

E.A.T.T. Early Adult Transition Task-Force

Sponsored by: Michigan Department of Community Health,
Children's Special Health Care Services

Welcome... to the Early Adult Transition Task-Force's first

quarterly newsletter. The Task- Force is made up of young adults with special health care needs. The Task- Force decided a newsletter would be the best way to get information out to others. This newsletter was put together and edited by young adults with special health care needs to reach out to other young adults with special health care needs. The purpose of this newsletter is to get young people involved in their own health care. We will provide resources and information that could be helpful to you. We will also highlight different resources that may be available as you make the transition from children's services to adult services. These will be included on the back page.

If you haven't already, it is a good time to start thinking about how you will manage you health as you get older and become an adult. Health insurance, new doctors, and learning new skills to take care of yourself are all things that you should begin to think about or plan for. Are you thinking about health care for when you get older?

Each newsletter we will include a story of a young person and their experiences managing their own health care as they get older. If you have a story to share we would be thrilled to hear it and feature it in our newsletter. See the back for more details.

MY STORY...STACEY



My name is Stacey Hess. I am diagnosed with type I diabetes, rheumatoid arthritis, hypothyroidism, and osteoporosis. I also have undiagnosed, problems with my joints, fine motor control, and neurological functioning. I have been diabetic since I was 2. I began receiving Children's Special Health Care Services (CSHCS) when I was 11. I turned 21 July of 2005 and was no longer eligible for CSHCS. I felt like I had fallen off the face of the Earth when I tried to get other health insurance to help pay for my care.

I use food stamps to eat and my family is on a fixed income. I take about a dozen medications plus I need syringes and other medical supplies. With all my appointments for my problems, I definitely run up doctor bills. My family was spending a lot of money trying to keep me walking. What about Medicaid? That's supposed to help poor people get health care, right? Well, I become ineligible for Medicaid at 21 as well (grrr). I am lucky enough to live in a county with a county health plan (the Adult Benefits Waiver, ask about it at your local Department of Human Services office). It helps cover most doctor visits, and about half my meds. However, the expensive ones are not covered and I have to pay out of pocket. I also have to reside in my county, where there are no graduate schools in my field. I am required to go to a county doctor, and am in there a lot.

What is a "medically challenged" person, who actually wants to work someday, to do? I'm a bit lost on that part still. But I'm working with the Early Adult Transition Task-Force (EATT) to try to help people like me avoid these pitfalls. It's not like we're healed by our 21st birthday cake—we would be if we could be! All of us (anyone 15 or older) who are or have been on CSHCS should think about this transition. If we work together, we can make sure we don't crash land.

- Are you entering adulthood soon?
 - Do you want to have a voice?
 - Do you have a plan for your health care?
 - Are you informed about your health care options after age 21?
 - Do you know about prescription coverage?
 - Do you want to hear other people's stories?
 - Do you want to share your own story some day?
-If So Keep Reading!!!

Resources



We are looking for other young adults with special health care needs who would like to share their story with others or join the Early Adult Transition Task- Force. If you are interested or you have ideas of what you would like to see in a future newsletter please contact Gina Tremonti through the family phone line at 1-800-359-3722 or e-mail tremontig@michigan.gov.

To make sure you keep receiving these newsletters please join are mailing list. To sign up for the mailing list or get off of our mailing list call Gina through the family phone line at 1-800-359-3722.



Important Numbers:

Social Security Administration: To get information about SSI and other benefits.
1-800-772-1213

Department of Human Services: Medicaid Help Line:
For questions about your Medicaid coverage.
1-800-642-3195

Family Phone Line: If you have any questions about your health care or Children's Special Health Care Services.
1-800-359-3722

Partnership for Prescription Assistance: This program is a one-stop shop for all prescription drug assistance programs. Just call the number and tell them the medicines you are taking and answer some basic questions.
1-888-477-2669

Michigan Protection and Advocacy: Provides legal assistance to people with disabilities.
1-800-292-5896

United Cerebral Palsy Association of Michigan:
1-800-828-2714

Resource Spotlight:



Michigan 2-1-1: Connects People with Health Services

There's 911 for emergencies and 411 for phone information. Now there's 2-1-1 for information about local health and human services. The multilingual, confidential hotline is available 24 hours a day, seven days a week for 60% of Michigan's population.

Counties with 2-1-1 service include: Calhoun, Kalamazoo, Kent, Jackson, Macomb, Muskegon, Oakland, Ottawa, and Wayne Counties as well as counties across the Upper Peninsula.

When you dial 2-1-1, you'll speak to trained specialists who will personally guide you to connect with the needed service or multiple services available in your community. Faced with a dramatic increase in the number of agencies and help-lines, people often don't know where to turn. 2-1-1 creates access for people to connect with the help they need before problems escalate. Prevention programs will be more available through this highly visible, three digit telephone number.

2-1-1 is available through United Ways partnering with a host of public and nonprofit agencies. A plan is in place to make 2-1-1 statewide within the next two years.

So the next time you need non-emergency assistance, call 2-1-1.

Michigan Rehabilitation Services (MRS): Transition Services for Youth

Transition services facilitate and support the movement of high school students with disabilities into adult life activities. School counselors, transition coordinators and other school personnel may refer you to MRS if you have a disability and want to find a meaningful career. A person with a disability may be eligible for MRS services if the disability causes problems in preparing for, finding, or keeping a job. School records may help document the presence of your disability as well as your need for MRS services in order to work. Talk to someone at your school, or call 1-800-605-6722 for a listing of MRS office locations across the state.