

7. What services may I be able to get?



We use a variety of services and supports to reach our goals and move toward our vision. Eligibility is generally based on income level, where you live and any diagnosis you may have received. In this section, you will learn about programs and services you may choose to access if you are eligible.

You will learn:

- What kinds of help different programs offer
- Who to contact if you are interested
- Your role in leading your services and supports
- Your family's role in supporting you to lead
- Who you might invite to be on your transition team.

What types of services and supports could be available to you?

- Transition services
- Developmental Disabilities services
- Vocational Rehabilitation services
- Oregon Health Plan
- Social Security benefits

Transition services

Your school district offers many transition services to help you reach your goals and prepare for adult life. These services depend on your goals and look different for each student.

Transition services. Transition services can begin as early as age 14 at your request. Before you turn 16, your teacher and other members of your planning team will help you and your family develop a transition plan based

on your dreams, goals and vision for the future. Your transition plan is part of your individual education plan or IEP. Services such as the ones listed below are based on your unique preferences, interests, needs and strengths or PINS.

- Assessments such as interest inventories, on-the-job training or interviews with you
- Specific instruction to develop skills such as balancing a checkbook or cooking
- Work experiences such as workplace visits, practice interviews or internships
- Community experiences such as volunteer opportunities or tours of colleges or places you may be interested in
- Related professional services to help you reach your goals such as social skills training
- Curriculum to help you graduate with the right number of credits for the diploma option you choose.

Pre-Employment Transition Services (Pre-ETS). These services are individualized and focused on preparing you to enter the workforce based on your work or career interests.

- Job exploration counseling helps you learn about your skills, interests, abilities and learning style, as well as about local businesses that may be a good fit for you.
- Work-based learning provides exposure to different workplace settings, local job opportunities and in-school and after-school work experiences.
- Counseling on post-secondary education and transition services help you explore next steps after leaving school, learn about college or get connected to ongoing support options.
- Workplace readiness training helps you build social skills, learn how to

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get and keep a job, and understand supports you can receive at work to be successful on the job.

- Self-advocacy training helps you speak up for yourself, talk about your strengths, ask for the supports you need and develop decision-making skills.

Diploma options. You can choose from four diploma options.

Oregon Standard Diploma

- This diploma is available to students that complete 24 credits at grade level, with or without accommodations.
- All colleges and universities accept these diplomas.
- A wide array of federal financial aid is available.

Modified Diploma

- A Modified Diploma is available to students that do not complete 24 credits at grade level with accommodations due to disability or medical condition.
- Some colleges or trade schools accept these diplomas.
- Some financial aid is available.

Extended Diploma

- This is available only to students who do not meet standard or modified diploma requirements.

Alternate Certificate

- An Alternate Certificate is available to students who do not meet standard, modified or extended diploma requirements.

If you plan to attend college and pursue a degree, check out the Oregon Standard Diploma or Modified Diploma.

Opportunities for college or federal financial aid are limited with the Extended Diploma and Alternate Certificate. You can still take college classes and be involved on campus. However, you will not be eligible to receive a degree or federal financial aid.

If you do not receive an Oregon Standard Diploma and have an IEP, you are eligible to return to school for transition services until age 21. During this time, you will focus on building skills for transition from school to work and adult life.



Who do I contact?

Talk with your teacher and other members of your transition team to make sure the transition services, pre-ETS and diploma options align with your goals and vision for life after high school.



What is my role?

Your role is to share your vision and goals for a good life with your family, teachers and others who help you plan. Contact your teacher and ask for a planning meeting any time your needs, goals or vision change. Your job is to dream big!



What is my family's role?

Your family's role is to support you during the planning process, help you decide on the right diploma option for you, access transition services through your transition plan and support you to take steps toward your good life.



Who can I invite to be on my transition planning team?

You may want to invite any agency or outside service providers that are not already on your team. They can share information they have learned about you and talk about available services or resources that you and your team can access to help you reach your goals. Your team's job is to be creative and supportive as they help you plan for your good life. With a diverse team, the right supports and some creative minds, anything is possible!

Office of Developmental Disabilities Services

The Office of Developmental Disability Services, or ODDS, offers an array of services that help people meet their goals. These services help people

live, work, learn and enjoy community life. You can receive developmental disability (DD) services in all aspects of your life, including your home, the community where you live, on the job or in a foster home or group home.

What services do they offer?

Case management services: Your case manager will help you develop an individual service plan, or ISP, that includes the services and supports you feel best meet your needs. Your ISP is based on your vision for a good life and includes services and supports you choose to help you get there.

State Plan services (K Plan)

- Skills training to learn new skills and increase your independence
- Behavioral consultation and supports
- Respite care to give parents or primary caregivers time off
- Assistive devices or technology to increase your independence
- Help with personal care (such as moving around your home, eating, bathing and getting dressed)
- Help with chores (such as housekeeping, laundry, managing medications, meal preparation and shopping)
- Community transportation to access services or community resources
- Home modifications to make your home safe and accessible to you

Waiver services

- Environmental safety modifications to the outside of your home
- Training to manage staff you hire to support you
- Training for family members that support you
- Specialized medical supplies to address medical needs
- Vehicle modifications
- Nursing services
- Specialized diets
- Employment services to develop work experience, gain skills, find and keep a job and advance in a career (see page 56)

Employment services

Like many young people, you may be excited about getting your first job. These services can help you do that and more.

- Employment Path is a time-limited service that supports a person to gain work experience and develop skills.
- Small Group Supported Employment Services help a person develop skills to achieve an individual job in the community.
- Discover/Career Exploration is a person-centered planning process to find a job that matches a person's interests and strengths.
- Job development: A job developer learns what kinds of jobs a person wants and doesn't want, visits with potential employers, helps with job applications, and interviews and identifies or creates positions in the workplace.
- Job coaching: A job coach helps a person learn the tasks of a new job, transition to a new position or advance toward career goals.



Who do I contact?

Contact your local community developmental disability program (CDDP) to find out if you are eligible for services. Find your local CDDP here: <https://www.oregon.gov/DHS/SENIORS-DISABILITIES/DD/Pages/county-programs.aspx>.



What is my role?

Your role is to share your vision and goals for a good life with your case manager, your family and others who help you plan. Contact your case manager or ask for a planning meeting any time your needs, goals or vision change.



What is my family's role?

Your family's role is to support you during the planning process, help you access the services and supports in your ISP, and support you to take steps toward your good life.



Who can I invite to be on my transition team?

Your case manager can share information about available services and service providers you and your team can access to help you reach your goals. Who is on your team is up to you.

Vocational Rehabilitation

Vocational Rehabilitation or VR offers a variety of services to help people with disabilities prepare for, get and keep a job they like. Services are provided by a VR counselor.

What services do they offer?

- Assessments to measure your strengths, work skills and interests.
- Counseling to set a job goal, choose VR services and make informed decisions to reach your goal
- Independent living skills, such as learning how to take care of yourself, manage your money or use community transportation
- Assistive technology to help you communicate or complete work tasks
- Training to learn the work skills you need to reach your job goal
- Job placement services, such as help with applications and resumes, practicing for interviews, identifying job leads and working with your employer to get the disability accommodations you need to be successfully employed



Who do I contact?

Contact your local VR office to find out if you are eligible for services and schedule an orientation. Find your local VR here: <https://www.oregon.gov/DHS/EMPLOYMENT/VR/Pages/Locator-Schools-Families.aspx>



What is my role?

Your role is to share your vision for employment with your VR counselor, your family and others who help you plan. Contact your VR Counselor or ask for a planning meeting any time your needs, goals or vision change.



What is my family's role?

Your family's role is to support you during the planning process, help you access the services and supports in your IEP and support you to take steps toward your good life.



Who can I invite to be on my transition planning team?

Your VR counselor can share information about available services and service providers that can help you reach your goals.

Social Security benefits

The United States Social Security Administration (SSA) is federal agency that provides financial benefits to people with disabilities and people who have retired from working.

What services do they offer?

- Social Security Disability Insurance, or SSDI, is a monthly cash benefit paid to people that meet the SSA eligibility criteria. This benefit is tied to a person's work record and is available to the worker or the worker's dependents.
- Social Security Income, or SSI, is a monthly cash benefit paid to people with disabilities, the elderly and the blind to help them meet basic needs for food, clothing and shelter.
- Many people believe if they work, they will lose their disability benefits. This is seldom true! In fact, people with disabilities can earn income from work and keep their benefits by accessing benefits counseling, work incentive and other programs, such as an ABLÉ savings account.
- Benefits counseling is provided by a certified benefits counselor. He or she will help you understand how income earned from work affects your benefits and access work incentive programs.
- Work incentive programs help you find a job or start a business, keep your cash (SSI and SSDI) and Medical benefits while you work, or save money to go to school.



Who do I contact?

To apply for Social Security:

- Apply online at www.socialsecurity.gov.
- Call 1-800-772-1213 to make an appointment at your local Social Security office or to set up an appointment for someone to interview you by phone. Find your local Social Security office at <https://secure.ssa.gov/ICON/main.jsp>.

To make an appointment with a benefits counselor:

- Contact the Plan for Work Program at Disability Rights Oregon (DRO) at pfw@DROregon.org or 1-800-452-1694, x 227 (toll-free) or 503-243-2081.
- Contact the Work Incentives Network at 1-800-661-2571. Leave a voicemail with your name, contact information and interest in benefits counseling.



What is my role?

Your role is to share information about your income or employment goals and ask questions about work incentives and other programs that can help you reach your goals.



What is my family's role?

Your family's role is to help you access SSI or SSDI, benefits counseling and work incentive programs, and to help you take steps towards your good life.

The Oregon Health Plan

The Oregon Health Plan (OHP) provides Oregonians access to coordinated health care through coordinated care organizations (CCOs). A CCO is a local network of all types of health care providers that include physical health, addictions and mental health, and dental care providers. These providers work together in their communities to serve OHP members.

What services do they offer?

- Dental services such as cleaning, fluoride varnish, fillings and extractions, dentures, crowns, sealants, root canals and urgent or immediate treatment
- Medical care (such as routine checkups and other appointments) from a physician, nurse practitioner or physician assistant
- Vision services
- Hearing aids and hearing aid exams
- Home health nursing
- Immunizations and vaccines
- Labor, delivery and post-partum care
- Lab tests and x-rays
- Medical equipment and supplies, such as diabetes testing strips or crutches
- Physical, occupational or speech therapy
- Prescription drugs



Who do I contact?

You can apply for the OHP at any time. Enrollment is always open. To qualify, individuals and families must meet income and residency requirements. You may also qualify based on age and disability status. Apply online at <https://one.oregon.gov/>.

If you want the application in your native language or help completing the application in your native language, call 1-800-699-9075 (TTY 711). OHP specialists are available to help Monday through Friday from 7 a.m. to 6 p.m. You can also find free help by visiting www.OregonHealthCare.gov to find community partners in your area.



What is my role?

Your role is to be an active participant in your health care. Choose a doctor or clinic once you are enrolled, set up regular wellness checkups and dental exams, ask questions, be on time to appointments, provide information to your health care providers and follow through on your treatment plans.



What is my family's role?

Your family's role is to support you to take care of your health care, help you access health care services and support you to take steps toward your good life.