

Transitioning to Adult Services

What you need to know



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The Department of Developmental Services



- Is a State agency that provides services and supports to:
 - Children with Developmental and Intellectual Disabilities (up to age 22)
 - Adults with Developmental and Intellectual Disabilities
 - Adults with Autism Spectrum Disorder, Prader Willi and Smith-Magenis Syndrome
- Serves approximately 40,000 children and adults in Massachusetts



DDS Support Across the Lifespan



0-3

- Early Intervention provides services and supports to the family, assists with transition to school
- DDS funds Family Support programs to supplement, but primary contact with Early Intervention

DDS Children's Coordinator

3-18

- School is primary source for services. DDS funds Family Support programs
- Most contact is with school and Family Support Center

18-22

- School still primary contact
- DDS Service Coordinator will begin attending IEP meetings and planning for life after high school
- If your child will graduate with a diploma before age 22, contact your DDS Service Coordinator

18-22 DDS Transition Coordinator

22 +

- DDS primary source for services and supports
- Family Support services continue for as long as an individual lives with family (can be sibling, etc)

DDS Adult Service Coordinator

What happens once found eligible for DDS?



- Child eligibility ends at age 22 OR when school services end. Even if eligible as a child, adult application must be completed (age 17.5)
- Assigned to an Area Office based on where you live, and a Service Coordinator
- Connects you with other resources that may or may not be funded by DDS
- Examples: Family/Autism Support Center, Adult Day Programs, Mass Health, Social Security Benefits, Employment Options, other Community Resources

DDS will help you through the transition



Your Transition Service Coordinator will help your family to plan for life after high school.

- DDS may ask to do some assessments
- After assessments are completed, DDS prioritizes based on current needs and available resources. The prioritization is based on the urgency of need.
- DDS may ask you apply for a Waiver
- DDS will connect you to different Adult services and supports



Virtual Access in a changing World



Looking forward.....

- Increased participation
- Post-COVID continuation of virtual connections and communication
- DDS Service Coordinators are fully technologically equipped for better communication including text messaging.

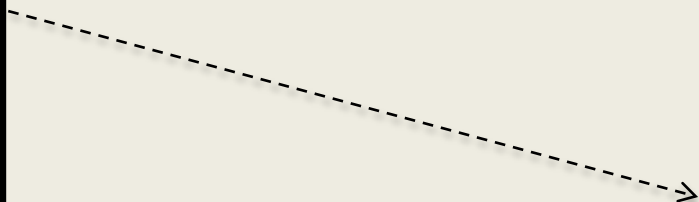


Adult Services- how to prepare?

- Develop a *Vision* for life after high school.
 - Interests and passions
 - Vocational and personal goals
 - Meaningful community activities
 - Health and well-being
- Partner closely with your school and DDS Transition Coordinator to plan. The school makes a 688 Referral to DDS around age 18.
- Complete DDS application for Adult Eligibility around age 17-18
- Use *Person Centered Planning*



Creating a Vision for a Good Life: Jacob



Vision for what I want. “To be a zookeeper. To choose my own schedule. To spend time with my family”.

Vision of What I Don't Want
“To be stuck inside. To do the same thing every day. To have to do the same thing as everyone else.”

Meaningful activities help build skills



A valued community member



Now his self directed adult world includes:

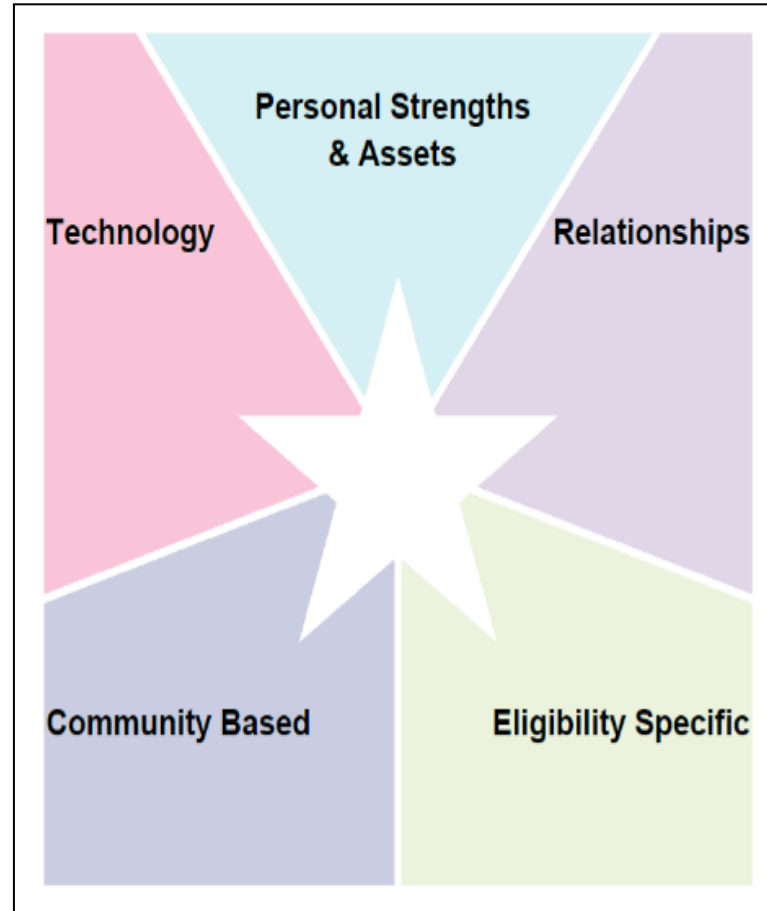
- Volunteering:
- Meals on Wheels
- Animal Humane Society
- Canterbury Acres Stables
- He bakes for the elderly
- Art projects for fund raising
- Dog Biscuit Invention experimentation
- Daily living .. cooking, cleaning, shopping, budgeting, hygiene
- Fun trips .. to the Zoo , Aquarium, Dates with his girlfriend Nicole and calls and visits to his family in Ireland

For the most part he is a happy adult with a new adult life that encompasses what is important to him.

When developing a plan we consider all resources

IPAD
(music/friends)
FACETIME
Photographs
Family and
Friends-
Messenger
Google on the GO
Kindle and APPS

Humane Society
Canterbury Acres
Stables
Meals on Wheels-
Elder Services in
Holden
Worcester Public
Market



Reliable
Hard working
Animal lover
Willing to take new tasks

Mom and Dad (Jen and Doug)
Allen (a friend who supports)
Carol- owns the stables
Sue from Elder Services
People on Meals on Wheels
route
Larry and Stan WO Public
Market

DDS Eligible
Family Support Center
PDP staff Heather and Rose

What do Adult Services look like?





Adult Service Options - Day



Employment Supports

- Competitive Employment*
- Supported Employment*

Day Programs

- Community Based Day Services*
- Day Habilitation Programs* (MassHealth)
- Adult Day Health* (MassHealth)
- Clubhouse* (DMH)

In Home and Community Services

- Adult Companion*
- Respite*
- Clinical Supports*
- Coaching*

* These may be available to adults with Autism without an intellectual disability



Other Adult Service Options

Individual Supports*

- For people who live independently
- Can include assistance with food shopping, cooking, banking, housekeeping, community integration.

Residential Supports

- Shared Living
- Adult Family Care*
(MassHealth)
- Group Homes

* These may be available to adults with Autism without an intellectual disability

Family Support Centers



The core of our Family Support system is our Family Support Centers, which help to inform, connect and support families. They provide:

- **Information & Referral** Call your Center with questions!
- **Service Navigation** helps families navigate health insurance, special education, elder services, etc.
- **Community Connections & Resources** helping families learn about what exists in their community for recreation, emotional and spiritual support, financial assistance, etc.
- **Social/Recreational Activities** both at the Center and in the community.
- **Family Trainings** on topics such as special education, legal matters, public benefits, etc.
- **Family Networking** opportunities for families to connect, including parents, grandparents, siblings and self-advocates.
- **DDS Eligibility Application:** Support Centers can help you apply for DDS.
- **Flexible Funding** for families that need financial assistance purchasing needed goods and services.

Autism Support Centers



Our regional Autism Support Centers focus on the unique needs of families experiencing Autism, including families with children with Autism, and Adults with Autism without ID and their families.

Families may use *both* their Family and Autism Support Centers. They provide:

- **Information & Referral** Call your Center with questions!
- **Family Trainings** on important topics such as understanding Autism, behavior management, social skills, and more
- **Family Networking** opportunities for families to connect, including parents, grandparents, siblings and self-advocates.
- **DDS Eligibility Application:** Autism Support Centers can help you apply for DDS.
- **Social/Recreational Activities** both at the Centers and in the community
- **Community Connections & Resources** helping families learn about what exists in their community for recreation, emotional and spiritual support, financial assistance, etc.

What if my family member has Autism without an Intellectual Disability?



What Does This Mean and Look Like?

- “A lot of children and young people with autism may have an appropriate IQ for their age but still struggle with everyday skills like getting themselves to school, navigating public transport, or communicating at the same level as their peers.”
- “How well you function is not about your IQ, but about how well you’re able to perform in your environmental context, for your age.”

Adult Autism without Intellectual Disabilities



- Transition process is the same, however we may need to plan earlier, because the individual may graduate from High School at 18.
- Dedicated Autism Service Coordinator in each Area office help connect individuals to services and supports.
- Except in exceptional circumstances, DDS is not currently funded to provide residential services for adults with Autism without ID
- We provide a broad array of day, employment and in-home services for adults with Autism without ID, however the service look differently, depending on the person's need



What Services Might Look Like for Adults with Autism



- Most services and supports are similar to traditional, but are designed to meet the different needs of these individuals
- For example:
 - **Day Program-** Voluntary sign up-look like a club house model , have more of a flexibility in attending and its not a group activity
 - **Coaching-** Supports specialized to meet the needs of the individual- could help out with college navigation, building independent living skills, socialization
 - **Adult Companion** – check in -working on social skills- how to navigate social media, budgeting, etc.
 - **Virtual and Remote Services-** DDS is developing these service options.

Additional service options for Adults with Autism



Autism Coaching

An individualized one on one service with a qualified professional coach.

In-person or remote

College Navigation

Assists college students with developing executive functioning skills, social skills, and navigating the campus life experience.

On-campus for MA colleges or remote

How will I decide which services and supports?



- Once you have determined what services are needed, you can consider how they will be delivered.
- You should learn about all Service Models:
 - Traditional Services
 - Self-Directed Services



Traditional Services

- Traditional Services involve a contract with an agency that provides particular services.
- The agency takes sole responsibility for hiring, training, directing and scheduling the staff.
- The program's structure is established by the agency



DEPARTMENT OF DEVELOPMENTAL SERVICES



Self-Directed Services can provide people with options

- Opportunity to use DDS funds to develop an individualized plan of activities and hiring the providers that can best meet the needs.
- There are two models of Self-Directed Services:
 - Agency with Choice
 - Participant Directed



Partnering with DDS

Consider:

- What you do and do not want
- How DDS services can support your vision for life
- Communicate what you need, and with what urgency
- Needs and plans can change at any time -- and that is expected
- We all need to be flexible and creative
- Consider what your community has to offer
- Remember that every individual and family is different so their services will look different



Contacts



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For More Information:
www.mass.gov/dds

Thank You!

