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# State Council on Developmental Disabilities

- The State Council on Developmental Disabilities (SCDD) is established by state and federal law as an independent state agency to ensure that people with developmental disabilities and their families receive the services and supports they need.
- Clients know best what supports and services they need to live independently and to actively participate in their communities. Through advocacy, capacity building and systemic change, SCDD works to achieve a client and family-based system of individualized services, supports and other assistance.

# San Diego Imperial Office

- The San Diego Imperial office of the SCDD is one of twelve local offices that were created by state law in 1969.
- The mission of the SCDD is to protect and advocate for the legal, civil and service rights of persons with developmental disabilities, and to ensure that the support and services they receive are of the highest possible quality.

# To Fulfill the Mandates of the Lanterman Act, the SCDD Office will:

- Protect and Advocate for the rights of persons with developmental disabilities
- Monitor the practices of publicly funded agencies for compliance with laws and to pursue remedies of any noncompliance
- Provide Information to increase public and professional awareness including the prevention of disabilities, rights and legislation and the elimination of barriers to integration

# Life After High School

- After IDEA....California's developmental disabilities service system
- What to do next? Employment, Community-Based Programming, or Post-Secondary Education?
- Housing and Recreation
- How to put it all together?

# Expectations

- There is a certain expectation, and common misconception, shared by most students and parents that because the student has a disability and qualified for special education services that all/most adult service providers, upon high school graduation, will pick up where the school district left off and continue to provide the same level of service to the student to maximize their employment and independent living goals.

# Transition Planning Considerations

- Did the student earn a diploma? Or does the student require services to age 22 (certificate of completion)?
- What adult service providers will serve the student after graduation?
- Does the student want to enroll in postsecondary education or start working?

# Transition Planning Considerations Cont.

- Does the student need support to live independently
- What training will the student need on a daily/routine basis to be more independent, economically, socially, and as far as daily living?
- What are the student's plans after high school graduation?



# After IDEA

- After IDEA.....California's developmental disabilities service system

# After IDEA – California's DD service system for those Regional Center eligible

- Postsecondary Education
- Department of Rehabilitation
- Regional Center – Community Adult Service Providers
- Social Security Administration (financial/insurance benefit)
- IHSS

# After IDEA – California's DD service system for those NOT with Regional Center

- Postsecondary Education
- Department of Rehabilitation
- Social Security Administration (financial/insurance benefit) \*may be more difficult to obtain without RC eligibility\*
- IHSS

# Postsecondary Education

- Section 504 of the Rehabilitation Act & Americans with Disabilities Act (ADA)
- No formal program support: students need to follow lectures; labs; reading materials; and make the connection (critical thinking skills).
- No more related services (therapies) and teacher-led accommodations; students must advocate for themselves

# Postsecondary Education

- Fewer accommodations
- Students responsible for choosing classes, paying associated fees, and coordinating transportation to/from campus
- College campuses are much less regimented and there is no adult supervision provided

# Postsecondary Education

- There may be gaps in between classes and students are expected to fill their time (wisely, hopefully)
- More students means more distractions
- Students will need to develop new friendships, applying the skills they learned in high school and middle school (no adult to facilitate)
- Some teachers are more accommodating than others

# Postsecondary Education

- All colleges have a DSPPS (Disabled Student Programs & Services) office on site to help with 504 and ADA required accommodations
- Some community colleges offer programs/classes designed for students with more moderate to severe disabilities. Classes often include enrichment; social skills; independent living; and community resources (non-college credit courses).

# Postsecondary Education

- Not all students who graduate high school with a diploma or certificate are prepared for postsecondary education
- Who will support the student on campus and provide navigation to classrooms, time management if gaps between classes, or help with course content and comprehension of reading materials?



# Postsecondary Education

- Identifying what type of supports the student may require and who will fund/provide them in advance of enrollment is key to effective planning

# Department of Rehabilitation

- Will be presenting here today

- [www.dor.ca.gov](http://www.dor.ca.gov)

# Regional Center

- San Diego Regional Center will be presenting here today

[www.sdrc.org](http://www.sdrc.org)

Social Security Administration

**[www.ssa.gov](http://www.ssa.gov)**

# Social Security Administration

- Financial benefit to children and adults with disabilities who have limited income and limited resources
- Strictly a financial benefit so the person can pay for basic needs
  
- SSI = Medi-Cal Insurance
- Title II benefits/SSDI/CDB = Medicare Insurance after 2 years

# Quick Reference – Social Security and SSI

## **Social Security**

- Benefits based on earnings
- Financed by employer and your wages
- Must have enough work credits
- No resource limit
- Medicare
- Benefit types – Retirement (age 62 and older)  
Survivor – Disability
- Benefit amount based on average lifetime earnings
- Where you live or who lives with you does NOT affect benefits

## **Supplemental Security Income (SSI)**

- Benefits based on need
- Financed by General Revenues
- Limited Income
- Limited Resources
- Medi-Cal
- Benefit types – aged (65 and older) Disability (any age) Blindness (any age)
- Benefit amount based on Federal and State laws
- Other income MAY affect benefits – report any income you receive
- Where you live or who lives with you MAY affect benefits – report any household changes

# In-Home Supportive Services

A service of the County of San Diego Health  
and Human Services Agency

Call Center – 800-339-4661

# IHSS Services Provided

- IHSS funds care providers so that a person can live safely at home (own home or family home)
- Includes those who would be able to return home from a hospital, nursing facility, or board and care
- IHSS is an alternative to out-of-home care
- IHSS includes domestic and related services, and help with personal care such as bathing and grooming, dressing, housecleaning, shopping, laundry, meal preparation and clean-up



# IHSS Eligibility

There are several factors which go into determining eligibility for IHSS.

To be eligible for IHSS, an individual must:

- Fall within the financial eligibility guidelines
- Be blind, disabled, or age 65-plus
- Meet eligibility requirements for full-scope Medi-Cal
- AND be unable to live at home safely without help

# IHSS Financial Criteria

- Persons receiving SSI/SSP
- Persons not receiving SSI/SSP may be eligible, but might be required to pay part of the costs

# After You Have Applied for IHSS

- The IHSS worker will make an appointment to meet with you at your home. The IHSS worker will talk with you about your medical condition, living arrangements and any help you might be getting from your family, friends, or others.
- The IHSS worker will also talk with you more about IHSS and the particular services you need. You will discuss how often you need those services.
- A healthcare professional must complete a certification on your behalf, regarding your medical condition and need for services.
- A specialist in eligibility will determine what costs, if any, you may be required to pay for the services you receive.

# Who Helps Navigate?

- While the school district transition staff may help your adult child apply for some of these benefits/programs, the responsibility largely falls on the adult with disabilities and/or parent, especially in the case of appeals.
- In some situations, the regional center service coordinator may provide some assistance

# Housing & Recreation

- Yet more considerations.....
- Affordable Housing
- Recreational Opportunities

# Affordable Housing

- There are limited affordable housing options available
- There are Housing Authorities where you can apply for Section 8 housing vouchers, or other low income housing opportunities, but most have wait lists of several years – or more.
- Many individuals with disabilities will need subsidized housing in order to afford rent in San Diego County, as SSI benefits do not cover full market-value rent, plus necessary expenses.

# Recreation

- Leisure and recreation are equally important. Socialization, community activities, recreation and having friends are important!
- Integrating adults with disabilities into the community is not the sole responsibility of one agency/individual.
- Done right, everyone shall help the individual maximize their opportunities to socialize, “go-out”, and make friends to the extent they desire.

# Putting it All Together

- Parents are typically an integral part of the process
- To the maximum extent possible, allow your adult child to participate in the process and contact and communicate with various agencies
- Network with other families who have been through the transition process.



# Putting it All Together

- Network with the various community agencies and service providers  
– you never know when you may need their services
- If your adult child has regional center, try to get the service coordinator to help him/her as much as possible through this process, and take as much control as they are willing to exert

# Resources

- State Council on Developmental Disabilities – [www.scdd.ca.gov](http://www.scdd.ca.gov)
- San Diego Regional Center – [www.sdrc.org](http://www.sdrc.org)
- California Department of Education – [www.cde.ca.gov](http://www.cde.ca.gov)
- California Postsecondary Education Commission – <http://www.cpec.ca.gov/>
- Department of Rehabilitation – [www.dor.ca.gov](http://www.dor.ca.gov)
- Social Security Administration – [www.ssa.gov](http://www.ssa.gov)
- San Diego Housing Commission – [www.sdhc.org](http://www.sdhc.org)