

# Transition Age Navigation Guide

Thank you to the Autism Action Committee for your support in creating this valuable resource for individuals and families.

**Lehigh and Northampton Counties, July 2023**



Find helpful resources here:  
[MagellanoPA.com/ResourceGuide](https://MagellanoPA.com/ResourceGuide)

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Graduating high school and going to college are dreams for many youth and young adults. Getting a job and finding a first apartment are other dreams. You may question if this is even a possibility if you have autism. It is possible that a disability may add extra considerations to the process. Just know that there are many options available to help you transition into adulthood.

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The Autism Action Committee created content for this guide. This committee includes families. It also includes county and Magellan Behavioral Health of Pennsylvania (Magellan) representatives. It is meant to be a resource which can be used multiple times. There is a Table of Contents to allow you to easily find a topic that you are seeking more information about. There is also a comprehensive resource guide online which can connect you with supports. Please feel free to share this guide with your supports. There is a lot to know. So having others to help you through this process is always a good idea.

We focus on many of the services and skills you will face. This guide will show you how to take charge of your health and future. It will show you all of the services in place to help. This guide will teach you about support systems. It will also show you how to request services and accommodations.

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# Introduction

All young adults living with autism have their own unique strengths and challenges. They also have their own specific likes and dislikes. Young adults also have different supports. What may be appropriate or desired for one individual may not be the right fit for someone else. This guide will provide you and your support system with suggestions and options for you to consider. We hope it helps you on this journey toward finding your own unique path to adulthood.

The transition to adulthood is marked by new roles and responsibilities.

- Are you a young person planning for education, employment, housing, and good health as an adult?
- Or are you helping a young person with these efforts?

This guide can help you and your family. It can also help other supports. It covers:

- Options for support
- How to pay for treatment
- How to start treatment
- Local resources that may help.

Magellan is here for you. Call us if you need help. The phone numbers are toll-free. Magellan is here 24 hours a day. Seven days a week.

- **Lehigh County: 1-866-238-2311**
- **Northampton County: 1-866-238-2312**

Magellan has TTY lines for members with hearing loss. The TTY line is: PA Relay 7-1-1. We can also help if you do not speak English. Call us at the phone number for your County. The member services staff will get a translator for you.

Magellan looks forward to supporting you!

# Autism Spectrum Disorder (ASD) in Teenagers & Adults

According to the Centers for Disease Control and Prevention (CDC) in their article "Autism Spectrum Disorder in Teenagers & Adults,"

- Fewer young people with ASD have the same opportunities as their peers without ASD
- There are high rates of unemployment or under-employment
- There is low participation in education beyond high school
- A majority continue to live with family members or relatives
- There is limited opportunity for community or social activities—nearly 40% spend little or no time with friends.

For more information, please refer to the CDC website: [www.cdc.gov/ncbddd/autism/autism-spectrum-disorder-in-teenagers-adults.html](http://www.cdc.gov/ncbddd/autism/autism-spectrum-disorder-in-teenagers-adults.html)

# Getting Started

There are different pathways to adulthood. The transition period is not one size fits all. Individual needs are unique. This guide offers information on a variety of topics. You decide what is best for your needs. You can be supported. Here are a few examples of possible supports.

- Local Mental Health office (Children or Adult [22y+])
- Integrated Services of Lehigh County (up to age 21)
- Northampton County Child and Adolescent Service System Program (CASSP)
- Office of Developmental Programs (ODP)
- School supports/Intermediate Units/school psychologist
- The Arc of Lehigh and Northampton Counties
- County Assistance Office (CAO)
- Social Security Administration (SSA)
- Office of Vocational Rehab (OVR)

Contacts for these resources can be found in the online Resource Guide.

## Behavioral Health evaluations can help to:



Get more information, help clarify, confirm or better understand what you are experiencing



Recommend supports and services



Get connected to services

Behavioral health evaluations can be done at any age and more than once if needed (see prior page for age considerations and the online Resource Guide for additional information). They can be most helpful when you have concerns. Behavioral health symptoms can be confusing. A behavioral health evaluation can help give you more information to better understand what is happening. It can also make recommendations for supports and services. An evaluation may be needed to get connected with some additional services.

# Funding for supportive services

## Types of insurance coverage

There are services that can help meet your needs. Health insurance provides medical benefits. They are covered under your physical health plan. Mental health benefits are covered under your behavioral health plan. Your coverage depends on your insurance plan. Types of insurance include:

### **Private insurance**

- Coverage through you, your parents, or your spouse's employer under a group health plan.
- Benefits, coverage, and costs may vary depending on plan.
- May be referred to as your "primary plan" since coverage for services should be sought through this plan first.
- Individual coverage of you through an 'exchange' plan through the Affordable Care Act (ACA). Depending on your income, the federal government can help with the cost of this coverage.
- Individual coverage of you not offered through the ACA. This coverage may be more or less expensive than ACA coverage.

### **Private pay**

- You pay the provider directly based on an agreed upon rate
- Provider may not take insurance or may not work with your specific insurance
- You cannot be reimbursed if you choose to privately pay for services.



## Medical Assistance (MA)

- Funded by the federal government and administered by the state of Pennsylvania
- May offer some services not offered by private insurance
- Coverage is typically based on income, but you can qualify regardless of income if you are under 18 years old and have a disability
- MA can also help with payment for services not fully covered by private or primary plans such as co-pays and deductibles

MA covers both physical and mental health needs. But they are separate plans. Each covers different services. The image on the next page shows the types of services covered under each plan.





## **PHYSICAL HEALTH**

Medications

Developmental  
pediatricians

Neurologists

Occupational, speech,  
or physical therapies

Home health aides



## **BEHAVIORAL HEALTH**

Psychiatrists

Outpatient therapists

Home and  
community-based  
services

Your MA physical health plan has a Special Needs Unit (SNU). This can help with physical health challenges. These may affect your behavioral health. Contact your MA physical health plan to get connected to the SNU. Ask to speak with a Special Needs Coordinator. Contact information can be found in the online Resource Guide.

## **Consent for Mental Health Treatment, Act 65**

Children under 14 years of age must have their parent's or legal guardian's permission to get mental health care. Children 14 years or older do not need their parent's or legal guardian's permission to get mental health care. They can consent to mental health care and have the right to decide who can see their records if they consented to the mental health care. All children can get help for alcohol or drug problems without their parent's or legal guardian's permission. In addition, a parent or legal guardian can consent to mental health care for a child who is 14 years old or older, but under 18 years of age.

It is important for everyone that supports a child to work together and be part of the planning for the child's care. Everyone that supports a child should, whenever possible, share information necessary for the child's care.

The chart below explains who can consent to treatment.

<b>If the child is</b>	<b>Then he or she</b>
<b>Under 14 years of age</b>	Must have parent's or legal guardian's permission to get mental health care
<b>14 years of age or older</b>	Can get mental health care without parent's or legal guardian's permission
<b>Any age</b>	Can get help for alcohol or drug problems without parent's or legal guardian's permission

There are a lot more details and specifics to know about Act 65 and the Mental Health Procedures Act. If interested in learning more, please visit the online Resource Guide to see 'Act 65 of 2020: Consent for Mental Health Treatment of Minors.'

## Applying for Medical Assistance

### 14-17 years old:

- ☐ You can get MA based on your disability up to age 17
- ☐ This could be autism, another developmental delay or another mental health diagnosis
- ☐ Your income does not matter but the application requires this information
- ☐ MA covers many services you may need
- ☐ **You will need to annually renew.**

## 18+ years old:

- ☐ At 18 years old, when you are applying for MA, you are considered a family of one
- ☐ Parental income is separate from your income
- ☐ You will need to re-apply for MA when you turn 18 years old
- ☐ It is recommended that you submit this application 6 months prior to your 18th birthday
- ☐ You will need to annually renew.

## Contact your local County Assistance Office (CAO)

- ☐ Apply by telephone at 1-866-550-4355
- ☐ Apply online at [www.compass.state.pa.us](http://www.compass.state.pa.us) or download the application
- ☐ Apply by paper application
- ☐ Inform the CAO by writing on the application if you are applying for a child (14-17 years old) with disabilities.

## Submit the documentation

- ☐ Complete the application including parental income (14-17 years old only)
- ☐ Include a copy of your social security card
- ☐ Include a copy of your birth certificate
- ☐ Include a copy of written documentation of diagnosis from the doctor or recent medical documentation if required
- ☐ Reminder- this is required to be completed annually.

## Obtain notification

- ☐ Eligibility notice should be sent within 30 days—the timeframe can be shortened to 5 days if there is an “urgent medical need,” which would need to be noted by your treatment provider
- ☐ You will receive your MA card
- ☐ You will receive a HealthChoices welcome letter
- ☐ If you are denied MA, you have the right to appeal the decision.

Contact your local CAO or Compass Helpline  
(800-692-7462) if you have questions.

### **Lehigh County Assistance Office**

555 Union Boulevard  
Suite 3  
Allentown, PA 18109

Helpline for Medical  
Assistance information:  
1-800-842-2020  
Phone: 610-821-6509

### **Northampton County Assistance Office**

201 Larry Holmes Drive  
P.O. Box 10  
Easton, PA 18044-0010

Toll-free: 1-800-349-5122  
Phone: 610-250-1700

More information on how to apply for MA can be found at:  
[www.dhs.pa.gov/citizens/healthcaremedicalassistance](http://www.dhs.pa.gov/citizens/healthcaremedicalassistance)



# Educational Transitions

Transition planning can begin when you are 14 years old or younger. A transition team can be assembled to create a transition portion of the IEP or 504 Plan. This helps to address your post-secondary goals. The transition plan goes into effect by age 16. Free Appropriate Public Education (FAPE) requires schools to provide special education to meet the unique needs of a student. FAPE is provided for all students with disabilities:

- until they complete their graduation requirements or IEP goals or;
- until they turn 21 years old.

The school should initiate discussions with you and your caregivers regarding your plans for postsecondary school education. They should also discuss employment and living options. It is best to include treatment providers in your IEP process. Efforts should be made to review the IEP in other ways if this is not possible.

You can have additional opportunities for ongoing education and skill development after high school. There are accommodations and supports in these programs. Some viable options include:

- four-year college
- cooperative education
- community college
- vocational/technical/trade schools
- life skills programs.

More details are available in the online Resource Guide.

# Community Living

Adults with autism can be active participants in all areas of community life. This includes social and recreational activities. Just like your peers. There is truly something for everyone. It may just take a bit more effort to find what you are looking for. Be sure to look for what social opportunities provide the greatest amount of happiness.

## Travel

Travel training is important to gain independence and to gain greater access to the community. There are programs to help teach you about travelling in all situations. Some of these programs are referenced in the online Resource Guide.

## Safety

You will want to try and do new things as you become more independent. It is important to consider your safety in all situations. Some safety skills to consider developing are:

- Identifying strangers
- Identifying community members who can offer assistance
- Asking for help
- Knowing what to do if you get lost
- Communicating your name, address, phone number and emergency contact person – either verbally or with a card
- Using a cell phone, to both call and text

- Identifying public versus private spaces
- Navigating your neighborhood, downtown and surrounding area safely
- Knowing safe or unsafe items in your home.

Develop a plan with those you live with for additional support in crisis. Have your plan written down for how you want to be helped during a crisis. Here are a few things to consider:

- How will you know who is a first responder to help in an emergency?
- Visit your local police station, ambulance, and fire company.
- What do the emergency responders uniforms look like?
- Ask questions about how they might handle an emergency at your home.

There are many safety concerns to consider. All situations cannot be discussed. The online Resource Guide has some additional information to review.

## Developing Independent Living Skills

There are a number of skills needed as you get older. These are skills that can be taught and learned. Here are several examples:

- Money management
- Technology and computer literacy
- Personal care—Good hygiene, cooking, laundry, household cleaning
- Health—Physical activity, food choices, Dr appointments
- Understanding potential dangers like drugs, sex, abusive behaviors



- Knowing when to seek medical care, communicate symptoms and how to self-manage
- How and when to take medications
- Healthy relationships—communication, handling conflict, boundaries
- Socialization
- Transportation—getting places
- Employment skills – how to be a good employee, interview skills
- Voting
- Managing your time—appointments, classes/work schedule
- Regulating your emotions, managing your symptoms, being aware of your triggers

Please ask your providers, school, and supports on how to go about building these skills.

## Housing and Residential Support

There are many questions to ask when thinking about your future housing. You will want to consider:

- What type of setting would you be comfortable in?
- Would you need any type of support to live there?
- Money and income may be something which needs to be considered as you have these discussions.
- Certain settings will have other things to consider such as diagnosis, availability, and qualifications.

There are also different types of living arrangements available. Here are a few to consider:

- Family
- Apartment, house, condo—with or without roommate(s)

- Independent living—A person living independently in his/her own home with supports to match specific needs.
- Supported living\* (semi-independent living)—A person living in his/her own home alone or with others (housemates) and have services to match their needs.
- Life sharing\*—A person living in a private home of a host family. The host family provides support for the person's needs and helps guide them towards independence.
- Community living arrangement\*—Several unrelated people live together with onsite staff who are present 24 hours a day, 7 days a week. Focus on independent living skills and community activities.

*\*These programs require involvement with the Administrative Entity for each County. You can get this contact information in the online Resource Guide. Each of these settings may have specific requirements you would need to meet such as being involved with the county office. Paying for these, like through a waiver, can have some limitations to ask about. You can access behavioral health services for all of these settings.*

## Physical Health (PH) Care

You may need to change doctors as you get older. Your pediatrician may be able to refer you to a Primary Care Physician (PCP) that can best meet your needs. You may also start going to these appointments on your own. There is no set time when the transition is best. You will want to consider the following questions when you go to your own appointment:

- Ask for a referral.
- Call your insurance or check the insurance website.
- How will I keep track of my appointments?

- Do I have a choice of appointments in person or by telehealth? Some doctors offer you the chance to have a doctor visit online.
- Does my doctor use a patient portal online for things like appointments, medication refills, medical records? If so, do I know how to use it?
- Do I know what to say when calling to get an appointment?
- How do I get my medications refilled? Some options to get medication refilled are: online patient portal, call the doctor's office, or call pharmacy.
- How do I get my medical records?
- What should I bring for my first appointment? When you schedule this appointment, be sure to ask what paperwork or things you need to bring to this appointment. Some of the things you might be asked to bring are: insurance cards, photo ID, doctor's paperwork they requested, list of your medications and dosages, emergency contact information, or legal medical documents like HealthCare Proxy.
- What are my medical rights?



**It is important to know who your PH managed care company is. Be sure to have a copy of your PH insurance card. Know how to contact them. Refer to the earlier section for insurance and MA.**

# Health & Wellness

You may have had the support or help from a trusted adult when you went to see your doctor. As you become an adult you may decide you want to visit a doctor on your own. The next two sections will give you some questions and ideas about what to think about.

- Can I keep my doctor?
- How will I track my appointments?
- Do I have a choice of appointments in person or by telehealth?
- Does my doctor use a patient portal online for things like appts, medication refills, medical records? If so, do I know how to use it?
- Do I know what to say when calling to get an appointment?
- How do I get my medication refilled?
- How do I get my medical records?
- What should I bring for my first appt?
- What are my medical rights?
- Do I have a mental health crisis plan? Do I need one?

Some of your medical rights include:

- Be treated with dignity and respect.
- Have your treatment and other member information kept confidential. There are certain situations based on the law where this may not always occur.
- Have your treating providers talk to each other with your permission.

- Receive information in a language you can understand, and free of charge.
- Receive a clear explanation of your condition and treatment options.
- Freely file a complaint or appeal and learn how to do so.
- Ability to choose from a variety of providers.
- Decline participation or withdraw from programs and services.

For a complete list of your rights, please see the Member Handbook for your physical and behavioral health insurances.



# Locating support and services

Magellan is a managed care company. We work with Lehigh County and Northampton County. We provide behavioral health services to those who are eligible for MA. You can get these services until the age of 21. You can continue to get other services from us after you turn 21. You can also get support through the Office of Developmental Programs or Bureau of Autism. Your providers can help with this transition.

Here is a list of services currently available to transition age youth.

- **Case management (includes Intensive Case Management, Resource Coordination, Blended Case Management)** – This service works to support Magellan members to gain access to resources including education, health, housing, vocational, transportation, advocacy, respite care, recreational services, and specialized mental health. This includes individual, family and group therapy, and psychiatry care. This is done in an office. Sessions use a range of techniques. They are once per week.
- **Outpatient therapy** – This includes individual, family and group therapy, and psychiatric care including evaluations.
- **School-based outpatient services** – Outpatient therapy and medication management in a school setting.

- **Psychiatric Rehabilitation for Autism Spectrum (18+yr)**  
– Teaches skills in living, learning, working and socializing on a one-to-one basis or in small groups. Individual choice is maintained in addressing the skills needed.
- **Intensive Behavioral Health Services (IBHS)** – IBHS supports children, youth, and young adults with mental, emotional, and behavioral health needs. Can receive through 20 years old. Can be individual, ABA, or group.
- **Transition to Independence Program (TIP, 16-24yr)** – Engages and supports young adults with their future planning.
- **Transition Age Youth Certified Peer Support (TAY CPS, 14-26yr) & Certified Peer Support (18+yr)** – CPS will work with young adults to identify community resources, develop organizational skills and help with social support planning.
- **Family-based services (FBS)** – This combines individual and family therapy with the family as the focus for short term, intensive treatment and also includes crisis support and case management. Can receive through 20 years old.
- **Partial hospital program (PHP)** – This program is five days a week for several hours per day. It consists of individual, group, and family therapy. There is also a psychiatrist for medication management. Focused on managing symptoms and maintaining stability, while decreasing a person's risky behaviors. This can be found in a school setting or in a site-based location. This is available to adolescents and adults.

- **Residential treatment facility (RTF)** – This is for members under age 21 with several mental health symptoms. This is typically used when home and community services have not been successful. The RTF uses individual and group therapy. Family involvement is essential. It involves 24-hour care.
- **Psychiatric inpatient hospitalization** – This provides 24-hour treatment. This is in a hospital setting. It is for those who pose a danger to themselves or others. It is meant to be short term. The goal is to lessen symptoms.
- **Assertive Community Treatment (ACT)** – ACT is an evidence-based practice for adults ages 18+ that provides mental health treatment with a team of professionals in the community. The goal of ACT is to lessen or eliminate the symptoms of mental illness which affect the quality of life for the member. The ACT team provides 24-hour crisis support, prescribing and monitoring medications, employment, peer support, and therapy.
- **Dual Diagnosis Treatment Team (DDTT)** – DDTT offers support to adults 18+ who have serious mental illness and intellectual disability. Individuals receive counseling, support finding housing, crisis support, and medications.
- **Crisis Residential Center (CR)** – Offers short term, 24-hour residential service and immediate intervention to reduce the intensity of the emergency and reduce associated symptoms so that individuals can return home and resume their daily lives. Alternative to hospitalization. Available for members 18 years and older.



- **Community Residential Rehabilitation (CRR)** – Provides therapeutic support in host homes to children and youth under 18 years old.
- **Substance Use Disorder Treatment** – Like mental health, substance use has a continuum of services from community based supports, outpatient, intensive outpatient, partial hospitalization, residential services, and inpatient services to support in a young adult's recovery journey. These services are available for children, adolescents, and adults.
- **Certified Recovery Specialist (CRS, 18+yr)** – A credential for individuals with personal, lived experience in their own substance use disorder recovery. By offering insight into the recovery process based on their own experience, recovery specialists are able to provide a unique perspective while providing recovery support services. The CRS is not a sponsor, case manager or a therapist but rather a role model, mentor, advocate, and motivator.



# Legal Considerations

You can have control over many areas of your life at age 18. Having control can start as early as age 14. Many of these aspects require planning in advance.

This planning could involve the legal system. Some key considerations are:

- Housing
- Income
- Education and training goals
- Employment
- Health insurance and any continued health or behavioral health needs
- Vital documents (Birth Certificate, Photo ID/state issued, Social Security card, Health Insurance information, Medical records)
- Legal system navigation
- Healthcare Advanced Directive (Mental/Physical).

## Guardianship

- In the eyes of the law, even a person with a significant developmental, cognitive or mental health disability is legally permitted to make decisions on his or her own behalf at the age of 18 years or older.
- The only way parents can continue making decisions for their child is to become his or her legal guardian. Guardianship is a court-ordered arrangement in which one person is given the legal authority to make decisions on behalf of another person.

- It is possible to have some areas where your caregiver makes some decisions for/with you and other areas where you can still make your own decisions.
- Some of these areas are: medical, education, money, living arrangements, and legal decisions to name a few.

There are different guardianship arrangements. A lawyer may be a helpful resource in walking you and your caregiver through this process.

- For more legal information on guardianship, you can refer to the Organization for Autism Research, A Guide for Transition to Adulthood, <https://researchautism.org/resources/a-guide-for-transition-to-adulthood/>.

## Special Needs Trust

This trust holds assets for a special needs beneficiary. Consult a lawyer for additional support and information. Here is some basic information:

- It can be used to receive public benefits such as Supplemental Security Income (SSI) or Medicaid, in order to supplement your income without impacting eligibility to receive benefits
- A Special Needs Trust can ensure that money will be available for you throughout your lifetime and that such money will not impact your access to means-tested benefits
- The trustee, often the parent, is designated to manage the trust for the benefit of the child
- This trust does not impact your benefits like SSI/SSDI.

## Social Security

- The Social Security Administration (SSA) has two kinds of benefits for people with disabilities over the age of 18: Supplemental Security Income (SSI) and Social Security Disability Insurance/Disabled Adult Child Benefits (SSDI).
- For you to qualify for these programs, you must meet the Social Security Administration's definition of disabled.
- You will be required to submit medical records.
- In addition, you will be asked to go through an examination paid for by the SSA. This process can take several months so you should contact the SSA, approximately six months before your 18th birthday.
- SSI is available to people whose disabilities prevent them from gainful employment.
- In order to be eligible, there are income requirements, and you must have a limited monthly income.
- SSDI provides income supplements to people who are restricted in their ability to be employed because of a disability.
- Unlike SSI, this benefit is available regardless of the individual's income and resources.

More information about Social Security can be found in our online Resource Guide.

## Representative Payee

- A person or organization who is appointed by the SSA to receive your SSI/SSDI benefits for anyone who needs assistance managing their money

- SSA appoints this person or organization as a payee to manage your benefits
- Your payee can be someone you know.

See the online resource Guide for more information about who can function as a payee.

## ABLE Accounts

ABLE accounts are a type of savings account. They provide an option to save money for you and your family. Income earned by the accounts will not be taxed. Contributions to the account can be made by any person. They can be used for a variety of expenses for people with disabilities. They do not jeopardize benefits. See the online resource Guide for more information.

## Power of Attorney (POA)

- POA is an option when you identify someone to make decisions on your behalf under agreed upon terms in a legal document
- This is one of the decisions to consider during this transition time to adulthood
- With a POA, courts are not involved
- You maintain more control over decisions than with a guardianship arrangement and as a result, this option is more common among more independent individuals.

# Employment

Employment is another topic to be considered during these years of transition.

- While in high school, you may want to educate yourself about possible future careers
- Make a list of your interests and strengths and then compare them to the types of jobs that are available to find the best fit
- Try to learn more about those specific career areas as much as possible and continue to build upon the skills that will allow you to succeed in the workplace
- There are many different employment options for individuals with autism.

This section is not limited to paid employment. It can also include volunteer opportunities.

You will need to learn proper skills in the workplace. This is not just related to the job itself. You should also learn about social skills. Rules of a work environment are also important. Examples of these skills include:

- Initiating interactions with coworkers, as well as ending them
- Understanding and respecting boundaries
- Asking questions when help or clarification is needed
- Being able to communicate your needs and accommodations you need to do the job
- Being patient in situations that may be frustrating
- Learning the best ways to respond when agitated (i.e., taking breaks in a quiet space or walking outside for fresh air)

- Maintaining proper hygiene
- Knowing what topics are appropriate in the workplace and what should be kept private.

Remember that learning these skills will be an ongoing process. The online Resource Guide contains links for additional information. You will also find a checklist from PaTTAN.

## Office of Vocational Rehabilitation

The Pennsylvania Office of Vocational Rehabilitation (OVR) provides vocational rehabilitation services.

- OVR helps persons with disabilities prepare for, obtain, or maintain employment
- OVR provides services to eligible individuals with disabilities, both directly and through a network of approved vendors
- Services are provided on an individualized basis
- Those who are 14 to 18 years old can participate with parent permission
- The OVR counselor, during face-to-face interviews, assists individuals in selecting their choice of vocational goals, services, and service providers
- It is recommended that you begin the referral process two years prior to High School graduation but can be done earlier.

To find a local office, visit [www.portal.state.pa.us/portal/server.pt?open=514&objID=606620&mode=2](http://www.portal.state.pa.us/portal/server.pt?open=514&objID=606620&mode=2)

## Transportation

It is important to consider how you will get to places. This will lead to more independence. You will also get greater access to the community.

- A few of the options include public transportation or ride share
- You will also want to consider driving yourself.

## Driving

Learning to drive can be exciting and scary. It does require a certain set of skills to be able to do it well. Some things to consider when deciding if you want to drive:

- Am I a good rule-follower?
- Do I understand there are consequences for my actions?
- Do I avoid unnecessary risks?
- Do I resist peer pressure?
- Do I take responsibility seriously?
- Do I have a quick reaction time?
- Am I well-coordinated?

There are local resources for help. See the online Resource Guide about driving and transportation resources.



## Medical Assistance Transportation Program (MATP)

- MATP programs help seniors, persons with disabilities, and people needing assistance getting to medical appointments
- Other groups of people may also be covered depending on where they live and their needs
- There is an online application in the online Resource Guide to apply for MATP services
- You will be asked to identify your needs and then the application platform sends the responses directly to the appropriate transportation provider
- The transportation provider may then request additional information before approving the application for service
- The application process does not cost anything, but you may be charged a per-trip fee or fare for the transportation services
- The transportation provider will discuss any required fares with you when you schedule service with them.

# Social, Recreation, Spirituality & Community

There are a variety of activities in the community. These provide you with the chance to connect with others while doing an activity you enjoy.

- Besides time in school and/or at work, how do you want to spend your free time?
- What are some of your hobbies or activities you enjoy?
- Are you looking to get to know more people who like the same activities you do?
- Some examples of social connections in the community may include a local drop-in center.
- Other activities could be at a religious place of worship.
- You can also attend a Magellan MYLIFE meeting.

The online Resource Guide has more information about these options.

## Online Social Networking

It can sometimes be easier for you to socialize via social networking. Some organizations have specific classes to teach you safe and fun ways to use the internet. Below are some social networking safety tips from the FTC:

- Think about keeping some control over the information you post—Consider restricting access to your page or account to a select group of people
- Do not post your full name, social security number, address, phone number, bank account, or credit card information

- Do not use your name, age or hometown as your screen name or account name
- Post only information that you are comfortable with others seeing and knowing about you
- Remember that once you post information online, you cannot take it back
- Some people lie about who they really are when they are online
- If meeting an online friend in person for the first time, meet in public during the day with friends you trust and tell an adult where you are going
- Trust your gut if you have suspicions.

Visit this website for more information about protecting yourself online: <https://consumer.ftc.gov/identity-theft-and-online-security/protecting-kids-online>



# Office of Developmental Programs (ODP)

- ODP is a program to support Pennsylvanians with intellectual disabilities, autism, developmental delays, and medically complex to achieve greater independence, choice and opportunity in their lives
- The office seeks to continuously improve an effective system of accessible services and supports that are flexible, innovative, and person-centered.

Here is other information about ODP and important contact details for any questions:

- Northampton County: 610-829-4800;  
Lehigh County: 610-782-3200
- Provide basic demographic information and request an intake be made for Developmental Programs
- You will be required to present the following documents: Birth Certificate, Social Security card, Insurance Cards, Guardianship paperwork (if applicable), Evaluation, and Standardized Assessment of Adaptive Functioning (i.e., Vineland, ABAS)
- You will be connected to a county intake worker who will walk you through whatever other information or documents are needed to complete this process
- Once all the requested information is obtained, an eligibility assessor will review the documents and make an eligibility determination
- If deemed eligible, you will choose a Supports Coordination Organization to work with.

## Supports Coordination

Supports coordinators can assist you in locating services. They can also assist you in helping to find ways to meet your needs.

There are three roles of a Supports Coordinator (SC):

- Locating services and supports—Finding out, linking, arranging for and obtaining services
- Coordinating development and management of your goal plan
- Monitoring safety and services.

## Waivers

- Waiver is a shortened term for the Medicaid Home and Community Based Waiver Program
- This program provides funding for support and services to help you live in your home and community.

Intellectual Disabilities/Autism waiver funding is a combination of state and federal dollars. The funding is regulated on the state level by ODP. It is regulated on the federal level by CMS. Participation in Waivers is dependent upon need. It is also dependent on the availability of Waiver funds. Waiver funding is not an entitlement. Initial intake eligibility does not mean you will receive a waiver.

## Health Care Quality Units (HCQUs)

- HCQUs work to support and improve the health information and knowledge for the intellectual disabilities community service system
- This is done by building capacity and competency within the physical and behavioral health care systems
- They also build the capacity and competency for the stakeholders of the Intellectual Disabilities (ID) system.

Look in the online Resource Guide for more information.

# Discrimination is against the law

Magellan\* follows the law. We treat all people equally. We do not discriminate against anyone based on: Race; Color; National origin; Age; Disability; Sex.

We provide free help and services to people with disabilities. We want you to be able to communicate with us easily. We offer: Qualified sign language interpreters and written information in many formats (large print, audio, accessible electronic formats, and other formats).

We also provide free language services to people whose first language is not English. We offer: Qualified interpreters and information that is written in other languages.

Contact us at 1-800-424-3515 (TTY: PA Relay 7-1-1) if you need any of these services.

If you believe we have not provided these services or discriminated in another way, you can file a grievance with:

**Civil Rights Coordinator,  
Corporate Compliance Department**

8621 Robert Fulton Drive

Columbia MD 21046

1-800-424-7721

[compliance@magellanhealth.com](mailto:compliance@magellanhealth.com)

You can file a grievance in one of three ways: In person, by mail and by email.

The civil rights coordinator is available if you need help with any of this.

You can also file a complaint with the U.S. Department of Health and Human Services Office for Civil Rights. You may do this online at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>. Or you may do this by mail or phone.

**U.S. Department of Health and Human Services**

200 Independence Avenue, SW

Room 509F, HHH Building

Washington, D.C. 20201

1-800-368-1019

TDD: 1-800-537-7697

Complaint forms are available online. You may find them at [www.hhs.gov/ocr/office/file/index.html](http://www.hhs.gov/ocr/office/file/index.html).

*\* Magellan refers to all applicable subsidiaries and affiliates of Magellan Health, Inc. including but not limited to Magellan Healthcare, Inc..*



# Language access services

## **English**

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call: 1-800-424-3515 (TTY: PA Relay 7-1-1).

## **Spanish**

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-424-3515 (TTY: PA Relay 7-1-1).

## **Russian**

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-424-3515 (телетайп: PA Relay 7-1-1).

## **Chinese**

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-424-3515 (TTY: PA Relay 7-1-1)。

## Vietnamese

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-424-3515 (TTY: PA Relay 7-1-1).

## Arabic

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-800-424-3515 (رقم هاتف الصم والبكم: PA Relay 7-1-1).

## Nepali

ध्यान दिनुहोस्: तपाईंले नेपाली बोल्नुहुन्छ भने तपाईंको निम्ति भाषा सहायता सेवाहरू निःशुल्क रूपमा उपलब्ध छ । फोन गर्नुहोस् 1-800-424-3515 (टिटिवाइ: PA Relay 7-1-1).

## Korean

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-424-3515 (TTY: PA Relay 7-1-1) 번으로 전화해 주십시오.

## Cambodian/Khmer

ប្រយ័ត្ន៖ បើសិនជាអ្នកនិយាយ ភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសា ដោយមិនគិតល្អ គឺអាចមានសំរាប់បំណែក។ ចូរ ទូរស័ព្ទ 1-800-424-3515 (TTY: PA Relay 7-1-1).

## **French**

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-800-424-3515 (ATS: PA Relay 7-1-1).

## **Burmese**

သတိပြုရန် - အကယ်၍ သင်သည် မြန်မာစကားကို ပြောပါက၊ ဘာသာစကား အကူအညီ၊ အခမဲ့၊ သင့်အတွက် စီစဉ်ဆောင်ရွက်ပေးပါမည်။ ဖုန်းနံပါတ် 1-800-424-3515 (TTY: PA Relay 7-1-1) သို့ ခေါ်ဆိုပါ။

## **Haitian Creole**

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-424-3515 (TTY: PA Relay 7-1-1).

## **Portuguese**

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-800-424-3515 (TTY: PA Relay 7-1-1).

## **Bengali**

লক্ষ্য করুনঃ যদি আপনাবাংলা, কথা বলতে পারেন, তাহলে নীচেরচায় ভাষা সহায়তা পরষিবো উপলব্ধ আছে। ফোন করুন 1-800-424-3515 (TTY: PA Relay 7-1-1).

### **Albanian**

KUJDES: Nëse flitni shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në 1-800-424-3515 (TTY: PA Relay 7-1-1).

### **Gujarati**

સુચના: જો તમે ગુજરાતી બોલતા હો, તો નન:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-800-424-3515 (TTY: PA Relay 7-1-1).

### **Thai**

ข้อควรทราบ: หากคุณใช้ภาษาอื่นที่ไม่ใช่ภาษาอังกฤษ เรามีบริการช่วยเหลือด้านภาษาจัดให้ฟรีสำหรับคุณ ติดต่อ: 1-800-424-3515 (TTY: PA Relay 7-1-1).







