

I'M NEW

A workshop for those new to an autism diagnosis and/or those new to San Diego



PRESENTED BY SAN DIEGO AUTISM SOCIETY BOARD MEMBERS:

- ▶ GILDA FALLAH
- ▶ SHIRLEY FETT, MSN, FNP
- ▶ ANNETTE JONES, PhD.
- ▶ DUSTIN TRACY, CFP® , CDFA®

THE PURPOSE OF THIS WORKSHOP IS TO PROVIDE FAMILIES & COMMUNITY MEMBERS WITH AN ASD FAMILY MEMBER INFORMATION ABOUT THE MANY SERVICES, OPPORTUNITIES AND RESOURCES AVAILABLE IN SAN DIEGO COUNTY.

OBJECTIVES:

- ▶ **TO PROVIDE GENERAL INFORMATION RELEVANT TO ALL AGES**
- ▶ **TO PROVIDE INFORMATION ON AGE SPECIFIC ASD SERVICES AND SUPPORTS AVAILABLE IN SAN DIEGO COUNTY**

OVERVIEW OF AGENCIES AND SERVICES

- ▶ San Diego Regional Center
- ▶ School Districts
- ▶ Private Medical Insurance
- ▶ Medi-Cal-Income based vs. Waiver
- ▶ IHSS: In Home Supportive Services
- ▶ SSI: Supplemental Security Income
- ▶ Adult Service Agencies
- ▶ Department of Rehabilitation

UNDER 3 YEARS OLD

Early Intervention Services

*SAN DIEGO REGIONAL CENTER FOR THE
DEVELOPMENTALLY DISABLED (SDRC)*

- ▶ IFSP-Individual Family Service Plan
- ▶ Respite: in home or out of home service
- ▶ ABA : Applied Behavior Analysis (before age 3 years)
- ▶ Early intervention programs
- ▶ Assistance with co-pays for therapy (need based)
- ▶ Speech therapy
- ▶ Occupational therapy

UNDER 3 YEARS OLD

Early Intervention Services

- ▶ ABA-Applied Behavioral Analysis
- ▶ California Early Start Services
<https://www.sdrc.org/index.php/early-start/>
- ▶ Project ImPACT-Improving Parents as Communication Teachers
- ▶ San Diego County Office of Education Early Education Services
<https://www.sdcoe.net/student-services/early-education/Pages/default.aspx>
- ▶ Rady's Autism Discovery Institute
- ▶ Autism Speaks-100 Day Kit <https://www.autismspeaks.org/tool-kit/100-day-kit-young-children>

3 YEARS TO 22 YEARS

School District Services

- ▶ Referral process for special education services
 - ▶ Team approach of parents and professionals
- ▶ Individualized Education Plan (IEP)
 - ▶ specialized academic instruction, speech therapy, occupational therapy, physical therapy, counseling, adaptive PE, music therapy, vision therapy and transition planning federally mandated at age 16 years
- ▶ After School Programs
 - ▶ Social skills, sports
- ▶ Regional Center Programs
 - ▶ Social skills, independent living skills
- ▶ IEP Transition Planning-Federally mandated at age 16
- ▶ Diploma vs Certificate of Achievement

3 YEARS TO 22 YEARS

Medical Insurance

- ▶ Applied Behavioral Analysis (ABA)-law in CA that requires medical insurance pay for ABA
- ▶ RDI-Relationship Development Intervention
- ▶ Floor Time, Pivotal Response Training
- ▶ Ancillary therapies provided by Regional Center or individual insurance-OT, speech, PT, music, vision

3 YEARS TO 22 YEARS and beyond San Diego Regional Center

- ▶ Medi-Cal waiver until age 18 years
- ▶ Respite care
- ▶ In home behavioral consultations
- ▶ Assistance with insurance co-pays
- ▶ Crisis Intervention/Aggressiveness-Safety Alert, Inc., in home behavioral assessment and START program
- ▶ Residential Placement

3 YEARS TO 22 YEARS

Other Considerations

Estate/Financial Planning Considerations

- ▶ Income/Asset Limitations
 - ▶ Exclusions (what doesn't count against limit)
- ▶ SSI - Supplemental Security Income
- ▶ ABLE/529 ABLE Accounts
- ▶ Special Needs Trusts/Pooled Trusts
- ▶ Successor Guardians
- ▶ Plan of Care Document

IHSS-In Home Supportive Services

Based upon need of the child/adult. Not income based. Must have Medi-Cal to qualify.

Can hire caregiver or *parent* may become paid caregiver for child/adult.

18 YEARS AND OLDER

Education

Continuing Education Options

- ▶ C2C: College 2 Career [C2C](#)
- ▶ Different credit vocational programs at our SD community colleges: San Diego Community College District (SD Miramar, SD Mesa, SD City, SD Continuing Education), Cuyamaca/Grossmont, Southwestern, MiraCosta
- ▶ Non-Credit Classes including DSPS classes offer at SD Continuing Education, Cuyamaca/Grossmont, Southwestern and Miracosta community colleges

18 YEARS and OLDER Education (continued)

- ▶ College Living Experience <https://experiencecle.com/>
- ▶ Project College at USD for [Project College](#)
- ▶ Tailored Day Program thru SDRC can support student in college
- ▶ DSPS Disability Support Programs and Services [DSPS](#)
- ▶ NFAR Vocational programs [NFAR](#)
- ▶ Department of Rehabilitation (DOR)

18 YEARS AND OLDER

San Diego Regional Center Funded

- ▶ Adult Day Program
- ▶ Tailored Day Program
- ▶ Supported Employment
- ▶ Supported Living
- ▶ Independent Life Skills Training
- ▶ Paid Internship
- ▶ Self Determination

Adult Day Program

The Adult Day program is community based program, served by San Diego Regional Center, and available based on the Individual Program Plan (IPP) and focus on the individual's Person-Center-Plan.

- ▶ Typical ratio is 1:3 or 1:4 in the community
- ▶ There are site based behavioral programs available.

Adult Day Programs

Types of services include:

- ▶ Developing and maintaining self-help and self-care skills.
- ▶ Developing the ability to interact with others, making one's needs known and responding to instructions.
- ▶ Developing self-advocacy and employment skills.
- ▶ Developing community integration skills such as accessing community services.
- ▶ Behavior management to help improve behaviors.
- ▶ Developing social and recreational skills.

Tailored Day Program

The Tailored Day program is community based program available based on the Individual Program Plan (IPP) and focus on the individual's goals and needs.

- ▶ Types of services include:
 - ▶ Employment Opportunities
 - ▶ Post Secondary Education Support
 - ▶ Socialization and Recreational
 - ▶ Independent Living Skills

Supported Employment

An employment arrangement for integrating people with intellectual disabilities into the workforce. It's a form of employment in a competitive workforce, in which wages and benefits from an employer are expected.

- ▶ Individual Employment
- ▶ Employment in a Group Setting - 3 - 8 to one coach
- ▶ The funding can come either from the Department of Rehabilitation or the Regional center.
- ▶ DOR Supported Employment services are typically limited to 24 months.

Supported Living

Supported Living Services (SLS) consist of a broad range of services to adults with developmental disabilities who, through the Individual Program Plan (IPP) process, choose to live in homes they own or lease in the community. This is available starting at age 18 years. SLS may include:

- ▶ Assistance with selecting and moving into a home;
- ▶ Choosing personal attendants and housemates;
- ▶ Acquiring household furnishings;
- ▶ Common daily living activities and emergencies;
- ▶ Becoming a participating member in community life; and,
- ▶ Managing personal financial affairs, as well as other supports.
- ▶ Consider applying for Section 8 housing voucher (low income rental assistance)

Independent Life Skills Training

Goal is to provide supports for individuals to live by themselves unsupervised; or with a roommate or a spouse. Eligible at age 18 and older. The services may include:

- ▶ Money management/budgeting
- ▶ Meal planning & preparation
- ▶ Health maintenance
 - ▶ Scheduling/attending doctor's appointments
 - ▶ Taking medications
- ▶ Social activities
- ▶ Home safety
- ▶ Parenting Skills

Paid Internship Program (PIP)

- ▶ The purpose of the program is to increase the vocational skills and abilities of clients who choose, via their Individual Program Plan (IPP) process, to participate in an internship.
- ▶ Goals of this program include the acquisition of experience and skills for future paid employment, or for the internship itself to lead to full or part time paid employment in the same job.
- ▶ Individual is either learning a job in a typical setting, a specific trade or craft, or starts a microenterprise for self employment.
- ▶ This program is funded through the State of California Department of Developmental Services (DDS) in conjunction with Regional Center.

Events and Opportunities for Micro-Business

Event	Date and Time	Contact(s)Notes
Micro-Business Fair at TIEE	4/28/2020 from 10 am - 12 pm	Sheryl Bobroff; e-mail Sheryl at sbobroff@tiee.org to reserve a table (no cost)
Ocean Beach People's Organic Food Market Craft Fair	May 2020	https://www.obpeoplesfood.coop/ 2 fairs per year (Spring and Fall); must be a member of OB People's Market (\$15 per year); \$5 to reserve a space (can bring table or rent one for \$5); items must be handmade and follow vegetarian policy (no feathers, shells, leather or products made by animals); no business license needed
Amazing Lace	February 21, 2021	This event is NEXT Year (2/2021); minimal cost for vendors with the SD Micro-Business Coalition
SoCal Etsy Guild Market San Diego	Monthly (check dates on website)	https://www.eventbrite.com/e/socal-etsy-guild-market-san-diego-tickets-25635990939 \$100 per table (\$75/table for non-profits); require a business license

Self Determination-Currently in initial phase with planned roll out to all in 2022

- ▶ Freedom/flexibility to plan a good life over your personal resources for building a life in the community and pride in making your own decisions in order to help you accomplish the goals in your IPP/PCP.
- ▶ You have an individual budget from which you can purchase what you need and want. It gives you more choices and flexibility in choosing services and support; The focus is YOU.
- ▶ Who helps you:
 - ▶ your friends/family
 - ▶ Regional Center service coordinator
 - ▶ Independent Facilitator - It can be family or someone you know to help with the goals
 - ▶ Financial Management Services - Choose the provider to handle the money, pay providers, verification/ background checks of the providers you hire.

18 YEARS AND OLDER

Other Considerations

- ▶ Conservatorship-can apply at age 18 years and older
- ▶ SSI/SSA
- ▶ Health Care Options-Medi-Cal, Medicare, Private Medical Insurance

ALL AGES

OTHER BENEFITS AND SUPPORTS

- ▶ Disabled Parking Placard from DMV-eligible; primary care provider will need to complete application [DISABLED PARKING APPLICATION](#)
- ▶ San Diego Zoo and Safari Park: With paid entrance can get companion pass for free-both day pass and annual pass eligible [SD Zoo Guests with Disabilities](#)
- ▶ Sea World: With paid entrance can get companion pass free-for both day pass and annual pass
- ▶ Legoland: Can get companion pass for free with paid admission
- ▶ SDGE CARE (California Alternate Rates for Energy) Program-up to 30% discount on bills based upon income and certain public assistance programs [SDGE CARE Program](#)
- ▶ Legal Aid Society San Diego-can assist with IHSS, SSI, housing issues

ALL AGES

Other Benefits and Supports Recreation Programs

- ▶ Sports for Exceptional Athletes Ages 5 and up <https://www.s4ea.org/>
- ▶ Miracle League of San Diego <https://miracleleagueofsandiego.org/>
 - ▶ Challenged Softball league for ages 5 and up - north county coastal and central San Diego
- ▶ Challenged PYBL in Poway <https://www.pybl.com/page/show/1479882-challenged-leagues>
- ▶ Tap Fever Studio <https://www.tapfever.com/classes/dancers-with-disabilities/>
- ▶ Autism Tree Project www.autismtreeproject.org
- ▶ City of San Diego Therapeutic Recreation Services (don't have to live in SD) Multiple activities <https://www.sandiego.gov/park-and-recreation/activities/trs>
- ▶ Federal National Parks & Federal Recreation Lands All Access Pass-Free
 - ▶ <https://store.usgs.gov/access-pass>
- ▶ Special Olympics [Special Olympics SD https://www.sosc.org/sandiego](https://www.sosc.org/sandiego)

OTHER BENEFITS AND SUPPORTS

Recreation (continued)

- ▶ Autism Society San Diego - See website for details and schedule of events
 - ▶ <https://www.autismsocietysandiego.org/>
 - ▶ Various camps for individuals of all ages
 - ▶ Camp I Can; AWARE; Surf Camp; Family Camp
 - ▶ Monthly autism friendly events
 - ▶ La Mesa Library Autism Friendly
 - ▶ Pool/Gym Nights
 - ▶ Monthly Social/Support Groups
 - ▶ North County/East County Support Groups/Coffee Talks
 - ▶ Both Teen and Adult Social Groups
 - ▶ Adult Support and Information
 - ▶ Membership includes eligibility for our various camps; discounted Disneyland tickets; eligibility for research grants; and generous conference scholarships.

ALL AGES

Support and Advocacy

- ▶ Autism Society San Diego www.autismsocietysandiego.org
- ▶ NFAR-National Foundation for Autism Research www.nfar.org
- ▶ ATPF Autism Tree Project Foundation www.atpf.org
- ▶ TACA The Autism Community in Action www.tacanow.org
- ▶ Home of Guiding Hands-Life Planning Project [HGH Life Planning Project](#)
- ▶ TAKE ME HOME REGISTRY [TAKE ME HOME](#)
- ▶ Self Advocacy ASAN Autistic Self Advocacy Network
- ▶ <https://autisticadvocacy.org/about-asan/>

THANK YOU FOR YOUR ATTENDANCE AND PARTICIPATION!

- ▶ A COPY OF THIS SLIDE PRESENTATION WILL BE EMAILED TO ALL ATTENDEES.
- ▶ QUESTIONS?
- ▶ EMAIL info@autismsocietysandiego.org or CALL 858-715-0678

