

Independent Living

Many skills such as those listed below, are needed for youth to become successful and independent.

- ◆ **Money Skills:** Paying bills and managing money is an important skill for independence. Income to live independently can come from Social Security Benefits, employment, a trust fund or family support.
- ◆ **Daily Living Skills:** Living skills include cooking, cleaning, self-care and household safety. These skills can begin to develop at a young age through chores and helping out around the house.
- ◆ **Decision Making:** Many decisions must be made as an adult. Youth must begin to make decisions on their own.
- ◆ **Transportation:** Getting from one place to another is an important skill. Youth who will be living independently should plan for their transportation needs. This can happen by learning how to drive, how to take a bus or how to call for a ride.

Transition to adulthood is a process, not an event. Plan early and help your child reach for his/her dreams!

**For questions
or help, phone
the CSHCS
Family Phone Line
at 1-800-359-3722**



Children's Special Health Care Services (CSHCS)

Family Guidance: Transition Planning for Youth



As youths get older there may be changes in how they receive services and care. Included in this brochure are a few things to think about as adulthood approaches.

Health Care Skills

There are many skills that are important to remain healthy and informed. These are a few that are important. If appropriate, youth should:

- ◆ Know about his/her medical condition(s)
- ◆ Know what medicines he/she is taking
- ◆ Know how to get help in an emergency
- ◆ Know how to make medical appointments
- ◆ Know how to refill prescriptions
- ◆ Know how to advocate for him/herself

In addition to these skills it is important to communicate with doctors about youth's transition to adulthood. A few things you can do:

- ◆ Ask doctor(s) questions and ask for explanations about the changes needed for your youth.
- ◆ If appropriate, have youth meet with his/her doctors privately to ask questions and gain experience.
- ◆ Ask current doctor(s) about when youth should see adult doctors.
- ◆ Ask doctor(s) for help finding appropriate adult doctors.

If at the age of 18 the young adult is unable to make decisions for him/her self to manage all of his/her care needs, guardianship or the many alternatives to guardianship should be explored.

Health Care Coverage

CSHCS coverage is not available after the age of 21 unless youth has a qualifying diagnosis (Cystic Fibrosis or certain forms of Hemophilia). Planning for health care as an adult is important. Services may be different under various health care programs. Some of the programs to consider are:

STATE COVERAGE – MEDICAID:

- ◆ Because family income is not considered after 18, young adults may be independently eligible for Medicaid. Contact your local Department of Human Services for more information about Medicaid.

- ◆ If the young adult receives Supplemental Social Security Income (SSI) he/she is eligible for Medicaid coverage. For more information about SSI, contact the Social Security Administration at 1-800-772-1213.
 - ◆ Work incentive programs are available to disabled workers so they may earn an income and continue Medicaid coverage.
- ◆ When the young adult with Medicaid coverage leaves CSHCS, he/she may have to enroll in a Medicaid health plan.
- ◆ If the young adult is not eligible for Medicaid, contact the local health department about county health plans (if available).

PRIVATE HEALTH INSURANCE:

There may be two options to receive Private Health Insurance:

- ◆ **Through Employment:** If the young adult is able to work, he/she should look for employment opportunities that include health care benefits.
- ◆ **Remaining on Family Plan:** There are many options to maintain coverage through a family plan. Youth may be covered as a dependent adult or through COBRA; many youth who remain in school can keep coverage. Contact your family insurance carrier for details.

COLLEGE HEALTH PLANS:

If the young adult is attending college, there may be a health program available to students. Check with the college student services office.

Education/Employment

- ◆ If the youth is receiving special education services, make sure that transition planning has been discussed and identified in the Individual Education Plan (IEP) by age 16.
- ◆ If the youth will be attending college and may need additional supports, contact the college's student disability services office for assistance.
- ◆ If the youth has a disability that limits his/her ability to work, he/she may be eligible for vocational services through Michigan Rehabilitative Services (MRS). Contact MRS to find a local office at 1-800-605-6722.