





Triangle Down Syndrome Network

Support  Educate  Connect

Navigating the Innovations Waiver

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A bit about me...

- ◆ I'm *not* a parent. You guys know your kids. I know the services. You know more- every. Single. Time.
- ◆ I'm a social worker in Durham and have been working in this field for several years
- ◆ You can literally ask me anything 😊

What is the Innovations Waiver?

- ◆ You may remember it called CAP
- ◆ Innovations is a program designed for children and adults with I/DD to help keep them as engaged and as independent as possible in the community

Who is eligible?

- ◆ Eligibility starts at age 3
- ◆ Anyone with a *qualifying* intellectual or developmental disability
- ◆ There is NO discrimination on age, gender, socioeconomic status, orientation, “degree” of disability, etc.

Who funds this “amazing” program

- ◆ In Wake/ Durham/ Johnston/ Cumberland counties,
Alliance Behavioral Healthcare
 - ◆ 800-510-9132

- ◆ In Orange, Person, Chatham, **Cardinal Innovations**
 - ◆ 1-800-939-5911

The wait list is HOW LONG??

💧 In Wake county...

..Take a deep breath....

Between 6-8 years at this point.

I know. Oh. My. God.

So how does it work?

- ◆ First step: Call Alliance
- ◆ Second: ask to speak to an I/DD ACCESS Clinician (this is important) This is how they know you know what you're doing!
- ◆ Third: Fax over the IEP, diagnosing documentation, whatever you have that is signed by a professional. If your child is over 18, fax/ scan guardianship documentation as well.

What kind of services can I expect?

- ◆ Community- based services
- ◆ Better living-type services
- ◆ These are a few of the *most common* services
- ◆ There are literally DOZENS of services!

Community Based Services

- ◆ Community Living and Supports- a home or community-based service that helps teach independent living skills (cooking, laundry, socializing, toileting independently, showering, making eye contact, managing emotions). Blend of personal care and in-home skill building
- ◆ Community Navigator- linking you with services and possibly find ways to pay for them if necessary (ie: finding summer camps and finding support to help pay for it)

Community Based Cont'd

- ◆ Supported Employment- supporting your adult (or teen) find a job and maintain employment (goes with him/ her to work each shift) [keep in mind Medicaid eligibility]
- ◆ Community Networking-a service that is used to promote inclusion in the typical population ((ie: staff will go with your child to a dance/ art/ music class that anyone can sign up for an help him/ her participate). Could be a class, school, gym class, etc. SUPER COOL service.

Living Type Services

- ◆ Group Home Services- Not your average group home; better monitoring, better management, better funding
- ◆ Alternative Family Living Services- this is a service where a your *adult* child moves in with maybe a family or a couple and they are paid to support him or her. (key here is that s/he moves in their home)
- ◆ Supported Living Services- BRAND NEW! The staff would move into your child's home. This has NOT rolled out yet. LOTS of questions unanswered

Other Services

- ◆ After your child graduates high school, **Day Supports** is a way for him or her to have a meaningful day. The program is roughly 6 hrs/ day and may include prevocational work (like Wake Enterprises or Community Workforce Solutions) or skill building programs (like Pathways for People)
- ◆ **Supported Employment** is for community-based employment (like at Target or Chic-fil-a) and staff go with them

RESPITE!

- ◆ You also qualify for respite (anywhere between 100hrs-500hrs/ year)
- ◆ This is a service for the parents!
- ◆ Staff is going to come in and hang out. No real goal work... just hanging out- pizza, movie, games. You're going out or staff is taking your child out so you can have a night in!
- ◆ USE IT!

So who is involved?

- ◆ You'll be assigned a **Care Coordinator**
 - ◆ This person writes the Individual Support Plan
- ◆ Your provider
 - ◆ This is the agency that provides the services that come into your home
- ◆ Usually NOT your teacher

Sounds great but how does it work?

- ◆ Your child will have an *Individual Support Plan*
 - ◆ This plan will guide his/her services and you/ your family will have input in the plan. You'll discuss what everyone likes about him or her, what is working and not working and what you want to work on (ie: maybe learning to make the bed, do laundry, say hello to people, learn your phone number)
 - ◆ The plan meeting is held every year before the birthday and goes into effect the month after the birthday

While you wait...

- ◆ There are services that can help if your child qualifies for Medicaid right now

- ◆ B3 services:

 - ◆ Respite

 - ◆ Community Navigator

 - ◆ Supported Employment

***These services are just on a much smaller scale. (ie: respite is 20 hrs/month)

Choosing a provider

- ◆ There are good providers and there are.. Not so good providers. ASK AROUND!
- ◆ Get referrals from your friends!

My contact information

- ◆ I can be reached at tmoore@arctriangle.org or taramoore@deci.org