

# Local Resources for Parents and Youth with Disabilities

# Cynthia Thielen, BA, Self-Advocate

Placement Supervisor: Vickey Rand, Advocacy and Communications Manager, Maine Coalition for Housing and Quality Services Leadership Mentor: Alan Kurtz, PhD., Research Associate, Center for Community Inclusion and Disability Studies University of Maine

The Coalition and the Maine Developmental Disabilities Council sought to revise and update its diagram for supports across the lifespan so it can be presented in an easy to read, user friendly manner. As a LEND trainee, I revised its materials related to their Developmental Services Lifelong Continuum of Care and the Blueprint for Effective Transition. In addition, I developed short summary documents on each of the areas identified by the Coalition which included Healthcare, Employment, Education, as well as Housing and Transportation. These areas are included below, and each bullet point is expanded upon in the five summary documents.

# Topics Addressed in Prepared Summaries

### Healthcare

- CHIP
- Beckett Waiver
- Healthcare Transition for Youth
- Project Let's Go
- MaineCare
- HCBS Waivers

#### Education

- IDEA
- Section 504
- Parent Rights
- Postsecondary Education
- TPSIDS
- Think College!

## Employment

- Vocational Rehabilitation
- Rehabilitation Act
- Employment Agencies
- WIOA
- Employment First

## Housing

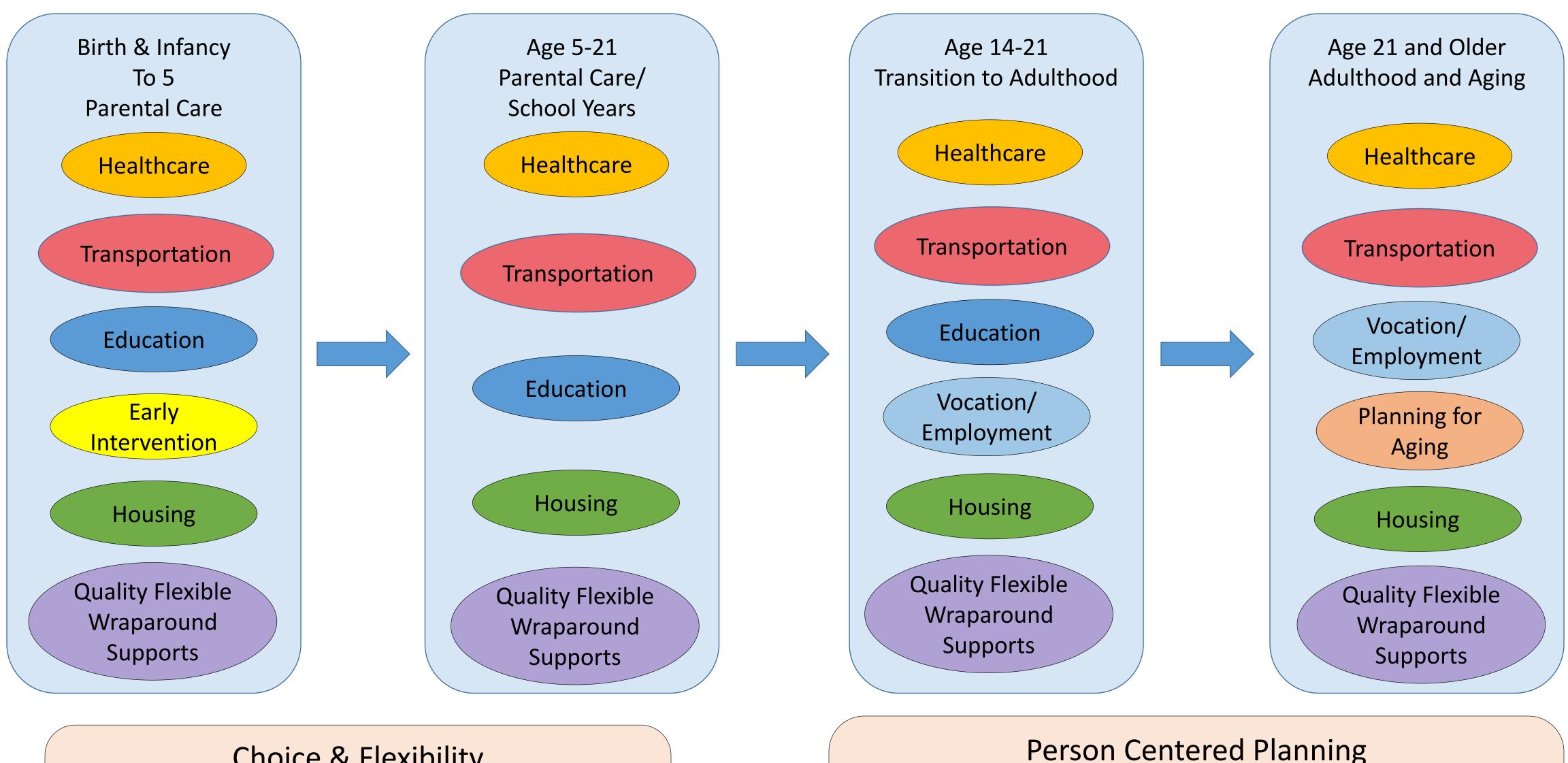
- Supportive Housing
- HCBS Rule
- Financial Assistance for Housing

## Transportation

- ADA Paratransit
- Transportation Brokers
- Resource Links

### Lifespan

People need different types and amounts of support over their lifespan Formal supports (provided by government) complement and supplement natural supports provided by family and community.



#### Choice & Flexibility

Each of us are entitled to have a broad array of choices about how we live our lives and the form that supports take. Formal supports should be flexible and adaptable to individual preferences and need.

The person drives the planning process. The person, family, and community, are all involved in planning supports as lives evolve over time. Supports are based on the wants, goals, and needs of the individual and change over the lifespan Self-advocacy and selfdetermination are primary values.

# **About The Maine Coalition for Housing and Quality Services**

Founded in 2006 and based in Portland, ME, the Maine Coalition for Housing and Quality Services seeks to advocate for funds and resources to support housing, direct services, and to increase advocacy throughout the state of Maine.

#### Partnerships

Support for an individual is a partnership among the individual, family, community, nonprofit, and government. The role of each party varies by individual and over the lifespan.

#### Community Inclusion

People are included and engaged with their communities. Inclusion is promoted and facilitated by both natural and formal supports.

Coordinated Access and Quality Outcomes People are included and engaged with their communities. Inclusion is promoted and facilitated by both natural and formal supports.







