



**DSANEO
Adult
Services
TOOLKIT**



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Introduction

The following list of resources was developed in anticipation of the topics most families think about when envisioning the future of their loved one with Down syndrome. We understand that each family may have different needs, so feel free to jump around and explore the services of greatest interest. If you need assistance using the Toolkit, please contact the Down Syndrome Association of Northeast Ohio (DSANEO) at 216.447.8763 or visit our website at dsaneo.org.

Limitations of this Toolkit

This Toolkit is for reference purposes only. The Down Syndrome Association of Northeast Ohio (DSANEO) does not endorse or recommend the organizations or services referenced in this Toolkit and is not responsible for any of them. We strongly encourage all families to fully research all organizations and services on their own. Because everyone's circumstances differ, we also strongly urge all families to consult their own legal and financial advisors. In addition, please be aware that available resources and services frequently change as do the terms, conditions and qualifications necessary to access them.



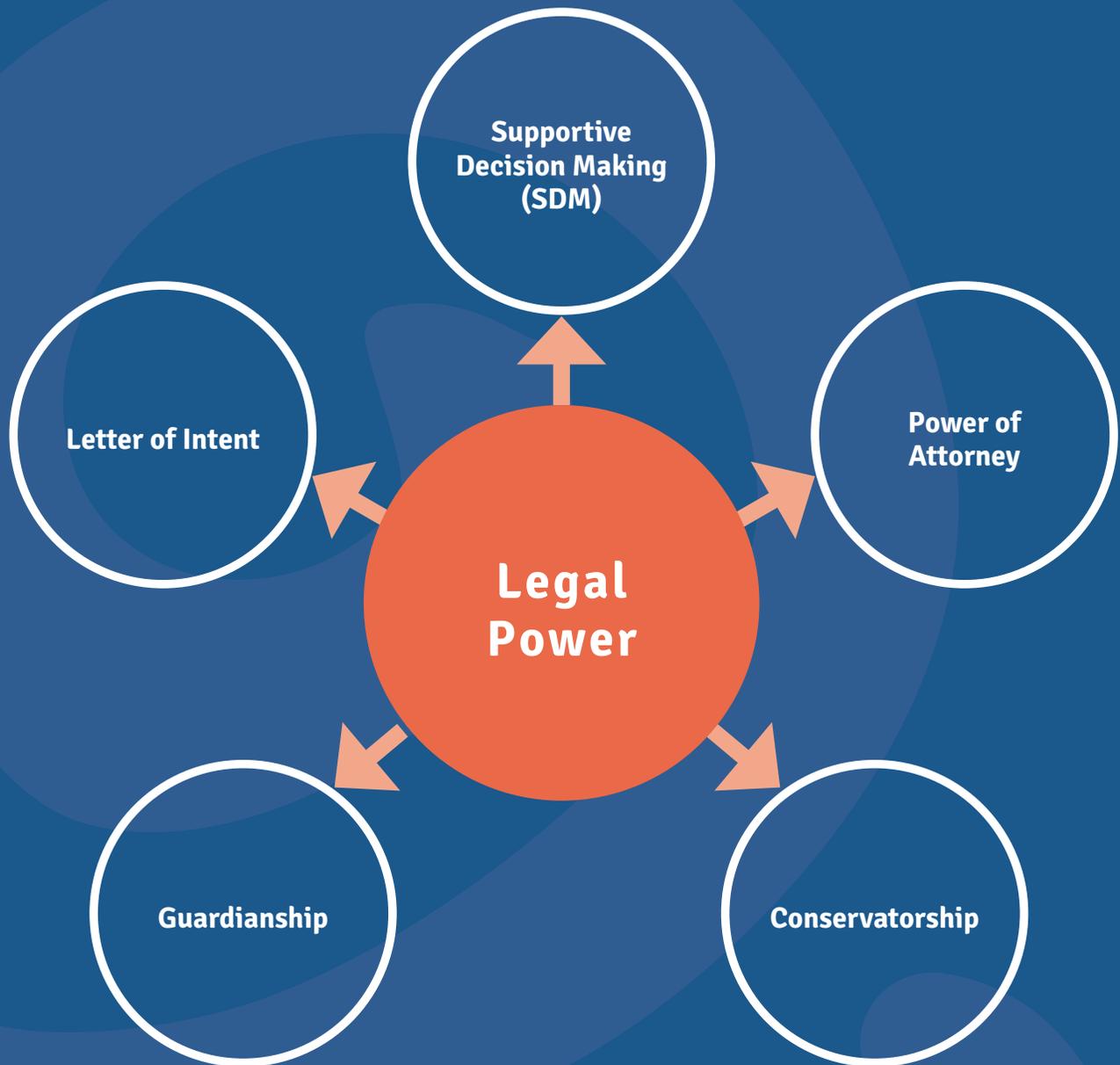
Government Benefits and Services



Government Benefits and Services

BENEFIT	DESCRIPTION	WEBSITES, RESOURCES & CONTACT INFO
Supplemental Security Income (SSI)	<p>The Supplemental Security Income (SSI) program pays benefits to disabled adults and children who have limited income and resources.</p> <p>SSI benefits also are payable to people 65 and older without disabilities who meet the financial limits.</p> <p>People who have worked long enough may also be able to receive Social Security disability or retirement benefits as well as SSI.</p>	<p>Supplemental Security Income SSA</p> <p>Understanding Supplemental Security Income (SSI) -- Home Page (ssa.gov)</p> <p>PDF: EN-05-11000 - Supplemental Security Income (SSI) (March 2022) (ssa.gov)</p> <p>Social Security Administration: 1-800-772-1213</p>
Social Security Administration (SSA) – Social Security Survivor/Retirement Benefit)	<p>A Disabled Adult Child (DAC) can get Retirement/Survivor benefits at any age if they were <u>disabled</u> before age 22 and remain disabled.</p> <p>Benefits may be paid to a Disabled Adult Child based on the parent’s <u>primary insurance amount (PIA)</u>. The amount will vary based on the parent’s past work and payroll contributions</p> <p>They can receive one-half of a living parent’s PIA, or three-fourths if the parent is deceased.</p> <p>Besides the worker’s natural children, their stepchildren, <u>grandchildren</u>, or adopted children may receive benefits under certain circumstances.</p>	<p>If You Are The Survivor SSA</p> <p>How You Qualify Disability Benefits SSA</p> <p>Social Security Administration: 1-800-772-1213</p>
Social Security Disability Income (SSDI)	<p>Social Security Disability Insurance pays benefits to you and certain members of your family if you are “insured,” meaning that you worked long enough and paid Social Security taxes.</p>	<p>Benefits for People with Disabilities (ssa.gov)</p> <p>Social Security Administration: 1-800-772-1213</p> <p>What Is the Difference Between SSDI and SSI? DisabilitySecrets</p>
Medicaid	<p>Ohio’s Medicaid covers qualified medical expenses for individuals who meet certain eligibility requirements, including some adults with disabilities. Eligible individuals receive an Identification Card or a letter from the Ohio Dept. of Jobs and Family Services identifying them as eligible for certain medical care services.</p>	<p>Who Qualifies Medicaid (ohio.gov)</p> <p>Services Medicaid (ohio.gov)</p> <p>How to Apply or Renew for Medicaid Medicaid (ohio.gov)</p>
Medicare	<p>Medicare is the federal health insurance program for:</p> <ol style="list-style-type: none"> 1. People who are 65 or older 2. Certain younger people with disabilities 3. People with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a transplant, sometimes called ESRD) 	<p>Welcome to Medicare Medicare</p> <p>What’s Medicare? Medicare</p> <p>General Medicare information, ordering Medicare booklets, and information about health plans. 1-800-MEDICARE</p>
Medicaid/Medicare Dual Programs	<p>Dual plans are health plans that contract with both Medicare and Ohio Medicaid to provide benefits of both programs to enrollees. They provide additional benefits such as financial assistance with food, OTC meds, utilities, and more. Major insurance companies offer the program as does MYCare Ohio. Must qualify for Medicare and Medicaid to be eligible.</p>	<p>Speak to a health insurance agent to learn about the different programs and benefits.</p>
Food Stamp Program / Supplemental Nutrition Assistance Program	<p>The Food Stamp Program helps low-income individuals buy food, including adults with disabilities who qualify. Can be applied for using Ohio Jobs and Family Services portal.</p>	<p>Food Assistance Office of Family Assistance Ohio Department of Job and Family Services</p>

Legal Power



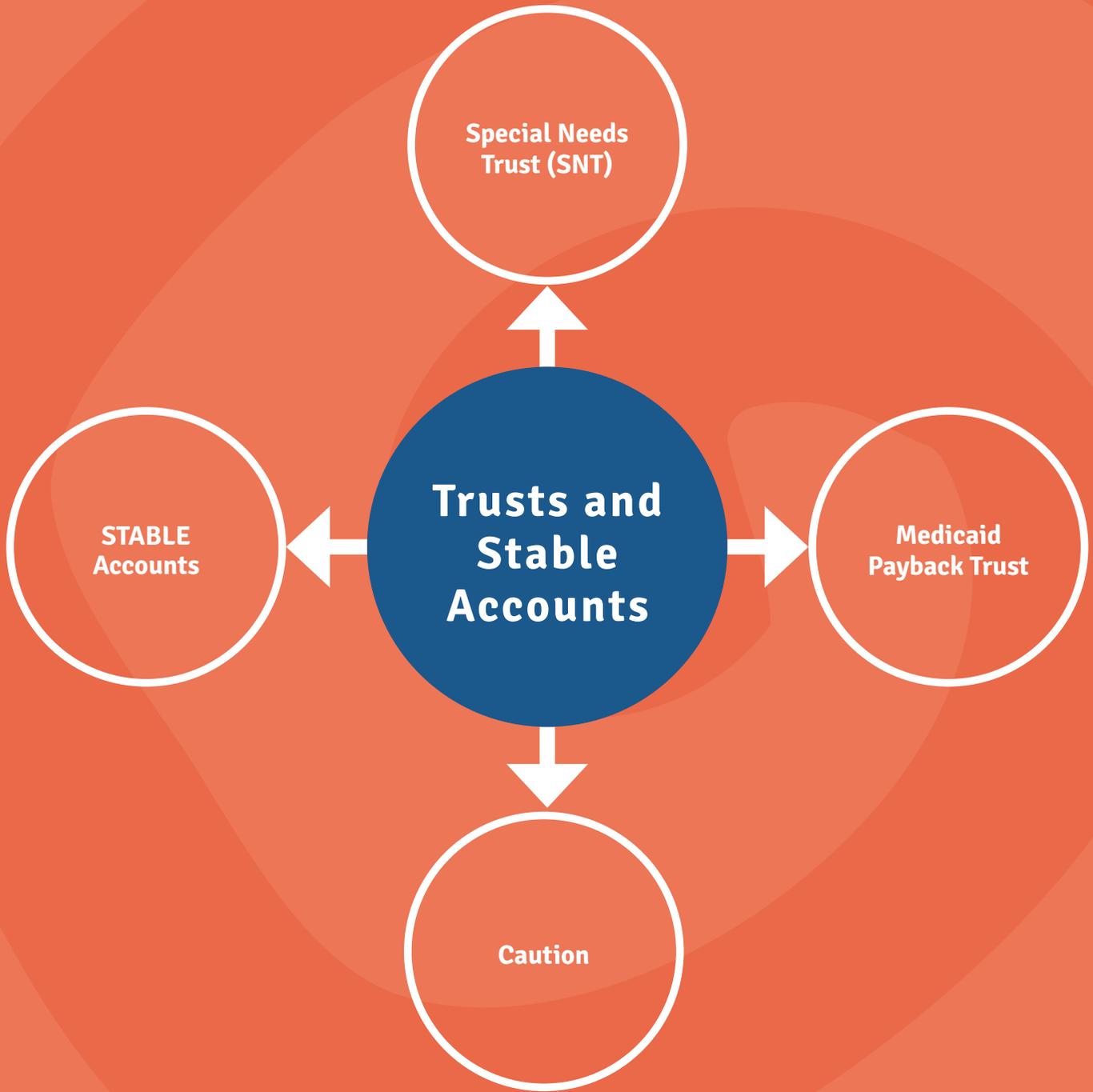
Legal Power

BENEFIT	DESCRIPTION	WEBSITES, RESOURCES & CONTACT INFO
<p>Supportive Decision Making (SDM)</p> <p>*AT THE TIME OF PRINT, SDM IS NOT LEGALLY BINDING IN OHIO.</p>	<p>Supportive decision-making allows individuals with disabilities to make choices about their own lives with support from a team of people. SDM allows people with disabilities to make their own decisions instead of having someone else make decisions for them. SDM promotes self-determination and allows the individual with a disability to be independent and in control of their life.</p>	<p>d11274_1a0ce4b8886346b0b142c54c2af73564.pdf (ohionetworkforinnovation.com)</p>
<p>Power of Attorney</p>	<p>There are different types of power of attorney (POA) your loved one may need after the age of 18. The POA authorizes someone else to handle certain matters, such as finances and/or health care, on his/her behalf. In Ohio, a power of attorney is durable, and remains in effect if the individual becomes or is incapable of making independent decisions. Durable powers of attorney help you plan for medical emergencies and declines in mental functioning and can ensure that health and finances are taken care of.</p> <p>A Financial Power of Attorney allows the appointed agent to manage government benefits, finances and property as the agent of the person with developmental disabilities.</p> <p>The Durable Power of Attorney for Health Care allows the appointed agent to make medical decisions in the event the person with disabilities is unable to do so himself. A healthcare power of attorney oversees medical needs and is allowed access to HIPPA protected medical records. The power of attorney is selected by the individual and the individual can revoke permission at any time.</p>	<p>Law Facts: Financial Powers of Attorney Ohio State Bar Association (ohioabar.org)</p> <p>Disability Rights Ohio - Advance Directives Healthcare POA form</p> <p>Forms for power of attorney are available online.</p> <p>Advance directives: The What-if? Workbook - Advance Directives (disabilityrightsohio.org)</p>
<p>Conservatorship</p>	<p>In Ohio, A conservatorship, is a voluntary relationship between the Conservatee, a person who is mentally competent but physically infirm, and a Conservator, the person appointed by the probate court to manage the Conservatee’s personal and/or financial affairs. It is not commonly used for individuals with IDD. Conservatorship is a voluntary alternative to guardianship for individuals who were not found incompetent. A person with a developmental disability who is able to make decisions but wants to receive help in making or carrying out those decisions may select a conservator and file an application with the probate court. Conservatorships follow the same process as guardianships, but the person under conservatorship may limit, modify, or terminate the powers of the conservator at any time.</p>	

Legal Power

BENEFIT	DESCRIPTION	WEBSITES, RESOURCES & CONTACT INFO
<p>Guardianship</p>	<p>In Ohio, the probate court shall appoint a guardian for an adult over 18 if it is found to be necessary. A guardian is an appointed adult who is granted full or partial custody over a person deemed incompetent. There are three Types of Guardianships of an Incompetent Adult: Guardianship of the Person—This is typically granted when the individual needs assistance meeting their personal needs. Guardianship of the Estate—This is typically granted when the individual only needs assistance managing their assets. Guardianship of the Person & the Estate—This is typically granted when the individual needs assistance with their personal needs as well as their assets.</p> <p>Guardianship for an Ohio resident is started by filing an application in the Probate Court of the county where the proposed ward resides. Applications are available at the court or on the court website. In addition to completing the Application, the Applicant must undergo a background check. Some counties may also require a credit check as part of the application process. In addition, the Applicant must also complete a 6 hour Fundamentals of Guardianship course offered by the Ohio Supreme Court.</p> <p>In addition to the Application, the Applicant must have a medical professional prepare a Statement of Expert Evaluation. Depending on the circumstances, the medical professional may be a medical doctor, a psychologist, or a psychiatrist. The medical professional will talk to and evaluate the proposed ward to determine whether a Guardianship is necessary.</p> <p>After the Application is filed, the probate court will schedule a hearing.</p> <p>Once appointed, the Guardian must complete 3 hours of continuing education yearly.</p>	<p>Guardianship of Individuals with Developmental Disabilities Toolkit (ohio.gov)</p> <p>Disability Rights Ohio - Ohio's New Rules About Guardianship</p> <p>How to File For Guardianship in Ohio (ohiolaw.net)</p>
<p>Letter of Intent</p>	<p>The Letter of Intent is not a legally binding document but is an extremely important planning tool. This letter communicates your desires and concerns to future caregivers after your death. It covers vital statistics: your child's personal, medical, and financial profile. It can include details about what works well or not so well for your child, their likes or dislikes, sample of their daily schedule, suggestions about what changes might be needed for the future, a list of pertinent documents and records and so forth. It provides a means to share the vision that you have for your child with others. Include this with your estate planning documents. But be sure to provide a copy to the future caregivers and update it annually.</p>	<p>Letter of Intent Future Planning for People With Disabilities (thearc.org)</p>

Trusts and Stable Accounts



Trusts and Stable Accounts

BENEFIT	DESCRIPTION	WEBSITES, RESOURCES & CONTACT INFO
<p>Special Needs Trust (SNT)</p>	<p>It is important that the individual with developmental disabilities who is receiving government benefits does not directly receive money or assets. If the assets are directly given to the beneficiary, their government benefits may be affected. All cash or assets should be gifted to the individual’s special needs trust. There is not a maximum amount of money an individual can have in an account.</p> <p>A special needs trust will cover needs that cannot be paid by government benefits (i.e., SSI, Medicaid). The money in a special needs trust will not affect the individual’s government benefits no matter the amount.</p> <p>The most common special needs trust created by and with assets of a third party (someone other than the person with a disability) is known as a discretionary “supplemental needs” trust. With such a trust, there is no requirement that funds be turned over to the state upon the death of the beneficiary. However, proper drafting is critical. It must clearly state that it cannot be used for medical care, comfort, maintenance, health, welfare or general well-being. It should also clearly state that the trust will terminate if the trust is counted as an available resource. The distributions should only be used for supplemental items over and above the necessities of life and at the complete discretion of the trustee.</p>	<p>Special Needs Trusts in Ohio in a Nutshell - Ohio Family Law Blog (hcmmlaw.com)</p> <p>Special Needs Trusts and ABLE Accounts - Family Resource Network of Ohio (frnohio.org)</p>
<p>Medicaid Payback Trust</p>	<p>One type of Medicaid payback trust is a first party trust which must contain assets of the individual but may also include assets of third parties. It also can only be used for supplemental services not covered by Medicaid or SSI and requires that upon the death of the individual the state must be repaid for Medicaid services provided from the remaining assets in the trust. The individual must also be under the age of 65 when assets are placed in the trust. Medicaid does not count assets in a first-party trust for two reasons. First, the property in the trust can only be used for the sole benefit of the beneficiary with disabilities. Second, when the beneficiary dies, the trustee must pay back Medicaid.</p>	
<p>**Caution**</p>	<p>Although technically anyone can create a Special Needs Trust, establishing the trust is complicated and it is extremely important to get the wording correct. Maintaining the trust can also be complicated. It is also important to know the responsibilities of the trustee and to understand how to pick a good trustee. In most cases it is best to get legal help to establish and maintain a Special Needs Trust.</p>	

Trusts and Stable Accounts

BENEFIT	DESCRIPTION	WEBSITES, RESOURCES & CONTACT INFO
<p>STABLE Account</p>	<p>A STABLE account is an investment account available to eligible individuals with disabilities. STABLE accounts allow you to save and invest money without losing eligibility for certain public benefits programs, like Medicaid or Supplemental Security Income (SSI). Earnings in your STABLE account are not subject to federal income tax, so long as you spend them on qualified disability expenses.</p> <p>STABLE accounts are not checking or savings accounts, but are investment accounts, similar to 529 college savings accounts or 401(k) retirement 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, STABLE accounts also allow you to grow your money and to save long-term for disability expenses.</p> <p>A STABLE Visa card is also available to use your money for what you need. Instead of pulling money directly from your STABLE account, you load the card with exactly how much you'd like to spend. The STABLE Visa Card can be used everywhere Visa cards are accepted.</p> <p>Yearly contributions are limited to \$16,000 per year.</p> <p>Following the death of the Beneficiary, Ohio may file a claim against the Beneficiary or the STABLE Account itself for the amount of the total medical assistance paid for the Beneficiary under the state's Medicaid plan after the establishment of the STABLE Account. (Medicaid payback) The amount is to be paid only after the payment of all funeral and burial expenses and after payments are made for the Qualified Disability Expenses of the Beneficiary.</p>	<p>Stable Account 529a Savings Plan</p> <p>Home - STABLE (stableaccount.com)</p>



County Boards of Developmental Disabilities



County Boards of Developmental Disabilities

BENEFIT	DESCRIPTION	WEBSITES, RESOURCES & CONTACT INFO
<p>SA/ SSAs Support Administrators</p>	<p>SA/SSAs are Support and Service coordinators who are employed by their county boards of Developmental Disabilities and work with individuals who have a diagnosed developmental disability. Their job entails assessment, service planning, and coordination for adults and children with developmental disabilities, as well as oversight and assistance to service providers. They will provide families with resources and services that the individual is eligible for and can assist with securing funding.</p>	<p>Google your local County Board of Developmental Disabilities or</p> <p>Contact DODD's call center at 1-800-617-6733</p>
<p>Waivers</p> <p>*****</p> <p>SIGNIFICANT CHANGES TO WAIVERS WENT INTO EFFECT 7/1/22. CONTACT YOUR COUNTY BOARD OF DEVELOPMENTAL DISABILITIES FOR DETAILS.</p> <p>*****</p>	<p>Waivers are a way to pay for services that support someone with developmental disabilities living on their own, with family, with a roommate, or with a provider through Ohio Shared Living. The department administers three different waivers: the Individual Options Waiver, the Level One Waiver, and Self-Empowered Life Funding Waiver. Each waiver serves a different level of need.</p> <p>A. The Individual Options waiver, often called the IO Waiver is a more comprehensive waiver. It can be a good fit for people who may need a lot of help in their home, or for people who need many different services. See the link for a comprehensive list.</p> <p>B. The Level One Waiver is a good fit for people who do not need many paid support staff to provide services.</p> <p>C. The Self-Empowered Life Funding Waiver, called the SELF Waiver for short, is a good fit for people who want to manage some of their services. If you have a SELF Waiver, you can be in charge of hiring and training the people who provide your services. You can manage your budget for the services you want.</p>	<p>Individual Options Waiver Department of Developmental Disabilities (ohio.gov)</p> <p>Level One Waiver Department of Developmental Disabilities (ohio.gov)</p> <p>SELF Waiver Department of Developmental Disabilities (ohio.gov)</p> <p>NEW+Waiver+Comparison+Chart+Final+4.29.22.pdf (ohio.gov)</p>



County Boards of Developmental Disabilities

BENEFIT	DESCRIPTION	WEBSITES, RESOURCES & CONTACT INFO
<p>Day programs and Employment</p>	<p>Individual Employment Support The SA or SSA, can assess for a need for Individual Employment Support. If there is a need, the SSA will include it in the person’s individual service plan. This service includes:</p> <ul style="list-style-type: none"> • job coaching, • training for Assistive Technology used on the job, • other workplace support services that help the person succeed in integrating into their job setting, • personal care and assistance (as a component of an Individual Employment Support activity). <p>Support is provided in a way that matches the person’s interests, strengths, priorities, and abilities, while meeting their personal and career goals.</p> <p>This service does not support someone who is trying to find a job.</p> <p>Adult Day Support helps a person build connections in their community. With this service, people can learn:</p> <ul style="list-style-type: none"> • how to meet and talk with new people, • what activities are in their community, • how to get places independently, • and what jobs are available in their area. <p>While taking part in Adult Day Support services, a person can also have help with personal care, such as going to the restroom, eating meals, and taking medication.</p> <p>Group Employment Support can help a person learn new job skills that will help them get a job they want in the community. It is a service that helps people</p> <ul style="list-style-type: none"> • learn to work with other people, • make lists of work tasks, • make a plan for working in the community, • learn ways to get to and from work, • and understand how to work as part of a group. <p>People taking part in this service may work at one location or the group may travel to a few different locations to work. Group Employment Support is provided in community settings, which offers groups of workers with disabilities paid employment and work experience.</p>	<p>Individual Employment Support Department of Developmental Disabilities (ohio.gov)</p> <p>Adult Day Support Department of Developmental Disabilities (ohio.gov)</p> <p>Group Employment Support Department of Developmental Disabilities (ohio.gov)</p>
<p>Related Services</p>	<p>Your County Board of DD may be able to help you with:</p> <ul style="list-style-type: none"> • Travel training and finding transportation • Resources for Home and Personal Care Services • Adult Day Support • Communication & Assistive Technology • Career Planning • Clinical & Therapeutic Intervention • Community Respite • Community Transition • Employment Support • Maintaining Medicaid and SSA benefits. • Keeping your individual safe at home • Information on Residential Options 	<p>Developmental Disabilities Services Toolkit Department of Developmental Disabilities (ohio.gov)</p>

Healthcare for Adults



Healthcare for Adults

BENEFIT	DESCRIPTION	WEBSITES, RESOURCES & CONTACT INFO
<p>Global Down syndrome Foundation</p>	<p>The Global Down Syndrome Foundation is dedicated to significantly improving the lives of people with Down syndrome through Research, Medical Care, Education and Advocacy.</p> <p>The new GLOBAL Medical Care Guidelines for Adults with Down Syndrome (GLOBAL Adult Guideline) provide first in-kind, evidence-based medical recommendations to support clinicians in their care of adults with Down syndrome. Family friendly versions available.</p>	<p>Research & Medical Care Global Down Syndrome Foundation</p> <p>Medical care for Adults with Down syndrome checklist</p> <p>Medical Care of Adults With Down Syndrome: A Clinical Guideline Congenital Defects JAMA JAMA Network GLOBAL Adult Guideline - Resource Download Request Global Down Syndrome Foundation</p>
<p>National Down Syndrome Society</p>	<p>The National Down Syndrome Society (NDSS) supports and advocates for the Down syndrome community by focusing on three key areas of programming: Resources & Support, Policy & Advocacy, and Community Engagement. NDSS creates resources to support individuals with Down syndrome, their families, and caregivers across the lifespan and hosts awareness and engagement events throughout the country.</p>	<p>Alzheimer’s Disease & Down Syndrome: A Practical Guidebook for Caregivers National Down Syndrome Society (NDSS)</p> <p>Mental Health & Down Syndrome National Down Syndrome Society (NDSS)</p> <p>Common-Medical-Conditions-One-Pager_v03.pdf (ndss.org)</p> <p>Aging and Down Syndrome: A Health & Well-Being Guidebook National Down Syndrome Society (NDSS)</p>
<p>Alzheimer’s Association - Cleveland Area</p>	<p>A health organization that provides Alzheimer’s care, support and research.</p>	<p>Alzheimer’s Association of Cleveland Cleveland Area Chapter (alz.org) Down Syndrome and Alzheimer’s Symptoms & Treatments alz.org</p>
<p>Adult Down Syndrome Clinics</p>	<p>Each medical center may be different, but all provide comprehensive assessment and treatment plans for people with Down syndrome. A full continuum of care provides family members the necessary information from medical staff experienced and knowledgeable about people with Down syndrome.</p>	<p>https://nisonger.osu.edu/adult/adult-clinics-services/adult-downsyndrome-clinic/</p> <p>https://www.chp.edu/our-services/down-syndrome</p> <p>https://www.chp.edu/our-services/down-syndrome</p>
<p>University Hospitals Psychiatric services</p>	<p>The UH Department of Psychiatry provides a full range of diagnosis, treatment and management services for adults with intellectual and developmental disabilities. Expert medical care providers specialize in treating a wide range of people with disabilities including those with autism, cerebral palsy and Down syndrome.</p>	<p>Intellectual and Developmental Disabilities Conditions & Treatments Psychiatry University Hospitals Cleveland, OH University Hospitals (uhhospitals.org)</p>

Healthcare for Adults

BENEFIT	DESCRIPTION	WEBSITES, RESOURCES & CONTACT INFO
Metro Comprehensive Care Clinic	<p>The Comprehensive Care Clinic employs a medical home model that gives coordinated medical care to children and adults with developmental disabilities. Care is given across a variety of specialties and throughout the patient’s lifespan. The Comp Care Clinic sees patients of all ages. They often develop long-term relationships with patients and families. When a patient turns 21, they will transition from pediatric providers to internal medicine providers, staying in the same clinic, staffed by care coordinators they know and trust.</p>	<p>Comp Care Program The MetroHealth System</p>
Advocate Medical Group	<p>The Advocate Medical Group Adult Down Syndrome Center is a health care clinic in Park Ridge, Illinois, that has served the medical and psychosocial needs of over 6,000 teens and adults with Down syndrome since 1992. In 2012, they expanded their research and education efforts, which included providing up-to-date and relevant online resources on a variety of topics to assist families and medical professionals with their care of people with Down syndrome.</p>	<p>Resources Adult Down Syndrome Center (advocatehealth.com)</p>
National Task Group on Intellectual Disabilities and Dementia Practices	<p>The NTG’s overall mission is to advocate for services and supports for people with intellectual disability and their families, who are affected by Alzheimer’s disease and dementias.</p> <p>They produce materials related to dementia, including practice guidelines, screening tools, education and training curricula and workshops, agency and family-based information, and other technical materials – as well provide technical assistance.</p>	<p>National Task Group on Intellectual Disabilities and Dementia Practices (the-ntg.org) National Task Group: “Early Detection Screen for Dementia” - https://www.the-ntg.org/ntg-edsd</p>
Dental clinics	<p>The following is a partial list of dental clinics that accept Medicaid for their adult patients:</p> <ul style="list-style-type: none"> • Case School of Dental Medicine • Angel Dental Care • Northcoast Dental • MetroHealth Ohio • City Family Dentistry 	<p>Becoming a Patient School of Dental Medicine Case Western Reserve University</p> <p>Financial Options – Angel Dental Care (angel-dentalcare.com)</p> <p>Insurance Plans - Parma, OH Dentist (northcoastdentalinc.com)</p> <p>Ohio City Family Dentistry The MetroHealth System</p>
LiveSpecial	<p>LiveSpecial has a list of more than 1200 providers who can assist with finding therapists, financial planners, doctors, dentists, recreational opportunities and many other resources for individuals with special needs and those who develop special needs.</p>	<p>Livespecial Access Support Services for Families with a Loved One with Special Needs</p>

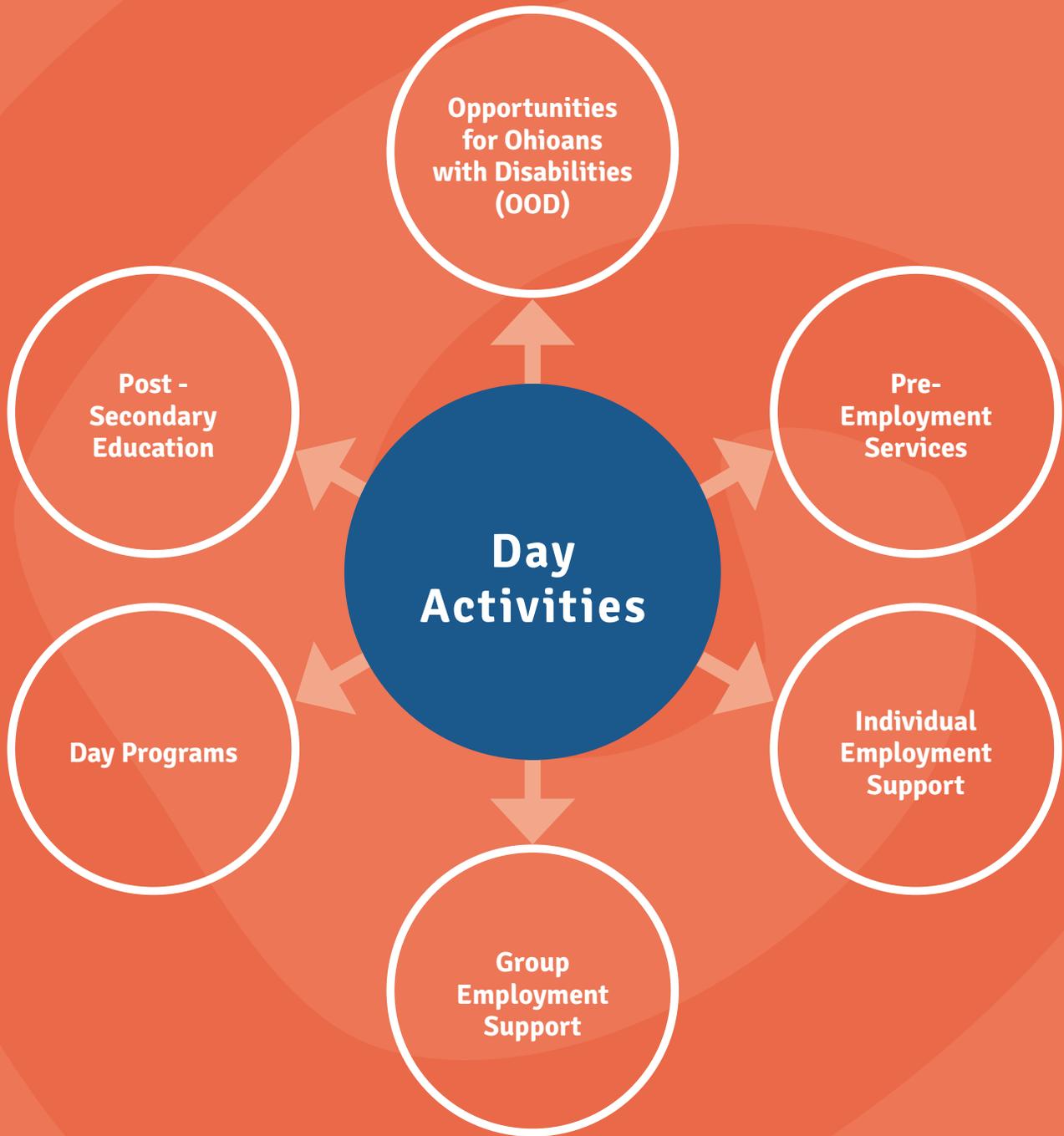
Living with Supports



Living with Supports

BENEFIT	DESCRIPTION	WEBSITES, RESOURCES & CONTACT INFO
<p>Intermediate Care Facility</p>	<p>An intermediate care facility is sometimes called ICF for short.</p> <ul style="list-style-type: none"> • At least 4 people live together in an ICF. • An ICF has staff on-site 24 hours a day, seven days a week. • There is always someone to help in an emergency. • Every ICF looks different, but usually people who live in an ICF share a bedroom <p>These models allow for individuals with developmental disabilities to choose where they live and be fully integrated into the community. Trained direct care staff are provided to meet individual needs up to 24 hours a day.</p>	<p>Comparing ICF and Waiver Services Department of Developmental Disabilities (ohio.gov)</p>
<p>Shared Living</p>	<p>Ohio Shared Living is the service authorized by county boards of developmental disabilities for people who live with paid caregivers who deliver at least 20 percent of the person’s personal care and support services. Shared living can be applied whether or not the caregiver is related to the individual receiving support.</p>	<p>Ohio Shared Living Department of Developmental Disabilities</p>
<p>Supported Independence Living Model</p>	<p>This model allows for individuals to live semi-independently with support to become more independent. Support can include assistance with cooking, cleaning, budgeting, etc. Some individuals may use an agency to coordinate and direct the supports needed. Others may choose self-directed supports that allow for the individual with developmental disabilities to have choice on hiring direct care staff. The individual and the family have the flexibility of hiring the employee they feel comfortable with to support the individual.</p>	<p>To obtain supports for HPC services, speak to your SA or SSA.</p> <p>Search providers at www.Providerguideplus.com</p>
<p>Planned Communities</p>	<p>A variety of supported communities are currently in development to serve individuals with Intellectual and Developmental Disabilities. This is currently an area of significant growth and change. Current resources at the time of printing are listed in the column to the right.</p>	<p>Solon community Living Home - Solon Community Living</p> <p>Medina Creative Living Making a Difference Medina Creative Housing</p>
<p>Group Homes</p>	<p>Also known as Residential Facilities, these homes serve those with disabilities, including physical, mental, cognitive, or behavioral health needs. There are more than 750 group homes in Ohio. They provide room, board, and personal care for individuals who need assistance with daily living. 3-16 residents can live in a residential facility, providing long-term care</p>	<p>Residential Facilities (Group Homes) Long-Term Care Guide Consumer Guide (ohio.gov)</p>
<p>Respite Care</p>	<p>Respite is a short break in providing care to your loved one. Respite can be at your home or in a facility. Respite programs include activities like support groups and retreats for caregivers, and sleep away camps and overnight stays for the person receiving care.</p>	<p>Due to continual changes in the agencies providing respite care, it is advised that a family contact their county Board of Developmental Disabilities or ARC Ohio for an up to date list.</p>

Day Activities



Day Activities

BENEFIT	DESCRIPTION	WEBSITES, RESOURCES & CONTACT INFO
Opportunities for Ohioans with Disabilities (OOD)	<p>Opportunities for Ohioans with Disabilities (OOD) provides counseling and guidance to individuals with disabilities who are seeking employment. They will help with setting goals, assessing strengths and weaknesses, and providing resources for successful employment. They work with the Bureau of Vocational Rehabilitation (BVR) to assist with:</p> <ul style="list-style-type: none"> • Vocational counseling and training • Job search and job placement assistance • Transportation services • Occupational tools and equipment 	<p>https://ood.ohio.gov/individuals-with-disabilities/services/vocational-rehabilitation</p>
Pre-Employment Services	<p>Pre-employment services teach job skills to individuals who have developmental disabilities to enhance their potential of obtaining and maintaining employment. Services can be obtained from local agencies. For a current list of agencies, link to ongoing databases from community organizations or speak to your county SA/SSA.</p>	<p>Vocation/Employment Services Livespecial Resource Center Milestones Autism Resources Cleveland, OH Individuals with Disabilities Opportunities for Ohioans with Disabilities ProviderGuidePlus</p>
Individual Employment Support	<p>An individual with a developmental disability can be assigned a job coach if one is needed to help provide on the job training. “Follow along” job coaching is intermittent visits from the coach once the individual is working independently for an extended period of time.</p>	<p>ProviderGuidePlus</p>
Group Employment Support	<p>Group Employment Support can help a person learn new job skills that will help them get a job they want in the community. It helps people People using this service may work at one location or the group may travel to a few different locations to work. Group Employment Support is provided in community settings, which offers groups of workers with disabilities paid employment and work experience. Group Employment Support is provided in two ways:</p> <ol style="list-style-type: none"> 1. The person works in self-contained enclaves within a company or at a service site in the community, or performs multiple jobs at the company, but is not integrated with employees of the company without disabilities. 2. Mobile work crews that only include people operating as a distinct unit or self-contained business work in several locations within the community. <p>Services can be obtained from local agencies. Speak to your county SA/SSA.</p>	<p>Group Employment Support Department of Developmental Disabilities (ohio.gov)</p>
Day Programs	<p>Day programs provide a place for individuals with a range of developmental disabilities to have a meaningful and productive day. Day programs services vary depending on the agency. Speak to your county SA/SSA.</p>	<p>ProviderGuidePlus</p>
Post-Secondary Education	<p>Going to college is also an opportunity for people with Intellectual disabilities including Down syndrome. Each college offers a different combination of living, learning and support options.</p>	<p>Post -secondary education options in Ohio Resources for Students with Disabilities OnlineColleges.net</p>

Miscellaneous Resources

BENEFIT	DESCRIPTION	WEBSITES, RESOURCES & CONTACT INFO
SUPPORT FOR CAREGIVERS: TRAININGS		
Charting the Life Course	Charting the LifeCourse framework was created to help individuals and families of all abilities, and at any age or stage of life develop a vision for a good life, think about what they need to know and do, identify how to find or develop supports, and discover what it takes to live the lives they want to live. Individuals and families may also find it helpful to think about life experiences now that will help move them toward an inclusive, productive life in the future.	Charting the LifeCourse - Family Resource Network of Ohio (frnohio.org)
Down Syndrome Affiliates in Action (DSAIA)	Provides trainings related to Down syndrome	https://www.dsaia.org/
The ARC of Ohio	The ARC of Ohio advocates for human rights, personal dignity and community participation of people with intellectual and developmental disabilities.	Home - The Arc of Ohio
VOCATIONAL		
Employment Collaborative	The Employment Collaborative of Cuyahoga County is a 501(c)3 non-profit that collaborates with over 60 non-profits, social service and government agencies dedicated to helping businesses access local qualified job seekers to meet their staffing needs. They host hiring events and educational trainings to businesses to help educate them on the benefits of hiring individuals with disabilities as well as give them direct access to qualified candidates to fill open positions within their business.	Employmentcollaborative.com
Project Search	The Project SEARCH High School Transition Program is a one-year school-to-work program for students with disabilities who are in their last year of high school. This unique program is a partnership between a host business, school system and vocational rehabilitation agency that provides on-site internship experiences so that the students may acquire necessary skills for employment. This is a national resource with sites at various hospitals in Ohio.	Home - Project SEARCH
Vocational Guidance Services	Services can begin at age 14 with an opportunity to explore career interests in preparation for life after high school. Vocational Rehabilitation provides workplace readiness skills and on-site work opportunities.	Home - Vocational Guidance Services (vgsjob.org)

Miscellaneous Resources

BENEFIT	DESCRIPTION	WEBSITES, RESOURCES & CONTACT INFO
SUPPORT GROUPS		
Down Syndrome Association of Northeast Ohio	The Down Syndrome Association of Northeast Ohio (DSANEO) is a nonprofit organization whose mission is to provide support, education and advocacy for individuals with Down syndrome, their families and communities and work to promote the acceptance, inclusion, and empowerment of all individuals.	www.Dsaneo.org
National Down Syndrome Congress	NDSC provides resources from birth through adulthood for families who have an individual with Down syndrome.	National Down Syndrome Congress (ndsccenter.org)
OTHER OPTIONS FOR INDIVIDUALS WITH DOWN SYNDROME		
Services for Independent Living	Services for Independent Living (SIL) is a non-profit, non-residential Center for Independent Living in Northeast Ohio. They provide an array of individual and community services designed to help and empower individuals of all ages and all disabilities to lead healthy, productive lives and participate in community life as they choose. Individual services focus on providing individuals with disabilities access to information and skills needed to facilitate and enhance their independence and to remain in the community of choice.	About - Services for Independent Living, Inc (sil-oh.org)
People First	People First of Ohio helps to set up local chapters of people with disabilities who are self-advocates. The chapters focus on helping others with disabilities become self-advocates. Local Chapters work mostly on local issues and report to the state what they would like to see happen on a state/federal level.	People First of Ohio - People First of Ohio (peoplefirstohio.org)
BRI Care Consultation	This program is available to families of people caring for an individual with Down syndrome because of the high correlation between Down syndrome and Alzheimer’s disease. It is an evidence-based care-coaching program, delivered conveniently through telephone and email, that empowers both family and friend caregivers and the person receiving care to create meaningful, lasting improvements in the care environment.	BRI Care Consultation (benrose.org)
Gigi’s Playhouse	Gigi’s provides free educational, therapeutic-based, and career development programs for individuals with Down syndrome, their families, and the community.	https://gigisplayhouse.org

Miscellaneous Resources

BENEFIT	DESCRIPTION	WEBSITES, RESOURCES & CONTACT INFO
RECREATION		
Empower Sports	Empower Sports exists to enrich the lives of athletes with diverse challenges through sports and exercise. They believe that every athlete should have an opportunity to participate in the games they love and provide programs so that no one is left out. Empower Sports provides programming in multiple counties.	About Us (empowersports.org)
Best Buddies	Best Buddies International is a dedicated to establishing a global volunteer movement that creates opportunities for one-to-one friendships, integrated employment, leadership development, and inclusive living for people with intellectual and developmental disabilities (IDD).	About (Ohio) - Best Buddies International
Community Adapted Rec Departments	Offers various social events for individuals with Down syndrome.	See your local community recreation guides
Rec2Connect	Rec2Connect is devoted to fostering growth and overall development in children and adults with special needs through innovative Recreation and Aquatic Therapy services. They connect people with special needs and their families through community recreation, wellness, and lifetime leisure skills.	Rec2Connect - Special Needs Recreation and Aquatic Therapy services
Jacob's Ladder Special Needs fitness	Jacob's Ladder provides regular exercise and nutrition information to help improve the health of kids and young adults with special needs.	Jacob's Ladder Special Needs Fitness (jacobladderfitness.com)
OTHER		
DS -Connect	This web-based resource allows for families to connect with researchers and health care providers, express an interest in participating in certain clinical studies on Down syndrome, and engage in health related surveys.	Welcome to the Down Syndrome Consortium The Down Syndrome Consortium (nih.gov)
National Down Syndrome Society	Among other educational training, NDSS can provide an adult sibling toolkit to prepare siblings to become an advocate and potentially a caregiver for their loved one with Down syndrome.	Adult Sibling Program National Down Syndrome Congress (ndscenter.org)
Linking Employment, Abilities and Potential (LEAP)	Linking Employment, Abilities and Potential (LEAP) offers a broad array of Home and Community Based Services that maximize individual choice and assist people with disabilities to live, work and remain active in the community, with the necessary benefits, supports, and resources to do so. Their services include advocacy, training benefit navigation assistance and more.	LINKING EMPLOYMENT, ABILITIES & POTENTIAL (LEAP) (leapinfo.org)

Miscellaneous Resources

BENEFIT	DESCRIPTION	WEBSITES, RESOURCES & CONTACT INFO
SUPPORT GROUPS		
Jewish Family Service Horvitz Youth Ability program	The Horvitz YouthAbility program serves disabled and at-risk youth by engaging them in volunteer service, vocational activities, and social enrichment. YouthAbility participants help themselves by helping others.	EMPOWERING YOUTH THROUGH YOUTHABILITY – JFSA Cleveland (jfsa-cleveland.org)
Cuyahoga County Board of Developmental Disabilities All Means All	Cuyahoga DD has developed a user-friendly way to identify accessible, adaptive and inclusive activities in the community. Our Guide to Inclusive Places, Jobs and Events allows people with developmental disabilities- and their families and providers to better connect to employment, adaptive and inclusive recreation programs and other desired community activities and resources. All places listed in our guide meet Cuyahoga DD ALL means ALL standards.	https://cuyahogabdd.org/resources/guide-to-inclusive-places-jobs-and-events/
SARTAC (Self-Advocacy Resource and Technical Assistance Center)	The mission of SARTAC is to strengthen the self-advocacy movement by supporting self advocacy organizations to grow in diversity and leadership.	Who We Are - SARTAC (selfadvocacyinfo.org)



Down 
Syndrome
Association
OF NORTHEAST OHIO

dsaneo.org

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