

A HANDBOOK OF PROGRAM DESCRIPTIONS,
ELIGIBILITY CRITERIA, AND CONTACT INFORMATION

KENTUCKY DISABILITY
RESOURCE
MANUAL

Offered by the Human Development Institute
at the University of Kentucky
for persons with disabilities, their families,
and service providers in Kentucky.



PURPOSE STATEMENT

This manual was designed primarily for use by people with disabilities. We hope that it is also useful for families, as well as service coordinators and providers who directly assist families and individuals with disabilities.

The focus of this manual is to provide easy-to-read information about available resources, and to provide immediate contact information for the purpose of applying for services and/or locating additional information. In many cases, we took definitions and eligibility for services directly from the agency websites that offer these programs.

You may notice that many of the resources listed in this manual are directly linked to regional Community Mental Health Centers. Often, and especially with children under the age of three and for adults, a local Community Mental Health Center will be the point of entry for an individual to gain access to many programs and services. For school-aged children and adolescents, the most direct route to services is often through the local public school system.

This product is the hard-copy version of the Disability Resource Manual created by the Human Development Institute. An online version of this manual with a site search engine is also available at resources.hdiuk.org. This website has been tested for web accessibility and is accessible to screen readers. Alternate formats of this manual are available upon request.

The list of resources provided within this manual is not meant to be exhaustive. The purpose is to focus on resources available with a focus on individuals with developmental disabilities, though other related resources have been included. If you are aware of additional resources that are available and that should be included, we invite you to contact us.

Thank you.

Human Development Institute
University of Kentucky
126 Mineral Industries Building
Lexington KY 40506
(859)257-1714
www.hdi.uky.edu

For updates, questions, or requests, please contact walt.bower@uky.edu

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Office for Children with Special Health Care Needs (OCSHCN)

What is the OCSHCN?

Clinics offered through OCSHCN provide a family centered multidisciplinary approach to care. During each visit, children and families have access to nutritional services, social services, care coordination through a registered nurse, and specialty physicians. Physical and occupational therapies are included for clinics serving children with orthopedic conditions and cerebral palsy. Speech therapy is available for children with hearing loss or other conditions that affect speech and language development. Clinics that treat complex conditions offer the services of multiple physicians who provide a team approach to the management of these complex conditions.

Does my child qualify for services from OCSHCN?

- Your child must be a resident of Kentucky
- Your child must be under the age of 21 years (exception: adults with Hemophilia may also qualify)
- Your child must have a condition usually responsive to medical treatment provided by our program
- You must meet financial guidelines

How do I apply?

There are 11 offices across the state. To find the regional office that serves your area:

Office for Children with Special Health Care Needs
310 Whittington Parkway, Suite 200
Louisville, KY 40222

(502) 429-4430
(800) 232-1160
Fax: (502) 429-4489

How can I learn more?

Email: ccshcnwebpage@ky.gov

OCSHCN: <https://chfs.ky.gov/agencies/ccshcn/Pages/default.aspx>

Early Periodic Screening Diagnostic and Treatment Special Services (EPSDT)

What is EPSDT?

The Early and Periodic Screening, Diagnostic and Treatment (EPSDT) benefit provides comprehensive and preventive health care services for children under age 21 who are enrolled in Medicaid. EPSDT is key to ensuring that children and adolescents receive appropriate preventive, dental, mental health, developmental and specialty services.

EPSDT provides routine comprehensive well-child check-ups for children eligible for Medicaid or the Kentucky Children's Health Insurance Program (KCHIP) at specified ages. In addition, the EPSDT benefit covers all federally allowable Medicaid services, even if they are not usually covered in Kentucky's Medicaid benefit package. These expanded treatment services are covered for individual Medicaid-eligible children based on individual medical necessity, and must be prior authorized by the child's managed care organization (MCO) or by the Department for Medicaid Services for children not served through an MCO.

Does my child qualify?

- Any child under age 21 who is eligible for Medicaid is eligible for the EPSDT benefit. Additionally, any Medicaid eligible child may receive EPSDT Special Services as long as the services are medically necessary and not covered in another Medicaid program area.

How can I apply for EPSDT services?

Contact your child's usual primary health care provider to request well-child check-ups. If you believe your child needs expanded treatment services not usually covered by Kentucky Medicaid, discuss his/her needs with your health care provider who is enrolled to deliver services through Medicaid. The provider may contact your child's MCO or the Department for Medicaid Services to request prior authorization for these expanded services. If the request for the services is denied, you will receive a letter explaining why the service was denied and the appeal process.

How can I learn more?

Call the Department of Medicaid Services, Children's Health Services Phone: (800) 635-2570

EPSDT: <https://chfs.ky.gov/agencies/dms/dpgo/dcmb/Pages/epsdtscreening.aspx>

<https://www.medicaid.gov/medicaid/benefits/epsdt/index.html>

How does one become a service provider?

Providers must enroll to participate in Kentucky Medicaid. They may either contact a Medicaid MCO, or call Medicaid Provider Enrollment at (877) 838-5085.

First Steps

What is First Steps?

First Steps is an early intervention program administered by the Department of Public Health, KY Cabinet for Health and Family Services. First Steps serves children from birth to age three who have a significant developmental delay or a physical or mental condition likely to cause a delay in development. First Steps offers comprehensive services to children and their families through a variety of community agencies and service disciplines. These intervention services are provided in the child's natural environment (home, daycare, or community).

Does my child qualify?

- Child must be younger than age 3
- Child must have a significant developmental delay or disability OR an established risk condition (Down syndrome, spina bifida, cerebral palsy, etc.) likely to result in a delay.

Areas of concern in child development

- Communication
- Physical Skills
- Cognitive Development
- Social and Emotional Skills
- Adaptive or Self-Help Skills

If you have a concern about your child in any of the areas listed above, you can apply for the First Steps program, regardless of your income. An evaluation of your child's development will be available. Children who qualify will have an Individual Family Services Plan (IFSP) developed, based on the family's key goals for their child's development.

Is there a cost?

Evaluations, assessments and screenings are free to all families. Once determined eligible for the program, the family will be assigned a family-share participation fee, ranging from 0 - \$100 per month. This fee is based on household income and size. Families having Medicaid will not receive any family share or billing. If the family has insurance, First Steps will attempt billing for early intervention with parents' consent. The family will then not be responsible for co-pays. Families who do not consent to insurance billing will receive only the free services of screening, assessment, evaluation, IFSP development, and procedural safeguards.

How do I apply?

Contact the First Steps Program: (877)417-8377 or TTY: (502) 564-5777.
You will then be directed to your local point of entry office.

How can I learn more?

Cabinet for Health and Family Services
275 E. Main Street HS2WC
Frankfort KY 40621

First Steps: <https://chfs.ky.gov/agencies/dph/dmch/ecdb/Pages/firststeps.aspx>

HANDS Program

What is the HANDS Program?

HANDS is a voluntary home visitation program for new and expectant parents. The goal of HANDS is to support parents through pregnancy and their child's early life by educating them to be self-sufficient, create safe home environments, and develop parenting skills. Parents meet with a HANDS Parent Visitor to discuss questions about the pregnancy or their child's first years. Based on this conversation, all families will receive information about available community resources. Some families will receive further support in the form of home visits.

Does my child or family qualify?

- Child must be less than 3 months old.
- First time mothers and fathers who live in Kentucky can request an initial visit.
- Parents who are not first time parents may be eligible for the HANDS Expansion program, if they live in certain counties.

How can I apply for HANDS services for my child?

Contact your local health department for a referral.

Parents may also contact the HANDS Program: (502) 564-3756. You will then be directed to your local point of entry office.

How can I learn more?

Kentucky HANDS Program: <https://chfs.ky.gov/agencies/dph/dmch/ecdb/Pages/hands.aspx>

Cabinet for Health and Family Services
275 E. Main Street
Frankfort KY 40621

Kentucky Health Benefit Exchange

What is the Kentucky Health Benefit Exchange?

Kentuckians may receive health care coverage through the Kentucky Health Benefit Exchange. The Kentucky Health Benefit Exchange is part of the federal marketplace and is the only way to get tax credits to lower your cost of health insurance.

Kentuckians and small businesses may apply and enroll for health care coverage through <http://www.healthcare.gov/>. The exchange allows Kentuckians to enroll in a plan with benefits during an “open” enrollment time for anyone to obtain insurance. The plans and premiums will vary based on the deductible amount, co-pays, and the amount paid by the insurance plan. Payment assistance, discounts or tax credits are available if you qualify financially.

Health insurance programs must enroll children and adults with pre-existing conditions or disabilities. No plan in Kentucky will have lifetime spending caps on costs related to chronic or life-threatening conditions. All health plans “must” cover essential health benefits, including doctor visits, trips to the hospital or emergency room, medicine, and care for pregnant women and children.

You and your adult son or daughter with a disability may be eligible for health coverage through Healthcare.org, even if your son or daughter is over 26 or is turning 26 in the next 12 months. In this situation, disability is defined as “unable to stay employed due to intellectual or physical reasons and being dependent upon the insurance policy holder for support and maintenance.” Healthcare.org recommends that you apply for premium assistance.

As part of the Kentucky Health Benefit Exchange, individuals without health insurance and who do not have extreme hardship, must purchase a plan from a healthcare exchange to avoid a financial penalty for not having health insurance.

The Kentucky Health Benefit Exchange is mostly for people who buy insurance on their own and for people who do not have any health insurance. The Kentucky Health Benefit Exchange says that most Americans must purchase insurance or pay a penalty. These penalties will be in the form of “fines” when you file your taxes.

Some of the important provisions of the Kentucky Health Benefit Exchange that benefit people with disabilities include:

- Children under 19 can no longer be denied coverage based on preexisting conditions. A pre-existing condition is one that existed before the date you enrolled in health insurance coverage and can include common conditions such as diabetes, seizures, asthma, and others.
- Adults can no longer be denied coverage on the basis of a pre-existing condition, as well.
- Insurance companies cannot drop your coverage or charge you more on the basis of your disability or other health condition.
- Insurance companies cannot impose lifetime dollar limits on essential benefits.
- You can appeal coverage determinations.
- All new health plans must cover certain preventative services without charging deductibles.

- Coverage is extended so young adults, including those with disabilities and chronic conditions, can stay on their parents' plan until they are 26 (and the coverage for a dependent son or daughter with a disability may be extended beyond the age of 26).
- Habilitation services can include speech/language, physical therapy, and occupational therapy.

How can I sign up through the Kentucky Health Benefit Exchange?

The Kentucky Health Benefit Exchange recommends that you apply on-line or by phone with help from an "insurance agent" or "assister" who will guide you through the process of an application. Healthcare.org makes it easy to apply online even if you do not have a computer. To apply online, go to www.healthcare.gov and create a user name and password. Creating an account will allow your information to be saved, if you cannot complete your application in one sitting. Please read each page carefully and answer the questions to the best of your ability. If you need additional help, Healthcare.org allows you to talk on the phone to a Customer Service representative in your area at the number below.

How can I learn more?

Customer Service: 24 hours a day, 7 days a week

1-800-318-2596

www.healthcare.gov

Medicaid Expansion

Effective January 1, 2014, Kentucky became one of 28 states to implement the expansion of Medicaid coverage. States have the option to expand Medicaid coverage to individuals with incomes up to 138% of the Federal Poverty Level (FPL). At the end of 2014, the first calendar year of the expansion, Kentucky Medicaid had added 375,175 newly eligible enrollees. The expansion population represents 8.5% of the total state population. Compared to all other states, Kentucky experienced the second largest decrease in its uninsured rate—the Kentucky uninsured rate dropped from 20.4% in 2013 to 11.9% in mid-2014 and to 7.8% in 2016.

Do I qualify?

To be eligible for Medicaid, you:

- Must live in Kentucky
- Must be a U.S. citizen or national (or meet qualified alien status)
- Cannot currently be in prison
- Must provide proof of income

Under the new ACA rules, resources are not counted for family and children Medicaid cases. Traditional Medicaid, such as for the aged, blind and disabled still has an asset test (cash, property, IRA).

If your household

size is this:

1

2

3

4

5

6

7

8

You may be eligible for Medicaid if your income*

is this:

Less than \$16,394

Less than \$22,107

Less than \$27,820

Less than \$33,534

Less than \$39,247

Less than \$44,960

Less than \$50,687

Less than \$54,690

*Income levels are based on the year 2016. Children and pregnant women may still qualify with higher income levels.

How can I apply for Medicaid coverage?

benefind allows Kentucky's families to easily access public assistance benefits and information 24/7 through an online application and account. The goal of Kentucky's public assistance programs is to build strong families and obtain services such as food, cash and medical assistance to become self-sufficient. You can use benefind from any computer that has internet access.

The easiest ways to apply are:

- Go online to <https://benefind.ky.gov>
- Call (855) 306-8959
- Get help from an insurance agent or assister.
- Go to your local Department for Community Based Services (DCBS) office.

What is the Kentucky Health Benefit Exchange?

HealthCare.org is an easy way to apply for health insurance. You only need to fill out one application to find out if you can get Medicaid, KCHIP or other health insurance.

You may also be able to get help with your health coverage bills.

- Payment assistance for your monthly health insurance bill
- Special discounts for your doctor visits, co-payments and deductibles.

How can I learn more?

Go to: <https://benefind.ky.gov>

Medicaid: <https://chfs.ky.gov/agencies/dms>

Additional benefind Medicaid Guides

The Kentucky Health Benefit Exchange will provide individuals, families and small businesses healthcare coverage if you are not initially eligible for Medicaid's expansion eligibility.

By using the Kentucky Health Benefit Exchange, you may receive payment assistance, special discounts or tax credits to help cover the costs of coverage for you, your family or your employees. The Kentucky Health Benefit Exchange will allow you to compare and select insurance plans and find out if you qualify for programs like Medicaid or the Kentucky Children's Health Insurance Program.

There is a plan in Kentucky that will also enroll people with pre-existing conditions and no plan in Kentucky will have lifetime spending caps on costs related to chronic or life-threatening conditions.

<https://benefind.ky.gov/PreScreening/PreScreeningOverView>
www.healthcare.gov

Working and Keeping Medicaid: How can I learn more?

Guidelines on how to work and retain Medicaid may be found on the HDI Supported Employment Training Project web page for families and the disabled member who is a job seeker:

<http://www.hdi.uky.edu/setp/setp-resources/famjobseeker>

or Social Security web site:

<https://www.ssa.gov/pubs/EN-05-10095.pdf>

<https://benefind.ky.gov>

Kentucky Health Benefit Exchange - Resources and References

How can I learn more?

www.healthcare.gov

Phone number for health insurance marketplace questions:
(800) 318-2596

National Association of Councils on Developmental Disabilities: www.nacdd.org

Kentucky Children's Health Insurance Program (KCHIP)

What is KCHIP?

KCHIP's mission is to provide free or low cost health insurance coverage to low income, uninsured children younger than 19 in Kentucky. The K-CHIP staff understands that access to health care is very important and that preventive care is a large part of health care. Immunizations, well child checkups, and other preventive services help children get and stay healthy. For example, a family of four can earn up to \$53,628 a year and qualify for KCHIP for their children under 19 years of age.

KCHIP eligibility is determined using the Modified Adjusted Gross Income and family size based on the tax filing unit of the household. A family is considered a child or children and the natural, adoptive or step parents residing in a household.

Does my child qualify?

- Must be less than 19 years of age
- Must not be eligible for Medicaid
- Must not have had health insurance for at least six months
- Must not have voluntarily dropped child's insurance within the past 6 months
- Family income must be at or below 218% of the Federal Poverty Line.

How can I apply?

- Download an application at <https://benefind.ky.gov>. Make sure to print your completed application.
- Apply online through the Kentucky Health Benefit Exchange at <https://benefind.ky.gov> or call toll-free (855) 306-8959 to request an application
- Pick up an application at any local health department, doctors' offices, hospitals, pharmacies or schools.
- Request an application packet at www.benefitfind.ky.gov

For help completing an application, call (855) 306-8959 or by email chfshbecomments@ky.gov. If you prefer, visit your local Department for Community Based Services Office to apply for KCHIP. Be sure to take all required information and documentation with you.

Para asistencia en español: (800) 662-5397 Contact K-CHIP at <http://kidshealth.ky.gov/Pages/contact.aspx>

How can I learn more?

KCHIP: <https://kidshealth.ky.gov>

Medicare

What is Medicare?

Medicare is the nation's largest health insurance program. Medicare covers more than 39 million Americans 65 or over, some people with disabilities under 65, and people of all ages who have End Stage Renal Disease or Amyotrophic Lateral Sclerosis (ALS).

Medicare has two major parts:

- Part A (Hospital Insurance) - Most people do not have to pay for Part A
- Part B (Medical Insurance) - Most people pay monthly for Part B

Do I qualify for Medicare?

- Must be a citizen or permanent resident of the United States;
- Must be 65 years of age and older OR
- You or your spouse must have worked for at least 10 years in Medicare-covered employment
- Be under 65 with Amyotrophic Lateral Sclerosis (ALS) OR with End Stage Renal Disease OR
- Have received Social Security or Railroad Retirement disability for 24 months.

If you are not a U.S. citizen or a lawfully admitted alien who has lived in the U.S. continuously for a five-year period, please contact the Social Security Administration at (800) 772-1213 for your Medicare enrollment and eligibility.

How can I apply for Medicare coverage?

- If you are not yet 65 and already getting Social Security or Railroad Retirement Board benefits, you do not have to apply for Medicare.
- If you are disabled and have been receiving disability benefits under Social Security or Railroad Retirement Board for 24 months, you will be automatically enrolled in Part A and Part B beginning the 25th month of benefits.
- If you are not receiving Social Security or Railroad Retirement Board benefits, you must apply for Medicare Part A and Part B. You can apply by contacting the Social Security Administration (or Railroad Retirement Board).
- You should apply three months before the month you turn 65.

What is the impact of the Kentucky Benefit Health Exchange on Medicare?

The Medicare benefits you currently receive will remain the same. Medicare will continue to cover your health costs the way it has with no changes in eligibility. If you need help with your Medicare coverage, visit the federal Medicare website or call 1-800-MEDICARE. One improvement is that you'll also get a 60% discount when buying Part D-covered brand-name prescription drugs. The discount is applied automatically at your pharmacy—you do not have to do anything to get it. Medicare now covers certain preventive services, like mammograms or colonoscopies, without charging you for the Part B coinsurance or deductible. You also can get a free yearly wellness visit.

How can I learn more?

Social Security Office: (800) 772-1213, (800) 325-0778 (TTY)

Medicare: www.medicare.gov

Kentucky Health Benefit Exchange: www.healthbenefitexchange.ky.gov

KATS Network and Regional AT Centers

What is Assistive Technology?

Assistive technology (AT) is devices and tools to help people with disabilities participate more fully in the activities of daily living. Assistive technology can be funded through school systems, private insurance, public funding, loans, and other private sources.

How can I apply for Assistive Technology?

Assistive technology may be provided through several agencies, each with its own application process. In Kentucky, the KATS Network helps connect people with disabilities to assistive technology.

IDEA for Children with Disabilities ages 3-21 in the school system

If the child is in school, IDEA specifies that assistive technology is any “item, piece of equipment of product system, whether acquired commercially off the shelf, modified or customized, that is used to increase, maintain or improve functional capabilities of individuals with disabilities” Assistive technology devices and services are to be made “available to a child with a disability if required as part of the child’s special education, related services, or supplemental aids and services.”

Contact your child’s IEP Coordinator or the KY Department of Education

KY Department of Education
Division of Learning Services

(502) 564-4970

<https://education.ky.gov/specialed/excep>

KATS Network

The KY Assistive Technology Service (KATS) Network has a coordinating center in Florence and four regional Assistive Technology (AT) Resource Centers which provide device demonstrations and short-term loan of AT devices. Call the Kentucky Assistive Technology (KATS) Network for information on local providers in your area:

KATS Network
Office of Vocational Rehabilitation
8020 Veterans Memorial Drive, Suite 100
Florence, KY 41042

(800) 327-5287

www.katsnet.org (Kentucky KATS Network)

The KY Assistive Technology Loan Corporation

The KY Assistive Technology Loan Corporation offers low interest loans for qualified applicants with disabilities who need assistive technology.

The Kentucky Assistive Technology Loan Corporation (KATLC)
275 East Main Street
Mail Stop 2 E-K
Frankfort, KY 40621

(877) 675-0195

www.katlc.ky.gov

How can I learn more?

Contact the KATS Network or one of the Assistive Technology Resource Centers.

HDI – Center for Assistive Technology (CATS)

2358 Nicholasville Road Suite 180
Lexington, KY 40505

(859) 218-7979

www.hdi.uky.edu/hdicats

Email: hdiatcenter@l.uky.edu

Wendell Foster Technology and Resource Center

815 Triplett Street
Owensboro, KY 42302

(800) 209-6202

<https://wendellfoster.org/technology-and-resource-center/>

ACAT - Appalachian Center for Assistive Technology Services – Hazard

Center for Excellence in Rural Health
750 Morton Road
Hazard, KY 41701

(606) 439-3557

<https://www.uky.edu/chs/karrn/acat>

Easterseals Redwood Assistive Technology Center

71 Orphanage Road
Ft. Mitchell, KY 41017

(800) 728-9807

www.redwoodnky.org

Kentucky Assistive Technology Loan Corporation (KATLC)

What is the KATLC?

The Kentucky Assistive Technology Loan Corporation (KATLC) is a program that provides low interest loans to Kentuckians with disabilities for assistive technology to improve their independence or quality of life. The KATLC Board of Directors manages the loan program. Loans amounts range from \$500 - \$25,000. The loan program is operated jointly with Fifth Third Bank, Inc.

Do I qualify for services from KATLC funding?

- You must be a Kentucky resident for at least six months
- You have a disability that permanently affects a major life activity, are a parent/guardian of a person with a disability, or are a non-profit organization serving people with disabilities
- You must be able to repay the loan
- You are requesting a loan to purchase assistive technology

How can I apply for KATLC funding?

The KY Assistive Technology Loan Corporation offers low interest loans for qualified applicants with disabilities who need assistive technology. Non-profit organizations that provide AT to people with disabilities can also apply. The application for funding is available online, or call KATLC at the toll-free number below.

The Kentucky Assistive Technology Loan Corporation (KATLC)
275 East Main Street
Mail Stop 2 E-K
Frankfort, KY 40621

(877) 675-0195

KATLC: www.katlc.ky.gov

Education & Students with Disabilities

What is IDEA?

The Individuals with Disabilities Education Act (IDEA) is the federal law that provides services for children whose disability negatively affects their educational performance and/or ability to benefit from the general education. For school-aged children and youth (age 3 to 21), supplemental education and related services are provided through the public school system. A written Individualized Education Program (IEP) is required with specific content about services to be provided.

Does my child qualify for special education?

- Must be between age 3 and 21
- Must receive an evaluation to gather relevant functional and developmental information
- Must meet one of the disability categories identified in IDEA
 - autism
 - deaf-blindness
 - deafness
 - emotional disturbance
 - hearing impairment
 - intellectual disability
 - multiple disabilities
 - orthopedic impairment
 - other health impairment
 - specific learning disability
 - speech or language impairment
 - traumatic brain injury, or
 - visual impairment
- Schools may also use the term “developmental delay” for children aged 3 through 9. (in Kentucky, the category of developmental delay can be used up to a child’s 9th birthday; at age 9, the child would have to qualify under one of the other IDEA categories to continue to receive services)

How can I apply for services?

- Schools are required to provide a full evaluation
- Written parent or guardian consent is required before the initial evaluation
- Parents may request an Independent Educational Evaluation if the parent or guardian disagrees with the school’s evaluation

How can I learn more?

Visit HDI’s YouTube page to view a video on Student-Directed IEPs at <https://www.youtube.com/watch?v=iv7IS6NLcng&feature=youtu.be>

Visit HDI’s website to learn more about the Parent Involvement Initiative to learn how to promote stakeholder engagement in Kentucky Department of Education initiatives: <http://www.hdi.uky.edu/spdg/parents>

KY Department of Education
Division of Learning Services

(502) 564-4970

www.education.ky.gov/specialed/excep/Pages/default.aspx

Transition

What is Transition?

Transition is the “exit” out of a child’s secondary school to the adult world. The Individuals with Disabilities Education Act (IDEA) requires that children with disabilities have access to a free appropriate public education (FAPE) that prepares them for further education, employment, and independent living. One strategy for ensuring a successful transition, is planning.

As part of IDEA, schools are required to provide transition planning to help the student identify interests, strengths, preferences and needs. Transition planning also means identifying possible post-school activities, including postsecondary education, vocational education, integrated employment, continuing and adult education, adult services, independent living, and/or community participation.

The Workforce Innovation and Opportunity Act (WIOA) states that public school students ages 14-21, are entitled to receive Pre-Employment Transition Services (Pre-ETS) at no personal cost.

Pre-ETS include:

- Job Exploration Counseling
- Post-Secondary Counseling
- Self-Advocacy Instruction
- Work-Based Learning Experiences
- Workplace Readiness Training

How can I apply for transition services?

IDEA states that the student’s school must begin transition planning, as part of the Individual Education Program (IEP) by age 16. Measurable post-school goals must be identified along with the transition services and courses needed to reach those goals. Your son or daughter should be an active partner in planning for transition.

In Kentucky, transition planning must start even earlier – by your’ child’s eight grade year or by age 14. Transition planning for students starting at age 14 should focus on the student’s IEP as it relates to his or her course of study.

How can I learn more?

Contact your child’s IEP Coordinator or the KY Department of Education

KY Department of Education
Division of Learning Services

(502) 564-4970

Kentucky Department of Education transition:

<http://education.ky.gov/specialed/excep/transition/Pages/default.aspx>

Higher Education

What is Higher Education?

Higher education in Kentucky consists of a variety of colleges and universities, along with the Kentucky Community and Technical College System. Students seek higher education for many different reasons, but one of the biggest reasons is because students who take part in higher education can earn more money than those with a high school education.

How can I apply for higher education?

The first step is to have a plan in place to make the transition into higher education, and to decide on the school(s) of interest. Each college has its own admissions criteria and timelines.

Contact your child's IEP Coordinator or the KY Department of Education

KY Department of Education (KDE)
Division of Learning Services

502-564-4970

What services are available in higher education?

There are some differences in services in higher education from high school. Students must meet eligibility criteria of the college.

KDE's transition web page contains valuable links on postsecondary education resources.

<http://education.ky.gov/specialed/excep/transition/Pages/Transition-Resources.aspx>

Kentucky Community & Technical College System

Disability Services: www.kctcs.edu

Eastern Kentucky University

General Info: (859) 622-1000

Disability Services: (859) 622-2933

www.eku.edu

Kentucky State University

General Info: (502) 597-6000

Disability Services: (502) 597-5076

www.kysu.edu

Morehead State University

General Info: (606) 783-2221

Disability Services: (606) 783-5188

www.moreheadstate.edu

Murray State University

General Info: (270) 809-3011

Disability Services: (270) 809-2018

www.murraystate.edu

Northern Kentucky University

General Info: (859) 572-5100

Disability Services: (859) 572-5401

www.nku.edu

University of Kentucky

General Info: (859) 257-9000

Disability Services: (859) 257-2754

www.uky.edu

University of Louisville

General Info: (502) 852-5555

Disability Services: (502) 852-6938

www.louisville.edu

Western Kentucky University

General Info: (270) 745-0111

Disability Services: (270) 745-5004

www.wku.edu

Kentucky Supported Higher Education Partnership

What is the Kentucky Supported Higher Education Partnership?

The Kentucky Supported Higher Education Partnership (KSHEP) is a network of Institutions of Higher Education (IHEs) across the state offering inclusive higher education programs for students with intellectual and developmental disabilities, such as Comprehensive Transition and Postsecondary (CTP) programs. CTPs support students with intellectual disabilities (ID) who want to continue academic or career and technical instruction at an IHE in order to better prepare for competitive integrated employment and independent living.

In Kentucky, there are currently four CTPs located at the University of Kentucky, Northern Kentucky University, Murray State University, and Bluegrass Community and Technical College. The Supported Higher Education Project (SHEP) at the University of Kentucky provides assistance to potential students and schools.

How can I learn more?

Comprehensive Transition Programs (CTP):

University of Kentucky
Johnny Collett
johnny.collett@uky.edu
(859) 257-2304

Northern Kentucky University
Dr. Missy Jones
jonesme@nku.edu
(859) 572-1423

Bluegrass Community and Technical College
Kacy Midkiff
kacy.midkiff@kctcs.edu
(859) 246-6415

Murray State University
Dr. Cindy Clemson
cclemson@murraystate.edu
(270) 809-4426

Think College! College options for people with intellectual disabilities

Think College!: www.thinkcollege.net

Acquired Brain Injury (ABI) Waiver

What is the ABI Waiver Program?

This program is designed to provide intensive services and supports to adults with acquired brain injuries as they work to re-enter community life. Services include case management, personal care, companion services, respite care, environmental modifications, behavior programming, counseling and training, structured day programs, specialized medical equipment and supplies, prevocational services, supported employment, occupational therapy, community residential services, and speech and language services. Services can only be provided in community settings.

Do I qualify for ABI?

You Must:

- Have an acquired brain injury
- Be at least 18 years old
- Meet nursing facility level of care
- Be expected to benefit from waiver services
- Be financially eligible for Medicaid services

How do I apply for ABI?

You may go the website to locate the application forms. You may also call for further information: (502) 564-5198 or (866) 878-2626.

Or you may write:

Acquired Brain Injury Branch
275 E. Main Street, 6W-B
Frankfort, KY 40621

How can I learn more about ABI?

ABI: <https://chfs.ky.gov/agencies/dms/dca/Pages/abi.aspx>

Acquired Brain Injury (ABI) Long-term Care Waiver

What is the ABI Long-term Care Waiver Program?

The Acquired Brain Injury Long Term Care Waiver program provides an alternative to institutional care for individuals who have reached a plateau in their rehabilitation level and require maintenance services to avoid institutionalization and to live safely in the community. Services include case management, community living supports, respite care, adult day health care, adult day training, environmental modifications, behavior programming, counseling, group counseling, specialized medical equipment and supplies, supported employment, occupational therapy, speech therapy, nursing supports, family training, physical therapy, assessment and reassessment, and supervised residential care.

Do I qualify for ABI?

You Must:

- Be at least 18 years of age
- Meet nursing facility level of care
- Have a primary diagnosis of an acquired brain injury which necessitates supervision, rehabilitative services and long term supports
- Be financially eligible for Medicaid services.

How do I apply for ABI?

You may go the website to complete the application forms or call for applications:
(502) 564-5198 or (866) 878-2626

Or you may write:

Brain Injury Services Branch
275 E. Main Street, 6W-B
Frankfort, KY 40621

How can I learn more about ABI?

ABI Long Term Care: <https://chfs.ky.gov/agencies/dms/dca/Pages/abi.aspx>

Centers for Independent Living (CILS)

What are Centers for Independent Living (CILS)?

CILs are non-residential, private, non-profit, consumer-controlled, community-based organizations providing services and advocacy by and for persons with all types of disabilities. CILs are unique as they provide peer based services, where the staff and board of directors are made of at least 51% people with disabilities. CIL's believe that people with disabilities know what is best for people with disabilities. The goal is to assist individuals with disabilities achieve their maximum potential

What services do CILs offer?

CILs work to assure physical and programmatic access to housing, attendant services, employment, transportation, communities, recreational facilities, health and other social services. CILs offer services including: information and referral, peer counseling, advocacy, independent living and self-help skills, information about other disability programs and how to access services.

Center for Accessible Living Louisville

501 S. 2nd Street, Suite 200
Louisville, KY 40202
(502) 589-6620; (502) 413-2689
Toll Free: (844) 689-6620
Email: webinfo@calky.org
www.calky.org

Murray

1051 N. 16th Street, Suite C
Murray, KY 42071
(270) 753-7676; (270) 767-0549
Toll Free: (888) 261-6194
Email: calmur@calky.org

Bowling Green, KY

1830 Destiny Lane, Suite 108
Bowling Green, KY 42104
(270) 599-0910
Email: calmur@calky.org

DisABILITY Resource Center

242 Village Lane
Hazard, KY 41701
(606) 436-0000
Email: drc@drctn.org

Independence Place

841 Corporate Drive, Suite 301
Lexington, KY 40503
(859) 266-2807
Email: info@ipky.org
www.independenceplaceky.org

Kentucky State Independent Living Council

275 E. Main Street 3E-E
Frankfort, KY 40621
(502) 564-6930; ext.3491
Email: scott.sisco@ky.gov
<https://silc.ky.gov/Pages/default.aspx>

Hart-Supported Living Program

What is Hart-Supported Living?

The Hart-Supported Living program is for Kentuckians with disabilities to request grants so they can live in, contribute to and participate in their communities. Any Kentuckian with a disability recognized under the Americans with Disabilities Act (ADA) is eligible to apply for a Hart-Supported Living grant. The program is administered through the Department for Aging and Independent Living (DAIL). Supported Living allows people with all disabilities to request funds for a broad category of highly flexible, individualized services, combined with natural unpaid or other eligible paid supports. Funded grants may include, but are not limited to, homemaker services, personal care services, in home training and home management support, start-up grants, transportation, home modifications, adaptive and therapeutic equipment. Grants may be one-time, i.e., bathroom modification or ongoing or both. The Funding Teams will look at other sources you have applied to for possible assistance.

Do I qualify?

You (and your family, friends, and the people who support you) should consider applying for a Hart-Supported Living grant if:

- You want to live in a home of your choice that is typical of the homes where people without disabilities live.
- You want to participate in your community with all members of the community and your grant request contributes to your “overall plan” to live with supports in the community.
- You want to decide for yourself what supports and services you need to live in the community.
- You want to arrange for and manage your own supports, with help, when appropriate from friends, family, guardian or professionals.

How can I apply for Supported Living Services?

Contact your Regional Supported Living Coordinator for an application. It may be helpful if you ask your Regional Supported Living Coordinator to assist in completing your application. Each application is scored by a Team according to “urgency of need.” Applications must be received by April 1 in the office of Regional Hart-Supported Living Coordinator for funding for the upcoming fiscal year, beginning July 1. Each region of the state is not allocated the same amount of funds, though the amount is based on disability statistics in that region.

How can I learn more?

Hart-Supported Living Coordinator: (502) 564-6930 Fax: (502) -564-4595

Kentucky Hart-Supported Living: <https://chfs.ky.gov/agencies/dail/Pages/hslp.aspx>

Home and Community-Based Waiver (HCB Waiver)

What is the HCB Waiver?

The Home and Community-Based Waiver program provides Medicaid coverage to eligible persons who are aged or disabled, who would otherwise require nursing facility level of care. Services include but are not limited to the following: assessment and reassessment, case management, homemaker services, personal care services, respite care, minor home adaptations, attendant care, and adult day health care.

Do I qualify for this service?

If you receive Medicaid and meet the nursing facility level of care, you qualify for this program (if not previously eligible, qualifying for HCB may enable you to become eligible for Medicaid). Some families choose to pay for the first month of HCB. The second month of service eligibility is determined by the financial eligibility of the individual instead of the family. A physician must certify that without these services, the physician would order nursing facility care. There is no age requirement for the HCB Waiver.

How can I apply for the HCB Waiver?

Your local Community Mental Health Center may have a listing of Home Health Agencies that are HCB providers in your area. Local Community Mental Health Centers are listed in the *Additional Resources* section of this manual.

Or contact the Medicaid Division of Community Alternatives, Home & Community Based Services Branch:

Division of Community Alternatives
Home and Community Based Services Branch
275 E Main St.
6 W-B
Frankfort, KY 40621

(502) 564-5560
(800) 372-2973 (TTY)

How can I learn more?

HCB: <https://chfs.ky.gov/agencies/dms/dca/Pages/hcb-waiver.aspx>

Homecare Program

Provided through the Department for Aging and Independent Living

What is the Homecare Program?

The Homecare Program helps older adults who are at risk of institutional care to remain in their own homes by providing supports and services to ensure daily needs are provided. This is accomplished primarily by coordinating the help of caregivers and provider agencies.

Assessment and case management, home management and personal care, home delivered meals, chore services, home repair, respite for family caregivers, and home health aide service are among the assistance provided.

The program is offered statewide through the Area Agencies on Aging and Independent Living. Some areas may have waiting lists and not all services are provided in all areas.

Do I qualify for this resource?

- You must be 60 or older and unable to perform two activities of daily living or three instrumental activities of daily living.
- You must be at risk of going to an institution OR you must be in an institution, but would be able to return to a private home environment if needed services are provided.

How do I apply?

You may request an application from the Office of Aging Services in Frankfort by calling (502) 564-6930 or you may contact your local Area Agency on Aging and Independent Living to see if there is a program in your area. <https://chfs.ky.gov/agencies/dail/Pages/aaail.aspx>

How can I learn more?

Department for Aging and Independent Living
275 E. Main St., 3E-E
Frankfort, KY 40621

(502) 564-6930; (888) 642-1137 (TTY)

Fax: (502) 564-4595

Homecare: <https://chfs.ky.gov/agencies/dail/Pages/homecare.aspx>

KY Transitions (Money Follows the Person Demonstration Grant)

What is KY Transitions?

Using funding from the Money Follows the Person Demonstration Grant (MFP), the Department for Medicaid Services assists eligible individuals to transition from institutional settings back into the community. This program allows for flexibility in the individual's choice over the location and the type of services the person receives as his or her needs and preferences change. Upon transition, services will be provided through one of the appropriate existing waiver programs (ABI or HCBW).

Do I qualify for KY Transitions?

- Must be in an institution for 90 consecutive days
- Must meet existing Medicaid eligibility requirements
- Must be receiving services paid by Medicaid for at least one day prior to being transferred to the program
- Must meet nursing facility or Intermediate Care Facility – Intellectual Disability (ICF-ID) level of care.

How do I apply for KY Transitions or learn more?

(502) 564-0330 or (877) 564-0330 or you may find staff person's email on the KY Transitions website.

Or you may write to:

Kentucky Department for Medicaid Services
Division of Community Alternatives
KY Transitions
275 East Main, 6 W-B
Frankfort, KY 40621

Michelle P. Waiver

What is the Michelle P. Waiver?

The Michelle P. Waiver is a home- and community-based waiver program of the Kentucky Medicaid program. The Michelle P. Waiver program is designed as an alternative to institutional care for people with intellectual or developmental disabilities. The services available through the waiver support individuals to remain in their homes and local communities.

What services are provided through the Michelle P. Waiver?

- Case Management
- Supported Employment *
- Homemaker *
- Attendant Care *
- Personal Care *
- Behavioral Supports *
- Respite
- Assessment/Reassessment
- Adult Day Health *
- Occupational Therapy *
- Adult Day Training *
- Physical Therapy *
- Environmental and Minor Home Adaptations
- Speech Therapy *
- Community Living Supports *

**Services with an asterisk are limited to 40 hours a week altogether.*

Therapy services are NOT provided under the MPW program for members under the age of 21. The Early Periodic Screen, Diagnosis and Treatment Special Services (EPSDT) Program now provides therapy for persons under 21.

A case manager or support broker will help you decide the services you need. There are no residential services with the Waiver. It was designed to help people who live in their own homes or a family member's home, and need help to continue living in the community.

Who provides the services?

Once you receive the Waiver, you can get services from any Supported Community Living (SCL) or Home and Community Based Waiver (HCBW) approved agency. You can even hire someone you know to provide some of the services through the Consumer-Directed Option.

How do I apply?

To apply, contact your local Community Mental Health Center. The Center will provide an assessment to determine if you are eligible. You can find your Center by visiting <https://benefind.ky.gov> or by calling (502) 564-4527. When you apply for yourself or your child, be sure to ask to be added to the SCL waiting list.

How can I learn more?

Call the Division of Community Alternatives at 502-564-1647 or visit the Michelle P. Waiver website: <https://chfs.ky.gov/agencies/dms/dca/Pages/mpw.aspx>

Personal Care Attendant Program

What is the Personal Care Attendant Program?

The Personal Care Attendant program helps severely physically disabled adults at risk of being institutionalized to live in their own homes and communities by subsidizing costs of personal attendant services. More specifically, attendant services are provided for people 18 and older with functional loss of 2 or more limbs and who have the ability to hire and supervise an attendant. Services include assistance with personal care, housekeeping, shopping, travel, self-care procedures, meal preparation, and other daily activities. State and local funds are used by local organizations to provide services and programs that help maintain older persons in their own homes. Please contact the Department of Aging and Independent Living to determine whether there is a waiting list for services.

Do I qualify?

- Must be 18 years of age or older
- Must have a severe physical disability with permanent or temporary recurring functional loss of two or more limbs
- Must need at least 14, but no more than 40, hours of personal care attendant services per week
- Must be mentally capable of instructing and supervising attendants
- Must be able to prepare attendant payroll reports and employer tax statements.

How can I apply for these services?

Contact the Office of Aging Services, Cabinet for Health Services:

Department for Aging and Independent Living
Personal Care Attendant Program
275 E Main St., 3E-E
Frankfort, KY 40621

(502) 564-6930 Ext 3477
(888) 642-1137 (TTY)
Fax: (502) 564-4595

How can I learn more?

Personal Care Attendant Services Program: <https://chfs.ky.gov/agencies/dail/Pages/pcap.aspx>

Supports for Community Living (SCL)

What is the Supports for Community Living Waiver Program?

SCL provides services to individuals with intellectual disabilities to support them to live in his or her own home (or with family) or in an agency supported home in the community rather than in an institution. A person who qualifies for the SCL waiver may choose to manage his or her own supports through an agency provider (traditional), manage qualified services themselves (Participant Directed Services), or through a blended approach. All participants choose a case manager who assists them to develop a Person-Centered Plan of Care. This process includes developing a vision for a life that addresses what is important to the person (where to live, work, worship and play) as well what is important for their health and safety. Supports and services are designed to assist the person to live, work, and participate in their community in a way meaningful to them.

How can I apply for SCL?

The first step is to complete an application called a MAP 620. You may get the application form by calling your local Community Mental Health Center or by visiting:

<https://chfs.ky.gov/agencies/dms/dca/Pages/scl-waiver.aspx>

There is an extensive waiting list for the SCL waiver. Depending on the person's needs and living situation, the individual will be placed on one of three levels – emergency, urgent or future planning. **To be added to the list, people must complete a MAP 620, and provide the requested documentation.**

Do I qualify for SCL?

- Must have an intellectual or developmental disability as defined in 907 KAR 10:010
- Must meet Medicaid financial eligibility requirements
- Must meet Medicaid level of care for an ICF/IID per 907 KAR 1:022

How can I learn more?

(502) 564-7700

(502) 564-5777 (TTY)

Supports for Community Living website:

<https://chfs.ky.gov/agencies/dms/dca/Pages/scl-waiver.aspx>

Participant Directed Services (PDS)

What are Participant Directed Services (PDS)?

Participant-Directed Services (PDS) are part of the Supports for Community Living (SCL) Medicaid Waiver program. PDS services allow individuals to receive non-medical services. The individual assists with the design of the program, chooses the providers of services, and directs the delivery of services to his or her needs. PDS services available through the SCL Medicaid Waiver are:

- Community Access
- Community Guide
- Day Training
- Environmental Accessibility Adaptation
- Goods and Services
- Natural Supports
- Personal Assistance
- Respite
- Shared Living
- Supported Employment
- Transportation
- Vehicle Adaptations

Do I qualify for services from Participant Directed Services?

You must be a Medicaid eligible and enrolled in the SCL Waiver.

How do I apply?

To find the office of Aging and Independent Living that serves your area:

KY Health Choices
Community Options Branch
Department for Aging and Independent Living
275 E. Main St., 3E-E
Frankfort, KY 40621
(502) 564-6930

How can I learn more?

Participant Directed Services: <https://chfs.ky.gov/agencies/dail/Pages/pds.aspx>

RETAIN Kentucky

What is RETAIN Kentucky?

The Kentucky Department of Workforce Investment, University of Kentucky Human Development Institute, and other committed project partners are leading Kentucky's RETAIN Demonstration Project. This collaborative effort is known as the RETAINing Kentucky's Workforce through Universal Design.

Building on state efforts including Kentucky Work Matters, Employment First, and the Call to Action to Meet Commonwealth Workforce Needs, RETAIN Kentucky will use peer support, assistive technology and universal design to promote quality, coordinated health and employment-related stay-at-work/return-to-work (SAW/RTW) services.

RETAIN Kentucky service coordinators will work directly with employers to assess the impact of SAW/RTW activities and help workers facing illness or injury remain in or return to the workforce.

How can I learn more?

Contact Beth Potter, the RETAIN Kentucky Project Director, at beth.potter@uky.edu

RETAIN Kentucky website:

<https://www.kyretain.org>

Supported Employment

What is Supported Employment?

Kentucky has over 80 entities that provide supported employment. Some are freestanding agencies that only provide supported employment. Others provide other services in addition to supported employment. When seeking supported employment, you may begin by talking with supported employment providers (KY Supported Employment Provider List). Alternatively, your first step may be contacting the Office of Vocational Rehabilitation (OVR) where your OVR eligibility will be determined and referrals made to supported employment providers. Regardless, it is important to interview supported employment providers to learn about their ways of approaching employment services. As is true for all types of services, there is a significant range of quality.

Do I qualify for Supported Employment services?

The Kentucky Office of Vocational Rehabilitation determines OVR eligibility for supported employment services, and then makes referrals to supported employment providers. To find contact information for regional OVR offices, visit: <https://kcc.ky.gov/Vocational-Rehabilitation/programservices/Pages/Supported-Employment-and-Community-Rehabilitation-Services.aspx>

As long as you're found eligible by the OVR for supported employment, OVR pays the initial costs including Person Centered Job Selection, Job Planning Meetings, Job Development, Job Analysis, Job Negotiation, and supporting your learning and becoming established in the job. Then the Supported Employment Providers have a variety of ways of paying for long-term support services including problem solving on the job, and promoting job advancements. Either you may contact OVR first, or you may begin by talking with Supported Employment Providers who will connect you with OVR to determine eligibility.

How can I apply for these services?

Call the Kentucky Office of Vocational Rehabilitation in Frankfort at (800) 372-7172 or (502) 564-4440.

What can I expect during this phone call?

- An appointment will be made for you to meet with a counselor
- You will apply for OVR services, specifying Supported Employment
- You can also access a list of service providers by calling the number above.

How can I learn more?

Supported Employment websites:

<https://kcc.ky.gov/Vocational-Rehabilitation/programservices/Pages/Supported-Employment-and-Community-Rehabilitation-Services.aspx>

www.hdi.uky.edu/setp/

<https://www.hdi.uky.edu/setp/setp-resources/famjobseeker>

Vocational Rehabilitation

What is Vocational Rehabilitation?

The Kentucky Office of Vocational Rehabilitation assists Kentuckians with disabilities to achieve suitable employment and independence. The office employs approximately 140 rehabilitation counselors in over 50 offices covering all 120 counties in Kentucky.

Do I qualify for Vocational Rehabilitation services?

- You must require Vocational Rehabilitation services in order to attain your employment goals
- If you receive Social Security disability benefits, you are considered to be an individual with a significant disability and are presumed to be eligible for services
- Your impairment must result in a substantial impediment to employment
- It is not necessary to receive SSI to qualify for this program
- You must be of employable age by completion of rehabilitation.

What Services does Vocational Rehabilitation provide?

- Assessment for determining eligibility and needs
- Counseling and guidance
- Vocational and training services
- Supported employment
- Personal Assistant Services
- Interpreter and note taking
- Telecommunications, sensory and other technical aides
- Job placement and job retention services
- Employment follow-up and post-employment services.

How can I apply for Vocational Rehabilitation?

See the [Directory](https://kcc.ky.gov/Vocational-Rehabilitation/Documents/Directories%20and%20Publications/districtoffices.pdf) at <https://kcc.ky.gov/Vocational-Rehabilitation/Documents/Directories%20and%20Publications/districtoffices.pdf> to contact the office nearest you or call (800) 372-7172 (TTY) for more information.

Office of Vocational Rehabilitation Central Office
CHR Building
275 E. Main Street, Mail Stop 2EK
Frankfort, KY 40621

Email: wfd.vocrehab@ky.gov

(502) 782-3429
(800) 372-7172
(888) 420-9874 (TTY)

What can I expect during this phone call?

An appointment will be made for you to meet with a counselor. Your eligibility will be determined within 60 days of your application.

How can I learn more?

Vocational Rehabilitation: <https://kcc.ky.gov/Vocational-Rehabilitation>

Social Security Disability Income (SSDI)

What is SSDI?

Social Security pays disability benefits to you and certain members of your family if you have worked long enough and have a medical condition or disability that has prevented you from working or is expected to prevent you from working for at least 12 months or end in death.

Do I qualify for SSDI?

Social Security Disability eligibility is determined on having a disability, and SSDI payments are based on your prior work. Your spouse and other dependents may be eligible for SSDI payments based on your work history. Their income may affect their amount of benefits, but their income does not affect the amount that you draw for yourself.

- Eligibility for both SSI and SSDI is possible if SSDI benefit rates are low enough
- If you qualify for SSDI benefits, you will be eligible for Medicare after receiving benefits for two years
- At your full retirement age, your SSDI benefits automatically convert to your Social Security Retirement benefits.

How can I apply for SSDI?

You may apply on-line for disability benefits without waiting for an appointment. To apply, visit www.ssa.gov/applyfordisability/

To locate your Social Security office, visit <https://secure.ssa.gov/ICON/main.jsp>

You may call the Social Security Administration (SSA) office to schedule an appointment at your local office or to ask questions.

(800) 772-1213.

How can I learn more?

Social Security Administration: <https://www.ssa.gov/>

STABLE Kentucky Accounts

What is a STABLE Kentucky Account?

A STABLE Kentucky Account is an investment account available to eligible individuals with disabilities. STABLE Accounts are made possible by the federal Achieving a Better Life Experience (“ABLE”) Act. STABLE Accounts allow individuals with disabilities to save and invest money without losing eligibility for certain public benefits programs, like Medicaid or SSI. Earnings in your STABLE Account are not subject to federal income tax, so long as you spend them on “Qualified Disability Expenses.”

STABLE Accounts have some similar features to normal bank accounts, but they are not checking or savings accounts. When you deposit money into your STABLE Account, your money will be invested in different options that you choose. While you can still withdraw and spend your money whenever you need it, a STABLE Account also allows you to grow your money and to save long-term for disability expenses.

Do I qualify for a Stable Kentucky Account?

To qualify, the individual is someone who developed their disability before the age of 26. The individual must have been living with their disability for at least one year, or they must expect their disability to last for at least a year.

In addition, the individual must meet at least one of the following criteria:

- Be entitled to Supplemental Security Income (SSI) because of their disability;
- Be entitled to Social Security Disability Insurance (SSDI) because of their disability;
- Have a condition listed on the Social Security Administration’s List of Compassionate Allowances Conditions; or
- Be able to “self-certify” their disability and diagnosis when opening a STABLE account.

How can I apply for a STABLE Kentucky Account?

Setting up your account online is free. You may apply on-line for a STABLE account. To apply, visit <https://www.stablekentucky.com/>

You may call or email to learn more about STABLE Accounts or to ask questions.

(800) 772-1213

team@stableaccount.com

How can I learn more?

STABLE Kentucky Accounts: <https://www.stablekentucky.com>

State General Funds

What are State General Funds?

State General Funds are dollars that Community Mental Health Centers can use flexibly. These dollars can fund short-term supports that include but are not limited to respite, crisis intervention, and case management.

Do I qualify and how do I apply?

Due to the flexible nature of these funds, you will need to contact your local Community Mental Health Center to determine if funds are available for the services you need.

Community Mental Health Center listings can be found starting on page 54 in the *Additional Resources* section of this manual.

Supplemental Security Insurance (SSI)

What is SSI?

SSI is a federal income supplement program funded by general tax revenues and not Social Security taxes. It is designed to help aged, blind and individuals with disabilities that have little or no income. SSI provides cash to meet basic needs for food, clothing and shelter.

Do I qualify for SSI?

To receive SSI, you must be 65 or older or blind or disabled

- Children as well as adults can receive benefits
- SSI is based on financial need
- You must be determined disabled by the Social Security Administration Disability Determination Office
- SSI recipients are automatically eligible for Medicaid.

How can I apply for SSI?

Call the Social Security Administration (SSA) office to schedule an appointment at your local office.

(800) 772-1213 or (800) 325-0778 (TTY)

SSI applications are not available online.

How can I learn more?

Social Security Administration: www.ssa.gov/pgm/ssi.htm

Traumatic Brain Injury (TBI) Trust Fund

What is TBI Trust Fund?

This program offers flexible, funding and support for people with traumatic brain injuries. The fund supports supplemental community-based efforts to meet the special needs of individuals with brain injury.

Do I qualify?

Must have:

- Partial or total disability caused by injury to the brain
- Damage to the brain from physical trauma, lack of oxygen, allergic conditions, toxic substances and other medical incidents
- Impaired cognitive abilities or impaired brain function resulting from allergic conditions, toxic substances, or other acute medical clinical incidents, including damage caused by drug overdoses or alcohol poisoning.
- There are no caps for family income levels used to screen for services.
- There is a benefit limit of \$15,000 per individual per year, with a lifetime maximum of \$60,000.

Exclusions:

The following services are not covered under this program:

- Medications
- Institutionalizations
- Hospitalization
- Services for anyone who is a hospital, institutional, or incarcerated resident.

How can I apply for TBI Trust Fund?

Call (502) 564-6930 or Toll-Free: (855) 816-9577

How can I learn more?

TBI Trust Fund: <https://chfs.ky.gov/agencies/dail/Pages/tbitrust.aspx>

General Information

Employment Services

KY Office of Vocational Rehabilitation

Provides services to individuals with disabilities to prepare for, secure, retain or regain appropriate employment.

<https://kcc.ky.gov/Vocational-Rehabilitation>

KY Office for the Blind

The KY Office for the Blind's mission is to provide opportunities for employment and independence to individuals who are visually impaired.

(502) 564-4754 or 1-800-321-6668

<https://kcc.ky.gov/Vocational-Rehabilitation/Blind%20Services/Pages/Blind-Services-Division.aspx>

KY Education and Labor Cabinet

Connecting Kentucky to employment, workforce information, education and training.

<http://educationcabinet.ky.gov>

RETAIN Kentucky

RETAIN Kentucky uses peer support, assistive technology and universal design to promote quality, coordinated health and employment-related stay-at-work/return-to-work (SAW/RTW) services. RETAIN Kentucky service coordinators work directly with employers to assess the impact of SAW/RTW activities and help workers facing illness or injury remain in or return to the workforce.

<https://hdi.uky.edu/project/retain-kentucky>

Supported Employment

Assists persons with disabilities to find and maintain employment. <https://kcc.ky.gov/Vocational-Rehabilitation/programservices/Pages/Supported-Employment-and-Community-Rehabilitation-Services.aspx>

Assistive Technology

Refers to devices and tools that may be available to persons with disabilities that allow them to participate more fully in the activities of daily life.

www.katsnet.org or www.katlc.ky.gov

Faith Organizations

Consider the following issues when looking for a place of worship:

- Are the buildings and sanctuary accessible, welcoming and inclusive?
- Are the programs or ministries accessible, welcoming and inclusive?
- Are the fellowship or social activities accessible, welcoming and inclusive?

Here is a link to an example of an inclusion survey that may be used or adapted for use by any faith community:

http://www.susumc.org/files/about_us/conference_cntr/finance/prperty_casualty/LOCAL%20CHURCH%20ACCESSIBILITY%20SURVEY.pdf

The resources below are provided as a way of offering ideas, examples, and resources (many free) about inclusive communities of faith. Most of these resources are interfaith or easily adaptable regarding application, although some contain doctrine specific to certain faith traditions.

The American Association of People with Disabilities (AAPD) Interfaith Initiative

http://download.elca.org/ELCA%20Resource%20Repository/American_Assoc.pdf

The Boggs Center on Developmental Disabilities (UCEDD) Faith Based Supports

<http://www.rwjms.rutgers.edu/boggscenter/projects/documents/TenIdeasforAgenciesandAdvocacyGroupstoEnhanceandTapSpiritualSupports2012.pdf>

The Religion and Spirituality Division of the American Association of Intellectual and Developmental Disabilities (AAIDD) www.aiddreligion.org

The Faith Inclusion Network www.faithinclusionnetwork.org

Presbyterians for Disability Concerns

<https://www.presbyterianmission.org/ministries/phewa/pdc/>

National Catholic Partnership on Disability (NCPD) www.ncpd.org

Transportation

The Transportation Initiative is a project of UK's Human Development Institute and is funded through the support of the Commonwealth Council on Developmental Disabilities. The Transportation Initiative seeks to provide comprehensive information and education on transportation options. Training material including video, audio, and print material may be found at our website: <https://transportation.hdiuky.org>

Education

Schools cannot discriminate based on disability. If you have a child with a disability and have concerns about educational programs that your child may be entitled to or eligible for, contact your local public school system. If you have concerns about state laws and education, contact:

Kentucky Department of Education

Capital Plaza Tower

500 Mero Street

Frankfort, KY 40601

(502) 564-4770

www.education.ky.gov

If you wish to file a dispute over educational programs that you believe your child is entitled to but does not receive, contact:

Kentucky Protection and Advocacy

100 Fair Oaks Lane, Third Floor

Frankfort, KY 40601

(800) 372-2988; (502) 564-2967 (TTY); Fax: (502) 564-0848

www.kypa.net

Special Education Forms- Eligibility Determination

<https://education.ky.gov/specialed/excep/forms/Pages/Special-Education-Forms---Eligibility-Determination.aspx>

Visually Impaired Pre-School Services

Visually Impaired Preschool Services offers appropriate services to infants and preschoolers who are visually impaired or blind and to their families. VIPS also attempts to maximize each child's development potential through direct services, advocacy and community education. VIPS staff includes certified teachers who specialize in early childhood education, visual impairment, orientation & mobility and special education. There is a VIPS preschool facility in Louisville and home services provided out of the Lexington VIPS office.

Louisville: (502)636-3207 or (888) 636-8477

Lexington: (859)276-0335 or (888) 254-8477

www.vips.org

Kentucky Deaf-Blind Project

The Kentucky Deaf-Blind Project provides statewide technical assistance and training to persons who have a combination of vision and hearing challenges. Services are offered to persons free of charge from birth to 22 years of age, and also to their families and service providers.

859-257-6063

www.education.uky.edu/kydbp/

KY School for the Blind

A K-12 public school serving Kentucky students who are blind and/or visually impaired. Offers short course program (1- 12 weeks) of specialized instruction available to students throughout the school year. Summer school is offered in June and July.

502-897-1583

www.ksb.k12.ky.us

Kentucky School for the Deaf

The Kentucky School for the Deaf ensures that deaf and hard of hearing children and youth in Kentucky have educational opportunities to develop their potential to become educated, life-long learners and productive citizens. In partnership with families, local school districts, and other service providers, KSD functions as a statewide educational center.

(859) 239-7017

www.ksd.k12.ky.us

Housing

Kentucky Housing Corporation

Home loans are made to low- to moderate-income households wanting to purchase a single-family dwelling located within the state of Kentucky.

(800) 633-8896 / TTY: 711

www.kentuckyhousing.org

Kentucky Housing Rental Assistance

Offers very low-income residents an opportunity to find housing at an affordable price.

<http://www.kyhousing.org/Rental/Pages/default.aspx>

HUD

Homes range in price, but many are affordable for low-income and moderate-income Americans.

<https://www.hud.gov/states/kentucky/>

HUD Federal Rental Assistance

HUD funds several rental assistance programs.

<https://www.hud.gov/states/kentucky/renting>

Kentucky Assistive Technology Loan Program

Individuals with disabilities may apply for loans for the purpose of home modifications

www.katlc.ky.gov

Mental Health

Mental Health America of Kentucky

Mental Health America of Kentucky works to improve the accessibility and quality of mental health and substance use services in Kentucky.

(859) 684-7778

www.mhaky.org/

MERGE Project

The Merge project works to strengthen the existing training framework serving Kentuckians with co-occurring mental health, and intellectual and developmental disabilities.

<https://hdi.uky.edu/merge-project>

988 Suicide and Crisis Lifeline

Kentuckians in crisis can now connect with suicide prevention, mental health, and substance use counselors using a nationwide, easier-to-dial phone number – 988. Phone service providers will now direct 988 calls to the existing national lifeline with its 14 Kentucky call centers and connection to additional crisis services will be provided if necessary.

<https://988.ky.gov/>

Respite Care

Respite Care consists of short term and temporary mental health or therapeutic home or adult treatment facility care to families with members who have disabilities, so that the caregivers and other family members can take a break from their daily routine of care giving. Respite care can also be offered overnight or for an extended period. Respite care helps alleviate the stress and consistent nature of caring for relatives with disabilities. Respite care also helps prevent burnout on behalf of the caregiver and family members. Furthermore, respite care also provides a change of daily schedule for the child, which can help strengthen both the child's independence and relationships with others. Depending on the organization or volunteer(s), respite caregivers either visit the homes of these families or require visiting an Adult or Child Foster Care home, day care center or a respite group home. "Host families" or exchange programs consist of other families who also have a member with a disability temporarily caring for a friend or neighbor's child and vice versa.

Department for Behavioral Health, Developmental and Intellectual Disabilities, Community Mental Health Centers

Can arrange respite care services for individuals with developmental disabilities through outpatient services, crisis services and sometimes inpatient care for stabilization.

275 E. Main Street 4CD

Frankfort, KY 40621-0001

<http://dbhdid.ky.gov/kdbhdid/respite.aspx>

KY Centers for Independent Living (*see page 27*) make accept information and make referrals for respite services.

KY Community Mental Health Centers (*see page 58*) may also provide or make referrals for respite services.

First Steps

First Steps is a statewide early intervention system that provides services to children with developmental disabilities from birth to age 3 and their families. First Steps is Kentucky's response to the federal Infant-Toddler Program. First Steps offers comprehensive services through a variety of community agencies and service disciplines and is administered by the Department for Public Health in the Cabinet for Health and Family Services.

First Steps, Department for Public Health

275 E. Main St., HS2W-C

Frankfort, KY 40621

(877) 417-8377

<https://chfs.ky.gov/agencies/dph/dmch/ecdb/Pages/firststeps.aspx>

Advocacy Resources

AUCD - Association of University Centers on Developmental Disabilities

National network of University Centers for Excellence in Developmental Disabilities.

(301) 588-8252

www.aucd.org

Arc of Kentucky

The ARC of KY is people—people with intellectual and developmental disabilities, their families, neighbors and friends, advocating for fairness and equality. The Arc of Kentucky holds a vision of a positive future for individuals with intellectual and developmental disabilities; a future of communities with services and supports that will promote lives of value for Kentuckians with intellectual and developmental disabilities. The Arc of Kentucky believes that individuals with intellectual and developmental disabilities are contributing members of schools, work places, churches, synagogues, neighborhoods, and their communities.

706 E. Main Street, Suite A

Frankfort, KY 40601

(800) 281-1272 or (502) 875-5225; Fax: (505) 875-5226

Email: www.arcofky.org

Arc of the United States

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

(800) 433-5255 or (301) 565-3842

Email: info@thearc.org

www.thearc.org

Autistic Self Advocacy Network of Central Kentucky

An organization run by and for autistic people. We promote the human rights of all autistic people with a dual focus on systemic and individual self-advocacy as informed by the neurodiversity paradigm.

Email: bevharp64@gmail.com

<https://autisticadvocacy.org>

The Council for Exceptional Children

The Council for Exceptional Children is a professional association of educators dedicated to advancing the success of children with exceptionalities. We accomplish our mission through advocacy, standards, and professional development. The largest international professional organization dedicated to improving educational outcomes for individuals with exceptionalities, students with disabilities, and/or the gifted.

(888) 232-7733; (866) 915-5000 (TTY)

www.cec.sped.org

The Council on Developmental Disabilities (Louisville)

An association of families and friends of persons with developmental disabilities with a 50 year history of advocacy involvement including parent outreach and citizen advocacy programs. In the fall of 2002, the Council opened the Leadership Institute, established to educate for leadership, service and advocacy.

CDD: (502) 584-1239; Leadership Institute: (502) 584-1239

Email: info@councilondd.org

www.councilondd.org

Commonwealth Council on Developmental Disabilities (CCDD)

The Commonwealth Council on Developmental Disabilities (CCDD) is a group of citizens, appointed by the governor to serve as a leading catalyst for systems change for individuals and families living with developmental disabilities. The mission of the CCDD is to create change through visionary leadership and advocacy so people have choices and control over their own lives. The CCDD, along with HDI and KY Protection and Advocacy, are part of our state's Developmental Disabilities Network.

(877) 367-5332; (800) 627-4702 (TTY)

<https://ccdd.ky.gov/Pages/index.aspx>

Domestic Violence Shelters & Victim Services

In addition to providing a safe, secure environment for victims/survivors and their children, programs now also offer a variety of support services to residents and non-residents including legal/court advocacy, case management, safety planning, support groups, individual counseling, housing assistance, job search and children's groups.

(502) 209-5382

<https://kcadv.org/resources>

Human Development Institute at the University of Kentucky

The Human Development Institute's (HDI) mission is to advance efforts that build inclusive communities, address inequities, and improve the lives of all people who experience disability across the lifespan. We achieve our mission through leadership and community partnerships across Kentucky and the Nation. HDI's vision is the full participation and contribution of all people with disabilities in all aspects of society. HDI is a member of AUCD ([Association of University Centers on Disabilities](#)), serving as Kentucky's University Center for Excellence in Developmental Disabilities.

(859) 257-1714

www.hdi.uky.edu

Family Voices

A national grassroots network of families and friends, advocates for health care services that are family-centered, community-based, comprehensive, coordinated and culturally competent for all children and youth with special health care needs; promotes the inclusion of all families as decision makers at all levels of health care; and supports essential partnerships between families and professionals.

(888) 835-5669 / (505) 872-4774 (National office) or (502) 595-4459, Ext. 279 (KY office)

Email: kidshealth@familyvoices.org

National Link: www.familyvoices.org

KY Link: <http://www.familyvoices.org/states?id=0044>

Kentucky Appalachian Rural Rehabilitation Network (KARRN)

KARRN is a network of people with spinal cord injury, stroke and brain injury, healthcare providers, educators, researchers and other community members committed to the health and well-being of people with neurological impairments who live in the Appalachian region. KARRN improves the quality of life and community participation of individuals in rural Kentucky through educational seminars, advocacy efforts, and information about clinical trials and other resources available to clients and their families.

www.karrn.org

Kentucky Guardianship Association

The Kentucky Guardianship Association is a non-profit membership organization with the goal of improving adult guardianship in Kentucky. Membership is open to anyone with an interest in adult guardianship. We seek to improve guardianship by developing training for persons appointed to serve as guardian of an adult with a disability, training for persons seeking to be appointed as guardian, attorneys representing alleged incapacitated persons, and professionals including social workers, psychologists, and medical personnel, appointed to interdisciplinary evaluation teams for the purpose of evaluating the capacity of adults responding to a petition for appointment of a guardian or conservator.

(859)-543-0061

www.kyguardianship.org

KY Association of Sexual Assault Programs

The Kentucky Association of Sexual Assault Programs, Inc. (KASAP) is the statewide coalition of the 13 rape crisis centers in the Commonwealth. The mission of KASAP is to speak with a unified voice against sexual victimization.

24 hour hotline: 1-800-656-HOPE

www.kasap.org

Kentucky Education Rights Center, Inc.

Comprised of individuals who, as advocates and attorneys, have represented children with disabilities with school-related problems for a number of years. The endeavor of this organization is to provide this assistance, but to do so without families incurring financial hardships.

(859) 983-9222

Email: kerc@edrights.com

KY Association of the Deaf

KAD is organized by and for the deaf community and is an affiliated member of the National Association of the Deaf (NAD). KAD's mission is for mutual assistance and encouragement of deaf people and to secure moral, intellectual and social improvement of their educational and vocational opportunities. The KY Association for the Deaf has been working closely with the KY Commission for the Deaf and Hard of Hearing, the KY School for the Deaf Alumni Association and the KY Registry of Interpreters for the Deaf.

<https://www.facebook.com/groups/KYAssocDeaf/?ref=direct>

KY Commission on the Deaf and Hard of Hearing

The KY Commission on the Deaf and Hard of Hearing works to provide effective and efficient leadership, education, advocacy and direct services to eliminate barriers and to meet the social, economic, educational, cultural and intellectual needs of deaf and hard of hearing Kentuckians.

(502) 573-2604; (502) 416-0607 Videophone

www.kcdhh.ky.gov

KY Partnership for Families and Children, Inc.

KPFC works to improve services for children in KY with emotional, social and behavioral challenges. Its mission is to empower families affected by behavioral health challenges to initiate personal and systems change. KPFC sponsors trainings for parent groups, and youth, youth councils, a dad's initiative and parent support groups, organized by county.

502-875-1320, (800) 369-0533

www.kypartnership.org/about-us/

KY SPIN – Kentucky Special Parent Involvement Network, Inc.

KY-SPIN is a 501(c)3 non-profit organization dedicated to promoting programs that will enable persons with disabilities and their families to enhance their quality of life. SPIN (Special Parent Involvement Network) is a statewide project of KY-SPIN, Inc. SPIN-PTI (Parent Training & Information Project) is funded by the U.S. Dept. of Education. SPIN provides training, information and support to people with disabilities, their parents and families, and information on all types of disabilities and topics for all age groups. All services of the SPIN-PTI are free to all participants. (800) 525-7746, (502) 937-6894

Email: spininc@kyspin.com
www.kyspin.com

KY Office of Victims Advocacy

The Office of Victims Advocacy works to ensure crime victims are treated with respect and dignity as their case proceeds through the criminal justice system.

(800) 372-2551

<https://ag.ky.gov/about/Office-Divisions/OVA/Pages/default.aspx>

KY Protection and Advocacy

An independent state agency, mandated by federal law, whose mission is to protect and promote the rights of Kentucky residents with disabilities through legally based individual and systemic advocacy and education. KY Protection and Advocacy, along with HDI and the Commonwealth Council on Developmental Disabilities, is part of our state's Developmental Disabilities Network. (800) 372-2988 (TTY), (502) 564-2967

Email: KYPandAinquiry@gmail.com
<http://www.kypa.net/>

My Choice Kentucky

Supported decision-making is just a way of saying how we all make choices. We all need help making decisions, every single day. You probably ask someone you know for advice, to help you understand what's going on and what you need to do; when you do that, you're using supported decision-making. Supported decision-making can be used as an alternative to guardianship as well as within a guardianship.

(859) 218-5959

Email: laura.smith2@uky.edu
www.mychoiceky.org

PASRR Preadmission Screen and Resident Review

The Department for Behavioral Health, Developmental and Intellectual Disabilities mandates a preadmission screening and resident review (PASRR) for all persons applying for admission to or residing in a nursing facility.

(502) 564-4527, (502) 564-5777 (TTY)

<https://dbhdid.ky.gov/kdbhdid/pasrr.aspx>

Project SAFE's Responding to Crime Victims with Disabilities: A KY Resource Guide

The Project SAFE (Safety and Accessibility for Everyone) Network is a multi-disciplinary collaboration of professionals working together to end domestic and sexual violence against individuals with disabilities. Individuals with disabilities are at greater risk of being sexually assaulted or sexually abused. Studies indicate that people with disabilities are especially vulnerable to different forms of violence and face unique barriers to receiving needed help.

<https://arcofky.org/wp-content/uploads/2017/02/Responding-to-Crime-Victims.pdf>

Safe Kids KY

Safe Kids KY is part of the global organization dedicated to preventing injuries in children resulting from motor vehicles, sports, drowning, falls, burns, poisonings, and more. Children with disabilities have a higher risk of unintentional and intentional injuries and this organization is willing to do in services to local, area or state organizations on how to prevent injuries and the loss of a child.

KY Coalition Coordinator: Susan Pollack, Email: Susan.pollack@uky.edu

859-323-6194

www.safekids.org/coalition/safe-kids-kentucky

Spina Bifida Association of Kentucky (SBAK)

SBAK is a resource center that provides free services and programs to children and adults with Spina Bifida and their families.

Kosairs Charities Centre

982 Eastern Parkway, Box 18

Louisville, KY 40217

(502) 637-7363 or Lexington Office (859) 268-5798

spinabifidakentucky.org

TASH Disability Advocacy Worldwide

An international association of people with disabilities, family members, other advocates and professionals working for a society in which inclusion of all people in all aspects of society is the norm.

(202) 429-2080

www.tash.org

TASH, Kentucky Chapter

Located in Louisville.

(859) 373-8920

Email: darrell.mattingly.uky.edu

www.tash.org/chapters/kentucky-tash/

Autism Information

National

Autism Society of America

The Autism Society is the nation's leading grassroots autism organization. We work to increase public awareness about the day-to-day issues about people across the spectrum, advocate for appropriate services for individuals of every age, and provide the latest information regarding treatment, education, research, and advocacy.

(800) 328-8476, (301) 657-0881

www.autism-society.org

State

These listings are examples of organizations across the state. This is not meant to be an exhaustive list, and additional resources may be available in certain areas. A list of local ASD-related supported groups can be found at

<http://katcproviders.louisville.edu/providers/p>

Kentucky Office of Autism

The Office coordinates statewide efforts to enhance the quality of life of individuals with an autism spectrum disorder and provides support to families and caregivers. The Office of Autism also provides administrative support to the Advisory Council on Autism Spectrum Disorder.

Email: talt.curry@ky.gov

www.kyaca.org

Kentucky Autism Training Center (KATC)

The mission of the Kentucky Autism Training Center is to strengthen our state's systems of support for persons affected by autism by bridging research to practice and by providing training and resources to families and professionals. In 1966, the KY General Assembly established the KATC to serve as a statewide resource for families and educators. KATC is housed at the University of Louisville's College of Education and Human Development. Besides having many resources and programming for parents and professionals, families can request a copy of "Kentucky's Family Guide to Autism Spectrum Disorders (2nd Edition)." Additionally, to increase awareness of currently available resources, the KY Autism Training Center is gathering information about services to create a KY Autism Supports and Provider Services Directory. Phone (502) 852-4631 or (800) 334-8635, ext. 852-4631.

Email: katc@louisville.edu

www.louisville.edu/education/kyautismtraining/

Autism Society of the Bluegrass (ASBG)

The Autism Society of the Bluegrass is a resource and support group for families and professionals in the Central Kentucky area who are involved with autism. A chapter of the Autism Society of America and a 501 (c) (3) non-profit organization, ASBG provides education as well as scholarships for members to obtain continuing autism-related education.

(859) 299-9000

www.asbg.org

Autism Society of Kentuckiana (ASK)

ASK is a non-profit organization serving Greater Louisville and Southern Indiana that provides support for families affected by Autism Spectrum Disorders. ASK provides resources and education for families and individuals through monthly support meetings, workshops and social events.

(502) 263-5708

<http://www.ask-lou.org/about.html>

Families for Effective Autism Treatment (FEAT) of Louisville

Families for Effective Autism Treatment (FEAT) of Louisville is a support organization that is very active in the community. Created for families, FEAT of Louisville is dedicated to easing the autism journey through ongoing support, education and programs.

(502) 596-1258

<https://featoflouisville.org/>

For an updated listing of other Autism Support Groups throughout Kentucky, visit the KY Autism Training Center's website at

<http://louisville.edu/education/kyautismtraining/families/groups>

Down Syndrome Information

National

National Down Syndrome Society (NDSS)

The mission of the National Down Syndrome Society is to be the national advocate for the value, acceptance and inclusion of people with Down syndrome.

(800) 221-4602

Email: info@ndss.org

www.ndss.org

National Down Syndrome Congress (NDSC)

The NDSC provides up-to-date information on topics of interest to people with Down syndrome, family members, friends, professionals and interested others. The Center works to promote the availability of and accessibility to a full range of opportunities and/or resources that meet individual and family needs.

(800) 232-6372, (770) 604-9500

Email: info@ndscenter.org

www.ndscenter.org

National Center for Prenatal and Postnatal Down Syndrome Resources

The National Center for Prenatal and Postnatal Down Syndrome Resources (www.downsyndromediagnosis.org), administered through HDI was created to insure that all parents and prospective parents receive accurate, balanced, and scientifically up-to-date information at the point of a prenatal or postnatal Down syndrome diagnosis. The National Center includes the Lettercase materials (including "Understanding a Down Syndrome Diagnosis" www.lettercase.org), Brighter Tomorrows (<http://www.brighter-tomorrows.org/>) and Down Syndrome Pregnancy.Org., which provides support to women who are preparing for the birth of a child with Down syndrome (www.downsyndromepregnancy.org). These materials are also used by the KY Cabinet for Health and Family Services in administering the *KY Down Syndrome Information Act*, requiring health practitioners to provide patients with accurate and balanced information about Down syndrome immediately upon a prenatal or postnatal diagnosis.

State

Down Syndrome Association of Central Kentucky (DSACK)

DSACK is a non-profit volunteer organization comprised of families and professionals who are interested in bettering the lives of people with Down syndrome, and helping them to realize their life aspirations. DSACK's ultimate goal is to provide support, resources, and opportunities for individuals with Down syndrome and their families.

(859) 494-7809

www.dsack.org

Down Syndrome Association of Western Kentucky

DSAWY promotes public awareness and acceptance of individuals with Down syndrome by providing information, resources and support in our community. Generally, meetings are on the 3rd Sunday of every other month at the Heartland Worship Center in Paducah at 2pm.

(570) 559-9026

Email: upsandowns@dsawk.com

www.dsawk.com

Down Syndrome of Louisville

Down Syndrome of Louisville is a non-profit organization founded in 1977 whose mission is to improve the lives of persons with Down syndrome and their families by providing support, information, education, and advocating for their rights and concerns, enabling individuals to reach their full potential.

(502) 495-5088

Email: info@downsyndromeoflouisville.org

www.downsyndromeoflouisville.org

Down Syndrome of South Central Kentucky – in Bowling Green and 7 counties

Down Syndrome of South Central Kentucky is an incorporated 501c3 non-profit organization extending its outreach and mission to seven counties in KY: Allen, Barren, Butler, Edmonson, Logan, Simpson, and Warren.

Email: info@dssky.org

www.dssky.org

Down Syndrome Association of Greater Cincinnati (DSAGC)

The DSAGC is a 501C-3 non-profit organization established in 1981 with a history of responding to the changing needs of individuals with Down syndrome, serving southwest Ohio, northern Kentucky and southeastern Indiana including Hamilton, Butler, Brown, Clermont, Warren, Boone, Campbell, Kenton and Dearborn counties.

(888) 796-5504 / (513) 761-5400

www.dsagc.com

Green River Area Down Syndrome Association – Owensboro and surrounding area

GRADSA's mission is to enable families enriched with Down syndrome connection to share resources, build friendships, and advocate together for the future of individuals with Down syndrome.

(513) 761-5400

www.gradsa.org

Community Mental Health Centers

Four Rivers Behavioral Health

425 Broadway Paducah, KY 42001

(270) 442-7121

24 hour Crisis and Information Line:

(800) 592-3980

www.4rbh.org

Counties served: Ballard, Calloway, Carlisle, Fulton, Gallatin, Graves, Hickman, Livingston, Marshall, and McCracken.

Pennyroyal Center

735 North Drive

Hopkinsville, KY 42240

24-hour line: (877) 473-7766; or in (270)

881-9551

www.pennyroyalcenter.org

Counties served: Caldwell, Christian, Crittenden, Hopkins, Lyon, Muhlenberg, Todd, and Trigg.

River Valley Behavioral Health

1100 Walnut Street

P.O. Box 1637

Owensboro, KY 42301

(270) 689-6500

(800) 737-0696

www.rvbh.com

For all first appointments and referrals to River Valley Behavioral Health outpatient services, call Point of Entry: (270) 683-4039 or (800) 737-0696

Counties served: Daviess, Hancock, Henderson, McLean, Ohio, Union, and Webster.

LifeSkills

380 Suwanee Trail Street

Bowling Green, KY 42102

(270) 901-5000

24 hour Crisis line: (800) 223-8913 (Outside Warren County)

www.lifeskills.com

Counties served: Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson, and Warren.

Communicare, Inc.

107 Cranes Roost Court

Elizabethtown, KY 42701

(800) 641-4673

24-hour crisis line: (800) 641-4673

www.communicare.org

Counties served: Breckinridge, Grayson, Hardin, Larue, Marion, Meade, Nelson, and Washington.

Seven Counties Services

101 W. Muhammad Ali Blvd.

Louisville, KY 40202-1451

(502) 589-8600

24-hour crisis line: (800) 221-0446 or

(502) 589-4313 (TTY) (502) 589-4259

www.sevencounties.org

Counties served: Bullitt, Henry, Jefferson, Oldham, Spencer, Shelby, and Trimble.

North Key Community Care

503 Farrell Dr.

Covington, KY 41011

(859) 781-5586

24-hour crisis line: (859) 331-3292, (877) 331-3292

www.northkey.org

Counties served: Boone, Campbell, Carroll, Gallatin, Grant, Kenton, Owen, and Pendleton.

Comprehend, Inc.

611 Forest Ave.

Maysville, KY 41056

(606) 564-4016

After Hours Emergency: (877) 852-1523

www.comprehendinc.org

Counties served: Bracken, Fleming, Lewis, Mason, and Robertson.

Pathways, Inc.

P.O. Box 790

Ashland, KY 41105-0790

(606) 324-1141 or (800) 562-8909

www.pathways-ky.org

Counties served: Bath, Boyd, Carter, Elliott, Greenup, Lawrence, Menifee, Montgomery, Morgan, and Rowan.

Mountain Comprehensive Care Center

104 South Front Ave.
Prestonsburg, KY 41653
(606) 886-8572 or (800) 422-1060
www.mtcomp.org

Counties served: Floyd, Johnson, Magoffin, Martin, and Pike.

Kentucky River Community Care

115 Rockwood Lane
Hazard, KY 41701
(800)262-7491 or TTY/TDD: (800) 787-5043

Counties served: Breathitt, Knott, Lee, Leslie, Letcher, Owsley, Perry, and Wolfe.

Cumberland River Comprehensive Care Center

P.O Box 568
Corbin, KY 40702
(606) 528-7010
Website: www.crgccc.net

Counties served: Bell, Clay, Harlan, Jackson, Knox, Laurel, Rockcastle, and Whitley.

Adanta Group Community Mental Health Center

130 Southern School Road
Somerset, KY 42501
(606) 679-4782
Emergency Crisis Line: (800) 633-5599 (TTY)
www.adanta.org

Counties served: Adair, Barren, Casey, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Taylor, and Wayne.

New Vista (formally Bluegrass.org)

1351 Newtown Pike
Lexington, KY 40511
(859) 253-1686
Fax: (859) 255-4866
24-hour crisis line: (800) 928-8000
<https://newvista.org/>

Counties served: Anderson, Bourbon, Boyle, Clark, Estill, Fayette, Franklin, Garrard, Harrison, Jessamine, Lincoln, Madison, Mercer, Nicholas, Powell, Scott, and Woodford.

State and Federal Legislators

Some of the resources listed in this manual include excellent programs that are unfortunately limited in availability. It is important to let your legislators know your thoughts about these programs and services as well as your thoughts about future services.

State Legislators

KY Legislative Message Line: (800) 372-7181 during Session

KY Bill Status Line: (866) 840-2835 www.kentucky.gov/services/pages/billwatch.aspx

TTY Message Line: (800) 896-0305

En Español Message Line: (866) 840-6574

For a complete listing of State Legislators:

<https://legislature.ky.gov/Legislators/Pages/default.aspx>

For a listing of KY State Senators: <https://legislature.ky.gov/Legislators/senate>

For a listing of KY State House Representative: <https://legislature.ky.gov/Legislators/house-of-representatives>

Federal Legislators

Rand Paul (Senate)

(202)224-4343

www.paul.senate.gov

Mitch McConnell (Senate)

(202)224-2541

www.mcconnell.senate.gov

Andy Barr (House)

(202)225-4706

<https://barr.house.gov/>

S. Brett Guthrie (House)

(202)225-3501

<https://guthrie.house.gov/>

John Yarmuth (House)

(202)225-5401

<https://yarmuth.house.gov>

Thomas Massie (House)

(202)225-3465

<http://massie.house.gov/>

James Comer (House)

(202)225-3115

<https://comer.house.gov/>

Harold Rogers (House)

(202)225-4601

<https://halrogers.house.gov/>



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Alternate formats of this document are available upon request

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