vehicle door
- Special door and window locks
- Specialized doorknobs and handles
- Plexiglas replacement for glass windows
- Modification of existing stairs to widen, lower, raise or enclose open stairs
- Motion detectors
- Low pile carpeting or slip resistant flooring
- Telecommunications device for people who are deaf
- Exterior hard surface pathway
- New door opening

- Pocket doors
- Installation or relocation of controls, outlets, and switches
- Air conditioning and air filtering if medically necessary
- Heightening of existing garage door opening to accommodate modified van

Cost (May change over time, speak with your case manager for specific rates):

- Brain Injury – The member is eligible for up to \$6,366.64 per year
- Elderly – The maximum lifetime benefit is \$1,061.11
- Health & Disability – The member is eligible for up to \$6,366.64 per year
- Intellectual Disability – The maximum lifetime benefit is \$5,305.53
- Physical Disability – The member is eligible for up to \$6,366.64 per year

## **Home-Based Habilitation (HBH)**

### **Eligible Waivers: Habilitation**

HBH provides 1 to 24 hours of support per day based on the individual's needs.

This service is designed to assist the member with daily living needs.

Assistance may include, but is not limited to:

- Adaptive skill development
- Assistance with activities of daily living
- Community inclusion
- Transportation (except to and from a day program)
- Adult educational supports
- Social and leisure skill development
- Personal care
- Protective oversight
- Supervision

This does not include transportation to and from a day program, room and

board costs, academics, medical services, vocational services, daycare and babysitting, parenting, or case management

Home-based habilitation may be provided in:

- Family home
- Guardian home
- Typical community settings  
(i.e., houses, apartments, condominiums, townhouses, trailers, etc.).
- Cannot be provided in the provider's home

## **Home Delivered Meals**

### **Eligible Waivers: AIDS/HIV, Elderly, and Health & Disability**

Home-delivered meals are prepared outside of the member's home and delivered to the member. Each meal must ensure that the member receives a minimum of one-third of the daily recommended dietary allowance as established by the Food and Nutrition Research Council of the National Academy of Sciences. Each meal may also be a liquid supplement, which meets the minimum one-third standard.

Home delivered meals are delivered to the member's home

## **Home Health Aide Services (HHA)**

### **Eligible Waivers: AIDS/HIV, Elderly, Health & Disability, and Intellectual Disability**

Unskilled medical services that provide direct personal care.  
This service may include:

- Assistance with oral medications
- Eating
- Bathing
- Dressing
- Personal hygiene
- Accompanying member to medical services
- Transporting member to and from school or medical appointments
- Other necessary activities of daily living that is intended to prevent or postpone institutionalization

Home Health Aide may be provided in:

- Member's home except when transporting to or from school
- Cannot be provided in the provider's home

## **Homemaker**

### **Eligible Waivers: AIDS/HIV, Elderly, and Health & Disability**

Homemaker services are those services provided when the member lives alone or when the person who usually performs these functions for the member needs assistance.

Home maker service is limited to the following components:

- Essential shopping
- Limited house cleaning
  - Vacuuming
  - Dusting
  - Scrubbing floors
  - Defrosting refrigerators
  - Cleaning stoves
  - Cleaning medical equipment
  - Washing and mending clothes
  - Washing personal items used by the member
  - Washing dishes
  - Meal preparation

Homemaker services will be provided in:

- Member's home and community
- Cannot be provided in the provider's home

## **In Home Family Therapy**

### **Eligible Waivers: Children's Mental Health**

In-home family therapy services are skilled therapeutic services provided to the child and family. Services will increase the child and family's ability to cope with the effects of the child's serious emotional disturbances on

the family relationships. The goal of in-home family therapy is to maintain a cohesive family unit. The service must support the family in developing coping strategies that will enable the child to continue living within the family environment.

Does not include In-home family therapy is exclusive of, and cannot serve as, a substitute for individual therapy, family therapy, or other mental health therapy that may be obtained through other funding sources.

In home family therapy may be provided in:

- Child's Home

## **Interim Medical Monitoring and Treatment (IMMT)**

### **Eligible Waivers: Brain Injury, Health & Disability, and Intellectual Disability**

Monitoring and treatment of a medical nature requiring specially trained caregivers beyond what is normally available in a day care setting for persons aged 20 and under. Interim medical monitoring and treatment (IMMT) services shall provide experiences for each member's social, emotional, intellectual, and physical development. The service will include developmental care and any special services for a member with special needs; and will include medical assessment, medical monitoring, and medical intervention as needed on a regular or emergency basis.

The service allows the member's usual caregivers to be employed. IMMT may also be used after the death of a usual caregiver. IMMT services may include supervision for the child during transportation to and from school when not available through school or other sources. IMMT services may also be provided for a limited period when the usual caregiver is involved in the following circumstances:

- Attendance at academic or vocational training
- Employment search
- Hospitalization
- Treatment for physical or mental illness

IMMT can be provided in:

- Member's home
- Registered group childcare home
- Registered family childcare home

- Licensed childcare center
- During transportation to and from school

Providers of this service must:

- Be at least 18 years of age
- Not be the spouse of the member or parent or stepparent of a member aged 17 or under
- Not be the usual caregiver
- Be qualified by training or experience as determined by the usual caregiver, and
- Be a licensed medical professional on the member's interdisciplinary team to provide medical intervention or intervention in a medical emergency

## **Mental Health Outreach**

### **Eligible Waiver: Elderly**

Services provided in a member's home to identify, evaluate, and provide treatment and psychosocial support. The services can be provided only based on a referral from case management.

Mental health outreach may be provided in:

- Member's home
- Cannot be provided in the provider's home

## **Nursing Services/Nursing Care**

### **Eligible Waivers: AIDS/HIV, Elderly, Health & Disability, and Intellectual Disability**

Nursing care services are services provided by a licensed nurse. The services are ordered by and included in the plan of treatment established by the physician. The services shall be reasonable and necessary to the treatment of an illness or injury and include:

- Observation
- Evaluation
- Teaching
- Training



- Supervision
- Therapeutic exercise
- Bowel and bladder care
- Administration of medication
- Intravenous, hypodermoclysis, and enteral feedings
- Skin care
- Preparation of clinical and progress notes
- Coordination of services
- Informing the physician and other personnel of changes in the member's condition and needs

Nursing can be provided in:

- Member's home
- Cannot be provided in the provider's home

## **Nutritional Counseling**

### **Eligible Waivers: Elderly and Health & Disability**

Nutritional counseling for a severe nutritional problem or condition, which is beyond standard medical management.

Nutritional Counseling can be provided in:

- The member's home
- Cannot be provided in the provider's home

## **Personal Emergency Response Systems (PERS) or Portable Locator System**

### **Eligible Waivers: Brain Injury, Elderly, Health & Disability, Intellectual Disability, and Physical Disability**

An electronic device connected to a 24-hour staffed system which allows the member to access assistance in the event of an emergency.

A portable locator system is an electronic device that transmits a signal to a monitoring device. The system allows a member to access assistance in the event of an emergency and allows law enforcement or the monitoring

system provider to locate a member who is unable to request help or to activate a system independently. The member must be unable to access assistance in an emergency due to the member's age or disability.

The PERS or portable locator is connected to the member's home phone and includes a portable emergency button carried by the member.

## **Prevocational Services**

### **Eligible Waivers: Brain Injury, Habilitation, and Intellectual Disability**

Prevocational services are provided to persons who are expected to be able to join the general workforce with the assistance of supported employment. Prevocational services are intended to develop and teach general employability skills relevant to successful participation in individual employment. These skills include, but are not limited to:

- Following directions
- Communicate effectively with others
- Understanding of workplace conduct and dress
- Attending to tasks
- Task completion
- Problem-solving
- Safety and mobility training
- Ability to navigate local transportation options
- Financial literacy skills
- Skills related to obtaining employment

Prevocational Services may be provided in:

- Community-based nonresidential settings

## **Respite**

### **Eligible Waivers: AIDS/HIV, Brain Injury, Children's Mental Health, Elderly, Health & Disability, and Intellectual Disability**

Respite care services are services provided to the member that gives temporary relief to the usual caregiver and provides all the necessary care that the usual caregiver would provide during that time-period. The purpose of respite care is to enable the member to remain in the member's current living situation.

- **Specialized Respite** – means respite provided on a staff-to-member ratio of one-to-one or higher for individuals with specialized medical needs requiring monitoring or supervision provided by a licensed registered nurse or licensed practical nurse.
- **Group Respite** – means respite provided on a staff-to-member ratio of less than one-to-one.
- **Basic Individual Respite** – means respite provided on a staff-to-member ratio of one-to-one or higher for individuals without specialized medical needs that would require care by a licensed registered nurse or licensed practical nurse

Respite may be provided in:

- Member's home
- Another family's home
- Camps
- Organized community programs  
(YMCA, recreation centers, senior citizen centers, etc.)
- ICF/ID
- RCF/ID
- Hospital
- Nursing facility
- Skilled nursing facility
- Assisted living program
- Adult day care center
- Foster group care
- Foster family home
- DHS licensed daycare

## Senior Companion

### Eligible Waivers: Elderly

A companion who provides non-medical care supervision, oversight, and respite. Senior companions may assist with such tasks as meal preparation, laundry, shopping, and light housekeeping tasks.

Senior companion may be provided in:

- Member's home
- Cannot be provided in provider's home

## **Specialized Medical Equipment**

### **Eligible Waivers: Brain Injury and Physical Disability**

Specialized medical equipment is medically necessary equipment as determined by a medical professional (i.e., physical therapist, occupational therapist, nurse, licensed psychologist, speech therapist). It is designed for the personal use by the member and provides for the safety and health of the individual. Specialized medical equipment is not normally funded by Medicaid, the educational system or vocational rehabilitation programs and is not provided by voluntary means. This includes, but is not limited to the following:

- Electronic aids and organizers
- Medicine-dispensing devices
- Communication devices
- Bath aids
- Non-covered environmental control units

This service can include the repair and maintenance costs of the specialized medical equipment purchased.

Cost:

- The annual maximum is \$6,366.64

## **Summer Day Habilitation**

### **Eligible Waivers: Intellectual Disability**

Summer Day Habilitation services are services that assist or support the member in developing or maintaining life skills and community integration. Services must enable or enhance the member's:

- Intellectual functioning
- Physical and emotional health and development
- Language and communication development
- Cognitive functioning

- Socialization and community integration
- Functional skill development
- Behavior management
- Responsibility and self-direction
- Daily living activities
- Self-advocacy skills
- Mobility

Summer Day Habilitation members must be 16 years old to receive Summer Day Habilitation services through the waiver. To be eligible for Summer Day Habilitation, the member must be returning to a school or transition program in the fall (Guidelines may vary by provider).

Family training option. Summer habilitation services may include training families in treatment and support methodologies or in the care and use of equipment. Family training may be provided in the member's home.

Summer Day Habilitation services may be provided in:

- Integrated community-based setting
- Cannot be provided in the member's home

## **Supported Community Living (SCL)**

### **Eligible Waivers: Brain Injury and Intellectual Disability**

SCL provides up to 24 hours of support per day based on the member's needs.

This service is designed to assist the member with daily living needs. Assistance may include, but is not limited to:

- Personal and home skills
- Community skills
- Personal needs
- Transportation
- Treatment services

The following items are not included:

- Room and board costs
- Academics

- Medical services
- Vocational services
- Daycare
- Case management
- Babysitting
- Parenting

For members who are age 20 or under and who require more than 208 units of SCL per month, the comprehensive service plan must be developed taking into consideration the services that will be provided through the Care for Kids program. The case manager must document justification of the member's need in the service file for children requiring more than 208 units of SCL. The duration of services shall be based on age appropriateness and individual attention span.

Supported community living services may be provided in:

- Member's home
- Guardian's home or integrated community settings. All living arrangements must be integrated into the community.

## **Supported Community Living – Residential Based**

### **Eligible Waivers: Intellectual Disability**

Residential-based supported community living provides 24-hour daily support to children aged 17 and under living outside of their family home. Services must also address the ordinary daily living needs of the child, excluding room and board, such as needs for safety and security, social functioning, and other medical care.

A separate slot must be requested under this category before members can be determined eligible for the HCBS residential-based supported community living under the ID waiver.

Allowable service components include the following:

- Daily living skills development
- Social skills development
- Family support development
- Counseling and behavior intervention services

Members must reside outside the family home in a licensed residential-based supported community living environment. The residential-based living service provider monitors the home and may assist the member and their family in locating furniture and necessary household items.

## **Supported Employment**

### **Eligible Waivers: Brain Injury, Habilitation, and Intellectual Disability**

Individualized services provide supports to participants who, because of their disabilities, need intensive ongoing support to obtain and maintain an individual job:

- In competitive or customized employment or self-employment
- In an integrated work setting in the general workforce
- At or above the state's minimum wage or at or above the customary wage and level of benefits paid by the employer for the same or similar work performed by individuals without disabilities

The outcome of this service is sustained paid employment at or above the minimum wage in an integrated setting in the general workforce in a job that meets personal and career goals. Supported employment services can be provided through many different service models.

The three components of this service are:

- Individual supported employment. These are services provided to obtain competitive employment. Any of the following activities may be included:
  - Benefits education
  - Career exploration
  - Employment assessment
  - Assistive technology assessment
  - Trial work experience
  - Person-centered employment planning
  - Development of visual and traditional resumes
  - Job-seeking skills training and support
  - Outreach to prospective employers on behalf of the member
  - Customized Discovery (CD) Employment



- Job analysis
- Identifying and arranging transportation
- Career advancement services
- Reemployment services (if necessary)
- Financial literacy and asset development
- Other employment support services deemed necessary
- Systematic instruction and support during initial on-the-job training including initial on-the-job training to stabilization
- Engagement of natural supports during initial period of employment
- Assistive technology solutions during initial period of employment
- Transportation of the member during service hours
- Initial on-the-job training to stabilization
- Long term job coaching. These are services provided to maintain competitive employment. Any of the following activities may be included:
  - Job analysis
  - Job training and systematic instruction
  - Training and support for use of assistive technology and adaptive aids
  - Engagement of natural supports
  - Transportation coordination
  - Job retention training and support
  - Benefits education and ongoing support
  - Supports for career advancement
  - Financial literacy and asset development
  - Employer consultation and support
  - Negotiation with employer on behalf of the member (e.g., accommodations, employment conditions, access to natural supports, and wage and benefits)

- Other workplace support services may include services not specifically related to job skill training that enable the waiver member to be successful in integrating into the job setting
- Transportation of the member during service hours
- Career exploration services leading to increased hours or career advancement
  - Tier 1: 1 contact per month
  - Tier 2: 2–8 hours per month
  - Tier 3: 9–16 hours per month
  - Tier 4: 17–25 hours per month
  - Tier 5: 26 or more hours per month
- Small group employment. A team of no more than eight individuals with disabilities in a teamwork setting receiving supports to maintain employment.
  - Employment assessment
  - Person-centered employment planning
  - Job placement (limited to service necessary to facilitate hire into individual employment, paid at minimum wage or higher, for a member in small group supported employment who receives an otherwise unsolicited offer of a job from a business where the member has been working in a mobile crew or enclave)
  - Job analysis
  - On-the-job training and systematic instruction
  - Job coaching
  - Transportation planning and training
  - Benefits education
  - Career exploration services leading to career advancement outcomes
  - Other workplace support services may include services not specifically related to job skill training that enable the waiver member to be successful in integrating into the individual or community setting
  - Transportation of the member during service hours
    - Tier 1: Groups of 2 to 4

- Tier 2: Groups of 5 or 6
- Tier 3: Groups of 7 or 8

Supported employment services may be provided in:

- Job placements shall be made in integrated settings with the majority of co-workers being persons without disabilities
- Cannot be provided in the provider's home or office

## **Transportation**

### **Eligible Waivers: Brain Injury, Elderly, Intellectual Disability and Physical Disability**

Transportation services for members to:

- Conduct business errands
- Complete essential shopping
- Receive medical services not reimbursed through non-emergent medical transportation
- Reduce social isolation

Transportation may be provided in:

- In the community as identified in the comprehensive service plan

# Section 5:

## Applying for Waiver Services

### Apply for Waiver Services

Online on the Iowa Department of Human Resources website:

<https://dhsservices.iowa.gov/apsspssp/ssp.portal>

By US Postal Service by downloading:

<https://dhs.iowa.gov/sites/default/files/470-5170.pdf?040720211544>

In person by visiting your local Iowa Department of Human Services office and complete an application for Medicaid (Title XIX) services with an Income Management (IM) worker.

By phone contact the Department of Human Services for assistance in completing an application or for questions with your submitted application 1-855-889-7985 (Toll Free).

### Waitlist

It is of important note some waivers currently have extensive waitlist. This applies to those who are new to waiver services and those who are transitioning from one waiver to another waiver. The process of getting onto a waiver can take several years. It is best to apply as quickly as possible to ensure you are not extending out your start date of receiving services.

When applying, remember your application date. To check the status of each waivers waitlist, follow the below steps:

1. Visit <https://dhs.iowa.gov/ime/members/medicaid-a-to-z/hcbs/waivers>
2. Scroll down to HCBS Waiver Program Resources
3. Click on the link HCBS Waiver Waiting List Information

Scroll until you find the waiver you have applied for. Locate the current month and read the line title "Next application date for slot". This date is the current date names are being removed from the waitlist. If you see a date of 12/3/2017, it means those who applied for the waiver on or before December 3rd, 2017, are being removed from the waitlist and placed on the waiver.

# Section 6:

## Case Management Options

### Medicaid Managed Care Organization

Medicaid Managed Care Organizations (MCO) is a collection of people focused on providing care for an individual's physical health, behavioral health, and future care. The staff provide support to coordinate services for an individual and their families. Medicaid members can choose the MCO they feel will best support them in addressing their health care needs. An open enrollment timeframe is open twice per year to allow an individual to transition to the other MCO, if they so choose (i.e., Your doctor's contract ends with their current MCO, and you wish to stay with their doctor. The option in this case would be to move to the MCO the doctor is contracted with).

#### Amerigroup Iowa, Inc. (Anthem)

- Member Services Number: 1-800-600-4441
- Member Services Email: [MPSWeb@amerigroup.com](mailto:MPSWeb@amerigroup.com)
- Website: [www.myamerigroup.com/IA](http://www.myamerigroup.com/IA)

#### Iowa Total Care (Centene)

- Member Services Number: 1-833-404-1061
- Website: <http://www.iowatotalcare.com>

### Alternative to MCO

#### Health Insurance Premium Payment Program (HIPP)

HIPP is a Medicaid Savings Program for individuals or family members where at least one member is on Medicaid (Title XIX). HIPP members are enrolled in the Fee-for-Service (FFS) program and receive case management services from DHS Case Management.

The program is designed to be a cost-effective alternative for individuals who are covered by private insurance through their employer or private policy. It allows the individual to stay on their own insurance if they meet the requirements of having a cost-effective plan.

The goal for HIPP is to save taxpayers by utilizing the employer health insurance as the primary insurance coverage, instead of Medicaid funding.

Ways to apply for HIPP:

- Complete an application by phone 515-974-3282 (local) or 888-346-9562 (toll free)
- Print the below form link, complete the form, and email to [hipp@dhs.state.ia.us](mailto:hipp@dhs.state.ia.us) or fax to 515-725-0725
- Print the below link, complete the form, and mail to Iowa Medicaid Enterprise (IME) – HIPP Unit, PO Box 36476, Des Moines, IA 50315-9907
- HIPP Form: <https://dhs.iowa.gov/sites/default/files/470-2875.pdf?122020212013>

For more information on HIPP visit <https://dhs.iowa.gov/ime/members/medicaid-a-to-z/hipp>.

## **While Waiting to Receive Waiver Services or for Services Not Covered Under Medicaid**

The East Central Region is a partnership between counties to support children and adults who have brain health challenges and/or intellectual/developmental disabilities, including those with multi-occurring substance use issues, health issues, physical disabilities, brain injuries, and other complex human service needs. They offer funding support for individuals while they are waiting to receive waiver funding or for some services not covered under an individual's specific waiver. The funding requires an application and set parameters that must be met to qualify.

For additional questions contact Your Life Iowa at 855-581-811 or text 855-895-8398.

To apply for region funding visit <https://ecriowa.org/about/how-to-apply>.

For a breakdown of policies and procedures visit <https://ecriowa.org/wp-content/uploads/2020/11/ECR-Management-Plan-Final-Approved-by-MHDS-Commission-6.18.20.pdf>.

# Section 7:

## Service Options While on the Waitlist

### Private Pay

As you wait for your waiver services to begin, you have the option of utilizing a private pay option to receive services from a provider during the interim. The amount of each service will depend on a pay scale updated yearly. For more information on private pay options contact your case manager or a local provider on available services and cost. Please be aware some organizations have an extensive waitlist and may be unable to provide your private pay needs.

### Other Financial Options

Additional funding options may be available as you wait for waiver funding. For additional qualifications for each funding stream see the Grant Section of this guide.





# Section 8:

## On the Waiver

Congratulations on making it onto the waiver. To move forward with the waiver, you will be asked to complete several steps to begin or maintain waiver funding. Below you will find a breakdown of assessments, annuals, and contact requirements for waiver funding. In addition, you will find a brief breakdown of unit requirements for waiver services. For services on the waiver please see the previous section titled Medicaid Eligible Services.

### Assessments:

Each year you will be asked to participate in an annual assessment, also known as a Level of Care (LOC). These assessments go by several names and will vary based on the waiver you are on and the age of the individual receiving services. The Assessments are facilitated by a Core Standardized Assessment (CSA) Assessor from Amerigroup, Iowa Total Care, or Telligen. It is extremely important for you to complete the assessments in the time requested to ensure you do not have a gap in services. If assessments are not completed in a timely manner, you will lose access to waiver services until the assessment is completed. After an extended period of time, you may be removed from waiver services and will have to reapply for waiver services, which includes time on the waitlist. On the next page you will find a chart specifying what assessment will be administered based on an individual's waiver:

HCBS Waiver Level of Care Assessment Tools	AGE	AIDS/ HIV	BI	HD	PD	Elderly (EW)	CMH	ID
Case Manager Comprehensive Assessment (or modified PIHH for CMH)	0 – 3	X	X	X			X	
	0 – 4							X
interRAI – Pediatric Home Care (PEDS – HC)	4 – 20	X	X	X				
	18 – 19							
	18 – 20				X			
interRAI – Home Care (HC)	21+	X	X		X			
	21 – 64			X				
	65+					X		
interRAI – Child and Youth Mental Health (ChYMH)	4 – 20					X		
	16 – 18							
interRAI – Child and Youth Mental Health (ChYMH) and Adolescent Supplement	12 – 18						X	
Supports Intensity Scale Child (SIS-C)	5 – 15							X
Supports Intensity Scale Adult (SIS-A)	16+							X

HCBS Habilitation	HCBS Habilitation and HCBS Waiver (when a member is requesting to participate or is participating in the HCBS Habilitation program and a HCBS Waiver program).								
	AGE	HAB	AIDS/ HIV HAB	BI HAB	HD HAB	PD HAB	EW HAB	ID HAB	CMH HAB
Child and Adolescent Level of Care Utilization System (CALOCUS)	4-18	X	X	X	X	X			
Level of Care Utilization System (LOCUS)	19 +	X	X	X	X	X	X	X	X
Supports Intensity Scale Adult (SIS-A)	16+							X	

Human Services Department (441) ARC 3184C <https://rules.iowa.gov/Notice/Details/3184C>.

## **Case Manager Comprehensive Assessment & Social History**

Case Manager Comprehensive Assessment & Social History is a fact-finding tool to gather all necessary and pertinent information about the individual receiving services. This tool is used to develop the individual's Person-Centered Service Plan (PCSP). Assessment information includes personal information, communication and language, leisure activities, marital and dating status, developmental milestones, medical and mental health history, behavioral and mental health, hospitalization and emergency room visit history, preventative visits, allergies, physical health, domestic violence, physical, emotional, sexual abuse and trauma, medications, medical support team, substance use or abuse, self-care, ADL's, IDL's, transportation, employment and volunteering, education history, housing, finances, legal information, future identified goals and needs, and identified risks and needs completed through the assessment documentation. Prior to your meeting with the case manager, it will be helpful to have all the information and necessary dates available for the meeting. Beginning July 1, Case Manager Comprehensive Assessments and Social History will be done on all Habilitation and Children Mental Health individuals.

## **interRAI**

interRAI is a clinical assessment instrument completed by a trained Core Standardized Assessment (CSA) Assessor once per year focusing on a person-centered approach to services needed. The screening tool is used to collect information on the individual's specific needs focusing on identifying key factors including clinical and social support, service use, cognitive and mental health, daily activities, and self-care. The assessment results will help in the development of the individual's care plan. The average interRAI takes 1 to 2 hours to complete.

To complete a successful assessment, two reliable respondents are required and can include the diagnosed individual who is able to provide reliable answers, an individual who has known the person being evaluated for at least three months, and an individual who has recently observed the person in one or more environments for substantial period of time (i.e., case manager, parent/guardian, staff, job-coach, teacher, etc.).

For more information on interRAI visit: <https://interrai.org>.

## **Level of Care Utilization System (LOCUS)**

### **Child and Adolescent Level of Care Utilization System (CALOCUS)**

Level of Care Utilization System (LOCUS) and Child and Adolescent Level of Care Utilization System (CALOCUS) have replaced interRAI assessments for individuals on the Habilitation and Children's Mental Health Waivers beginning July 1st, 2022. The assessment tool was developed by the

American Association of Community Psychiatrist (AAPC) and is completed by a trained Special Habilitation Assessor once per year. The assessment focusing on a current person-centered approach to ensure services are used efficiently and effectively. The Assessor will address six key domains: risk of harm, functional status, medical – addictive and psychiatric co-morbidity, recovery environment, treatment and recovery history, and engagement and recovery status. In conjunction with four service continuum variables; care environment, clinical services, support services, and crisis resolution and prevention services. These parameters identify an individual's specific needs through a scoring system to determine qualifications and requirements for intensive residential habilitation services (IRHS), determines the level of home-based habilitation service authorization, intensive residential habilitation service and service criteria, options for residential services to minors residing outside of their family home, and the continued need for services.

A LOCUS or CALOCUS scoring is completed by the Assessor based on information in the Case Manager Comprehensive Assessment, Social History, and other records pertinent to the individual (i.e., medical records). An individual will still complete the other assessments necessary for their waiver but will not have a set meeting for the LOCUS or CALOCUS.

For more information on LOCUS visit: [https://dhs.iowa.gov/sites/default/files/LOCUS\\_Levels\\_Care\\_Handout.pdf?062820221756](https://dhs.iowa.gov/sites/default/files/LOCUS_Levels_Care_Handout.pdf?062820221756).

For more information on CALOCUS visit: [https://dhs.iowa.gov/sites/default/files/CALOCUS\\_Levels\\_of\\_Care\\_Handout.pdf?062820221748](https://dhs.iowa.gov/sites/default/files/CALOCUS_Levels_of_Care_Handout.pdf?062820221748).

## **Mayo-Portland Adaptability Inventory**

The Mayo-Portland Adaptability Inventory or Mayo-Portland for short is administered in partnership with the appropriate interRAI. The Mayo Portland focuses on three subscales of ability index, adjustment index, participant index. Currently in its 4th edition, the MPAI-4. The assessment works as an evaluation for individuals diagnosed with a brain injury. Questions in the assessment are ranked utilizing a 5-point Likert scale to rank cognitive, behavioral, emotional, physical, and social problems the individual experiences due to their brain injury. The scale is ranked from 0 to 4 with 0 meaning no functional disabilities for the domain question are indicated and 4 meaning the impairment interferes most of the time for the individual. For those on the Brain Injury Waiver, you should allow 2 to 3 hours of time to complete the interRAI and Mayo-Portland Adaptability Inventory during your yearly assessment meeting.

To complete a successful assessment, two reliable respondents are required and can include the diagnosed individual who is able to provide reliable answers, an individual who has known the person being evaluated for at least three months, and an individual who has recently observed the

person in one or more environments for substantial period of time (i.e., case manager, parent/guardian, staff, job-coach, teacher, etc.).

For more information on Mayo-Portland Adaptability Inventory visit:  
<https://www.youtube.com/watch?v=URugJrxVDrw>.

## **Off-Year Assessments (OYA)**

For those on the ID Waiver, not all individuals will need to participate in a yearly Supports Intensity Scale (SIS) assessment. For the years you are not asked to participate in a SIS, you will have what is referred to as an Off-Year Assessment (OYA). The OYA is a telephonic review conducted by a Core Standardized Assessment (CSA) Assessor. The shortened assessment allows for the level of care to be determined by the responses to questions related to the individuals medical and behavioral diagnoses, medical conditions, functional ability, and risk factors.

Assessors for Amerigroup, Iowa Total Care or Telligen typically complete the OYA with the case manager. To complete a successful assessment, one reliable respondent is required and can include the diagnosed individual who is able to provide reliable answers, an individual who has known the person well, or an individual who has recently observed the person in one or more environments for a length of time (i.e., parent, guardian, staff, job coach, teacher, etc.). Amerigroup will complete the OYA with the guardian or an individual who is deemed to know the individual well.

The Assessor will complete the OYA with the case manager. For Amerigroup, the OYA can be completed with the guardian or someone who knows the member (i.e., provider, staff, etc.). Only one respondent is needed to complete the OYA.

For more information on Off-Year Assessments visit:  
<https://dhs.iowa.gov/sites/default/files/470-5276.pdf?050420221446> or  
[https://dhs.iowa.gov/sites/default/files/1420%20Intellectual\\_Disability\\_Waiver\\_Off-Year\\_Assessments-final%20version%20for%20LH%20\(2\)%20\(2\).pdf?050420221447](https://dhs.iowa.gov/sites/default/files/1420%20Intellectual_Disability_Waiver_Off-Year_Assessments-final%20version%20for%20LH%20(2)%20(2).pdf?050420221447).

## **Supports Intensity Scale (SIS), Supports Intensity Scale Adult Versions (SIS-A), Supports Intensity Scale Children's Version (SIS-C)**

SIS is a Core Standardized Assessment (CSA) completed by a trained Assessor every 3 years focusing on the strengths of an individual with an intellectual or developmental disability. The SIS assessment focuses on 84 different categories of needed supports. The goal of the SIS is to focus on an individual's strengths and not their opportunities. The results will help to gauge future planning, support and services for the individual. SIS-A

measures supports for individuals 16 years and older. SIS-C measures supports for individuals 5 to 16 years.

To complete a successful assessment, two reliable respondents are required and can include the diagnosed individual who is able to provide reliable answers, an individual who has known the person being evaluated for at least three months, and an individual who has recently observed the person in one or more environments for substantial period of time (i.e., case manager, parent/guardian, staff, job-coach, teacher, etc.).

For more information on Supports Intensity Scale visit:

<https://www.aaid.org/sis>.

## **Intake or Annual Person-Centered Services Planning Process (PCSP)**

Each year after your LOC/assessment is completed you will be asked to meet with your Interdisciplinary Team (IDT) to review the individual's care plan for case management and all providers. Your IDT team will include the individual receiving services, guardians, case manager, providers, and any additional team members you wish to have present (i.e., some families wish to have their individual staff or teacher present during the meetings. It is not necessary for them to be in attendance, but they are welcome to attend). The meeting will focus on goals for the coming year, changes to service plans, resolving conflicts from the previous year, education on additional services offered, etc. If this is your first time having a PCSP, it may be referred to as an "Intake Meeting". These meetings can last from 1 to 2 hours based on the number of services you receive and providers you have.

## **Contact Requirements for Providers**

To maintain waiver services your provider must have a minimum of one contact per quarter with the individual or their guardian by phone or face-to-face (i.e., a total of 4 per year and can include assessments, PCSP, quarterly contacts, or IEP meetings).

## **Contact Requirements for Case Management**

To maintain waiver services your case manager must have a minimum of one face-to-face meetings with the individual receiving services in their residence at least one time per quarter (i.e., a total of 4 face-to-face visits per year in the individual's home). In addition, the case manager should have a minimum of one contact per month with the individual, their guardian or representative by phone or face-to-face. The quarterly

in home visit counts as a contact for a monthly contact. At the end of the year, you will have a total of 12 contacts with your case manager.

## Unit Breakdown

Once an individual has been placed on waiver funding, they will begin receiving a unit allotment for services that can be provided in the home, community, or at a provider's building. Unit allotments will vary based on their waiver and Level of Care (LOC) results. Some waivers and certain services provide a yearly allotment of units, while others provide a monthly allotment of units. Your case manager will provide you with unit allotments and will discuss them at your PCSP meeting. Units go by a set measure of time (1 unit = 15 minutes). To utilize one hour of service, an individual would need four units (4 units = 60 minutes).

The below equation can be utilized to calculate the number of hours you have available in an allotted time frame:

- $\text{Total units} / 4 \text{ units} =$   
allotment of time in hours available to the individual.

### Example 1:

An individual named Joe is on the Health & Disability (HD) Waiver and receives respite services. On the HD Waiver, respite allotments are given at a monthly unit amount. Joe has 40 units of respite available to him monthly.

To calculate the total hour allotment Joe has access to for respite services utilize the below equation:

- $\text{Total units} / 4 \text{ units} =$   
allotment of time in hours available to the individual.
- $40 \text{ total units} / 4 \text{ units} =$   
10 hours a month of respite services Joe is authorized to use.

### Example 2:

An individual named Susie on the Intellectual Disability (ID) Waiver and receives respite and SCL services. On the ID Waiver, respite allotments are given at a plan year unit amount and SCL allotments are given at a monthly unit amount. Susie has 600 units of respite available to her yearly and 30 units of SCL available to her monthly.

To calculate the total hour allotment Susie has access to for respite services



utilize the below equation:

- $\text{Total units} / 4 \text{ units} =$   
allotment of time in hours available to the individual.
- $600 \text{ units} / 4 \text{ units} =$   
150 hours a plan year of respite services Susie is authorized to use.

To calculate the total hour allotment Susie has access to for SCL services utilize the below equation:

- $\text{Total units} / 4 \text{ units} =$   
allotment of time in hours available to the individual.
- $30 \text{ units} / 4 \text{ units} =$   
7.5 hours a month of SCL services Susie is authorized to use.

## Unit Requirements

To maintain services, an individual on a waiver is required to utilize 1 hour of service for every calendar quarter.

### Example:

January, February, March = 1 hour/4 units of service required.

April, May, June = 1 hour/4 units of service required.

July, August, September = 1 hour/4 units of service required.

October, November, December = 1 hour/4 units of service required.

# Section 9:

## Finding a Provider

Provider networks are extensive lists including clinics, pharmacies, primary care providers, waiver providers, etc. This list can vary based on an individual's Managed Care Organization (MCO). You have several options for locating a provider to fit your specific needs.

Utilize the Find a Provider tool for your MCO

- Amerigroup  
<https://www.myamerigroup.com/ia/care/find-doctors-locations.html>
- Iowa Total Care  
<https://www.iowatotalcare.com/members/medicaid/find-a-doctor.html>

Utilize the Iowa Medicaid Provider Search

[https://secureapp.dhs.state.ia.us/providersearche/\(S\(w4pm4l45jrw2hg4555cdsqr\)\)/](https://secureapp.dhs.state.ia.us/providersearche/(S(w4pm4l45jrw2hg4555cdsqr))/)

Talk with your case manager to see what waiver providers are available in your area.

Call Iowa Medicaid Member Services 1-800-338-8366 (toll free) or 515-256-4606 (Local).



# Section 10:

## Social Security Administration (SSA) Benefits

### Social Security Disability Insurance (SSDI)

**What it is** – Social Security Disability Income (SSDI) is a federal income supplement program funded by payroll taxes for people who were previously employed but are now unable to work due to a significant physical or mental health condition. The Social Security Administration (SSA) will pay disability benefits to the applicant or their family if the applicant previously worked but is no longer able to do so and meets the eligibility requirements.

**Eligibility** – The diagnoses must be permanent, present, or expected to last a year or longer, or the diagnoses will result in death. The applicant must not have a partial or short-term disability status, meet the Social Security Administration's definition of a disability, and be under retirement age. To find out if you are eligible to receive SSDI, utilize the Benefit Eligibility Screening Tool (BEST) and answer the questions in the BEST Questionnaire. <https://ssabest.benefits.gov>

**Applying for SSDI** – Utilize one of the following options:

- Visit the SSI website <https://www.ssa.gov/benefits/disability>
- Call the Social Security Administration at 1-800-772-1213, TTY 1-800-325-0778, TRS 1-800-772-1213
- Call your local Social Security Office to schedule an appointment by phone or in person; or

**Additional Information** – For a complete list of information needed to apply for SSDI visit <https://www.ssa.gov/hlp/radr/10/ovw001-checklist.pdf>.

### Supplemental Security Income (SSI)

**What it is** – Supplemental Security Income, also known as SSI is a Federal income supplement program. This program is funded through general tax revenues. To receive SSI Supports, the applicant must be diagnosed with a disability and have little to no income, be 65 years and older, and/or be diagnosed with blindness. The funding received allows for an individual to address their basic needs of housing, food, and clothing. For additional SSI eligibility requirements visit <https://www.ssa.gov/ssi/text-eligibility-ussi.htm>. There is no application fee for SSI.

**Eligibility** – To find out if you are eligible to receive SSI, utilize the Benefit Eligibility Screening Tool (BEST) and answer the questions in the BEST Questionnaire. <https://ssabest.benefits.gov>

**Applying for SSI** – Utilize one of the following options:

- Visit the SSI website <https://www.ssa.gov/benefits/disability>
- Call the Social Security Administration at 1-800-772-1213, TTY 1-800-325-0778, TRS 1-800-772-1213
- Call your local Social Security Office to schedule an appointment by phone or in person; or
- Utilize the link to see how someone can help you apply for SSI <https://www.ssa.gov/ssi/text-help-ussi.htm>

**Additional Information** – For a complete list of information regarding SSI visit <https://www.ssa.gov/ssi/text-understanding-ssi.htm>.

## **Supplemental Security Income for Children (SSI for Children)**

**What it is** – Similar to regular SSI, SSI for children is a program designed to support minors under the age of 18 diagnosed with a disability with limited household income and resources.

**Eligibility** – The minor must be diagnosed with a disability (physical or mental) that limits their activity. The diagnoses must be permanent, present, or expected to last a year or longer, or the diagnoses will result in death.

**Apply for SSI for Children** – This is a two-step process. The first step will need to be completed prior to the conversation with a member of the Social Security Administration.

- Complete the Child Disability Report <https://secure.ssa.gov/apps6z/i3820/main.html>
- After the Child Disability Report is submitted, you will be contacted by phone in 3 to 5 business days from the SSA. On the call, they will review your submitted report, verify the household income and resources, and if you approved to move to the next step help complete the SSI application.

**Additional Information** – For the SSI Child Disability Starter Kit visit [https://www.ssa.gov/disability/disability\\_starter\\_kits\\_child\\_eng.htm](https://www.ssa.gov/disability/disability_starter_kits_child_eng.htm).

# Section 11:

## Grants

### Children at Home (CAH)

**What it is** – Children at Home is a grant program designed to support families with a child diagnosed with a disability. The funding is utilized for needed supports and services to allow the individual to remain at home. Supports and services are defined by Iowa Family Support Network as a purchase of equipment, respite care, supplies, assistive technology, or payment of other costs that relate to the individual's disability.

#### Eligibility

- Resident of Iowa – both child and family.
- One family member must have a child with a disability.
- Child with a disability is defined as someone under the age of 22 and meets the definition of a developmental disability.
- The family's intent is to have their child remain in the home environment and utilize services and supports to ensure the child remains in the home.
- The family's Federal Net (not gross) taxable income must be less than \$60,000 from the most recent tax return.

#### Apply for CAH

- Visit the Children At Home website and complete the steps in the How to Apply and Additional Documents section on the site.  
<https://www.iafamilysupportnetwork.org/families/children-at-home>.

### Linn County Children's Mental Health Assistance (formerly known as SED or Wraparound funds)

**What it is** – Linn County Children's Mental Health Assistance is a county funded program to fill the gap when insurance and waiver funds do not meet the entire mental health needs of Linn County youth. It helps support youth when there are gaps in insurance or a high deductible plan. It can be used to cover mental health medications, therapy and medication check appointments, autism social skills group, family and individual BHIS services, respite, and respite activity fees, etc. with contracted providers.

**Eligibility** – Individuals must meet the criteria of Severe Emotional Disturbance (SED), have a mental health diagnosis, be a Linn County resident under the age of 21 and have exhausted all other options for funding. Individuals are eligible for up to \$1,500 each fiscal year (July 1st through June 30th).

**Apply for Children’s Mental Health Assistance –**

For more information please call or email Terri Godwin at 319-892-5726 or [terri.godwin@linncountyiowa.gov](mailto:terri.godwin@linncountyiowa.gov).

## **Money Follows the Person (MFP)**

**What it is** – Money Follows the Person (MFP) is a grant funding program which allows individuals to move out of Intermediate Care Facilities for Persons with Disabilities (ICF/ID) into a home of their choice in the community. Nursing Facilities, Psychiatric Mental Institutes for Children (PMIC), and inpatient hospitals may qualify for MFP. The program provides one year of support for individuals in their new independent living setting.

**Eligibility** – Individuals must be Medicaid eligible, diagnosed with an intellectual disability or brain injury, live in a qualifying facility for 60 consecutive days, and must express an interest of moving into the community.

**Apply for MFP** – For more information on how to access MFP resources visit <https://dhs.iowa.gov/ime/members/medicaid-a-to-z/mfp>.

# Section 12:

## Resources

### 1st Five

<https://idph.iowa.gov/1stfive>

1st Five is a public-private partnership bridging primary care and public health services in Iowa. The 1st Five model supports health providers in the earlier detection of social-emotional and developmental delays and family risk-related factors in children birth to 5 and coordinates referrals, interventions, and follow-up.

For a participating provider in your area visit: <https://idph.iowa.gov/Portals/1/userfiles/88/1stFiveParticipatingProvidersMAP2022.pdf>.

### 2-1-1

<https://www.uweci.org/what-we-do/our-programs/2-1-1/>

A free, confidential service that connects families and individuals to services that can help to stabilize them while meeting basic needs.

### 9-8-8

<https://suicidepreventionlifeline.org/current-events/the-lifeline-and-988/>

988 is the three-digit dialing code routing calls to the National Suicide Prevention Lifeline. While some areas may not be currently able to connect to the Lifeline by dialing 988, this dialing code will be available to everyone across the United States starting on July 16, 2022. When you call, text, or chat 988, you will be connected to trained counselors who will listen, understand, provide support, and connect you to resources if necessary.

### ABBE Center for Community Mental Health

<https://www.unitypoint.org/cedar-rapids/abbe-mental-health-center.aspx>

520 11th Street NW, Cedar Rapids, IA 52405

Main Office with Emergency/Crisis Services 24 hours/7 days a week 319-398-3562

Abbe Center for Community Mental Health is a state accredited community mental health center, serving clients of all ages for 70 years. We currently have locations in eight counties throughout Eastern Iowa. We offer a variety of behavioral health service options to provide help and healing to you and your family. Our diverse group of professionals have expertise in nearly all aspects of counseling, mental health and psychiatric treatment.

## **Access to Independence**

<https://access2independence.org>

317 7th Ave SE, Cedar Rapids, IA 52401 · 319-366-0642

Access 2 Independence empowers individuals with disabilities to advocate for themselves in order to achieve greater independence and integrated community participation. In addition, Access 2 Independence connects individuals with direct services to help individuals obtain the skills and supports they choose, in order to accomplish their self-determined goals.

## **Asperger Syndrome Support Group**

<https://www.parentingaspergerscommunity.com/public/497.cfm>

Support group for Iowa City and Cedar Rapids.

## **Autism Society**

<https://autismia.com>

P.O. Box 65311, West Des Moines, IA 50265 · 515-327-9075

The mission of the Autism Society of Iowa is to provide advocacy, support and information to individuals with Autism Spectrum Disorders, their families, professionals, and communities throughout the state of Iowa.

The Autism Society of Iowa is an integral part and affiliate of a nationwide association, the Autism Society, that has provided accurate information about autism since its inception in the early 70's.

## **Balance Autism**

<https://www.balanceautism.org>

700 Bell Drive SW, Cedar Rapids, IA 52404 · 319-294-9577

The organization provides autism services.

## **Camp Courageous**

<https://campcourageous.org>

12007 190th Street, Monticello, IA 52310 · 319-465-5916

Camp Courageous of Iowa is a year-round respite care and recreational facility for individuals of all ages with disabilities. The camp was established in 1972 with the first 211 campers attending in the summer of 1974. Today, Camp Courageous serves nearly 7,000 individuals with disabilities annually.



## **Camp Lee Mar**

<https://www.leemar.com>

450 PA-590, Lackawaxen, PA 18435 · 215-658-1708

Lee Mar is a private, innovative 7-week residential summer program for campers with special needs age 7 to 21.

## **Circle of Care: A Guidebook for Mental Health Caregivers**

<https://www.nami.org/Support-Education/Publications-Reports/Guides/Circle-of-Care-Guidebook>

NAMI has partnered with the National Alliance for Caregiving (NAC) to create “Circle of Care: A Guidebook for Mental Health Caregivers.” This guidebook emerged from the national study on mental health caregiving, “On Pins and Needles: Caregivers of Adults with Mental Illness.” This study’s findings were released in February 2016. It was the first national survey of mental health caregivers conducted in the United States, and it identified numerous challenges faced by these caregivers. The guide is available in English and Spanish.

## **Discovery Living, Inc.**

<https://discoveryliving.org>

1015 Old Marion Rd NE, Cedar Rapids, IA 52402 · 319-378-7470

Discovery Living provides services to adults (age 18 and older) with developmental disabilities. They strive to be a provider for life and have served many people for more than 20 years, adapting homes and vehicles as members’ needs change over the course of their lives.

## **Dolly Parton’s Imagination Library**

<http://www.crlibrary.org/imagination-library>

An early literacy program that delivers one free, age-appropriate book per month to children ages 0 to 5 in Cedar Rapids (zip codes 52401-6 and 52411) and Marion. The Library Foundation covers the costs of books and postage, an average of \$25 per child per year. This FREE service provides 60 books for your child, all age-appropriate during the five years. To enroll, click here: [www.crlibrary.org/imagination-library](http://www.crlibrary.org/imagination-library) (if you are a resident of Marion, you can en-roll here as well!).

## Early Access

<https://www.iafamilysupportnetwork.org/families>

1-888-425-4371

Early Access is Iowa's system of early intervention services for infants and toddlers with or at risk for developmental delays, connecting families with free statewide information and referral services.

## Eastern Iowa Health Center

<https://easterniowahealthcenter.com>

1201 3rd Avenue SE, Cedar Rapids, Iowa 52403 · 319-730-7300

Eastern Iowa Health Center provides comprehensive family medicine, pediatrics, OB/GYN, behavioral health, and dental care. Eastern Iowa Health Center offers discounts based upon your family size and income. They accept Medicaid, Medicare, Iowa Health and Wellness and most private insurance plans. Their doors will always be open to serve your health needs, regardless of ability to pay.

## Heritage Area Agency on Aging

<https://www.heritageaaa.org>

6301 Kirkwood Blvd SW, Cedar Rapids, IA 52404 · 319-398-5559

Heritage Area Agency on Aging is a non-profit organization providing innovative services and access to local resources that improve the quality of life for older adults, adults with disabilities and family caregivers.

## Foundation 2

<https://foundation2.org>

**Help Line:** 1-800-332-4224 or 319-362-2174

**Crisis Center:** 1540 2nd Ave SE, Cedar Rapids, IA 52403 · 319-362-2174

**Crisis Services:** 1714 Johnson Ave NW, Cedar Rapids, IA 52405 · 319-362-1170

**Youth Shelter:** 3015 12th Ave SW, Cedar Rapids, IA 52404 · 319-366-8797

Foundation 2 is a not-for-profit human service agency that offers crisis prevention and intervention programs to people of all ages. We are committed to positive youth development, suicide prevention, and helping build the foundation for stronger and healthier families and safer communities for everyone.

## **Four Oaks Family and Children's Services**

<https://www.fouroaks.org>

1924 D Street SW, Cedar Rapids, IA 52404 · 319-363-0636

The organization provides support for children with behavioral health needs.

## **Frank A. Varvaris and Associates**

<http://www.disabilityplanning.org/home.aspx>

311 3rd Ave SE, Cedar Rapids, IA 52401 · 319-862-0363

The organization provides clients with specialized estate planning, financial planning, and benefits planning assistance to more favorably impact their lives and enhance their well being.

## **HACAP**

<https://www.hacap.org>

1515 Hawkeye Dr, Hiawatha, IA 52233 · 319-393-7811

HACAP is a community action agency serving 9 counties in Eastern Iowa. We embrace the philosophy of “a help up, not a handout” in our commitment to empower and improve the lives of families, living with the everyday barriers of poverty.

## **Hawkeye Area Down Syndrome Association (HADSA)**

<http://www.hadsa.org>

The association's goal is to provide education, support, and advocacy to those individuals, their friends, families, and professionals in the Iowa City and Cedar Rapids area that are blessed by Down Syndrome.

## **Horizons Family Services**

<https://horizonsfamily.org>

819 5th Street SE, Cedar Rapids, IA 52406 · 319-398-3943

A Family Service Alliance has been dedicated to providing opportunities to improve the lives of individuals and families. Horizons provides a variety of human services across Eastern Iowa including transportation, financial wellness center, Meals on Wheels programs, elder services, etc.

## **infoNET: Iowa's Disability Policy Resources**

<https://www.infonetiowa.org>

The Iowa Developmental Disabilities Council created infoNET (short for information network) in partnership with Iowans with Disabilities in Action to give you the information, tools, resources, and opportunities you need to take action on the issues important to you. Our newsletter and network of resources helps advocates with disabilities stay up to date on current issues.

## **Iowa Compass**

<https://www.iowacompass.org>

100 Hawkins Drive S295, Iowa City, IA 52242 · 1-800-779-2001

Iowa COMPASS is a free database service that connects people with disabilities to over 50 different types of programs and services and includes a listing of used assistive technology equipment for sale. Talk with an information specialist to be matched with a specific program or service.

## **Iowa Department of Elder Affairs**

<https://iowaaging.gov>

866-468-7887

The department is a local Cedar Rapids agency dedicated to helping aging adults to remain independent in their homes, thereby reducing the risk of premature and unnecessary nursing home placement. The Iowa Department of Aging is the state wide agency with some similar programs.

## **Iowa Family Support Network**

<https://www.iafamilysupportnetwork.org>

1111 9th Street #320, Des Moines, IA 50314 · 515-558-9986

Iowa Family Support Network (IFSN) is a statewide system that provides information and resources to expecting families or families with young children and professionals that serve them. You will find information that includes family support services; group based parent education programs; and prenatal services.

## **Iowa Social Security Disability Benefit Resources**

<https://www.disability-benefits-help.org/social-security-disability-locations/iowa>

3165 Williams Blvd SW, Cedar Rapids, IA 52404 · 1-866-495-0088

The residents of the state of Iowa have a number of Social Security field offices, 1 Disability Determination Services office and 2 Offices of Disability Adjudication and Review to help them with their Social Security disability application.

## **Iowa Vocational Rehabilitation Services**

<https://ivrs.iowa.gov>

4444 1st Ave NE #436, Cedar Rapids, IA 52402 · 319-294-9308

The program assists individuals with disabilities with employment and economic independence and determines eligibility of Iowa residents who apply for disability benefits under Social Security Disability Insurance (SSDI).

## **JAN – Job Accommodation Network**

<https://askjan.org>

800-526-7234 (V) or 877-781-9403 (TTY).

The Job Accommodation Network (JAN) is the leading source of free, expert, and confidential guidance on job accommodations and disability employment issues. Serving customers across the United States and around the world for more than 35 years, JAN provides free one-on-one practical guidance and technical assistance on job accommodation solutions, Title I of the Americans with Disabilities Act (ADA) and related legislation, and self-employment and entrepreneurship options for people with disabilities.

## **Linn County Community Resource Sheets**

<https://www.linncountyiowa.gov/130/Community-Resources>

A comprehensive listing of human service resources in Linn County.

## **Linn County Early Childhood Iowa (ECI)**

<https://www.linncountyiowa.gov/981/Early-Childhood-Iowa>

1240 26th Avenue Court SW, Cedar Rapids, IA 52404 · 319-892-5721

Using local informed decision making to support families prenatal through age 5 by promoting healthy children, safe and supportive communities,

children ready to succeed in school, secure and nurturing families and secure and nurturing child care environments.

## **Mental Health/Disability Services of the East Central Region (MH/DS of the ECR)**

<https://ecriowa.org>

Call 855-581-8111 or Text 855-895-8398

Your Life Iowa provides free information and referral, counseling, crisis service coordination, and linkages to crisis screening and mental health services 24 hours a day.

The East Central Region (ECR) is a partnership between 9 counties to provide comprehensive brain health and disability services to individuals in eastern Iowa. Iowans have a regional base of services which meet statewide standards to address their needs. Counties pool their resources and offer an array of services to improve the health of Iowans.

## **Opportunity Center at Ladd Library**

<https://www.crlibrary.org/opportunity-center>

3750 Williams Blvd SW, Cedar Rapids, IA 52404 · 319-261-7323

### **The center assists with:**

- Job applications
- Resume writing
- Obtaining an education
- Applying for food stamps
- Family Investment Program or Child Care Assistance
- Finding resources
- Healthcare Navigation
- Financial Literacy assistance
- Knowing if you qualify for energy assistance or other income-based support payments
- Transportation for work or school
- Feeding your family

Some services require an appointment in advance. Please call ahead.

## O\*Net Online

<https://www.onetonline.org>

O\*NET OnLine has detailed descriptions of the world of work for use by job seekers, workforce development and HR professionals, students, developers, researchers, and more. Find, search, or browse across 900+ occupations based on your goals and needs. Then use comprehensive reports to learn about requirements, characteristics, and available opportunities for your selected occupation.

## Options of Linn County

<https://www.linncountyiowa.gov/145/Options>

1240 26th Avenue Court SW, Cedar Rapids, IA 52404 · 319-892-5800

Options of Linn County provides day habilitation and pre-vocational services to adults with disabilities as a department of Linn County Community Services.

## Parent Education Consortium

<https://www.parenteducationconsortium.com>

383 Collins Rd NE, Suite 201, Cedar Rapids, IA 52402 · 319-377-9839

The Parent Education Consortium (PEC) is an organization committed to increasing the capacity of the community to provide ongoing parenting education, professional development, and access to resources to facilitate the development of caring, competent, healthy children.

## Psychological Evaluation Physicians

**Center for Disabilities and Development  
University of Iowa Children's Hospital**

100 Hawkins Drive 213 CDD, Iowa City, IA 52242 · 319-356-1347

Age: Children and up

## Davis Psychological

809 5th Avenue, Grinnell, IA 50112 · 641-236-0632

Age: 6 and up

### **Family Psychology Associates**

1221 Center Point Road NE, Cedar Rapids, IA 52404 · 319-378-1199

Age: 6 and up

### **Mercy – Luke Hansen, PsyD**

701 10th St SE, Cedar Rapids, IA 52403 · 319-369-4777

Age: 6 and up

### **Mercy – Ronald Ridder, PhD**

701 10th St SE, Cedar Rapids, IA 52403 · 319-369-4777

Age: 6 and up

### **Orchard Place Child Guidance Center**

808 5th Avenue, Des Moines, IA 50309 · 505-244-2267

Age: 3 and up

### **Seashore Hall – University of Iowa**

335 E. Jefferson Street, Iowa City, IA 52242 · 319-335-2467

Age: 3 and up

### **Reading Assistant: Peggy Lee**

319-364-8888

Providing assistance with correspondence, mail, newspapers, and workplace memos.

### **Riverview Center**

<https://riverviewcenter.org>

Highley Building, 118 3rd Avenue SE, Suite 500, Cedar Rapids, IA 52401  
319-540-0080

Riverview Center is a nonprofit agency committed to providing compassionate, client centered care for individuals affected by sexual assault in Iowa, and for individuals affected by sexual and domestic violence in Illinois.



## Safe Kids Worldwide

<https://www.safekids.org/coalition/safe-kids-linn-county>

505 1st St. SW, Cedar Rapids, IA 52404 • 319- 286-5434

Safe Kids Linn County is led by Cedar Rapids Police Department, which provides dedicated and caring staff, operation support, and other resources to assist in achieving our common goal: keeping your kids safe. Based on the needs of the community, this coalition implements evidence-based programs, such as car seat checkups, bicycle helmet giveaways, and safety presentations that help parents and caregivers prevent childhood injuries.

## Support Animals

Many of our families have questions on emotional support, service, and therapy animals. Below you will find websites to access and a brief breakdown of each group.

<http://publications.iowa.gov/13700/1/Factsheet%2520Service%2520Animals.pdf>

[https://www.ada.gov/regs2010/service\\_animal\\_qa.html](https://www.ada.gov/regs2010/service_animal_qa.html)

<https://www.akc.org/expert-advice/news/everything-about-emotional-support-animals>

<https://www.avma.org/resources-tools/animal-health-and-welfare/service-emotional-support-and-therapy-animals>

## Emotional Support Animals (ESA) –

### They are:

- Protected under federal housing rights to live with their owner regardless of a “No Pets” policy.
- Able to fly inside the cabin of an airplane with their owner.
- Required to have their primary function be providing companionship in the form of emotional support for their owner.

### They are NOT:

- Covered under ADA to bring into public establishments (i.e., stores or restaurants).
- Required to be comfortable and/or tolerant of different environments and people.

- Specifically trained to assist one person.
- Required to provide emotional support and comfort to multiple people.

**Psychiatric Service Dog (PSD)** – In order to qualify as a service animal under ADA laws, the animal must be a dog.

**They are:**

- Covered under ADA to bring into public establishments (i.e., stores or restaurants).
- Required to be comfortable and/or tolerant of different environments and people.
- Protected under federal housing rights to live with their owner regardless of a “No Pets” policy.
- Able to fly inside the cabin of an airplane with their owner.
- Specifically trained to assist one person.

**They are NOT:**

- Required to have their primary function be providing companionship in the form of emotional support for their owner.
- Required to provide emotional support and comfort to multiple people.

## **Therapy Animal**

**They are:**

- Required to be comfortable and/or tolerant of different environments and people.
- Required to provide emotional support and comfort to multiple people.

**They are NOT:**

- Covered under ADA to bring into public establishments (i.e., stores or restaurants).
- Protected under federal housing rights to live with their owner regardless of a “No Pets” policy.
- Able to fly inside the cabin of an airplane with their owner.

- Required to have their primary function be providing companionship in the form of emotional support for their owner.
- Specifically trained to assist one person.

## **Tanager Place**

<https://tanagerplace.org>

2309 C Street SW, Cedar Rapids, IA 52404 · 319-365-9164

When mental health challenges disrupt the well-being of children, Tanager Place provides the tools and support to face them with confidence. Through a mix of prevention, treatment, and outreach, we build understanding and hope within our community. Because when parents have a strong network of support, children have the best chance to overcome these obstacles and build a brighter future.

## **Teaching Interventions to Empower and Strengthen Families (TIES) Program**

<https://www.unitypoint.org/cedarrapids/services-ties.aspx>

4050 River Ridge Dr. NE, Cedar Rapids, IA 52402 · 319- 558-4861

TIES is a FREE early intervention program targeting children 18 months to five years of age. During program sessions, parent are trained to work in a classroom as a way to actively practice their skills they are learning. It is staffed by both professionals and parents who have completed the program with their own children.

## **The Arc of East Central Iowa**

<https://arceci.org>

680 2nd Street SE, Cedar Rapids, IA 52401 · 319-365-0487

The Arc of East Central Iowa is a local provider empowering individuals with disabilities and their families to engage in lifelong opportunities to live, learn, work, play, and advocate with full dignity and inclusion in their communities. See Section 4 Medicaid Eligible Services for a list of waiver services. Contact your case manager or The Arc of East Central Iowa for service availability.

## **UIHC Stead Family Children's Hospital – Center for Disabilities and Development**

<https://uichildrens.org/medical-services/center-disabilities-and-development>

213 CDD – 100 Hawkins Drive, Iowa City, Iowa 52242  
1-855-543-2884 (855 KID AT UI) or 1-319-356-1346 (Medical records)

The Center for Disabilities and Development at University of Iowa Stead Family Children's Hospital is dedicated to improving the health and independence of people with disabilities and creating a life with opportunities for everyone. The center has been designated the state's University Center for Excellence on Developmental Disabilities and strives to be the state's most trusted resource for health care, training, research, and information for people with disabilities.

## **United Way of East Central Iowa**

<https://www.uweci.org>

317 7th Ave SE, Unit 401, Cedar Rapids, IA 52401 • 319-398-5372

United Way focuses on education, financial stability, and health because they are the essential building blocks for a good quality of life.

## **Variety – The Children's Charity**

<https://www.varietyiowa.com>

505 5th Avenue, #310, Des Moines, IA 50309 • 515-243-4660

Variety – the Children's Charity of Iowa is dedicated to improving the lives of underprivileged, at-risk, and special needs children throughout the state. Since the inception of the Telethon in 1975, Variety has raised more than \$113 million to support the children of Iowa. Variety is making a better future for our community by connecting people who care to programs that enable children to reach their full potential. Variety is helping create opportunities for children to fully share in the experiences of life.

## Waypoint Services

<https://www.waypointservices.org>

318 5th Street SE, Cedar Rapids, IA 52401

**Main Office:** 319-365-1458

**Domestic Violence Resource & Support Line:** 800-208-0388 or 319-363-2093

**Housing Services:** 319-366-7999 or 1-833-739-0065

**KidsPoint Child Care:** 319-365-1636

**Survivors' Program:** 319-365-1458

Waypoint is a comprehensive organization offering support with housing services, domestic violence victim services, KidsPoint Child Care Program, and survivor programs.

## Wrap – Wheelchair Ramp Accessibility Program

<https://www.wrapiowa.org>

1026 A Avenue NE, #5036, Cedar Rapids, IA 52402 · 319-369-7377

The Wheelchair Ramp Accessibility Program (WRAP) provides timely home access to people in need. We are a coalition of volunteers and service organizations who work together to build custom wheelchair ramps giving people with limited mobility the freedom to easily enter and leave their homes.

# Section 13:

## Daycare

For any parent, daycare services are a primary service needing to be accessed to help assist them with care of their child. For those individuals diagnosed with a disability, it can be hard to locate daycare services that will provide the necessary care they need, support beyond the regular daycare age of 10 and under or daycare services in post education scenarios. Below you will find options based on age ranges.

### **Early Childhood (Birth to Pre-Kindergarten)**

- Family Member or Private Pay
- Licensed Childcare Facility or In-home Childcare

### **Kindergarten – 12th Grade**

- Family Member or Private Pay
- Licensed Child Care Facility or In-home Childcare

### **Post-Secondary Adult Daycare**

- Family Member or Private Pay
- Licensed Child Care Facility or In-home Childcare

### **Family Member or Private Pay**

Family members are a large part of the daycare experience for individuals who are fortunate enough to have their support. Many times, one parent will choose to stay home, or they will utilize aunts, uncles, or grandparents to help with childcare. If family members are not available, private pay options may be utilized. This can be a nanny who comes into the home while the caregiver is working or a live-in nanny.

### **Licensed Childcare Facility or In-home Childcare**

For families that choose to utilize a licensed childcare facility or in-home childcare, it can be difficult to locate providers who will accept an individual diagnosed with a disability. The Iowa Department of Human Services has a website portal and phone number you can contact to help assist you in locating a provider. Please see the information below for the services The Arc of East Central Iowa has available and contact information for DHS.

Important note, if you are approved to use respite services for daycare by your case manager and MCO, one parent must not be working at the time funding is utilized. For more information, speak with your case manager or provider.

### **The Arc's Daycare Enrichment Program**

- Daycare Enrichment Program is a before and after school, in-service, vacation care, and after work enrichment program Monday – Friday at The Arc of East Central Iowa, 680 2nd St SE, Cedar Rapids, Iowa.
- Please Note: The after-work enrichment portion of the program is for individuals 18 years old and up is not DHS licensed, but follows a similar format and regulations set by DHS.
- Ages: 5 years old and up

### **The Arc's Summer Day Program**

- Summer Day is a multi-week program. Activities may include educational exercises to build safety, reading, cooking, and daily living skills, social and leisure activities like swimming, games, crafts, and music. Individuals wishing to attend will need to utilize group respite for the program. Private pay is an available option if waiver funding does not cover the cost of the program.
- Ages: 5 to 21 years old
- Dates: June through July
- Times: Monday through Friday 9:00 AM to 3:00 PM
- Programs are offered in Linn County

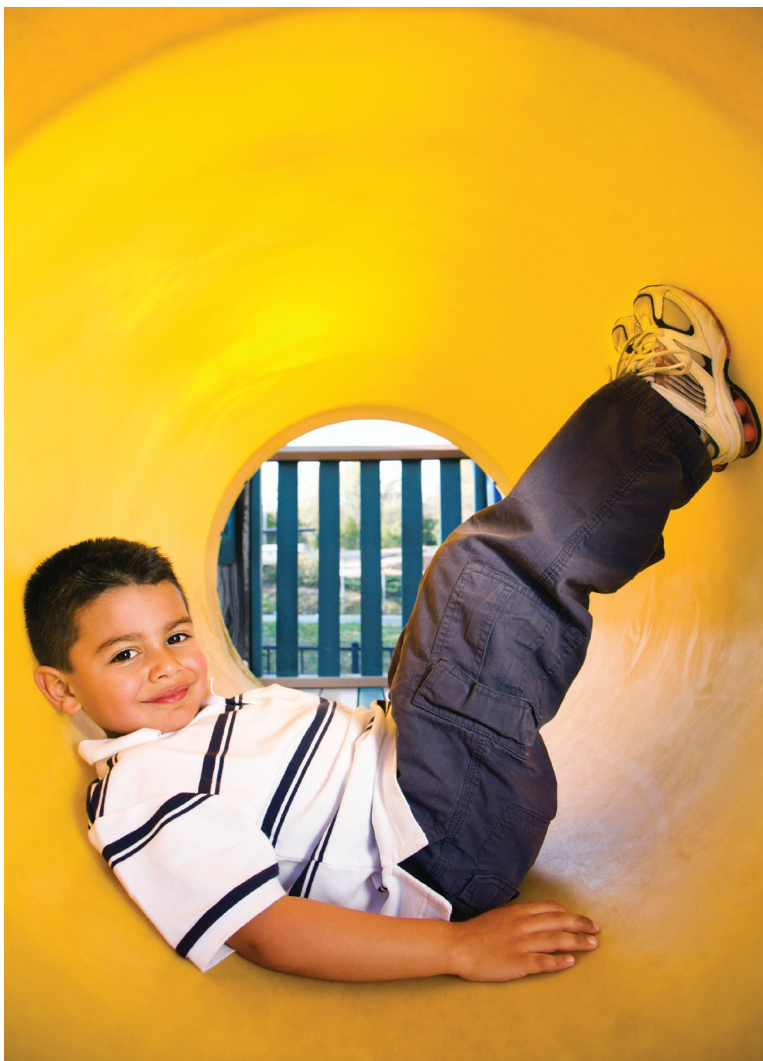
### **Iowa Department of Human Services Childcare Client Portal**

- Iowa DHS has a portal available to help families locate available childcare in their area. You can visit their website, or they encourage families to call Child Care Resource and Referral Parent Specialist to discuss options in your area 1-855-CHILD-01 (1-855-244-5301). <http://ccmis.dhs.state.ia.us/ClientPortal/ProviderSearch.aspx>

## Adult Daycare

After an individual graduates from high school, they have several post-secondary options. For those not continuing to a day habilitation or college program but need additional assistance while their caregiver is at work, adult daycare is an option.

There are limited adult daycare options available in our area. Speak with your case manager to find availability and to request a referral to the available provider(s).





# Section 14:

## K-12 Education

### Education Protection

Education acts have been put into place or amended since 1973 to ensure students with disabilities receive equal access to education. Below you will find a brief overview of each act.

*The Vocational Rehabilitation Act & Section 504 of 1973* prohibits discriminations against any student with a disability, provides a clear definition for the term ‘appropriate education’, and mandates a student diagnosed with a disability has equal access to education. This act ensures a student with a disability is provided the same education access as a child without a disability.

*The Education Amendments Act of 1974* ensured students and their families have the right to due process in special education cases.

*The Education for All Handicapped Children Act of 1975* includes Individualized Education Programs (IEP), free and appropriate public education for students with a disability age 5 to 15 and defines the Least Restrictive Environment (LRE). LRE is a framework ensuring students with disabilities should spend as much time as possible with their neurotypical classmates in a typical classroom setting.

*Education of Handicapped Act Amendments of 1986* included free and appropriate education for students with disabilities ages 3 to 5 and early intervention programs from birth to age two for children with disabilities.

*The Americans with Disabilities Act of 1990* prohibits discrimination against people with disabilities in the work environment and provides equal opportunities for accommodations, services, and transportation. The ADA laws for discrimination apply to school systems as well.

*Individuals with Disabilities Education Act (IDEA) of 1990* includes extension to the special education services offered at school (i.e., social work, rehabilitation, etc.), transition program for students at age 16, confidentiality in student information, bilingual education programs, and due process for all students and their families.

*Individuals with Disabilities Education Act (IDEA) of 1997 amended the 1990 act.* Changes include general education teachers are included in a student’s IEP team, students with disabilities take state standardized tests, mediation to resolve difference, behavior management plans, students with a disability can continue services even if expelled from school.

*No Child Left Behind Act of 2001* increased accountability on schools to ensure students success, mandated highly qualified teachers, implemented an early intervention reading program, and school choices for students to ensure all students can attend successful schools.

*IDEA Improvement Act (IDEIA) of 2004* required higher standards for special education teachers through licenses and certifications, increased funding for early intervention services, and the use of Response to Intervention (RTI) programing at school.

*Every Student Succeeds Act (ESSA) of 2015* transitioned the control of standardized testing to each state. Only 1 percent of all students can be given alternative assessments with the implementation of the act. An antibullying prevention plan is also included is ESSA.

## Supports Available in the School System

There are two primary types of plans a student may need throughout their education journey an Individualized Education Plan (IEP) or a 504 Plan. An IEP will be recommended if the student requires accommodations and specific instructions. A 504 Plan will be recommended if the student only requires accommodations. In both cases a team of people should be present at your IEP or 504 meeting. Team members should include parent, teacher, special education teacher, paraprofessional, case manager, and an advocate if desired.

**Individualized Education Plan (IEP)** is a legal document that is a plan of action to help assist the student and the educator team in supporting the student throughout their education journey. An IEP is updated yearly, but a guardian can request a meeting at any time. The IEP includes the following items:

- Statement of Services with rationale
- Short/Long term goals
- Present Level of Educational Performance (PLEP)
- Dates of IEP
- **Accommodations are a change in how a student can access tests or classroom information. Some examples of accommodations include:**
  - Seating – Student can be moved to a preferential seating option in the classroom to see the teacher clearly.
  - Audio Books – Students can have access to an audio book to help facilitate their learning. This option is available from kindergarten to 12th Grade. Audio books can include a picture book to a textbook.

- Extended testing time – Students can be offered the option of having extra time added on to any test they take, or it can be specific to certain subjects they might find challenging.
- Open book tests – Students can have access to a textbook or supporting education documents when taking a test.
- **Modifications are a change in content and learning for a student. Some examples of modifications include:**
  - Alternative reading materials – A student can have tailored alternatives to reading materials to match the students reading level or interest.
  - Retake quizzes – A student can have the ability to retake quizzes if unable to pass the first time without the fear of a one and done system.
  - Reduced problems on quizzes – A student can have a quiz tailored to their level of understanding.
- **Curriculum is broken down into emergent and functional curriculum. The division allows for a slower pace learning environment to support the student's needs.**
  - Emergent Curriculum focuses on a student's interest. The style of teaching is based on listening to the student's interest and ideas (i.e., a student is out on the playground and becomes interested in birds flying around, the teacher can build a lesson around birds).
  - Functional Curriculum focuses on skills a student needs to be successful outside of school and/or in a post-secondary environment by assisting with social skills, independent living skills, community participation (i.e., creating lessons focusing on how to go grocery shopping, wash clothes, keep a clean house, correct behavior at work or in the community, etc.).
- **Environment can play a large role for students, particularly for those in need of sensory support. Adjustments can be made to provide necessary support to ensure the student remains successful. Environment supports can include:**
  - Distractions – Removing distractions that may overwhelm the student or impede their ability to focus on class.
  - Labels – To help support the student to find materials they need to perform classroom duties.

- Schedules – A set schedule or a written schedule on the board or given to the student to help them during the day and throughout each class.
- Music – On the radio for the whole classroom to hear or if appropriate can be headphones during quiet time in the classroom or for help while focusing on a test or assignment.
- Protocols for classroom – A set schedule or a written schedule of tasks and speaking rules given to the student by each teacher to help them stay focused during each class.
- Lighting – For students who are visually impaired and may not be able to focus due to the brightness in the room.
- Seating – Students get preferential treatment with classroom seating arrangements.

**504 Plan** is based on Section 504 of the Rehabilitation Act of 1973, also known as Section 504. Section 504 is a federal law protecting the rights of individuals diagnosed with a disability in activities and programs financed through federal assistance (state and local education). To qualify for Section 504, the student must be diagnosed with a disability and the disability must result in limitation of a major life function. 504 plans are utilized if a student is only in need of accommodations to their education.

- Accommodations are a change in how a student can access tests or classroom information. Some examples of accommodations include:
  - Seating – Student can be moved to a preferential seating option in the classroom to see the teacher clearly.
  - Audio Books – Students can have access to an audio book to help facilitate their learning. This option is available from kindergarten to 12th Grade. Audio books can include a picture book to a textbook.
  - Extended testing time – Students can be offered the option of having extra time added on to any test they take, or it can be specific to certain subjects they might find challenging.
  - Open book tests – Students can have access to a textbook or supporting education documents when taking a test.

**Behavior Intervention Plan (BIP)** is a plan based on a student's Functional Behavioral Assessment (FBA). The BIP will include a description of the problem behavior, hypothesis (global and specific) reasoning behind the behavior, intervention strategies for positive behavioral support and additional support services.

**Assistive Technology** allows a student the opportunity to have an increase in learning, performance, and productivity. Examples of assistive technology can include:

- Applications (Apps)
- Audio Books
- Calculators
- Communication Boards
- Crutches
- Large Print Materials
- Personal or Voice Amplification System
- Screen Reading Software
- Speech Generating Device
- Switches
- Tablets
- Walker
- Wheelchair

**Seclusion and Restraint** continue to be topics of discussion at the State and Federal levels. In 2020, the state of Iowa updated Chapter 103 on Corporal Punishment, Physical Restraint, Seclusion, and Other Physical Contact with Students. Visit <https://www.legis.iowa.gov/docs/ACO/chapter/281.103.pdf> to review the law in its entirety or visit [https://educateiowa.gov/sites/files/ed/documents/Top10PointsAboutChapter103\\_7-7-21.pdf](https://educateiowa.gov/sites/files/ed/documents/Top10PointsAboutChapter103_7-7-21.pdf) for the Top 10 Points About Chapter 103.

**Least Restrictive Environment (LRE)** requires public schools to provide students diagnosed with disabilities access to a classroom setting with their nondisabled peers, in their neighborhood schools. Classroom settings will be agreed upon based on the maximum appropriateness and may include alternative education opportunities based on a student's needs (i.e., part-time special education classroom, full-time special education classroom, special education school, or residential home school setting).

**Transition Planning** will begin for students on an IEP around the age of 16 to start the process of preparation for their future transition after high school. This plan will vary based on how long a student decides to remain in school.

**Graduation Age Requirements** differ for individuals diagnosed with a disability. Federal law entitles a student diagnosed with a disability the right to remain in school until the end of the school year on the age of their 21st birthday. A student can choose to accept their diploma earlier, but no school can force a student to graduate earlier than 21. If assistance is needed in the transition or graduation requirements, contact your Service and Support Coordinator and Case Manager.

**Spanish Resources** for school are available from The Arc of the United States School Homepage <https://thearcatschool.org/en-espanol>.

## **Supports Available at School**

**Occupational Therapist (OT)** assist in helping their patients perform, adapt, modify, and/or change their daily activities to allow an individual the ability to participate in activities of their choosing through movement and coordination. Examples of occupational therapy may include:

- Improving hand-eye coordination
- Increasing attention span
- Learning nonverbal queues
- Teaching steps to help assist in being able to get dressed
- Use of the restroom independently

**Paraprofessional (Para)** is a certified member of the education staff in the education system. Paraprofessionals are trained to provide support, instruction, management, and organization to assist educators and students in a classroom setting. Paraprofessionals may be in a classroom to provide support to some or all the class or they may provide individualized one-on-one support to one student. In some local districts a one-on-one paraprofessional will remain with the student throughout their education journey from kindergarten to 12th grade.

**Special Education Teacher** is a teacher who has received a college degree specializing in the field of providing education to students diagnosed with emotional, learning, mental, or physical disabilities. Special Education teachers adapt general education lessons and skills to match the needs of each student.

**Speech and Language Therapist/ Speech and Language Pathologist (SLP)** assist in helping their patient improve language and communication skills.

Examples of speech and language therapy may include:

- Helping a patient who is diagnosed with muteness
- Supporting a patient with their aphasia diagnosis
- Testing to diagnose a swallowing disorder
- Working with a patient on their apraxia of speech diagnosis
- Utilizing books and letter cards to help a patient with a lisp
- Using assistive technology (i.e., communication device to express needs and wants)

**Physical Therapist (PT)** assist in helping their patients by prescribing exercises, treating specific areas of concern, and/or utilizing a hands-on-care concept. Examples of physical therapy may include:

- Adaption to an artificial limb
- Managing a chronic illness
- Rehabilitation after an accident
- Relieving pain
- Use of assistive devices (cane, walker, wheelchair, etc.)

### **Local Educational Resources:**

#### **Cedar Rapids Community School District Transition Center**

319-558-1247

The Transition Center provides opportunities for students with disabilities—aged 18 to 21—who have completed four years of high school and continue to qualify for services and supports aligned to unmet needs in the areas of living, learning, and/or working. Examples of supports can include integrated employment, community experiences, and independent living skill development to assist with the transition into adulthood.

#### **College Community School District PrairieWood Transition Center**

<https://phs.crprairie.org/programs/prairiewood-transition-center>

401 76th Avenue SW Cedar Rapids, IA 52404 · 319-848-5200

PrairieWood Transition Center provides community-based education and training for students who participate in special education. Each student has an Individualized Education Program (IEP) with an emphasis on increasing independence in his or her home and community.



## **Grant Wood Area Education Agency**

<https://www.gwaea.org>

4401 6th Street SW, Cedar Rapids, IA 52404 · 319-399-6700

Iowa's Area Education Agencies were created by the 1974 Iowa Legislature to ensure all children have equal educational opportunities. Grant Wood Area Education Agency is one of nine AEAs in the state and serves as an intermediate agency providing educational services to local schools. Grant Wood AEA staff are committed to unlocking the potential of each and every learner.

## **LinnMar Community School District Transition Services**

<https://www.linnmar.k12.ia.us/transition-services>

2999 N 10th Street, Marion, IA 52302 · 319-447-3359

Transition Services provides a variety of services to our students as well as our families in an effort to assist in the many transitions that occur during a student's educational career.





# Section 15:

## Post-Secondary State and Local Colleges & Universities

### Coe College

- Office of Accessibility Resources
  - Phone: 319-399-8616
  - Website: <https://www.coe.edu/academics/academic-resources/accessibility-services>

### Cornell College

- Disability Services & Resources
  - Phone: 319-895-4207
  - Website: <https://www.cornellcollege.edu/student-success-center/disabilities/index.shtml>

### Iowa State University

- Student Accessibility Services
  - Phone: 515-294-7220
  - Website: <https://sas.dso.iastate.edu>
  - Email: [accessibility@iastate.edu](mailto:accessibility@iastate.edu)

### Kirkwood Community College

- Accommodation Services
  - Phone: 319-398-5574
  - Website: <https://www.kirkwood.edu/explore/services/learning-services/disability-accomodation>
  - Email: [learningservices@kirkwood.edu](mailto:learningservices@kirkwood.edu)

### Mount Mercy University

- Disability Services
  - Phone: 319-363-1323 ext. 1204

- Website: <https://www.mtmercy.edu/academics/academic-support/academic-center-for-excellence/disability-services#:~:text=To%20begin%20the%20process%20of,request%20an%20accommodation%20planning%20meeting>

## University of Iowa

- Student Disability Services (SDS)
  - Phone: 319-335-1462
  - Website: <https://sds.studentlife.uiowa.edu>
  - Email: [sds-info@uiowa.edu](mailto:sds-info@uiowa.edu)

## UI Reach at The University of Iowa

- UI REACH (Realizing Educational and Career Hopes) is a comprehensive transition program for students ages 18-25 years old with intellectual, cognitive, and learning disabilities. UI REACH offers an integrated college experience in a caring and structured environment. Academics, career and transition, and student life are areas of focus and upon completion students receive a two, three, or four-year certificate.
  - Phone: 319-335-3500
  - Website: <https://education.uiowa.edu/reach>
  - Email: [ask-education@uiowa.edu](mailto:ask-education@uiowa.edu)

## University of Northern Iowa

- Student Accessibility Services
  - Phone: 319-273-2677
  - Website: <https://sas.uni.edu>
  - Email: [accessibilityservices@uni.edu](mailto:accessibilityservices@uni.edu)

## Wartburg College

- Disability & Access Services
  - Phone: 319-352-8230
  - Website: <https://www.wartburg.edu/accessibility/#:~:text=If%20you%20anticipate%20or%20experience,.willis%40wartburg.edu>
  - Email: [nicole.willis@wartburg.edu](mailto:nicole.willis@wartburg.edu)

# Section 16:

## Post-Secondary Alternatives

After graduation there are opportunities available beyond attending post-secondary school. Alternatives can include day habilitation, employment services, or not attending any additional programs.

### Day Habilitation (Day Hab)

The Arc of East Central Iowa provides a year-round program Monday – Friday dedicated to supporting individuals diagnosed with intellectual disabilities to explore and engage in the community safely with the assistance of support staff. Areas of focus for services include behavior management, community integration, daily living activities, intellectual and cognitive functioning, language and communication, mobility development and improvement, physical and emotional support, responsibility and self-direction, self-advocacy, and socialization. For a detailed list of information on Day Habilitation Services through The Arc visit <https://arceci.org/programs-services/day-habilitation>.

Other organizations provide day habilitation services throughout the community. For additional information on other programs in our area, contact your case manager.

### Employment Support

The Arc of East Central Iowa aids individuals in finding and retaining fulfilling employment with help from a team of professionals to assist in creating and attaining an individual's goal of thriving in the workplace. Employment services include job coaching, Project SEARCH, and employment support. For a detailed list of information on Employment Support services through The Arc visit <https://arceci.org/programs-services/employment-support>.

Other organizations provide some employment services throughout the community, but are not listed below. For additional information on other programs in our area, contact your case manager.

**Job Coaching** is a program designed to focus on providing an individual with support on their employment journey. Individuals will receive dedicated support from a job coach who will assist them in building skills for a specific job, creating and developing successful work habits, and socialization and communication skills. The job coach will support the individual as they adjust to their new job and will provide any assistance needed to maintain employment and thrive in their employment opportunity.

**Project SEARCH** is provided by The Arc of East Central Iowa in partnership with UnityPoint Health – St. Luke’s Hospital and Iowa Vocational Rehabilitation Services. Project SEARCH helps individuals build skills to succeed on the job by providing nine months of classroom instruction and workplace internships at UnityPoint Hospital in Cedar Rapids Iowa. Interns will learn and practice real-world skills, increase independence, confidence, and self-esteem, make professional relationships and friendships, receive individualized coaching and feedback every day, search for and apply for secure employment in non-traditional jobs for people diagnosed with a disability. To be considered for Project SEARCH an individual must be between the ages of 18 to 30, have a developmental or intellectual disability, and have graduated from high school or have a GED.

**Supported Employment** is a program to assist individuals in gaining employment opportunities matching their goals and preferences by focusing on an individual’s strengths, choosing the right job for them, and maintaining employment in an integrated community employment setting. The program includes assessment services to gather information about the individuals interests, skills, and preferences for a job, job shadowing in different workplace settings, short paid workplace assessments to determine if the job is a good fit for employee and employer, optional work adjustment training to identify and overcome barriers, and transportation training to learn public transportation to get to and from work independently.

## **ADA and Employment Protection**

Title I of the ADA prohibits private employers, state and local governments, employment agencies, labor unions, or employers with 15 or more employees from discriminating against qualified individuals with disabilities. This includes advancement opportunities, application process, compensation, hiring & firing, layoff & leave, recruitment, tenure, training, and any privileges given to non-disabled employees.

A qualified individual would include someone who could complete the skills of the position, has experience, education, or other requirements necessary for the position, and can perform essential job functions with or without reasonable accommodations. The ADA requires covered employers to make reasonable accommodations for individuals with disabilities.

An accommodation is any modification to the job or work environment to help an employee with a disability perform their job or enjoy the same benefits and privileges of employment as another employee without a disability. Some examples of modifications include additional training, modifying an employee work schedule, modification to the employee’s workstation, etc. If you are currently employed and feel accommodations are needed in your work environment, contact your human resource department for further steps. For more information on Title I visit [https://www.ada.gov/ada\\_title\\_i.htm](https://www.ada.gov/ada_title_i.htm).

# Section 17:

## Housing

After graduation an individual has multiple options for housing. The decision on where to live should be made as a team (individual, guardian, with location support from a case manager or provider). Individuals diagnosed with a disability have the right to choose where they would like to live, but support from family and steps for moving are a vital part to the success of this new transition. If the individual has a legal guardian, approved through the court system, the guardian will make the decision on where the individual will reside.

### Housing Options for Adults

**Assisted Living** allows for the individual to live in their own apartment in a building complex with each resident utilizing on-site staff when needed to assist with some daily needs (i.e., bathing, cleaning, medications, etc.). In most assisted living locations, individuals can cook in their unit or have access to a community dining room. Certain assisted living programs will be diagnosis specific (i.e., dementia).

**Group Homes or Supported Housing** allows for the individual to live outside of the family home with a small group of individuals also diagnosed with a disability. The homes are staffed with part or full-time staff to help provide live-in assistance for each house member. Group homes provide a social setting beyond their family unit with private pay or state paid program options.

**Independently in the Community** allows for the individual to live outside of the family home alone in a residence of their choosing (i.e., house, condominium, mobile home, or apartment). If families are able, they may choose to purchase a property for their family member to reside in. If the family is unable to purchase, they may look at Section 8 Housing. More information is included below in the Finance Options for Housing section.

**Remain in Home** allows the individual to continue to reside with their family in the family home environment. This is a common option for many families after graduation. It is important to remember planning for the future with aging caregivers will be an important step down the road with housing.

**Skilled Nursing or Nursing Home** allows the individual to receive 24 hours of skilled medical care. This choice may be considered if the level of needed care is unable to be met in the home environment. Funding for skilled nursing can be \$10,000 a month or higher. Individuals may qualify to be covered under Medicaid for the cost of a skilled nursing facility.

## Finance Options for Housing

**Section 8 Housing Choice Voucher Program (Section 8 or HCV)** is a section of the Housing Act of 1937. Section 8 assists individuals with low-income, elderly, and/or those diagnosed with a disability to reside in an affordable, safe, and sanitary housing option in their community. Section 8 housing can be a single-family home, townhouse, or apartment. The individual can choose any housing choice if it meets the requirements of the Section 8 program. Section 8 Housing Choice Vouchers are managed by public housing agencies (PHAs). PHAs are funded from the U.S. Department of Housing and Urban Development (HUD). Waitlists are possible for Section 8. In some locations waitlists are closed to new individuals at this time. Contact your local office for additional information.

- Eligibility Requirements:
  - An individual and/or household must qualify under HUD and PHA total annual gross income and family size.
  - The household income must meet the limits at or below HUD requirements.
  - An individual must be a U.S. Citizen or meet specific categories of non-citizen eligible immigrant status.
  - In most locations, the household income may not exceed 50% of the median income for the county or metropolitan area.
  - PHA is required by law to provide 75% of vouchers to applicants whose income do not exceed 30% of the median income of the area of residence (HUD publishes median income levels and each will vary by location).
  - Contact your local PHA for additional information. Cedar Rapids contact information is listed as Cedar Rapids Housing Services in Local Housing Resources below.

**Section 811 Project Rental Assistance (PRA) Program** is a supportive housing program focused on expanding, supplying, and supporting housing for low-income individuals diagnosed with a disability. Section 811 PRA is a referral-based program and varies by city and state. Section 811 PRA partners with state housing agencies (Medicaid and DHS) to identify individuals who may benefit from the program. The information gathered allows for an allocation of units in affordable housing projects with capital costs being funded through federal, state, and/or local funding.

- Eligibility Requirements:
  - An individual must be 30% or below the Area Median Income (AMI).
  - One member of the home must be diagnosed with a disability.
  - Individual diagnosed with the disability must be eligible for Medicaid, state funded services or services listed in the specific Section 811 PRA partnership agreement.
- For more information on Section 811 PRA visit:  
[www.hudexchange.info/programs/811-pra/](http://www.hudexchange.info/programs/811-pra/)

## **Local Housing Resources**

### **Affordable Housing Network**

3000 J Street SW, Cedar Rapids, IA 52404 • 319-363-1403

<https://www.affordablehousingnetwork.org>

### **Boyson Row**

456 N. 18th Avenue, Hiawatha, IA 52233 • 319-294-8622

### **Cedar Crest Apartments**

1100 O Avenue NW, Cedar Rapids, IA 52405 • 877-220-6530

### **Cedar Rapids Housing Services**

101 1st Street SE, Cedar Rapids, IA 52401 • 319-286-5872

### **Cedar Village Apartments**

193 Jacolyn Drive NW, Cedar Rapids, IA 52405 • 319-396-9083

### **Commonwealth Senior Apartments**

1400 2nd Avenue SE, Cedar Rapids, IA 52403 • 319-826-6772

<https://www.commonwealthseniorapts.com>

### **Crestwood Ridge**

1200 Edgewood Road NW, Cedar Rapids, IA 52404 • 877-302-6228

<https://crestwood.commonbond.org>

### **Ely Manor**

1485 Fuhmeister, Ely, IA 52277 · 319-350-7659

### **Five Seasons Senior Housing**

1225 42nd Street SE, Cedar Rapids, IA 52403 · 319-399-1550

### **Geneva Tower**

310 Fifth Avenue SE, Cedar Rapids, IA 52401 · 319-366-0454

<https://www.affordablehousingnetwork.org/geneva-tower>

### **Glenbrook Apartments**

4821 1st Avenue SW Apt A, Cedar Rapids, IA 52405 · 319-396-3899

### **HACAP Permanent Housing**

PO Box 490, Hiawatha, IA 52233 · 319-366-7631

<https://www.hacap.org>

### **Hawthorne Hills**

2283 C St NW, Cedar Rapids, IA 52404 · 319-365-1497

<https://www.affordablehousingnetwork.org/hawthorne-hills>

### **Hill Top Manor**

439 Lindale Drive, Marion, IA 52302 · 319-373-8696

### **Irving Point Affordable Assisted Living**

910 7th Street SE, Cedar Rapids, IA 52401 · 319-294-5007

### **Linwood Apartments**

4845 Johnson Avenue NW, Cedar Rapids, IA 52405 · 319-396-7785

<https://linwoodiowa.com>

### **Margaret Bock Housing**

1021 3rd Avenue SE, Cedar Rapids, IA 52403 · 319-361-6871

Apply at Helping Hands

601 2nd Avenue SE #02, Cedar Rapids, IA 52401 · 319-366-2651

<http://www.ecc-cr.net/mbh.php>



### **Memorial Meadows**

1030 Memorial Drive SE, Cedar Rapids, IA 52403 · 319-365-8444

<https://themeadows.commonbond.org>

### **Moundview Manor**

250 Hwy 13, Marion, IA 52302 · 319-3732-8302

<https://www.seldin.com/moundviewmanor>

### **North Maine Apartments**

259 Marion Road South, Central City, IA 52214 · 319-330-2315

### **Oak Hill Manor**

1301 15th Street SE, Cedar Rapids, IA 52401 · 319-362-6378

<https://www.dtlco.net/apartments-in-eastern-iowa>

### **Oak Park Village**

1350 15th Street SE, Cedar Rapids, IA 52401 · 319-362-7759

<https://www.dtlco.net/apartments-in-eastern-iowa>

### **Oak Village**

101 South 11th Street, Marion, IA 52302 · 319-377-1347

### **Palo Senior Housing**

300 Clinton Street, Palo, IA 52324 · 319-334-7110

### **Scott Meadows**

5960 East Kacena Avenue, Marion, IA 52302 · 319-373-7766

<https://www.seldin.com/scottmeadows>

### **Strawberry Hill Apartments**

1800 Highway 64 East, Anamosa, IA 52205

<https://www.dtlco.net/apartments-in-eastern-iowa>

**The Arbor at Lindale Trail**

1362 Blairs Ferry Road, Marion, IA 52302 · 319-450-7714

<https://www.fccommunities.org/alt>

**Trinity Pointe**

2175 Bison Court, Marion, IA 52302 · 319-373-8302

<https://www.seldin.com/trinitypointe>

**Village Place Independent Living Community**

365 Marion Boulevard, Marion, IA 52302 · 319-377-9808

<http://www.marionvillages.com>

**Vinton and West Vinton Park Apartments**

1603 West 1st Street #5, Vinton, IA 52349 · 319-472-4424

<https://www.dtlco.net/apartments-in-eastern-iowa>

**Walker Friends, Inc.**

106 S. Ely Street, Walker, IA 52352 · 319-334-7110

<https://www.kartayapartments.com/locations/walker-friends-inc-apartments.php>

**Westover Manor**

205 40th Street Drive SE, Cedar Rapids, IA 52403 · 319-363-3086

<https://www.rhf.org/location/westover-manor>

# Section 18:

## Food

Having healthy food options is one of the most effective ways to maintain good health for all individuals. For those who are needing additional assistance to help ensure they maintain healthy diet, multiple options are available in our community to support each person to prevent hunger.

Below you will find a breakdown of nutritional assistance programs, food pantries, and additional food resources available in our area.

### Nutritional Assistance Programs (NAP)

NAP's have been put in place by the federal, state, and local government to support individuals and their families who are designated as low-income to ensure they have access to nutritional foods to maintain good health. There are a variety of programs available listed below.

- **Supplemental Nutritional Assistance Program (SNAP)** previously known as food stamps is a program offered to individuals designated as low-income to buy food to ensure they maintain good health. Individuals on the program will receive an electronic card that operates like a debit card to purchase food from their local grocery store.
  - Applications for SNAP are available at the Social Security office. If you already receive Supplemental Security Income (SSI), your local Social Security office can assist you in completing an application to your local SNAP office. If you do not receive SSI, you can complete the application on your own and send to your local SNAP office.
  - To check your SNAP eligibility, visit <https://dhsservices.iowa.gov/apspssp/ssp.portal> for their pre-screening eligibility tool or call the Iowa's SNAP information line at 877-347-5678.
- **Special Supplemental Nutrition Assistance Program for Women, Infants, and Children (WIC)** is a federal grant program managed by each state to provide supplemental food, nutrition education, and health care referrals to low-income pregnant, breastfeeding, non-breastfeeding, or postpartum women, and infants and children to age five who are considered to have nutritional risk. In some locations WIC Farmers' Market Nutritional Program is available for WIC participants to receive coupons to purchase local, healthy produce (fruits, vegetables, herbs) from local farmer's markets or roadside farm stands.

- Eligibility requirements are based on income, state residency, determination of nutritional risk by a health care professional or trained health official.
- To check your WIC eligibility, visit:  
[www.fns.usda.gov/wic/women-infants-and-children-wic](http://www.fns.usda.gov/wic/women-infants-and-children-wic).
- Other NAP's include Commodity Supplemental Food Program (CSFP), Children and Adult Care Food Program (CACFP), National School Lunch Program (NSLP), School Breakfast Program (SBP), Summer Food Service Program (SFSP), Senior Farmers' Market Nutrition Program (SFMNP), The Emergency Food Assistance Program (TEFAP). Visit [www.socialsecurity.gov](http://www.socialsecurity.gov) to see what programs you may qualify for.

## Local Food Pantries

### Abundance of Love Food Pantry

1622 42nd Street NE, Cedar Rapids, IA • 319-393-4606

**Hours:** 2nd & 4th Friday 10:30 AM – 12:30 PM. Food limit once per month.

### Anamosa Lunches for Youth (ALY)

(Free summer break sack lunches) • 319-462-3951

**Fawn Creek Mobile Homes** – 1900 IA – 64, Anamosa, IA

**Fairview Mobile Homes** – 9710 York Street, Anamosa, IA

**Strawberry Hill Apartments** – 1800 IA – 64, Anamosa, IA

**St. Patrick's Church Parking Lot** – 217 N Garnavillo Street, Anamosa, IA

**Lawrence Community Center** – 600 E Main Street, Anamosa, IA

**Hours:** Tuesday, Wednesday, Thursday 11:30 AM (Fawn Creek, Fairview) & Tuesday, Wednesday, Thursday 11:45 AM (Strawberry Hill, St. Patrick's), Tuesday, Wednesday, Thursday 12:00 PM (Lawrence Community Center)

### Anamosa Summer Lunches

(Free lunch for kids ages 1-18) • 319-462-3553

Anamosa Middle School – 410 Old Dubuque Road, Anamosa, IA

**Hours:** 11:00 AM – 1:00 PM

### Apostolic Assembly Food Pantry

9527 US – 151, Anamosa, IA • 319-462-4170

**Hours:** Call for hours and availability.

### **Belle Plaine Community Center**

1309 5th Ave, Belle Plaine, IA

**Hours:** Last Wednesday of the month 11:00 AM – Noon

### **Bethany Lutheran Food Pantry**

2202 Forest Drive SE, Cedar Rapids, IA • 319-364-6026

**Hours:** Sunday 1:00 – 3:00 PM

### **Bridge Under the Bridge**

319-804-9009

**Hours:** Monday – Friday 3:00 – 6:00 PM & Saturday 12:00 – 4:00 PM

<https://bridgeunderthebridges.org>

### **Central City United Church of Christ**

38 N 5th Street, Central City, IA • 319-329-3271

**Hours:** 1st & 3rd Wednesday 5:30 – 6:30 PM & by appointment

### **Central City Senior Dining and Northeast Linn Food Pantry**

137 4th Street North, Central City, IA • 319-438-6691

**Hours:** Call for hours and availability.

### **Christ Holiness Apostolic Temple**

The King's Kitchen • 319-365-9594

355 19th Street SE, Cedar Rapids, IA

**Hours:** 3rd Wednesday 1:00 – 3:00 PM, last Friday 1:00 – 3:00 PM  
and available by appointment

### **Christ Episcopal Church**

220 40th Street NE, Cedar Rapids, IA • 319-366-7185

**Hours:** Call for hours and availability.

### **Church of God 7th Day**

1691 Airport Road, Marion, IA • 319-377-8505

**Hours:** Thursdays 12:00 – 3:00 PM

### **Church of Marion Food Pantry**

864 12th Street, Marion, IA · 319-377-7309

**Hours:** Tuesday & Thursday 1:00 – 3:00 PM

### **Crossroads Mission**

1006 2nd Street SW, Cedar Rapids, IA · 319-365-0707

**Hours:** Tuesday – Friday 10:00 AM – 4:00 PM

### **Eastview Christian Church Food Pantry**

727 Collins Road NE, Cedar Rapids, IA · 319-393-9570

**Hours:** 1st & 3rd Friday 10:00 – 11:30 AM

### **First Baptist Church**

1260 29th Street, Marion, IA · 319-377-3275

**Hours:** Monday, Tuesday, Thursday, Friday 8:30 – 11:00 AM

### **First Church of the Open Bible**

1911 E Avenue NW, Cedar Rapids, IA · 319-389-4681

**Hours:** Call Monday 9:00 – 11:00 AM for appointment pick-up on Thursday

### **First Lutheran Church Saturday Evening Meal**

1000 3rd Avenue SE, Cedar Rapids, IA · 319-365-1494

**Hours:** Saturday 3:30 – 4:30 PM

### **First Presbyterian Church**

802 12th Street, Marion, IA · 319-377-7309

**Hours:** Tuesday & Thursday 1:00 – 3:00 PM

### **First Presbyterian Church Sunday Evening Meal**

310 5th Street SE, Cedar Rapids, IA · 319-364-6148

**Hours:** Sunday 4:30 – 5:30 PM

### **Forks & Friends (Community Meals)**

Anamosa United Methodist Church Basement (During School Year) –  
201 S Ford Street, Anamosa, IA · 319-462-3951

Wapsi-Ana Park Shelter (Summertime) – S Linn Street, Anamosa, IA

**Hours:** Every 4th Thursday

### **Foundation 2 Crisis Center**

1540 2nd Avenue SE, Cedar Rapids, IA · 319-362-2174

Appointment, intake, information is required prior to utilizing

**Hours:** Monday & Thursday 5:30 – 8:30 PM, Tuesday, Wednesday, Friday 6:00 – 7:45 PM, Saturday & Sunday 1:00 – 4:00 PM

### **Freedom Foundation**

609 Center Point Road NE, Cedar Rapids, IA · 319-826-2010

**Hours:** Monday & Wednesday 11:00 AM – 1:00 PM, Thursday 10:00 – 11:15 AM, Saturday 10:00 AM – Noon. Your honorable discharge DD214 must be shown on your first visit.

### **Green Square**

601 2nd Avenue SE, Cedar Rapids, IA · 319-366-2651

**Hours:** Monday, Tuesday, Wednesday, Friday 9:00 AM – 1:00 PM

### **Gospel Tabernacle Church**

2531 42nd Street NE, Cedar Rapids, IA · 319-393-0118

**Hours:** Visit website: [www.gtcworship.org](http://www.gtcworship.org)

### **HACAP Food Reservoir**

1515 Hawkeye Drive, Hiawatha, IA · 319-393-7811

**Hours:** Monday – Friday 8:00 AM – 4:00 PM

### **HACAP Mobile Food Pantry**

319-393-7811 ext. 1089

Locations vary. Visit [www.hacap.org/mfp](http://www.hacap.org/mfp) for a list of food pantry times and locations.

### **Harambee House**

404 17th Street SE, Cedar Rapids, IA · 319-366-1408

**Hours:** Tuesday afternoon free bread and sweets until they are gone.

### **Harvest House Ministry Center**

1215 C Avenue, Vinton, IA · 319-472-4440

**Hours:** Call for hours and availability.

### **Holiness Apostolic Temple – The King’s Kitchen**

355 19th Street SE, Cedar Rapids, IA · 319-365-9594

**Hours:** 1st Friday 1:00 – 3:00 PM, 3rd Wednesday 1:00 – 3:00 PM

### **Jones County Food Bank – HACAP**

105 Broadway Place, Anamosa, IA · 319-462-4343

**Hours:** Monday – Friday 8:30 AM – 4:30 PM

### **Jones County WIC**

Monticello Berndes Center – 766 N Maple Street, Monticello, IA

Jones County Public Health – 500 W. Main Street, Anamosa, IA

319-550-6311

**Hours:** 1st Tuesday of the month (Monticello) &  
2nd, 3rd, 4th Tuesday (Jones County)

### **Kingdom Encounter Church Food Pantry**

701 25th Street NE, Cedar Rapids, IA · 319-200-5040

**Hours:** Saturday 10:00 AM – 1:00 PM

### **Lifeline Ministries**

1101 Oakland Rd NE, Cedar Rapids, IA · 319-366-1787

**Hours:** By appointment Wednesday 7:00 – 8:00 PM

### **Linn County Food Bank – First Presbyterian Church**

310 5th Street SE, Cedar Rapids, IA · 319-364-3543

**Hours:** Monday – Friday 1:00 – 3:00 PM

### **Loaves and Fishes Food Pantry**

1251 3rd Avenue SE, Cedar Rapids, IA · 319-363-2029

**Hours:** Tuesday 3:00 – 5:00 PM

### **Marion Methodist Church – Feeding Lunches to Youth Program (FLY)**

1298 Seventh Avenue, Marion, IA · 319-377-4856

**Hours:** Monday – Friday when school is not in session (June – August)  
& Spring Breaks 12:00 – 12:30 PM



### **Metro Catholic Outreach as Sister Mary Lawrence Community Center**

420 6th Street SE, Cedar Rapids, IA · 319-739-5490

**Hours:** Accepting appointments on Tuesdays at 9:00 AM until appointment times are full.

### **Mission of Hope**

1700 B Avenue NE, Cedar Rapids, IA · 319-362-5559

**Hours:** Call for hours and availability

### **Monticello Food Pantry**

211 W. 1st Street, Monticello, IA

**Hours:** Monday 5:00 – 7:00 PM, Wednesday 10:00 AM – 12:00 PM, Friday 2:00 – 4:00 PM

### **Monticello Summer Lunches**

(Free summer lunches for ages 1-18)

Contact Pat Kelly – Food Service Director · 319-465-5963

### **Neighborhood Meal & Enrichment Program**

St. Paul's United Methodist Church

1340 3rd Avenue SE, Cedar Rapids, IA · 319-363-2058

**Hours:** Monday – Friday 12:00 – 1:00 PM (June – August)  
When school is not in regular session noon meal.

### **Northeast Linn Food Pantry**

Falcon Center – 137 North 4th Street, Central City, IA · 319-438-6691

**Hours:** Monday – Friday 8:00 AM – 3:00 PM

### **Olin United Methodist Church – Food Bank & Clothing Closet**

102 W Locust Street, Olin, IA

**Hours:** 1st & 3rd Thursdays monthly 8:00 – 9:00 AM (Free Food Boxes).  
God's Garage Sale – Saturdays 8:30 – 11:00 AM

### **Olivet Neighborhood Mission**

230 10th Street NW, Cedar Rapids, IA · 319-364-7946 Ext. 5

**Hours:** Call for hours and availability.

### **Open Hands Food Pantry – Cedar Hills Community Church**

6455 E Avenue NW, Cedar Rapids, IA

**Hours:** Monday 5:00 – 6:00 PM, Wednesday & Friday 10:00 AM – 1:00 PM

### **Oxford Junction Food Pantry**

102 W Church Street, Oxford Junction, IA

**Hours:** 2nd & 4th Saturday of every month 9:30 – 10:30 AM

### **River of Life Food Pantry**

3801 Blairs Ferry Road NE, Cedar Rapids, IA · 319-393-3709

**Hours:** Wednesday 8:00 – 10:00 AM

### **Sacred Heart Catholic Church**

516 Rowley Street, Walker, IA · 319-448-4241

**Hours:** Call for hours and availability.

### **Salvation Army – Cedar Rapids**

1000 C Avenue NW, Cedar Rapids, IA · 319-364-9131

**Hours:** Call for hours and availability. Mobile Feeding Program is also available.

### **SANSI – Springville Area Neighborhood Services Information**

265 Broadway Street, Springville, IA · 319-854-6100

**Hours:** Call for hours and availability.

### **Seeds for Seniors**

701 25th Street NE, Cedar Rapids, IA · 319-731-1333

**Hours:** Call for hours and availability.

### **Share Emergency Food Pantry – Shellsburg**

108 Street SE, Shellsburg, IA (Upper unit of Shellsburg City Hall)

**Hours:** 2nd Saturday of month 10:00 – 11:30 AM &  
4th Thursday of month 4:00 – 5:30 PM

### **South Benton County Food Pantry**

1212 8th Ave, Belle Plaine, IA (Across from City Hall)

**Hours:** Tuesdays & Fridays 1:30 – 4:00 PM

### **Southeast Linn Community Center**

108 South Washington, Lisbon, IA · 319-455-2844

**Hours:** Monday – Friday 9:00 AM – 4:00 PM or by appointment

### **St. Vincent de Paul**

928 7th Street SE, Cedar Rapids, IA · 319-365-5091

**Hours:** Tuesday – Saturday 9:00 AM – 4:00 PM

### **VA Outreach Center: Veterans**

1533 1st Avenue SE, Cedar Rapids, IA · 319-365-0898

**Hours:** Can only be accessed by veterans, once per month.

### **Vinton Food Pantry**

811 D Ave. Ste 26 Vinton, IA (Located in the Benton County Service Center formally West Elementary School – West Entrance)

Serves Benton County residents living north of the E44 blacktop.

**Hours:** Tuesdays Only 10:00 AM – 3:00 PM and  
4th Tuesday of the month 4:00 – 6:00 PM

### **Wesley United Methodist Church – Mobile Food Pantry**

516 2nd Ave, Vinton, IA

**Hours:** 3rd Saturday of the month 10:00 – 11:00 AM

### **Westdale Community Church**

3211 Edgewood Road SW, Cedar Rapids, IA · 319-929-5939

**Hours:** 2nd & 4th Friday 10:30 AM – 12:30 PM. Limit to once per month.

### **Wyoming Methodist Church – Food Bank & Clothing Closet**

107 N Washington Street, Wyoming, IA

**Hours:** Saturday 9:30 – 10:00 AM (Except Holidays)

### **Additional Food Assistance**

#### **Department of Human Services**

1240 26th Avenue Court SW, Cedar Rapids, IA · 319-892-6700

**Hours:** Monday – Friday 8:00 AM – 4:30 PM

Food assistance programs offered. Stop in or call for additional details.

### **Elayne Fisher Community Cupboard – Unity Center Cedar Rapids**

3791 Blairs Ferry Road NE, Cedar Rapids, IA • 319-393-5422

**Hours:** Tuesday 10:00 AM – 12:30 PM

Some food and hygiene products available.

### **Family and Community Health Alliance – HACAP WIC Program**

1515 Hawkeye Drive, Hiawatha, IA • 319-393-7811

**Hours:** Monday – Friday 8:00 AM – 4:30 PM

### **Groundswell Café – Matthew 25**

201 3rd Avenue SW, Cedar Rapids, IA • 319-200-2791

**Hours:** Tuesday – Saturday 7:00 AM – 2:00 PM

At this cafe, guests can round up their bill or make a donation to help pay for a meal for someone who can't afford it. Those who can't afford to pay full price can order and enjoy a super-fresh, healthy food at a lower cost or no cost.

### **Heritage Area Agency on Aging**

6301 Kirkwood Blvd SW, Cedar Rapids, IA • 319-398-5559

**Hours:** Monday – Friday 8:00 AM – 5:00 PM

Can provide list of senior dining options.

### **Linn County Veterans Affairs**

Community Services Building of Linn County

1240 26th Avenue Court SW, Cedar Rapids, IA • 319-892-5160

**Hours:** Monday – Friday 1:00 – 3:30 PM

Eligible veterans receive a one time per month Save-A-Lot grocery gift card.

### **Meals on Wheels – Horizons A Family Service Alliance**

819 5th Street SE, Cedar Rapids, IA • 319-398-3574

**Hours:** Monday – Friday home delivery of meals for eligible participants.

<https://horizonsfamily.org/mealsonwheels>

# Section 19:

## Finance

### Financial Support Programs or Accounts

**Achieve a Better Life Experience (ABLE) Account**, IABLE, or 529A Able is a tax-advantage savings program. Individuals diagnosed with a disability prior to the age of 26 can save for the future without impacting their Social Security Income (SSI), Department of Housing and Urban Development (HUD), Free Application for Federal Student Aid (FAFSA), or Medicaid funding. Funds can be used to pay for qualified disability services (i.e., assistive technology, education, housing, legal fees, transportation, valid funeral, or burial expenses, etc.). No documentation is required to open an account. \$16,000 annually can be saved into a tax-free account to reach a max balance of \$100,000. You can choose from 7 investment options designed to meet long-term and short-term savings goals. To learn more about IABLE visit their website at [www.iable.gov](http://www.iable.gov) and watch this video to see an overview of ABLE accounts <https://www.youtube.com/watch?v=aMNzVf8qy0E>.

**Low-income Home Energy Assistance Program (LIHEAP)** is for low-income households with heating and cooling energy costs, bill assistance, energy crisis assistance, weatherization, and energy home repairs. If an individual or their family member is eligible for Supplemental Nutrition Assistance Program (SNAP), Social Security Income (SSI), Temporary Assistance to Need Families (TANF), they may be automatically eligible for LIHEAP. To learn more visit Iowa's LIHEAP <https://humanrights.iowa.gov/dcaa/liheap>.

**Payee Services** can play a vital role in successful independence for individuals who choose to remain in their family home or look at independent options outside of the home. A payee helps assist in money management, budgeting, and bill pay. A list of available payee options is listed below.

### Area Payee Services

1436 L Street SW, Cedar Rapids, IA 52404 • 319-364-9800

<https://www.areapayeeservices.com>

### Financial Counseling Services

4403 1st Avenue SE, Suite 414, Cedar Rapids, IA • 319-373-8297

### **Horizons – A Family Service Alliance – Payee Services**

819 5th Street SE, Cedar Rapids, IA 52401 · 319-398-3943

<https://horizonsfamily.org/financialwellness/#bill-pay>

Application for payee on website

### **Payee Services and Solutions**

407 Hwy 1 W, Iowa City, IA 52246 · 319-358-5733

<https://www.payeesands.org>

### **Prairie Rose Care Management**

PO Box 890, North Liberty, IA 52317 · 319-321-5515

<http://www.prairierosecare.com>

### **Systems Unlimited Inc.**

2533 Scott Boulevard SE, Iowa City, IA 52240 · 800-401-3665 (Toll-free)

<https://www.sui.org>



# Section 20:

## Adaptive Equipment or Assistive Technology

**Adaptive Equipment and Assistive Technology** are at times used interchangeably to describe tools, devices, product systems, or machines to support an individual diagnosed with a disability and individuals who are in the aging population. While they have similar functions, they are both unique.

**Adaptive Equipment** is a tool, device, product system, or machine specifically created or designed to help assist an individual in increasing, maintaining, or improving their functional capabilities to remain independent.

- Examples of Adaptive Equipment include:

- Cochlear Implants
- Glasses
- Grabber
- Hearing Aids
- Prosthetic Leg
- Wheelchair

**Assistive Technology** is a tool, device, product system, or machine made for the general population that is modified or customized to help assist an individual in increasing, maintaining, or improving their functional capabilities. Adaptive technology is a subset of Assistive Technology and focuses on electronic and technology access.

- Examples of Assistive Technology include:

- Magnifying Bars
- Pencil grip
- Talking Calculator
- Speech Recognition Software
- Switches
- Text-to-Speech

## **Adaptive Equipment and Assistive Technology Resources**

### **AIM Healthcare**

AIM Healthcare has been serving the Cedar Rapids and surrounding areas home medical equipment and pharmaceutical supplies since 1970. As one of the area's largest retail suppliers of home health products and services, they provide superior customer service and top quality, state-of-the-art medical equipment and supplies.

617 8th Ave SE, Cedar Rapids, IA 52401 • 319-364-4008

<https://www.aimhealthcarerx.com>

### **Apria Healthcare**

Apria is a leading provider of home healthcare equipment and related services across the USA, serving approximately 2 million patients from 280 locations. One of Apria's primary goals is for their patients to receive the best possible health outcomes. Through Apria's comprehensive patient education, clinical assessments, and ongoing monitoring, Apria's Care Team members are able to support their patients' treatment plans and supplement with additional services, if needed.

1515 Blairs Ferry Road, Marion, IA • 319-377-9433

<https://www.apria.com>

### **CarePro Health Services**

CarePro Health Services' mission is to provide individuals with the services and products they and their family need for a happier, healthier life. They provide home medical equipment, home infusion, home health and compounding services.

402 10th Street SE Suite 600, Cedar Rapids, IA • 319-298-0953

<https://www.careprohs.com/services/carepro-home-medical>

### **Cedar Valley Mobility**

Cedar Valley Mobility's mission is to help resolve all accessibility and mobility needs, to make the individual's life better. They offer equipment and supplies that can give greater independence and peace of mind.

319-291-7210 or 800-603-9857

<http://www.mobilitystore.com>

### **CompuPlace**

CompuPlace provides a computer resource center for individuals with disabilities. Activities are tailored to meet the specific needs of each



individual, stimulating the development of literacy, language, reasoning, and academic, information-age and creative skills. CompuPlace uses touch screens, speech output, switches, screen magnifiers, voice recognition, specialized instructional to support individuals. Internet access and e-mail help individuals keep in touch with family and friends! The Internet offers prime opportunities for teaching literacy and general computer skills.

601 Second Avenue SE, Cedar Rapids, IA · 319-366-2651

<http://www.ecc-cr.net/compuplace.php>

### **Digital Accessibility @ Iowa – The University of Iowa**

IT Accessibility Group provides leadership and assistance with policy and technical guidelines, training, consultation, and advocacy for accessibility efforts at Iowa.

319-384-3323

<https://itaccessibility.uiowa.edu>

### **Easterseals Iowa**

Easterseals Iowa offers the highest-quality services designed to meet the individual needs of children and adults with disabilities. They help each person overcome obstacles, become independent and reach goals.

401 NE 66th Ave, Des Moines, IA 50313 · 515-289-1933

<https://www.easterseals.com/ia>

### **Job Accommodation Network**

The Job Accommodation Network (JAN) is the leading source of free, expert, and confidential guidance on workplace accommodations and disability employment issues.

800-526-7234 (V) in the United States

877-781-9403 (TTY) in the United States

<https://askjan.org>

### **Hamilton Relay Iowa**

Hamilton Relay provides telecommunications relay services for the state of Iowa including TTY, Voice Carry Over (VCO), Hearing Carry Over (HCO), Speech-to-Speech (STS), Visually Assisted Speech-to-Speech (VA STS), Spanish and CapTel®.

<https://hamiltonrelay.com/iowa>

Dial 711

## **Heartland Hearing Center**

The audiologists of Heartland Hearing Center have been helping the Cedar Rapids and Iowa City communities hear better for more than 30 years. Having dedicated themselves to this neighborhood for so long, they founded Heartland Hearing to better provide the community an honest and clear path for hearing loss and tinnitus treatment. As a local, independently owned and operated hearing center, they have the time and freedom to make decisions in your best interest; you won't find private label devices there. They operate from a philosophy that hearing is essential for your quality of life and that your hearing loss is a personal experience.

1350 Blairs Ferry Road Suite C, Hiawatha, IA · 319-409-5786

<https://heartlandhearingiowa.com>

## **JVA Mobility, Inc.**

JVA Mobility, Inc. strives to provide durable mobility & medical equipment and care services focusing on increasing abilities and improving the health status of the disabled population in the communities they serve.

4701 J Street SW, Cedar Rapids, IA · 319-366-3533 or 866-418-3533

<https://www.jvamobility.com>

## **National Seating and Mobility**

National Seating and Mobility delivers personalized solutions to individuals with mobility challenges by bringing industry-leading expertise, uniquely engineered systems, and breakthrough technologies. Their products and services provide independence and self-reliance to clients; reassurance to family and caregivers; and responsive, flexible, and highly professional clinical support to their referral sources.

2415 Heinz Road, Suite 1, Iowa City, IA · 319-471-4530

<https://www.nsm-seating.com>

## **NuCara**

They are passionately committed to providing diverse pharmacy and other health care products and services, emphasizing excellence, innovation, and creativity for the benefit of their patients.

1900 James Street, Suite 9, Coralville, IA · 319-358-8000 or 855-298-6283

<https://www.nucara.com/coralville-ia-hme>

### **Siebert Mobility of Iowa LLC**

Siebert Mobility of Iowa LLC offers a unique blend of quality products, trained staff and a sense of understanding and compassion to help customers select the best solution to meet their mobility needs. The company specializes in vehicle modifications and wheelchair accessible vans that enable passengers and drivers to overcome challenges that limit their mobility.

3554 Dolphin Drive Suite A, Iowa City, IA · 319-351-3159 or 877-543-8826

<https://www.iowawheelchairvans.com>

### **Talk to Me Technologies**

Speech-generating devices for children and adults, with the widest variety of access options available – from keyguards, head mouse, switch scanning and eye-tracking to auditory scanning and auditory fishing. Their extensive line of dedicated devices (-D) are approved for funding through Medicare, Medicaid, and private insurance programs. Model communication systems can also perform smart home functions such as controlling your TV, DVD, stereo, bed, lights and more.

3508 Terrace Drive, Cedar Falls, IA 50613 · 877-392-2299

<https://www.talktometechnologies.com>

### **Telecommunications Access Iowa**

Telecommunications Access Iowa's goal is to provide access and assistance to individuals in selecting equipment that best suits their communication needs. Qualified individuals can receive a voucher that pays for approximately 95% to 99% of the average cost of specialized telecommunications equipment.

Telecommunications Access Iowa (TAI) is a program of the Iowa Utilities Board and is administered by Deaf Services Unlimited, Inc. This program was established as a result of the Americans with Disabilities Act (ADA) to work in conjunction with Relay Iowa.

6925 Hickman Road, Des Moines, IA · 515-282-5099

[www.teleiowa.com](http://www.teleiowa.com)

### **The Iowa Library for the Blind and Print Disabled**

The Library is a Regional Library of the National Library Service for the Blind and Print Disabled. The Library provides books, magazines and other informational materials in Braille, audio, large print and electronic formats to Iowa residents who are unable to use standard print materials because of a disability. Playback equipment for use with audio materials is also available on loan. The library's collection is home to 300,000 items – all available by

mail, free of charge. Textbooks and other educational materials for K-12 and college students are available through the library's Instructional Materials Center (IMC). The IMC also produces vocational materials in accessible formats for job seekers and employed Iowans upon request.

524 Fourth Street, Des Moines, IA · 515-281-1323 or 800-362-2587

<https://iowalibrary.blog>

### **UnityPoint at Home – Home Medical Equipment**

UnityPoint at Home knows there really is no place like home. Their Home Medical Equipment professionals understand your home care needs. That is why they offer the finest, most comprehensive home-based medical services in this area.

298 Blairs Ferry Road NE, Cedar Rapids, IA · 319-369-8686

<https://www.unitypoint.org/cedar-rapids/services-unitypoint-at-home.aspx>

### **WRAP – Wheelchair Ramp Accessibility Program**

The Wheelchair Ramp Accessibility Program (WRAP) provides timely home access to people in need. They are a coalition of volunteers and service organizations who work together to build custom wheelchair ramps and stairs, giving people with limited mobility the freedom to enter and leave their homes safely.

1026 A Avenue NE, Cedar Rapids, IA · 319-369-7377

<http://wrapiowa.org>

# Section 21 :

## Adaptive Recreation

### Adaptive Sports Iowa

To provide statewide leadership in the planning, promotion, education, and organization of sports and recreation opportunities for Iowans with physical disabilities.

1421 S. Bell Ave, Ste. 104, Ames, Iowa 50010 · 1-888-777-8881

<https://www.adaptivesportsiowa.org>

### AYSO VIP Soccer

The AYSO Very Important Players (VIP) program provides a quality soccer experience for children and adults whose physical or mental disabilities prevent them from successful participation on mainstream teams. VIP teams may include individuals with down syndrome, autism, cerebral palsy, emotional disturbances, visual impairments, or other conditions that limit mobility, strength, and/or comprehension. AYSO VIP players get the unique opportunity to be part of a soccer team for a full season.

<https://www.ayso-cr.org/pages/vip-program.php>

### Miracles in Motion

Miracles in Motion has served hundreds of students over the years with a work force of over 300 volunteers and a herd of 10-15 horses and 3 miniature horses. Students come from Linn, Johnson, and other eastern Iowa counties, and consists of children and adults with physical, emotional, and cognitive challenges. As Iowa's first Premier Accredited Center, Miracles in Motion meets the highest standards for safety and therapy set forth by the Professional Association of Therapeutic Horsemanship International (PATH, formerly NARHA). PATH provides continuing education for staff and instructors.

2049 120th Street NW, Swisher, IA 52338 · 319-857-4141

<https://miraclesinmotion.com>

## **Rollin' Recmobile**

During the summer, two Rollin' Recmobiles take to the streets to bring recreational activities to local neighborhoods. The vans, loaded to the top with recreation equipment and games, bring staff to lead activities at 16 different parks. The vans also have a WIFI hot spot that you can use during park visits.

319-286-5566

[https://www.cedar-rapids.org/residents/parks\\_and\\_recreation/rollin\\_recmobile.php](https://www.cedar-rapids.org/residents/parks_and_recreation/rollin_recmobile.php)

## **Special Olympics Unified Sports**

Dedicated to promoting social inclusion through shared sports training and competition experiences, Special Olympics Unified Sports® creates an opportunity for people without intellectual disabilities to join in the sports experience by playing on a team with athletes with intellectual disabilities. It was inspired by a simple principle: training together and playing together is a quick path to friendship and understanding.

<https://www.soiowa.org/special-programs/unified-sports>

## **The Kiwanis Miracle League at Prospect Meadows**

KML@PM has organized spring and fall seasons to provide opportunities for children with disabilities to play Miracle League baseball, regardless of their abilities. Six weeks of games will begin around the first week of May through June and around the middle of August through September for the fall season. To participate, see below.

<https://www.prospectmeadows.com/miracle-league>

# Section 22:

## Sexual Health

Sexual health is an important part of every individual's life. Providing a safe, thorough, and thoughtful approach to sexuality and sexual health ensures everyone remains safe, healthy, in positive relationships free of any form of violence, with respect for one another. It is not uncommon for students in special education classes to be left out of the room during human growth and development lessons. The lack of education has led to increased numbers of sexual violence for the disability community. We have many local and national resources available to support individuals on their sexual health journeys.

### Local Resources

#### **Birthright of Cedar Rapids**

375 Collins Road NE Suite 107, Cedar Rapids, IA 52402

319-393-3251 • 800-550-4900 (24 Hour Line)

<https://birthright.org/cedarrapids>

At Birthright, they understand the challenges related to unplanned pregnancies. Birthright is available to women for as long as they need them. They offer love, friendship, and support to women who are pregnant or think they may be pregnant. Birthright is interdenominational and is not involved in any political activities, or lobbying. Birthright's focus is on loving the mother, reminding her that there is hope and ensuring she is not alone.

#### **Bridgehaven Pregnancy Support Center**

4250 Glass Road NE Suite 100, Cedar Rapids, IA 52402 • 319-364-8967

<https://bridgehavencr.org>

Bridgehaven Pregnancy Support Center offers compassion, hope, and help in the circumstances before, during, and after pregnancy in the Cedar Rapids area. They serve both women and men. Services are always free and confidential.

#### **Community Health Free Clinic**

Clinic 947 14th Avenue SE, Cedar Rapids, IA 5240 • 319-363-0416

<https://www.communityhfc.org>

Founded in 2002, Community Health Free Clinic (CHFC) is a public 501(c)(3) nonprofit organization that provides free medical, dental, vision and prescription services for those without access to or the ability to pay for

healthcare in our community. CHFC never charges for our services and is not reimbursed by the government. We are funded through the generosity of individuals, foundations, and corporations.

### **Domestic Violence Intervention Program (DVIP)**

1105 S Gilbert Court, Suite 300, Iowa City, IA 52244

800-373-1043 (Crisis Line) · 319-351-1043 (Office)

<https://dvipiowa.org>

DVIP provides services to victim/survivors of domestic violence, dating violence, stalking and human trafficking. In today's society, intimate partner violence is widely known to be one of the greatest physical dangers to women. Women, men, and children are murdered each year and the risk of child abuse is much greater in households where domestic violence occurs. Responding to intimate partner violence is critical and requires a community-wide effort. Support for victims of intimate partner violence and their loved ones is available in Johnson, Iowa, Cedar, Des Moines, Henry, Lee, Van Buren, and Washington Counties through the Domestic Violence Intervention Program.

### **Eastern Iowa Health Center**

1201 3rd Avenue SE, Cedar Rapids, IA 52403 · 319-730-7300

<https://easterniowahealthcenter.com>

Eastern Iowa Health Center's mission is to provide exceptional and accessible, patient-centered healthcare for all. Services include family medicine, pediatrics, obstetrics and gynecology, labor and delivery, behavioral health, and dental care. Eastern Iowa Health Center offers discounts based upon your family size and income. They accept Medicaid, Medicare, Iowa Health and Wellness and most private insurance plans.

### **His Hands Free Clinic**

1245 2nd Avenue SE, Cedar Rapids, IA 52403 · 319-862-2636

<https://hishandsclinic.org>

Since 1992, His Hands Free Clinic has been seeking to honor God by helping the uninsured and underinsured in our community. The clinic is a 501(c)3 nonprofit ministry providing free healthcare to Cedar Rapids and surrounding communities. We are members of the Linn County State Innovation Model, Linn County Housing Continuum of Care, Free Clinics of Iowa, Christian Community Health Fellowship, and the National Association of Free Clinics.



### **Hillcrest Family Services**

317 7th Avenue SE Suite 202C, Cedar Rapids, IA 52401 · 319-362-3149

<https://hillcrest-fs.org>

Hillcrest provides health services through building confidence in troubled youth through our foster group care programs, giving hope to the homeless and promise to those wanting a family. Hillcrest builds character in adults who have lost their dignity and adding stability to the lives of families in need of mentoring. Hillcrest helps people of all ages who want to feel better emotionally. Their brain health counselors can make the prospects of a better life a reality.

### **Linn County Public Health**

1020 6th Street SE, Cedar Rapids, IA 52401 · 319-892-6000

<https://www.linncountyiowa.gov/health>

Linn County Public Health (LCPH) provides many unique services to improve the health of Linn County residents. Their efforts within the community are strengthened by relationships established with other community organizations within the public health system. Through these relationships, LCPH is able to address the public health issues that are present within Linn County at multiple levels.

### **Linn County Ryan White Program**

1240 26th Avenue Court SW, Cedar Rapids, IA 52404 · 319-892-5770

<https://www.linncountyiowa.gov/231/8192/Ryan-White-Medical-Case-Management#:~:text=The%20Linn%20County%20Ryan%20White,income%20and%20For%20financial%20resources>

Newly diagnosed or looking for HIV/AIDS information, resources, or services? The Linn County Ryan White Program offers confidential services to anyone in Iowa living with HIV/AIDS. Services are free of charge, regardless of income and/or financial resources.

### **Planned Parenthood of the Heartland**

3425 1st Avenue SE Suite 100, Cedar Rapids, IA 52402 · 877-8498-0765

850 Orchard Street, Iowa City, IA 52246 · 877-811-7526

[https://www.plannedparenthood.org/health-center/iowa/cedar-rapids/52402/cedar-rapids-health-center-3969-90380?utm\\_campaign=cedar-rapids-health-center&utm\\_medium=organic&utm\\_source=local-listing](https://www.plannedparenthood.org/health-center/iowa/cedar-rapids/52402/cedar-rapids-health-center-3969-90380?utm_campaign=cedar-rapids-health-center&utm_medium=organic&utm_source=local-listing)

Planned Parenthood is one of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education. With or without insurance, you can always go to them for your health care.

## **Positive Iowans Taking Charge (PITCH)**

<https://www.pitchiowa.com>

To create an atmosphere where people living with HIV can unite, advocate, and assist others living with HIV to achieve better health and wellness. PITCH seeks to be a source of encouragement, provide educational opportunities, camaraderie, and a sense of community to Iowans living with HIV/AIDS.

## **Rape Victim Advocacy Program (RVAP)**

332 S Linn Street Suite 100, Iowa City, IA 52240

319-335-6000 or 800-228-1625 (Crisis Line)

800-284-7821 (Iowa Sexual Abuse Hotline)

<https://rvap.uiowa.edu>

RVAP is a sexual assault victim advocate and prevention education agency. They serve anyone impacted by sexual violence -- survivors and/or their loved ones in the following eastern Iowa counties: Cedar, Des Moines, Henry, Iowa, Johnson, Lee, Washington, Van Buren. This includes but is not limited to individuals of any age, gender, identity, culture, etc.

## **Riverview Center**

Highley Building, 118 3rd Avenue SE Suite 500, Cedar Rapids, IA 52401

319-540-0080

<https://riverviewcenter.org>

Riverview Center provides sexual assault services in a 14 county Northeast Region of Iowa, as well as sexual or domestic violence services in Jo Daviess and Carroll Counties in Illinois. Services are free regardless of biological sex, gender identity/expression, sexual orientation, immigration status, English proficiency, race and/or ethnicity, incarceration status, disability, or background. Riverview Center is a safe space.

## **Sexual Health Alliance of Linn and Johnson Counties**

<http://www.shacoalition.com>

The Sexual Health Alliance is a collaborative group that promotes and supports healthy relationships and sexual behaviors in Linn and Johnson counties through community engagement.

## **Waypoint Domestic Violence Program**

318 5th St SE, Cedar Rapids, IA 52401

319-365-1458 (Crisis Line) · 319-363-2093 (Office)

<https://www.waypointservices.org>

Impacting thousands of lives throughout seven Northeast Iowa counties each year, Waypoint's Domestic Violence Victim Services Program (DV Program) offers free, confidential services to domestic violence victims and survivors, as well as their families. Through a safety net of supportive services, the DV Program helps empower victims and survivors to safely move forward in their lives. These services, provided by dedicated, certified Victim Advocates, include Support groups, 24/7 Resource & Support Line, Peer counseling, Legal advocacy, medical advocacy, information, and referrals.

### **YPN (previously Young Parents Network)**

420 6th Street SE Suite 260, Cedar Rapids, IA 52401 • 319-364-8909

<https://www.ypniowa.org>

YPN was founded in 1985 by community leaders who recognized that there was a lack of support for young families in Cedar Rapids. Since that time YPN has taken on a leadership role in East Central Iowa as the provider of ongoing comprehensive year-round programs that meet the most critical needs of thousands of families within our community.

### **National Resources:**

#### **Access, Autonomy, and Dignity: Comprehensive Sexuality Education for People with Disabilities**

<https://www.nationalpartnership.org/our-work/resources/health-care/repro/repro-disability-sexed.pdf>

### **SAFE – My Rights My Life**

<https://myrightsmylife.safeaustin.org>

Research about abuse, violence prevention education, and people with intellectual and developmental disabilities (IDD) is somewhat limited. However, we know that people with disabilities are at high risk for abuse, and that education on safety and sexuality can decrease that risk. For 25 years, SAFE's Disability Services program has provided personal safety and sexuality education for youth and adults with disabilities in Central Texas and beyond. Those trainings and important research and studies on these topics laid the foundation for the contents of the My Rights My Life (MRML) curriculum.

### **Sex Ed for People with IDD**

<https://www.youtube.com/playlist?list=PLuEvYNNQ-dHeVhbyeJHx9s8oqsvBk62lv>

The National Council on Independent Living's and Rooted in Rights supported by the WITH Foundation created a ten-part video series to help people with intellectual and developmental disabilities (I/DD) learn about sex.

## **Sexual Education for Young People with Disabilities**

<https://www.advocatesforyouth.org/resources/fact-sheets/sexual-health-education-for-young-people-with-disabilities>

Research and Resources for Educators

## **Sexuality Education for Students with Disabilities**

<https://www.parentcenterhub.org/sexed>

The Center for Parent Information & Resources created a resource library to support individuals and their families. Resources include the basics of human sexuality, sexuality and disability, the special role of the parent, the content to be taught, materials on specific disabilities, and commercial products.

## **The Arc of the United States – Sexual Violence**

<https://thearc.org/our-initiatives/criminal-justice/talk-about-sexual-violence>

Talk About Sexual Violence provides practical tools to address this silent epidemic through a supported decision-making lens that supports victim-centered approaches. This website provides easy-to-use access tools that include:

- Short training videos for healthcare professionals
- Charts and other tools for guided conversation
- Focus group findings: video and reports
- Annual project reports



# Section 23:

## Future Planning

Future Planning allows the individual diagnosed with the disability, their family, and care team an opportunity to come together and create a current and future plan for the individual. This plan will allow for consistency across the team as a framework to ensure the individuals wishes are identified and respected when decisions need to be made in the future and to receive professional supports if necessary. It is recommended to review the plan every three years.

A plan should be in place in the event a caregiver is no longer able to provide care to an individual due to circumstances outside of the caregivers control (i.e., nursing home, deceased, etc.).

Future Planning is not a replacement for any legal documents described in Section 24: Estate Planning of this guide, but many include the documents or locations of the documents listed in the Future Planning Care Plan.

### **Future Plan should include the following:**

#### **Activities, Hobbies, or Interests**

A list of current activities, hobbies, or interests. If the activity, hobbies, or interests takes place at a certain location or with an organization include name, address, phone number, and contact name for each.

#### **Behaviors**

A list of any behaviors of important note for the individual. What the behavior is, triggers, resolution and/or supports. If a behavioral plan is in place, it should be included in the care plan or supporting documents.

#### **Daily Routine**

The individual's daily routine for 24 hours, 7 days a week. If a caregiver is not available for support, this is a breakdown of what occurs throughout the day in its entirety and would allow someone to support the individual and create the least amount of disturbance to their routine.

#### **Decision Making Support**

A list of decision-making support the caregiver provides throughout the day or for larger decisions with the individual. For some caregiver's, it is easier to include this with the daily routine. Decisions large and small can be included in this section.

## **Education**

Schools attended, address, phone number, graduation date. If currently in school, information should include contact information for the current school, teacher, school counselor and/or administrator.

## **Employment**

A resume with past and present employers name, address, phone number, position held, date position held, pay, etc. For current employer contact information should be provided in the event contact with the employer is necessary.

## **Finances**

A list of all financial institutions name, address, phone number, how or who has access to the accounts.

## **Living Arrangements**

Current address, phone number, and list of individuals residing in the residence. Information should include a list of past addresses, phone numbers, and individuals lived with. It is highly recommended to include a request or recommendation for living arrangements in the event the caregiver is no longer able to help in the decision-making process.

## **Important Documents**

A list of all legal documents (i.e., will, guardianship, power of attorney, etc.) and any personal identification documents (i.e., social security card, driver's license, birth certificate, etc.). Location and holder of the important documents.

## **Medical Team**

All professional medical providers the individual receives services from (i.e., primary physicians, specialist, hospitals, clinics, therapist, counselors, etc.). Information should include name, address, phone number, and if HIPPA forms are signed if needed.

## **Relationships**

All family members, close friends, neighbors, or significant others of the individual. Information should include name, address, phone number, and relationship to the individual.

## **Religion**

The individuals' religious beliefs, name, address, phone number of their religious center, any important religious date or anniversary, and if they would like to continue to attend.

## **Supports**

All professional service supports the individual receives. Service providers, case manager, etc. Information should include name, address, phone number, and relationship to the individual.

# Section 24:

## Estate Planning

Estate Planning is meant to serve as a plan to assist in the transfer of property, finances, and in some cases tax planning at the time of an individual's death. Estate Planning may require an individual to connect with a variety of professionals to address each service need, including an accountant, attorney, banker, financial planner, life insurance advisor, etc. For those in the disability community, some portions of estate planning will be necessary to setup prior to end stages of life for the individual diagnosed with the disability and their caregiver(s). Regardless of the age or health of the caregiver or individual, it is recommended to have your estate in place as an additional safety measure.

This guide is intended for general information only and is not intended, nor should it be construed or relied on, as legal advice. You should seek the appropriate counsel prior to making any decision and should contact an attorney if seeking legal advice.

### Adult Support

When an individual reaches the age of 18, they are considered an adult. At that time, individuals can enter contracts, make their own medical decisions, manage personal finances, enter relationships or marriage, etc. If the individual or an adult in their life believes additional supports are needed because the individual is unable to manage their needs or communicate them, there are multiple options to help support them (i.e., Payee, Conservatorship, Guardianship, etc.).

If it is decided to remove decision making from an individual, certain facts and parameters must be met for those rights to be relinquished to another adult. The decision cannot be solely based on a specific diagnosis or medical condition. These parameters could include functional limitations (i.e., financial decisions, mobility, independent living, etc.) and if the individual's limitation will be continuing indefinitely. This may be done through the court system and can range in restrictions from a designated payee to guardianship.

It is recommended to contact legal counsel six months prior to an individual's 18th birthday if seeking additional support after they reach adulthood. When meeting with an attorney, they will provide their recommendation and walk you through the process to file the necessary paperwork.

If over time an individual has reached the ability to make independent decisions, restrictions can be terminated.



## Conservatorship & Guardianship

Conservatorship and Guardianship are two of the most common items discussed when an individual reaches the age of 18. A brief description of both is provided below.

**Conservatorship** is a legally binding document through the court system giving a responsible adult, known as a conservator, the authority to manage an individual's financial affairs (property and personal assets) on behalf of the individual "ward". To seek conservatorship, the conservator must prove the ward is unable to make decisions with clear and convincing evidence. Conservatorship requires extensive work to maintain and account for all the ward's funds. If an individual is under a conservatorship, it means the individual is not able to care for themselves. Conservatorship is not permanent, and a decision can be made through the court to relinquish.

**Guardianship** is a legal document through the court system giving a responsible adult known as a guardian(s) the authority to manage personal and/or finances of an individual. The individual may be an adult diagnosed with a disability. The courts will try to limit guardianship to the specific areas the individual needs assistance and will have the final decision on the guardian based on the best interest of the individual.

Limited guardianship means the appointed guardian(s) can only make decisions specifically stated in the court order. A plenary guardian can make all decisions (medical, financial, and personal). In plenary guardianship there is guardianship of the estate and guardianship of the person. Guardianship of the estate focuses on the legal and financial affairs of the individual. Guardianship of the person focuses on health care and personal affairs of the individual.

Guardianship should always be considered the last resort. If an individual is under guardianship, they still have a set of rights by law. These rights include participating in decisions about their life, having personal privacy, having and/or maintaining personal relationships, the right to vote, etc. Guardianship is not permanent, and a decision can be made through the court to relinquish.

Guardianship may not be an option for families due to several factors; the guardianship is too restrictive, the individual does not want to be placed under guardianship, the courts deny guardianship, or the option is too costly for some families, and they do not have the capability to cover the amount needed. With any of these options, it is recommended to look at alternatives to ensure the individual is protected, while still maintaining their desired level of independence.

## Alternatives to Conservatorship & Guardianship

If conservatorship or guardianship is not necessary, the below list of alternatives is available to support an individual and allows them to maintain a level of their independence.

**Advanced Treatment or Advanced Healthcare Directives** is a vital part of supporting an individual when a more restrictive guardianship is not needed. Having Advanced Treatment Directives in place prior to a medical emergency ensures if a situation arises, the patient will receive their desired level of care. Living Wills and Medical Power of Attorney make up the advanced treatment directives or advanced healthcare directives.

- **Living Wills** provides written documentation for specific medical treatments, medications, and procedures you wish to receive or refuse if you are incapacitated and unable to make the decision for yourself. Unlike a Power of Attorney there is not a set individual (agent) making decisions on your medical care in the moment. The document is a set plan you have created for your healthcare team to make medical decisions when you are incapacitated. It is recommended to have a Medical Power of Attorney to help resolve any disagreements on the decisions in your Living Will. Decisions include cardiopulmonary resuscitation, artificial nutrition and/or fluids provided to you, brain activity, body disposition, etc. By completing your advanced directive now, you know your wishes are being met if you reach the point of being unable to make decisions for yourself. The Living Will only applies to medical situations and has no bearing on financial decisions. You can make changes to your living will at any time.
- **Iowa Physicians Order for Scope of Treatment (iPost)** is a form listing the wishes of an individual in need of life sustaining care. This is a recommended form if a living will has not been created. Medical staff will utilize the form to maintain the wishes of the patient in the event the patient is unable to express their desires. Items listed on the iPost include administration of cardiopulmonary resuscitation (i.e. – what happens in circumstances where the patient has no pulse and is not breathing), level of medical interventions in the event of a medical emergency (i.e. – comfort measures only, limited interventions, or full treatment), use of medically administered nutrition by tube (i.e. – artificially administer nutrients for patients who cannot take oral nutrition or hydration by mouth), and the rationale for the orders.
- **Medical Power of Attorney** information is listed in alphabetical order in this section under Power of Attorney.

**Health Insurance Portability and Accountability Act of 1996 (HIPAA)** is a federal law protecting sensitive patient health information. A patient's information cannot be released without consent or knowledge. An individual has the option of signing HIPAA releases to allow people they trust to access their medical records (i.e., an independent adult can sign a HIPAA release allowing their parent to have access to their medical records from the doctor's office to ensure they maintain proper health).

**Power of Attorney (POA)** is a legal document allowing an individual (principal) to choose someone (agent) who manages their financial, medical and/or property affairs. There are 4 general POA's and what the agent can and cannot do are based on the specific POA. In some cases, the agent will only manage the affairs if the principal is rendered incapacitated or only approved to act on behalf of the principal in a limited timeframe. POA can be permanent or temporary and can go into effect immediately or after the occurrence of an event (i.e., out of the country, progression of an illness). When choosing an Agent, the principal must ensure they can trust the individual delegated to the position. They will be giving extensive power to the Agent on their behalf.

- **General Power of Attorney** allows an agent to act on behalf of the principal in any matter allowed under state law for financial matters. Examples include buying or selling real estate, managing government benefits like social security, signing checks, filling taxes, etc. The POA will expire when the principal becomes incapacitated or incompetent.
- **Special or Limited Power of Attorney** allows an agent to act on behalf of the principal in limited capacity for a specific purpose or a specific amount of time. Limitations will be in writing at the time the POA was created (i.e., principal is out of town for the summer and the limited power authorization is only during the time they are gone).
- **Durable Power of Attorney** allows an agent to act on behalf of the principal in any matter allowed under state law for financial matters, like a general POA, but they can continue to act on behalf of the principal if they become incapacitated. Durable POA can prevent the need for a court appointed guardian or conservator. Durable POA can go into effect immediately or when certain criteria are met (i.e., principal is incapacitated in the hospital). Many states presume a power of attorney is durable unless stated otherwise in the POA documentation. It is important to seek legal counsel when creating your document.
- **Medical or Health Care Power of Attorney** allow an agent to make decisions on the course of health care treatment for the principal. You can name the same agent for all POA's, or you can name a different agent for each POA. For Medical Power of Attorney, you do have the option of naming alternative agents if your primary agent

is unavailable, unwilling, or incapacitated to make decisions on your health care. When designating an agent, make sure they are clear on your wishes if you become incapacitated. Medical POA's are considered an Advanced Treatment Directive.

**Representative Payee** is a friend, relative or agency who manages an individual's benefit income received from the Social Security program. Individuals who receive Social Security Benefits are known as a beneficiary. If a beneficiary is unable to manage their finances or chooses to relinquish responsibility, the Social Security Administration can designate a representative payee to receive the benefits on behalf of the beneficiary. Representative payees are responsible for taking care of the beneficiary current needs, future needs, and to save any money not spent taking care of those needs. A guardian is the first option for a representative payee, but if no guardian is available or wishes to be the payee, the Social Security Administration will choose a public or non-profit payee service. Payee organizations can charge a monthly fee for their payee services. If the guardian would like to be the representative payee, they will need to fill out a list of forms through the Social Security Administration to become appointed as a payee. For a list of payee services see the Finance section of this guide.

**Special Needs Trust or Supplemental Needs Trust (SNT)** is an account designed to provide supplemental funds for living expenses that cannot be covered by any public benefit programs for an individual diagnosed with a physical, mental, or intellectual disability defined by the Social Security Act. The individual does not need to receive Social Security Benefits to have an account. Having an SNT allows an individual to have a financial account with a balance that can go beyond set limits on certain public benefit programs (i.e., Section 8, Medicaid, SSI, etc.). Having funds in an SNT will not cause the individual to be disqualified from those needed benefits.

An individual with an SNT will not have direct access to their funds, but will have a designated trustee (i.e., family member, friend, 3rd party company). A trustee is decided at the time of the trust being opened. The trustee oversees the SNT and will be tasked with disbursing assets for the individual as needed and helping them with financial management of the account. For an individual to have access to the money, they will request money from the trust. The trustee is responsible for the amount of money in the trust, how the funds are being spent, ensure the money spent does not impact benefits, and to keep updated on the changes to SNT rules and regulations at the state and federal levels.

There are three types of Special Needs Trust:

- **First-Party Special Needs Trust or Self-Settled or d4A** is funded by the individual diagnosed with the disability. These funds could come from a lump sum settlement from a lawsuit or from an inheritance that

was paid directly to the individual. This SNT can only be established by select individuals (i.e., the individual diagnosed with the disability, their parent, grandparent, legal guardian, or the court). There are several items to consider before choosing this SNT. If funds are still in the trust at the time of the account owner's death, the remaining balance must be paid to Medicaid, if the individual received any Medicaid funding during their lifetime. The trust cannot be changed once established. The trust must be established and funded before the account holder turns 65.

- **Third-Party Special Needs Trust** is funded by someone else's money and not the individual diagnosed with the disability (i.e., inheritance, gift from family member or friend). There are no age restrictions for this SNT and it can be established by anyone for the individual. At any time, the SNT can be revoked (i.e., funds are no longer needed, the funder needs access to the funds their child no longer needs). If funds are still in the trust at the time of the account owner's death, Medicaid does not have a payback provision like a First-Party Special Needs Trust. This SNT can be established and funded at the time of someone's death (i.e., at the time of a parent's death) or can be established and funded while all family members are living. If funded at the time of living, you allow for anyone to put funds into the account or if other family members pass (i.e., grandparents), they can leave an inheritance into the trust for the individual.
- **Pooled Special Needs Trust or Medical Assistance Pooled Trust or d4C** is funded by the individual diagnosed with the disability money or by someone else's money (i.e., lump sum settlement, inheritance, gifts, etc.). Pooled SNT defers from other SNT's with the trustee being designated as a non-profit organization. Like other trustees, the non-profit is responsible for following all federal and state rules and approves the use of funds from the account. There is usually a fee associated with having a Pooled SNT but can cost less than setting up an individual trust. Pooled SNT cannot be changed once established and the State of Iowa is the residual beneficiary of the trust.

**Things that can be purchased using SNT fund are items considered as wants for the individual and should benefit their daily life:**

- Burial – burial expenses, funeral arrangements
- Dental Services
- Electronics – cable, computer, internet, phone, tablet, television
- Entertainment – tickets to a concert or movie
- Hobbies – crafts, books, art supplies

- Household & Personal Care – clothing, furnishings, furniture, haircuts
- Medical Care – not covered by Medicaid or Medicare
- Pet – new fish
- School – books, tuition
- Trips – Family vacation, weekend trip with friends
- Vehicle – gas, insurance, maintenance, purchase

**Things that cannot be purchased from the SNT generally fall under food or housing. Talk with your trustee to decide if the need to use the trust outweighs the loss of some SSI benefits:**

- Association Dues – Homeowner or Condo Associations
- Groceries, food, or meals out at a restaurant
- Items for Others – donations or gifts
- Mortgage or Rent
- Property taxes
- Utilities – electricity, gas, water

**Supported Decision Making** is a plan to meet with a team of trusted people to assist an individual when making decisions. The individual has the final decision but has a team of people to help assist them in the process. Team members can include family, friends, medical providers, case managers, etc. When creating the plan, an individual can decide what areas of their life they may need extra help on when having to make decisions (i.e., housing, finance, etc.) and who they want to help talk through the decisions with (i.e., parents, aunt, sister, friend, etc.). The team members will talk through the pros and cons of decisions (i.e., voting in the next election, what college to attend, starting a relationship with someone, etc.).

**Wills** are a legal document expressing the preferences of an individual regarding the distribution of their assets after death. Items of distribution include belongings, money, and property. Anyone over the age of 18 should have a last will in place and updated regularly to ensure their wishes are met. Seek legal counsel when creating or updating your will.



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[www.arceci.org](http://www.arceci.org)