



"All About Me" Handbook!

A resource to help track your child's progress.

HELP FOR MY MOM AND DAD

Topics Covered In This Section:

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- Local Parent Groups
- Locating Services In Your Community



About This Section:

This section of the notebook is for resources to help you care for your child, as support groups and Website addresses. (link to Kathy Kaderly Web Site Info)

Local Parent Groups:

The following agencies offer **playgroups and limited workshops as well as parent support**. They send out regular mailings to families interested in this type of information as well as schedules of other activities in their agencies. I encourage you to call and be [laced on their mailing list if you are interested in on-going information in these areas.

- Heights Parent Center (216) 321-0079
- Shaker Family Center (216) 921-2023
- Lakewood Family Room (216) 521-0001

Locating Services In Your Community:

When you are caring for a child with special needs, it is important to learn what services are available in your community that will help to support your efforts in meeting the child's unique needs. Locating services and programs can be a challenging task the first few times. As with many tasks, practice helps. There are several guidelines to help you in this process they include:

1. Ask yourself several key questions **before** you begin:
 - a. What does the child need?
 - b. What does your family need?
 - c. What are your questions?
2. It is important that you have a list of questions ready before you contact a service provider. It is useful to keep a notebook for your contacts/information. Write your questions out leaving space



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for the answers. Be sure to leave space for the name of the person you talk with, the name of the service provider, and the telephone number.

3. To avoid confusion and future repetition of calls, keep track of all your contacts, even those that may not have been helpful.
4. By keeping good records of your calls and contacts, you can better formulate your questions and keep track of the advice you are given. You are developing your own resource guide for ongoing use.
5. In general, once a good resource is located, you can ask them for referrals to other local resources that may help meet the needs you have identified.
6. Some states have information and referral lines that are toll free. Such agencies may provide information and referral lines that are toll free. Such agencies may provide information about public and private service providers in your community.
7. Other families with children who have similar special needs are often an invaluable resource. There are many local support networks for families of children with a wide range of disabilities.

Related Web Sites

For access to a computer, please go to your local public library

Ohio Dept. of Jobs & Family Services
www.state.oh.us/odjfs

Ohio Department of Health
www.odh.state.oh.us

United Way Services
www.uws.org

Cuyahoga County Home Page
www.cuyahoga.oh.us

Lake County Home Page
www.lakecountyohio.org

Lorain County Home Page
www.loraincounty.com

Medina County Home Page
www.co.medina.oh.us

Summit County Home Page
www.co.summit.oh.us

Geauga County Information
www.geaugalink.com

Cuyahoga County MRDD
www.ccbmrdd.org

Ohio's Family Support Collaborative
www.state.oh.us/olrs/fsc



2801 Martin Luther King Jr. Drive
Cleveland, Ohio 44104
216/721-5400

www.clevelandclinic.org/childrensrehab

Resources for Families

*Financial
&
Social Service
Programs*



Bureau for Children with Medical Handicaps (BCMh)

Contact your local health department or call **1-800-755-4769** for more information.

WEB SITE

www.odh.state.oh.us/ODHPrograms/CMH/cmh1.htm

This agency assures that children with special health care needs obtain comprehensive health care services in the community. BCMH offers two programs: Diagnostics and Treatment.

DIAGNOSTICS

This program is used when physicians are trying to find out what is wrong with a child and make a plan for treatment. It covers lab work, tests, x-rays, doctors visits and limited hospitalization.

Eligibility. The child needs to:

- be under the age of 21
- have a possible medical handicap
- be in the care of a BCMH-approved doctor

There are no financial eligibility requirements.

TREATMENT

This program provides medical services and treatment to children with special health care needs. Services may include hospitalization, surgery, doctors' visits, lab work, leg braces, wheelchairs, medicines and x-rays.

Eligibility. The child needs to:

- be under the age of 21
- be in the care of a BCMH-approved doctor
- have an eligible medical handicap
- meet financial eligibility criteria

Financial eligibility is based on the needs of the child and the adjusted gross income of the family.

To apply, a BCMH-approved doctor or a public health nurse must submit a medical application to BCMH on your behalf. BCMH will send you a financial application when the medical application is received. All services covered by BCMH must be provided by a BCMH-approved provider. Contact BCMH for an updated list of current providers.

Medicaid is a federal and state financial program that provides medical care to those who are blind or disabled or low-income families with children.

Other Criteria

- You must be a U.S. citizen or lawful alien
- You can own your home and it is not counted as a financial asset if you live in it
- You can have other resources up to \$1,500 per person and \$2,250 per couple
- You do not need to be on Ohio Works First to be eligible

Medicaid provides comprehensive coverage for necessary health services. These services are provided either through a managed care plan or fee-for-service plan. Services include doctors visits, medicines, hospital care, dental care, therapy services, vision care, home health services and mental health services.

Help Me Grow provides services to children and families of children who are under three years of age. Help Me Grow provides services that promote children's growth and development and support families during the early years of a child's life. Services include:

- **Welcome Home** – Offers an in-home Registered Nurse visit to every first-time and teen mother.
- **Early Start** – Offers a home visitor who will work with the family to promote the well being of children under three and their families. Services include in home parent education and support, developmental screenings, and service coordination
- **Early Intervention** – Offers a developmental evaluation and services to those children who are eligible due to a delay in their development or are at risk of a delay in their development due to medical concerns.

Medicaid

Apply at your local Department of Jobs and Family Services office. In Cuyahoga County, call **216-987-7000** for an appointment.

WEB SITE

www.cuyahoga.oh.us

Help Me Grow

In Cuyahoga County call Interlink – Help Me Grow at **216-736-4300**

WEB SITE

www.helpmegrow.org

Healthy Start Child Health Insurance Program (CHIP)

Apply in person at Cuyahoga Health and Nutrition, or by mail. Call **216-987-7346** for information.

WEB SITE

www.state.oh.us/odjfs/ohp/bcps/hshf

This program provides free health insurance for children, under the age of 19, from working families whose income is up to 200% of the federal poverty line. Eligibility is determined by the number of persons in the household and household income. As a part of the program, children are enrolled in an HMO that provides health care services including:

- Well-child care
- Hospital care
- Dental care
- Vision care
- Medications
- Mental Health care

Families need to make sure that their medical providers are a part of the Healthy Start approved HMO. Speak with a social worker for assistance in exploring your options.

Eligibility Criteria

Family Size	Annual Income as of 10/1/03
2	\$23,220
3	29,260
4	35,300
5	41,340
6	47,380

Medicare

Apply at your local Social Security office. Call **1-800-772-1213** for an appointment at your local office.

WEB SITE

www.medicare.gov

Medicare is a federally funded program that provides health insurance to people over age 65, and to some with permanent kidney failure and disabilities. Children who have kidney disease may be eligible for Medicare if they are on dialysis or are a kidney transplant patient.

Ohio Works First is Ohio's Temporary Assistance for Needy Families (TANF) program of assistance to eligible families. OWF provides cash assistance to eligible families. OWF provides work training and other support services needed in order to obtain self-sufficiency. Families on OWF may also be eligible for Medicaid. This program is for families with children up to the age of 18.

Eligibility

To determine eligibility, the Department of Jobs and Family Services will look at your income. Income guidelines vary depending on the size of the family. Not all income or assets are factored into eligibility. There is no resource limit for OWF, and resources are not considered in determining eligibility to participate. Some income is disregarded and some expenses are deducted from income in determining eligibility. The Department of Jobs and Family Services staff will assist you in this process. The following income guidelines will give you an idea if you are eligible:

Family Size	Monthly Income as of 10/1/03
1	\$423
2	537
3	630
4	750
5	858

The Food Stamp Program enables low-income households to obtain nutritious foods. The program uses a computerized card called the "Ohio Direction Card", which can be used at any store displaying the Ohio Direction Card sign. Neighborhood Service Centers are located throughout Cuyahoga County.

Ohio Works First

Apply at your local Department of Jobs and Family Services Office. In Cuyahoga County, call **216-987-7000** for an appointment.

WEB SITE

www.cuyahoga.oh.us

Food Stamps

In Cuyahoga County call **216-987-7000** for an appointment.

WEB SITE

www.cuyahoga.oh.us

Ohio Home Care Waiver Program

Apply at your local Department of Jobs and Family Services office. In Cuyahoga County, call **216-987-7000** for an appointment.

WEB SITE

www.state.oh.us/odjfs/ohp/bcltcs/ohiocare.stm

Family Resource Program

Apply at your local Board of Mental Retardation and Developmental Disabilities. In Cuyahoga County, call **216-241-8230**.

WEB SITE

www.ccbmrdd.org/Comm_Res.htm

The Ohio Home Care Waiver is a program of the Ohio Department of Jobs and Family Services that provides home care services to individuals allowing them to live at home rather than in nursing homes, hospitals or other institutional settings. Home care services are provided to eligible individuals that require these services because of medical need. Children on this program also become eligible for Medicaid. The program for children has three levels of service: Core, Core Plus and Waiver. The Waiver program provides nursing and daily living services for those children who need 14 or more hours of care per week. Children on the Waiver program are those who could not live at home without the services that the program offers. Other services provided include respite, transportation and minor home modifications.

The Family Resource Program is a program of the Board of Mental Retardation and Developmental Disabilities (MRDD) and is run by the local county. The program provides funding for families for services and equipment such as respite care, special equipment, home modifications and assistance with special diets. These would be services not covered by other resources. The amount available per family varies from year to year.

You do not need to be enrolled in any other MRDD program to get services from the Family Resource Program. There is no charge for services if your income is below \$15,000 and a sliding scale is used for families whose income is above \$15,000.

SSI is a program for children who are blind or disabled, have less than \$2,000 in resources and limited income. Children on SSI receive a monthly cash payment and may be eligible for Medicaid to help with medical expenses.

To begin the application process, please call 800-772-1213 or stop at your local Social Security Office. At the same time you apply for SSI, you should complete an Ohio Medicaid application at the Department of Jobs and Family Services. You will receive an approval letter in the mail when you child is approved for SSI.

The WIC Program is a federally funded program that provides nutrition education, nutritious foods and breastfeeding support for women and young children. By enrolling in the WIC Program you and your eligible family members will get food and nutrition counseling at no cost.

Eligibility Criteria:

- Pregnant Women
- Breastfeeding Women
- Women who have babies less than six months old
- Infants and children who are at nutritional risk

Income Guidelines

Family Size	Monthly Income as of 10/1/03
1	\$ 1,325
2	1,790
3	2,256
4	2,722
5	3,187

Supplemental Security Income (SSI)

800-772-1213

WEB SITE

www.ssa.gov

Women, Infants and Children Program (WIC)

To apply in Cuyahoga County, call **216-961-2233**

WEB SITE

www.cuyahoga.oh.us/