

Resource Manual

offered by the Human Development Institute at the University of Kentucky
for persons with disabilities, their families and service providers in Kentucky.
**Updated December 2005*

A handbook of program descriptions, eligibility criteria, and
contact information. View this manual on our Web site at
www.ihdi.uky.edu/kydrm

UK UNIVERSITY OF KENTUCKY
Human Development Institute

University Center for Excellence in Developmental Disabilities

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For an online version of this manual, please visit www.ihdi.uky.edu/kydrm

*Dr. Harold Kleinert
Executive Director*

Purpose Statement

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

The main focus of this manual is to provide easy-to-read information concerning available resources, and to provide immediate contact information for the purpose of applying for resources and/or locating additional information.

You may notice that many of the resources listed in this manual are directly linked to regional Comprehensive Care Centers. Often, (and especially with children under the age of three and adults) a local Comprehensive Care 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 resource manual created by the Human Development Institute. An online version of this manual with a site search engine is also available on the Internet at the following address: <http://www.ihdi.uky.edu/kydrm>. This Web site is Bobby-Approved for Web accessibility (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 to 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 regarding future editions of this manual.

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Acquired Brain Injury Waiver Program

What is the ABI Waiver Program?

This program offers flexible, temporary services to individuals with acquired brain injuries. This is a community re-entry program for rehabilitation and training. Services include case management, personal care services, respite care, environmental modification, companion services, behavior programming, counseling, structured day programs, specialized medical equipment and supplies, supported employment, community residential services, occupational services, speech and language services.

Do I qualify?

- Must be 21 to 65 years of age and require nursing facility level of care;
- Have a primary diagnosis of an acquired brain injury;
- Have potential for rehabilitation and retraining;
- A rating of at least 4 on the RLA Scale of Cognitive Functioning;
- Are expected to be able to remain in the community upon discharge; and
- Must be eligible for Medicaid.

How do I apply for ABI?

Call for application: (800) 374-9146

Or write: Brain Injury Services Branch
100 Fair Oaks Lane, 4E-D
Frankfort, KY 40621

How can I learn more?

<http://mhmr.chs.ky.gov/mhsas/braininjury/>

Assistive Technology

What is Assistive Technology?

Assistive technology refers to devices and tools that are created to help those with disabilities participate more fully in the activities of daily life.

Assistive technology can be funded by:

- Private insurance
- Public funding
- Other private sources
- Loans

Do I qualify for this service?

Assistive technology may be provided through several agencies, each with its own application process. Call the Kentucky Assistive Technology (KATS) Network for information on local providers in your area:

Voice: (800) 327-5287 or (502) 327-0022

TTD: (502) 327-9855

What can I expect from KATS?

- KATS helps people of all ages.
- A KATS representative will ask a few questions to help determine your need.
- KATS will direct you to the right agency or service provider.
- KATS publishes a handbook which is available upon request.

How can I learn more?

Kentucky KATS Network: <http://www.katsnet.org>

Assistive Technology Loan Program: <http://katlc.ky.gov/> (see page 31-32)

Centers for Independent Living (CIL)

What are Centers for Independent Living?

Centers for Independent Living treat housing, transportation, attendant services, employment and discrimination as the interlocking problems that they are. And they serve people with all kinds of disabilities - not just one group. CILs have a package of services including: information and referral, peer counseling, advocacy, and independent living skills training. These programs teach self-help skills, inform people about existing disability programs, and create new services to fill gaps. CILs are non-profit and community-based, are controlled by consumers, and are set up to achieve equal participation in our communities for people with disabilities.

CILs maintain comprehensive files on the availability of resources, including a listing of accessible housing in your community. They can also help you learn more about transportation in your community and how to use it. Centers also provide assistance in completing the Assistive Technology Loan Board application.

| | |
|---|--|
| Center for Accessible Living 305 W. Broadway, Suite 200, Louisville, KY 40202 (502) 589-6620 (voice) (502) 589-6690 (TTY) (502) 589-3980 (fax) Email: info@calky.org Web site: http://www.calky.org | Center for Accessible Living 1051 N. 16th Street, Suite C Murray, KY 42071 (270) 753-7676 (voice)/ 888-261-6194 (270)767-0549 (TDD) (270)753-7759 (fax) Email: info@calky.org Web site: http://www.calky.org |
| Disability Coalition of N. Kentucky 1032 Madison Ave., Covington, KY 41012 (859) 431-7668 1(800) 648-6057 (TTD/TTY voice) (859) 431-7668 (fax) Email: dcnky@fuse.net Web site: www.dcnky.org | BEST CIL Inc (www.bestcil.org) 624 Eastwood Avenue Bowling Green, KY 42103 (270) 796.5992 or toll-free: 866.286.3608 (270)796-6630 (fax) Email: bestcil@bestcil.org |
| Pathfinders for Independent Living 105 E. Mound Street Harlan, KY 40831 (606) 573-5777 | Independence Place 824 E. Euclid Avenue, Suite 101 Lexington, KY 40502 (859) 266-2807 Email: independenceplace@qx.net |

The Commission for Children with Special Health Care Needs

What is CCSHCN?

This agency provides diagnosis and treatment for persons with certain disabilities, both congenital and acquired (i.e. cerebral palsy, spina bifida, etc...).

Do I qualify for services from CCSHCN?

- Must be a resident of Kentucky.
- Must be under the age of 21 years (exception: adults with Hemophilia).
- Must have a condition usually responsive to medical treatment.
- Family income must be at or below 200% OF THE Federal Poverty Level.
- Families with higher income are offered services on a sliding fee scale.
- There is currently no waiting list for services.

How do I apply?

Contact the CCSHCN by calling: (800) 232-1160 / Fax (502)595-4673
Clinician and Intake office: (502)595-3175

What can I expect when calling?

You may be directed to the regional office that serves your area.

How can I learn more?

<http://chfs.ky.gov/ccshcn>

Early Periodic Screening Diagnostic and Treatment Special Services (EPSDT)

What is EPSDT?

EPSDT can allow Medicaid service providers to provide to eligible persons necessary medical, vision, hearing, and dental services that are not otherwise covered by Medicaid.

Do I qualify?

- Must be age 21 or under and be eligible for Medicaid.
- Services must be deemed medically necessary by peer review organizations and must be prior authorized by these organizations.
- Medical necessity is determined by Kentucky Health Choices

How do I apply?

Application forms must be submitted by the service provider. Required information for patient application of services includes:

- A physician's order;
- Product information;
- Prices from different providers with comparable products;
- A letter from the physician or other professional including:
 - Patient history;
 - Diagnosis and prognosis;
 - Medical justification for each item/service;
 - Description of the benefit to the patient; and
 - Length of time that the patient will need the item/service.

Often, the application process can be facilitated through a home health agency, nurse's registry, dental agency, or equipment provider. Your local Comprehensive Care Center may have a listing of local EPSDT providers (see Appendix A).

If you are refused service through EPSDT, there is an appeal process. For questions about appealing a decision, contact Kentucky Protection and Advocacy (see Appendix B).

How can I learn more about EPSDT?

<http://chfs.ky.gov/dms/epsdt.htm>

How can one become a service provider?

- Providers of service must obtain an ESPDT provider number.
- Provider applications can be requested by mail or by phone:
Unisys Corporation Provider Relations
P.O. Box 2100
Frankfort, KY 40602
(877) 838-5085

First Steps

What is First Steps?

First Steps is an early intervention program that serves children from birth to age three who have a developmental delay or a physical or mental condition that may cause a delay in development. Services include but are not limited to evaluation of the child's development, home visits, and an Individual Family Services Plan (IFSP).

Does my child qualify?

- Child must be younger than age 3.
- Child must have a developmental delay or disability,
- OR an established risk condition (Down Syndrome, etc...).

Areas of concern in child development:

- Communication;
- Motor Skills;
- Cognitive Development;
- Personal Social Skills; and
- 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. An evaluation of your child's development will be available.

How do I apply?

Contact the First Steps Program: (800) 442-0087 or TTY: (502) 564-5777
You will then be directed to your local point of entry office.

How can I learn more?

<http://chfs.ky.gov/dph/firststeps.htm>

Home and Community-Based Waiver (HCB Waiver)

What is the HCB Waiver?

The Home and Community-Based Waiver program provides necessary medical services to Medicaid eligible persons who are aged or disabled that 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, minor home adaptations, attendant care, and adult day health care. There is no current waiting list for this program. The HCB Waiver can be used by individuals with autism.

Do I qualify for this service?

- If you receive Medicaid, you qualify for this program. (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.)
- Must need services to avoid institutionalization.
- 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 do I apply?

Your local Comprehensive Care Center may have a listing of Home Health Agencies that perform as HCB providers in your area (see Appendix A).

OR, Contact the Department for Medicaid Services:

(502) 564-5707 or TTY: (800) 372-2973

How can I learn more?

<http://chfs.ky.gov/dms/services/hcb/default.htm>

Homecare Program

What is the Homecare Program?

Independent living services are available for individuals aged 60+ who have functional or physical disabilities. These services are intended to allow the individual to remain in their own home instead of a nursing home facility.

Do I qualify for this resource?

- Must be at least 60 years of age and meet one of the following criteria:
 - Be functionally impaired in the performance of:
 - two activities of daily living;
 - three instrumental activities of daily living; or
 - a combination of 1 activity of daily living and 2 instrumental activities of daily living
- Have a stable medical condition requiring skilled health services along with services related to activities of daily living requiring an institutional level of care.
- Be currently residing in a skilled nursing facility, an intermediate care facility or a personal care facility and be able to be maintained at home if appropriate living arrangements and support systems are established.

How do I apply?

Request an application from the Office of Aging Services in Frankfort: (502) 564-6930

Contact your local Comprehensive Care Center to determine if there are Homecare Program providers in your area. (See Appendix A)

How can I learn more?

<http://chrs.ky.gov/dhss/das/homecare.htm>

IMPACT Plus

What is IMPACT Plus?

IMPACT Plus is a collaborative effort of the Department for Medicaid Services, Community Based Services and Mental Health and Mental Retardation Services. This program provides a network of care and services for Medicaid/K-CHIP-eligible children with complex treatment needs.

Services include: behavioral health evaluations, individual & group treatments, child support services, after school or summer programs, day treatment services, partial hospitalization, intensive outpatient services, therapeutic foster care, home emergency services, parent-to-parent support, and targeted case management. Services also include placements in a hospital, psychiatric treatment facility, group or foster home or other court-placed facility.

Does my child qualify?

- Must be under the age of 21 and fit one of the following:
 - Currently in the custody or under the supervision with risk of being in the custody of the Department for Community Based Services or Department of Juvenile Justice; or
 - Must be at risk for immediate and extensive institutionalization (hospitalization, out of home placement).

Must have documentation to prove:

- A severe and continuing DSM-IV-R [Axis I](#) diagnosis, other than dementia or substance abuse;
- A serious behavioral health problem related to the diagnosis that has lasted in the home, school, and community for the past 6 months and has been determined by a behavioral health professional to be at high risk of continuing for 6 months;
- A plan of medically-necessary community based behavioral health services that can reasonably be expected to improve the child's condition so that the child may discontinue the intensive services and be discharged to a less intensive behavioral health service or program within 6 months; and
- That other intensive services within the child's community are not enough to meet the child's needs or are not available.

How do I apply?

Contact the IMPACT Plus Central Office, Department of Mental Health and Mental Retardation Services: (502) 564-4797 or (800)-374-9146

How can I learn more?

<http://mhmr.ky.gov/mhsas/impact%20+plus.asp>.

IMPACT Plus SubProvider list: http://mhmr.chs.ky.gov/mh/impact_plus/impact_provider.asp

Kentucky Children's Health Insurance Program (K-CHIP)

What is K-CHIP?

K-CHIP offers medical coverage for those children who do not qualify for Medicaid and whose family income does not exceed 200% of the Federal Poverty Line. Services include but are not limited to: Health, dental, vision, and hearing coverage, well child care and special services. There is no current waiting list for this program.

Does my child qualify for K-CHIP?

- 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; and
- Family income must be at or below 200% of the Federal Poverty Line.

How do I apply?

Contact the K-CHIP Program, Department for Medicaid Services where eligibility and services are determined by the local offices in the counties where the applicants reside:
(877) 524-4718

How can I learn more?

<http://chs.state.ky.us/kchip/>

Kentucky IMPACT

What is Kentucky IMPACT?

This program provides services to children and adolescents with disabilities. Service coordination is offered, as is the purchase of miscellaneous items needed by the child. Support groups are also available.

Does my child qualify?

Child must be younger than 18.

Must have a clinical diagnosis of a psychiatric disorder.

Must experience at least 2 of the following: limited ability for self-care, difficulty building interpersonal relationships, difficulty participating in daily life activities, have been disabled for at least one year, and must require service planning from at least two agencies.

How do I apply?

Call the state office for KY IMPACT, and you will be directed to the appropriate regional office: (502) 564-7610

Ask for a nomination form. Once completed, a committee of professionals will review the form to determine if KY IMPACT is suitable for the child. The child will be referred to the appropriate agency if KY IMPACT is not the best source of assistance to the child. If accepted to the program, a service coordinator will help create a team of adults that will work closely with the child.

How can I learn more?

<http://mhmr.ky.gov/mh/siac/KY%20Impact.asp>

Kentucky Supported Living

What is Supported Living?

Kentucky Supported Living serves Kentuckians covered by the Americans with Disabilities Act (ADA). It is a flexible program that provides grants to obtain individualized ongoing services that are requested by consumers and their families. Examples of services through Supported Living are: respite, training, personal care, transportation, community resource development. Examples of one-time supports include: home modifications, ramps, vehicle modification, and adaptive equipment.

Do I qualify?

- Anyone who meets the ADA definition of person with a disability is eligible.
- Funding is competitive and decided by regional Supported Living councils.
- Must show evidence that every other possible source of funding has been exhausted.

How do I apply?

Contact your Regional Supported Living Coordinator for an application and for assistance in completing the application.

Contact the State Supported Living Coordinator by calling: (502) 564-7702

Applications must be submitted by April 1st to the Supported Living Coordinators for funding that will be available by July 1st of the first fiscal year. Check out the Web site at <http://mhmr.ky.gov/mr/supportedliving> or

Contact: Department of Mental Health / Mental Retardation
100 Fair Oaks Lane
Frankfort, KY 40621.

Medicaid

What is Medicaid?

Medicaid is a joint federal-state entitlement program that pays for medical services on behalf of certain groups of low-income persons. Members of families with children and pregnant women, and aged, blind, or disabled persons are eligible for Medicaid if they meet certain financial standards.

Do I qualify?

Individuals or families with dependent children may be eligible for Medicaid if they meet one of the following requirements:

- a pregnant woman;
- a dependent child under age 19; parent(s) cannot work due to sickness, disability, or death; or
- a parent who has earned the most income in the past 24 months is unemployed.

Income requirements are based on family size, pregnancy, and age of the youngest child.

How do I apply?

An application for Medicaid may be filed at your local Health Department or Department for Community Based Services Office. You need to go to your local DCBS office for an interview. Applicants will be required to show proof of income, Social security number, a doctor's statement verifying pregnancy if applicable.

For more information, call the Cabinet for Health Services of Kentucky, Department for Medicaid Services: (502) 564-4321 or toll-free
(800) 635-2570
Fax: (502) 226-1898

How can I learn more?

<http://www.chfs.ky.gov/dms/>

Medicare

What is Medicare?

Medicare is the nation's largest health insurance program, which covers 39 million Americans. Medicare has two 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 a disability; OR
- Have End-Stage Renal Disease

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 do I apply?

- 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.

How can I learn more?

<http://www.medicare.gov/Basics/Overview.asp>

Additional Medicare and Medicaid Guides

The Kaiser Family Foundation released new guides, prepared by Bob Williams and Henry Claypool of Advancing Independence and Jeff Crowley of the Georgetown University Health Policy Institute, that explain the role of Medicare and Medicaid for roughly 20 million children, adults and seniors with disabilities.

These guides offer basic introductions to the Medicare and Medicaid programs, including answers to questions such as:

- How do people with disabilities apply for coverage under Medicare or Medicaid?
- What is Medicare's policy for covering durable medical equipment?
- Where can people with disabilities turn if they need help in applying for Medicaid?
- How do people with disabilities appeal Medicare coverage decisions?
- Can a person with a disability who has Medicare and/or Medicaid be employed and still keep their coverage?

How can I learn more?

The guides are available in PDF and HTML formats at:

<http://www.kff.org/medicare/med020705pkg.cfm>

Personal Care Attendant Services Program

What is this program?

The Personal Care Attendant Services Program offers 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. There are currently approximately 600 names on the statewide waiting list, but these lists vary in size from one district to the next.

Do I qualify?

- Must be 18 years of age or older.
- Must be severely physically disabled (functional loss of at least 2 limbs).
- Must need at least 14 hours of personal care attendant services per week, or need an overnight attendant.
- Must be able to reside (with attendant services) in a non-institutional setting.
- Must agree to yearly evaluations by a team from a qualified agency.
- Must be capable of recruiting, hiring, firing and suspending attendants.
- Must assist in creating a personal care plan.
- Must be able to prepare attendant payroll reports and employer tax statements

How do I apply?

Contact the Office of Aging Services, Cabinet for Health Services: (502) 564-6930

How can I learn more?

<http://chfs.ky.gov/dhss/das/pcap.htm>

Social Security Disability Income (SSDI)

What is SSDI?

Social Security Disability Insurance (SSDI) is a federal cash benefit that may be available if a person is disabled.

Do I qualify?

- Social Security Disability eligibility is determined on having a disability and SSDI payments are based on your prior work. Your spouse and other dependents might be eligible for SSDI payments based on your work history, their income may affect their amount 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 two years.
- At age 65 your SSDI benefits automatically roll over to Social Security Retirement benefits.

How do I apply?

Call the local Social Security Administration (SSA) office to schedule an appointment: 1(800) 772-1213.

How can I learn more?

<http://www.ssa.gov>

Special Services and Equipment Fund

What is the Special Services and Equipment Fund?

This service helps people with disabilities with financial need to get special equipment that can assist them in their daily lives. One can apply for services ranging from \$100 to \$2,500 annually.

Do I qualify for this service?

- Have a clinical diagnosis of mental retardation or a developmental disability.
- If you qualify for Medicaid, you are eligible for this service. (If you do not qualify for Medicaid, see HCB Waiver, page 8.)

What can I expect when applying?

- The first step in applying is to call your local Comprehensive Care Center (see Appendix A).

What can I expect from the Comprehensive Care Center?

- During the phone call, an appointment will be made for you to visit your local Comprehensive Care Center.
- Your first appointment will include an intake interview and evaluation.
- A second appointment will be made.
- Someone will help you fill out the application and order the equipment, if approved.
- You will be directed to someone who will provide the needed services.

How can I learn more?

Kentucky Department of Mental Health and Mental Retardation

<http://mhmr.chs.ky.gov/MR/fund>

State General Funds

What are State General Funds?

State General Funds are dollars that Comprehensive Care Centers can use flexibly. These versatile 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 Comprehensive Care Center to determine if funds are available for the services you need.

A Comp Care Center listing is included in Appendix A.

Supplemental Security Insurance (SSI)

What is SSI?

SSI is a need-based program designed to provide a minimum income to people unable to work due to disability or retirement who are otherwise uninsured or underinsured and have insufficient income from other sources.

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 do I apply?

Call the Social Security office for information or an appointment: (800) 772-1213

How can I learn more?

<http://www.ssa.gov>

Supported Employment

What is Supported Employment?

This service assists persons with severe disabilities to find and maintain employment in an integrated setting with long-term support. This program is meant for individuals who need ongoing support to be successful in their job.

Do I qualify?

- If you receive SSI benefits, you qualify.
- It is not necessary to receive SSI to qualify for this program.
- If you have a severe mental or physical disability, you can apply.
- If your disability has interfered with getting and/or keeping a job, you may be eligible for this service.

How do I apply?

Call the central office of the Kentucky Office of Vocational Rehabilitation in Frankfort:
(502) 564-4440 or (800) 372-7172

What can I expect during this phone call?

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

How can I learn more?

http://ovr.ky.gov/programs_services/supported_employment_program.htm

<http://www.ihdi.uky.edu/kyseweb>

Supports for Community Living

What is Supports for Community Living?

SCL provides services to individuals with disabilities that enable them to live in the home or in the community rather than in an institution. SCL services include the following: support coordination, residential supports, community habilitation, supported employment, behavior supports, psychological services, occupational therapy, physical therapy, speech therapy, respite care, and specialized medical equipment and supplies.

There is currently an extended waiting list for SCL

It is very important to have your name added to this list.

Do I qualify?

- Must have a developmental disability or mental retardation.
- Must meet Medicaid requirements

How do I apply?

- The first step is to complete an application form.
- You can get an application form by calling (502) 564-7702 or by visiting the Web site listed below.

How can I learn more?

<http://mhmr.ky.gov/mr/forms.asp?sub70>

Traumatic Brain Injury (TBI) **Trust Fund Benefit Management Program**

What is TBI Trust Fund Benefit Management Program?

This program offers flexible, temporary benefits for people with traumatic brain injuries.

Do I qualify?

Must have:

- Partial or total disability caused by injury to the central nervous system
- Damage to the central nervous system from anoxic and/or hypoxic episodes
- Impaired cognitive abilities or physical functioning resulting from allergic conditions, toxic substances, or other acute medical clinical incidents.

The TBI Trust Fund will be a payer of last resort. Several conditions are excluded from eligibility:

- Strokes treatable in nursing facilities with rehabilitation services;
- Spinal cord injuries with no injury to the brain;
- Progressive dementias or other mentally impairing conditions;
- Depression and psychiatric disorders with no CNS damage;
- Mental retardation and birth defects;
- Neurologically degenerative or metabolic conditions; and/or
- Medical conditions of a chronic or degenerative disorder.

How do I apply?

Contact Eckman-Freeman for additional information:

(800) 447-4984 or

(859) 273-8107

Fax (859) 273-8412

Email: info@kybraininjuryfund.org

How can I learn more?

<http://www.kybraininjuryfund.org/> or www.eckmanfreeman.com

Vocational Rehabilitation

What is Voc Rehab?

The Office of Vocational Rehabilitation provides a wide range of services to individuals with disabilities to prepare for, secure, retain, or regain appropriate employment. There is currently no waiting list to apply for services.

Do I qualify for Vocational Rehabilitation?

- Must have a physical or mental impairment.
- If you receive Social Security disability benefits, you qualify.
- It is not necessary to receive SSI to qualify for this program.
- If your disability has interfered with getting and/or keeping a job, you may be eligible for this service.
- Must be of employable age by completion of rehabilitation.

How do I apply?

Call the Kentucky Office of Vocational Rehabilitation in Frankfort:

(502) 564-4440 (voice/TTY)

(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?

<http://ovr.ky.gov/index.htm>

Appendix A
Kentucky Comprehensive Care Centers

| | |
|--|--|
| <p>Four Rivers Behavioral Health 425 Broadway Paducah, KY 42001 (270) 442-7121 24 hour Crisis and Information Line: (800) 592-3980 Web site: http://www.4rbh.org Counties served: Ballard, Calloway, Carlisle, Fulton, Graves, Hickman, Livingston, Marshall, and McCracken.</p> | <p>Pennyroyal MH / MR Board 735 North Drive Hopkinsville, KY 42240 (270) 886-5163 or 24-hour line : (877) 473-7766 or in Christian County (270) 881-9551 Web site: http://www.pennyroyalcenter.org Counties served: Caldwell, Christian, Crittenden, Hopkins, Lyon, Muhlenberg, Todd, and Trigg.</p> |
| <p>RiverValley Behavioral Health 1100 Walnut Street Owensboro, KY 42301 (270) 689-6500 Web site: http://www.rvbh.com For all first appointments and referrals to RiverValley Behavioral Health outpatient services, call Point of Entry: (270) 683-4039 or (800) 769-4920 Counties served: Davies, Hancock, Henderson, McLean, Ohio, Union, and Webster.</p> | <p>LifeSkills PO Box 6499 Bowling Green, KY 42102-6499 (270) 842-0161 24 hour Crisis line: (800) 223-8913 Web site: http://www.lifeskills.com/ Counties served: Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson, and Warren.</p> |
| <p>Communicare, Inc. 320 Ring Rd. Elizabethtown, KY 42701 (270) 769-5301 Web site: www.communicare.org Counties served: Breckinridge, Grayson, Hardin, Larue, Marion, Meade, Nelson, and Washington.</p> | <p>Seven Counties Services, Inc. 3717 Taylorsville Road Louisville, KY 40220 24-hour crisis line: (800) 221-0446 or (502) 589-4313/ TDD (502) 589-4259 Web site: http://www.sevencounties.org Counties served: Bullitt, Henry, Jefferson, Oldham, Spencer, Shelby, and Trimble.</p> |

Kentucky Comprehensive Care Centers (cont'd)

| | |
|--|---|
| <p>NorthKey Community Care 1201 South Ft. Thomas Ave., Ft. Thomas, KY 41075 (859) 781-5586 24-hour crisis line: (859) 331-3292 or toll-free (877) 331-3292 Web site: www.northkey.org Counties served: Boone, Campbell, Carroll, Gallatin, Grant, Kenton, Owen, and Pendleton.</p> | <p>Comprehend, Inc. 741 Kenton Station Road, Maysville, KY 41056 (606) 759-7161 Toll free: (888) 328-0470 After Hours Emergency: (877) 852-1523 Web site: www.comprehendinc.com Counties served: Bracken, Fleming, Lewis, Mason, and Robertson.</p> |
| <p>Pathways, Inc. P.O Box 790 Ashland, KY 41105-0790 (606) 329-8588 or (800) 562-8909 Web site: www.pathways-ky.org Counties served: Bath, Boyd, Carter, Elliott, Greenup, Lawrence, Menifee, Montgomery, Morgan, and Rowan.</p> | <p>Mountain MH / MR Board 104 South Front Ave. Prestonsburg, KY 41653 (606) 886-8572 Web site: www.mtcomp.org Counties served: Floyd, Johnson, Magoffin, Martin, and Pike.</p> |
| <p>Kentucky River Community Care 115 Rockwood Lane Hazard, KY 41701 (606) 436-5761 Crisis Line: (800)262-7491 (TTY/TDD) Web site: http://www.krccnet.com Counties served: Breathitt, Knott, Lee, Leslie, Letcher, Owsley, Perry, and Wolfe.</p> | <p>Cumberland River MH / MR Board P.O Box 568 Corbin, KY 40702 (606) 528-7010 Web site: www.cumberlandriver.com Counties served: Bell, Clay, Harlan, Jackson, Knox, Laurel, Rockcastle, and Whitley.</p> |
| <p>Adanta MH / MR Board 259 Parkers Mill Rd. Somerset, KY 42501 (606) 679-7348 Emergency Crisis Line (TDD/TTY) : (800) 633-5599 Web site: http://www.adanta.org Counties served: Adair, Casey, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Taylor, and Wayne.</p> | <p>Bluegrass MH /MR Board 1351 Newtown Pike Lexington, KY 40511 (859) 253-1686, fax: (859) 255-4866 24-hour crisis line: (800) 928-8000 Web site: http://www.bluegrass.org Counties served: Anderson, Bourbon, Boyle, Clark, Estill, Fayette, Franklin, Garrard, Harrison, Jessamine, Lincoln, Madison, Mercer, Nicholas, Powell, Scott, & Woodford.</p> |

Appendix B

Advocacy

AUCD - Association of University Centers on Developmental Disabilities- American Association of University Affiliated Programs for persons with Developmental Disabilities.
Web site: <http://www.aucd.org/>

Americans with Disabilities Initiative - This is a good site for general information on the ADA as well as other resources.
(502)564-6606; Toll free: (877) 423-2933; TDD: (800) 648-6057;
Fax: (502)564-2316
Web site: <http://www.ihdi.uky.edu/kyada/>

Bluegrass Regional Mental Health and Mental Retardation Board -
(859) 233-1483; Fax: (859) 231-9695
898 Georgetown St.
Lexington, KY 40511
Web site: <http://bluegrass.org>

Arc of Kentucky -
833 E. Main Street
Frankfort, KY 40601
(502) 875-5225; Fax: (505) 875-5226
Web site: <http://www.arcofky.org>

Arc of the United States - The national organization of and for people with mental retardation and related developmental disabilities and their families.
(301)565-3842
Web site: <http://www.thearc.org/>

The Council for Exceptional Children - is the largest international professional organization dedicated to improving educational outcomes for individuals with exceptionalities, students with disabilities, and/or the gifted.
(888) CEC-SPED
Web site: <http://www.cec.sped.org/>

The Council on Mental Retardation (CMR) - is an association of families and friends of persons with mental retardation with a 50 year history of advocacy involvement including parent outreach and citizen advocacy programs.
(502) 584-1239
Email: info@councilonmr.org
Web site: www.councilonmr.org

- In the fall of 2002, the CMR opened the Leadership Institute that has been established to educate for leadership, service and advocacy.
(502)587-6500
Email: brichardson@councilonmr.org

The Council for Retarded Citizens - is an advocate for children and adults with mental retardation.

(502) 584-1239

Web site: <http://www.council-crc.org>

Human Development Institute at the University of Kentucky - The mission of HDI is to promote independence, productivity, and integration of all people through numerous research, training, and outreach activities.

(859) 257-1714

Web site: <http://www.ihdi.uky.edu>

Kentucky Autism Training Center - works to enhance supports for persons with autism by providing information and technical assistance to families and services providers across Kentucky.

(800) 334-8635 ext., 852-4631

Web site: www.kyautism.com

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.

(505) 872-4774 or (888) 835-5669

Web site: <http://familyvoices.org/about.htm>

FIND (Family Information Network on Disabilities) of Louisville is a Community Parent Resource Center, which is a federal grant program of the US Dept. of Education. FIND of Louisville serves families with children who have disabilities and attend Jefferson County Public Schools. FIND of Louisville serves all disabilities. (502) 584-1239

Web site: <http://www.findoflouisville.org/>

Kentucky Disabilities Coalition - A statewide alliance of consumer, family, and professional groups for a better life for all Kentuckians with disabilities.

(502) 875-1871

Web site: <http://www.geocities.com/kydisabilitiescoalition/>

Kentucky Consumer Advocate Network - "Building Better Lives Together"

(502) 245-5281

Email: kycan@iglou.com

Kentucky Education Rights Center, Inc. - is 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 identical assistance, but to do so without families incurring financial hardships.

(859) 264-8928

Email: kerc@edrights.com

Web site: <http://www.edrights.com>

Kentucky Council on Developmental Disabilities - is to create change through visionary leadership and advocacy so that people have choices and control over their own lives.
(502) 564-7841
Toll Free: (877) FOR-KDDC (Voice/TTD)
Web site: <http://www.kddc.org/>

KY ADA - Office of the State Americans with Disabilities Act provides technical assistance, consultations and training to government agencies and programs regarding the Americans with Disabilities Act. The technical assistance and training is in the areas of employment, programs, services and facilities. The Office also responds to inquiries by local governments, businesses and individuals throughout the Commonwealth.
(502)564-3850
Web site: <http://ada.ky.gov/>

KY SPIN - works to empower and support individuals with disabilities and their families to effectively advocate for and access needed information, resources, and support networks in order to enhance the quality of their lives.
(502) 937-6894
Web site: <http://www.kyspin.com/>

KY Protection and Advocacy - is a state agency mandated by federal law to protect and advocate for the rights of persons with disabilities who reside in Kentucky.
(800) 372-2988 (Message Line & TTY)
<http://www.kypa.net>

PASRR Preadmission Screen and Resident Review - This Act mandates the Department for Mental Health and Mental Retardation Services (DMHMRS) as the state mental health and mental retardation authority to establish a preadmission screening and resident review (PASRR) for all persons applying for admission to or residing in a nursing facility.
<http://mhmr.chs.ky.gov/MR/pasrr>

TASH Disability Advocacy Worldwide
(410) 828-8274
<http://www.tash.org/>

Kentucky TASH - dedicated to making inclusive, quality educational and adult services for people with severe intellectual disabilities.
(859) 257-3560
<http://www.tash.org/chapters/kentucky.htm>

Appendix C

Accessibility Information

Often, the most immediate issue facing an individual with disabilities is accessibility.

Employment Services

- Office of Vocational Rehabilitation provides services to individuals with disabilities to prepare for, secure, retain or regain appropriate employment.
<http://www.ihdi.uky.edu/KYDRM/Resources/vocreh.htm>
(See page 24)
- [KY Cabinet for Workforce Development](http://www.state.ky.us/agencies/wforce/index.htm): Connecting Kentucky to employment, workforce information, education and training.
<http://www.state.ky.us/agencies/wforce/index.htm>
- [Supported Employment](#) assists persons with disabilities to find and maintain employment. See page 21.
- [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. See page 2.

Accessible Faith Organizations

Issues to consider when looking for a place of worship:

- Are the buildings accessible?
- Is the sanctuary accessible?
- Are the programs and ministries accessible?
- Are the social activities accessible?

Contact the following for further information:

- Catholic Diocese of Lexington: (859) 253-1993
Chancellor: Jim Paris: jparis@cdlex.org
Coordinator for Ministries for Persons with Disabilities:
Mary Petry: jmpetry@mis.net
- Temple Adath Israel: (859) 269 2979
Rabbi Marc Kline
- Kentucky Council of Churches: (859) 269-7715

Accessible 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 - ask for Jim Sparks.
TTY: (800) 247-2510
Web site: <http://www.kentuckyhousing.org>

Kentucky Housing Rental Assistance - offers very low-income residents an opportunity to find housing at an affordable price.
Web site: <http://www.kentuckyhousing.org/rental>

HUD - homes range in price, but most are affordable for low-income and moderate-income Americans.
Web site: <http://www.hud.gov/buyhudhm.html>

HUD Federal Rental Assistance - HUD funds several rental assistance programs.
Web site: <http://www.hud.gov/renting/index.cfm>

Kentucky Assistive Technology Loan Program - may offer funds to individuals with disabilities for the purpose of vehicle modifications (van lifts, etc...)
<http://www.katlc.ky.gov> (See page 2).

Accessible Transportation

Contact your local Comprehensive Care Center to investigate the options for accessible public transportation in your area. See Appendix A.

Kentucky Assistive Technology Loan Corporation - may offer funds to individuals with disabilities for the purpose of vehicle modifications (van lifts, etc...)
<http://www.katlc.ky.gov> (See page 2).

Special Services and Equipment Fund - may have funds available for vehicle modifications or transportation services. See page 18.

Human Development Institute at the University of Kentucky - Getting around town for either medical or personal ventures can be fulfilling for someone with a disability when the right services are available. The staff has worked diligently to locate and list these accessible services. We have compiled a list of statewide transportation services available to individuals with disabilities. Ideally, we have constructed the list according to county which will enable individuals to quickly and efficiently find their area and the transportation services that are provided within it. In addition we have listed the transportation services offered through Medicaid. These services are categorized by region and county. With the ever changing size and quality of transportation services, we will routinely update and modify any changes necessary. Simply click on the link and take a ride.

www.ihdi.uky.edu/

To obtain a transportation manual, please call HDI at (859) 257-2569 or (859) 257-1714.

Accessible Education

Schools cannot discriminate based on disability. If you have a child with a developmental 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
500 Metro Street
Frankfort, KY 40601.
(800) 533-5372

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
Fax: (502) 564-0848

Accessible Recreation

Accessible recreational activities are available through a variety of agencies and organizations. However, there is no current single source of information concerning accessibility and recreation.

Local Parks and Recreation Department or your local **YMCA** for information about the programs and activities that they offer.

Web site: <http://www.ymcaofcentralky.org/>

Web site: <http://ywcalexington.org/>

Kentucky Horse Park - also offers some accessible recreational activities, and its campus is widely accessible for touring.

4089 Iron Works Parkway
Lexington, KY 40511.
(859) 233-4303
Website: <http://www.kyhorsepark.com>

Kentucky Derby Festival Marathon & Mini Marathon - is an excellent course for wheelers and runs in compliance with rules of the Wheelchair Athletics of the USA.

(502) 584-6383
(800) 928-3378
Web site: <http://www.derbyfestivalmarathon.com/race-info/default.asp>
Email: minimarathon@kdf.org

Please Note -

When asking about accessible recreational activities, you may want to remember to ask whether the activity is integrated or segregated.

Accessible Respite Care

Respite Care consists of short term and temporary 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 of time. Respite care help alleviate the stress and consistent nature of caring for relatives with disabilities. Respite care also helps assuage burnout on behalf of the caregiver and family members. Furthermore, respite care also provides a change of daily schedule for the child cared for which can help strengthen both their independence and relationships with others. Most respite care programs are managed by The Arc, The Easter Seal Society and United Cerebral Palsy in cooperation with local hotels. Volunteers from local churches, schools, and other non-profit groups can also provide respite care relief to these families. Depending on the organization or volunteer(s), respite caregivers either visit the homes of these families or require visiting a 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.

LifeSkills, Inc - offers respite care relief for individuals and families affected by mental illness, developmental disabilities and substance abuse. For more information, please call (270) 901-6499

Web site: www.lifeskills.com

Corporate Office

992 State St., PO Box 6499

Bowling Green, KY, 42102-6499.

Bluegrass Regional Mental Health and Mental Retardation Board - can arrange respite care services for individuals with developmental disabilities.

(859) 233-1483

898 Georgetown Street

Lexington, KY 40511

Web site: <http://bluegrass.org>.

Wells Health Systems Inc - provides short stay respite care services for individuals with special needs.

(270) 926-9355

Web site: www.wellshealthsystems.com

725 Harvard Drive

Owensboro, Kentucky 42301

Christian Appalachian Project Rainbow Respite Center's CAP Disabilities Service in Lancaster - provides respite care either in their residential setting or within the family's home or community.

(859) 792-3051

(866) 270-4CAP

The Christian Appalachian Project

P.O. Box 511

Lancaster, KY 40444-0511

Email: capinfo@chrisapp.org.

Audubon Area Community Services, Inc - offers respite care services for families receiving benefits from KTAP.

Seven Counties Services, Inc - in Louisville provides respite care services for children with developmental disabilities.

(502) 459-5292

(800) 459-5292

3717 Taylorsville Rd.

Louisville, KY 40220

Independence Place - accepts information and makes referrals for families seeking respite care services.

(859) 266-2807

Email: independenceplace@qx.net

BEST CIL Inc - offers personal care attendants for individuals 18 years or older who have lost the use of two or more limbs.

(270) 796- 5992

Email: bestcil@bestcil.org

Web site: www.bestcil.org.

Cumberland River Comprehensive Care Center - in Corbin, KY offers respite care for individuals supported by Cumberland River Care Center. Emergency respite care request is accepted and handled on a case by case basis.

Kim Wake or Chad Jackson: (606) 528-7010

Web site: <http://www.cumberlandriver.com/crccc.html>.

First Steps - Kentucky's Early Intervention System in Lexington offers respite care for children with developmental disabilities (aged 0-3 years). Also offers emergency respite care services.

(800) 454-2764

(859) 271-9448

Appendix D
Legislator Information

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.

For a complete listing of State Legislators:

<http://www.lrc.state.ky.us/whoswho/whoswho.htm>

Federal Legislators:

| Name | Phone | Email or Web Address |
|--------------------------|---------------|--|
| Jim Bunning (senate) | (202)224-4343 | Email: Jim_bunning@bunning.senate.gov |
| Mitch McConnell (senate) | (202)224-2541 | Email: senator@mcconnell.senate.gov |
| Edward Whitfield (house) | (202)225-3115 | Web site: www.house.gov/whitfield |
| Ron Lewis (house) | (202)225-3501 | Email: ron.lewis@mail.house.gov |
| Anne Northup (house) | (202)225-5401 | Email: rep.northup@mail.house.gov |
| Geoff Davis (house) | (202)225-3465 | Web site: www.house.gov/geoffdavis |
| Harold Rogers (house) | (202)225-4601 | Email: talk2hal@mail.house.gov |
| Ben Chandler (house) | (202)225-4706 | Web site: http://chandler.house.gov/hor/ky06/home.htm |