



TRANSITION



RESOURCE GUIDE



A CARD partnership project
A. Helene Robinson and Amanda Keeting

Transition Resource Guide

I. Community Living and Institutional Housing Options

There are many different types of place to live. Community-living refers to the programs, services and other supports that enable individuals with developmental and other related disabilities to live within a community setting as opposed to large residential or institutional placements.

a. Independent Living

Individuals who live absent of outside assistance are said to be independently living. While they may or may not receive financial assistance, individuals in independent living care for all their daily needs including: hygiene, medication, chores, emergencies, shopping for groceries, etc. This the context most typical employed adults live within.

b. Supported Living

Individuals in supported living are usually individuals living in homes or apartments of their own often paid for by funds from Social Security, paid employment, or a combination of the two. The person may live alone or choose to live with a roommate. Supported living often involves partnerships between individuals with disabilities, their families, and professionals in making decisions about where and how the person wishes to live. Individuals generally receive some kind of “supportive” services from professionals in varying amounts to accomplish the same tasks as individuals in independent living. The kind and amount of supports are tailored to the individual's needs. The most common support service used in Supported Living is a Supported Living Coach.

Supported Living Coaches are most often funded by the Agency for Persons with Disabilities through the DS/HCBS Medicaid Waiver or through self payment.

c. Long Term Residential Care (LTRC)/Small Group Homes

Small group homes are living environments where generally six or fewer individuals live, usually with 24-hour staff support. Placements within small group homes are usually funded by the Agency for Persons with Disabilities through the DS/HCBS Medicaid Waiver and monies available through Social Security. Each resident typically has a small allowance for personal use during each month. The amount of outside

activities, choice, and options an individual living within a group has varies greatly from home to home.

d. Assisted Living

Individuals living within an assisted living facility (ALF) are generally able to care for most of their personal care needs. However, they may need some degree of ongoing supervision or care. This type of housing is typically utilized for low to moderate income seniors. However, individuals with disabilities over the age of 18 can also access this housing option. Assisted Living is often funded through Social Security and The Department of Children and Families, Adult Services program.

e. Adult Family Care Homes

Adult family care homes (AFCHs) are private residences that are licensed to provide housing, meals, and personal care services to older persons and adults with disabilities who are unable to live independently. Unlike assisted living facilities, AFCHs are owned and operated by licensed AFCH "providers" who live with the residents they serve. In addition, AFCHs are limited to a maximum of five (5) residents. AFCHs are intended to be a less costly alternative to more restrictive, institutional settings for individuals who do not need 24-hour nursing supervision. AFCHs are often funded through Social Security and The Department of Children and Families, Adult Services program.

f. Developmental Services Institution (DSI)

DSIs are state-owned and operated residential facilities licensed in accordance with state law as a provider of Medicaid services to persons who have developmental disabilities. In Florida, the DSI facilities are Sunland at Marianna, Marianna; Tacachale, Gainesville; Gulf Coast Center, Ft. Myers; and, the Mentally Retarded Defendant Program. These facilities are coordinated through the Agency for Persons with Disabilities.

II. Living Assistance

a. Center for Independent Living

The Center for Independent Living in Central Florida, Inc. (CIL) is a private, non-profit organization that was founded in 1976 by Central Floridians dedicated to helping people with disabilities achieve their self-determined goals for independent living. CIL is a consumer-driven organization whose philosophy is based on peer role models: people

with disabilities empowering people with disabilities and their families on the road to independence

<http://ese.brevard.k12.fl.us/ICB/SCCIndLiving.html>

b. Supported Living Coaches

Supported a living coaches may teach new skills, assist with tasks, or coordinate community resources and natural supports. Activities may include: procuring housing, financial management and banking, cooking, cleaning, shopping, personal care, personal relationships, in maintaining community connections to mention a few. Supported Living Coaches must also provide emergency response 24 hours/day 7 days/ week..

*List of Local Coaches

c. Respite Care

Respite Care is temporary relief for caregivers and families who are caring for those with disabilities, chronic or terminal illnesses, or the elderly.

*List of Local Respite Providers

III. Guardianship and it's alternatives

At times, individuals with disabilities and their families may find it beneficial to go through legal processes that allow them to help individuals by acting or making decisions on their behalf, often known as surrogate decision-making. Guardianship is not required in all instances where help with decision making is needed. It is the “deep-end” solution, and lesser restrictive, lesser intrusive alternatives could be better employed, if known and available. Finding the best alternative for surrogate decision-making requires a two-level inquiry. The first level regards a judgment about the extent to which someone’s decision-making capacity is impaired, in both scope and expected duration. The second level of inquiry regards the substantive nature of the decision in question. An individual may be quite capable of deciding where to live or what to eat, while having a diminished ability to handle financial matters, or to make an informed decision about a surgical procedure. Self decision-making, to the extent that it is reasonably possible, is the best alternative to surrogate decision-making.

a. Plenary Guardianship means that a guardian has been appointed by the court to exercise all delegable legal rights and powers of another, after the court has found that the person lacks the capacity to perform all of the tasks necessary to care for his or her person or property.

- b. Limited Guardianship means that a guardian has been appointed by the court to exercise the legal rights and powers specifically designated by court order entered after the court has found that someone lacks the capacity to do some, but not all, or the tasks necessary to care for his or her person or property, or after the person has voluntarily petitioned for appointment of a limited guardian.
- c. Guardian Advocates can be appointed under Florida Statutes Chapters 393.12 and 394.4598, when persons are thought to lack capacity to provide certain consents, but have not been adjudicated incapacitated. The statutes differ in scope, purpose, and duration of appointment, but in both, the appointment is less intrusive than that resulting from a Guardianship proceeding (i.e., does not require a judicial finding of incapacity).
- d. Advance Directives for Healthcare are a means for individuals to designate surrogate decision makers and outline their desires regarding healthcare at a time when they have the capacity to do so. A **living will** and/or **health care surrogate** fall into this category.
- e. Durable Power of Attorney emphasizes designating a specific person(s) to make health care decisions. It may be used in situations involving temporary or permanent disabilities.
- f. Assistance with Banking can be the best option for individuals who may need some assistance with financial matters but can otherwise be fairly independent. Joint bank accounts that require two signatures are a simple way of monitoring your family member's financial decision-making. (If you choose this option, be sure to set up a provision to access the money, should either of you die.) Ceiling limit bank accounts can also be used to control expenditures. This tool will allow the person to withdraw up to a specified, preset amount (ceiling limit). However, no one else has control or access to the account.

IV. Transportation

- a. Indian River Transit The scheduled, fixed route system operates five days a week in Indian River County. Service is available for all riders at no charge. Passengers must be able to board, disembark, and carry their own packages on and off the vehicles. All ages are encouraged to ride the fixed route. Call for detailed schedules and routes at 561-569-0903.
- b. Community Coach The Community Coach provides door-to-door, assisted service for medical, shopping, recreational, educational, employment, and other needs at a

nominal fee., Monday through Friday. The drivers are specially trained to handle the elderly and disabled. The vans are wheelchair accessible and reservations need to be made as far in advance as possible as reservations are made on a first call, first serve basis. *add number/address

- c. The Society for Accessible Travel & Hospitality (SATH) is a non-profit educational organization that has actively represented travelers with disabilities since 1976. SATH works vigorously for the creation of a barrier-free environment (architectural and attitudinal) throughout all segments of the travel and tourism industry, in the United States and abroad. The Society's efforts bore fruit in the access section of the Americans with Disabilities Act of 1990 and in the Air Carriers Access Act.
<http://www.sath.org/>
- d. Transportation Disadvantaged
- e. Florida's Commission for the Transportation Disadvantaged (the Commission) is an independent commission housed administratively within the Florida Department of Transportation. Their mission is "to insure the availability of efficient, cost-effective, and quality transportation services for transportation disadvantaged persons."

<http://indian-river.fl.us/coa/transportation.html>

V. Estate Planning

- a. Trusts are flexible legal documents by which one party leaves assets to another party (a trustee) to be used for the benefit of another person, charity, and so on. The trust instrument gives specific instructions as to how to pay out the assets. Trusts are not only for the wealthy. They represent a way to withhold assets from someone who may not be old enough, have enough experience, or have the ability to make decisions without assistance.
- b. Supplemental Trusts (or Special Needs Trusts) can exist during the lifetime of the maker, or go into effect upon the maker's death (testamentary trust). It is designed to provide for the "supplementary" or additional needs of the person with a disability, beyond those needs that are covered by federal or state government programs. The trust must be carefully worded by an attorney experienced in disability law, so that funds are not disbursed directly to the person with a disability, (causing ineligibility for government benefits) but rather are used to benefit him or her. The person with a disability can set up and/or contribute to such a trust, as long as someone else is designated as the trustee and is controlling the funds.

- c. Pooled Trusts are called “pooled” because the trust funds for several beneficiaries are pooled for purposes of investment. However, a separate account must be maintained for each beneficiary. For more specific information on how the Florida Pooled Trust might benefit you please visit <http://www.firstpooledtrust.org/> to learn some of the legal requirements for establishing a pooled trust as well as some of the practical concerns you should consider.

VI. Employment Opportunities and Training

a. Gulfstream Goodwill

Gulfstream Goodwill Industries is the catalyst that makes a difference in the lives of persons with disabilities and other barriers to employment. For the last 36 years, an increasing number of people have found assistance, training, and employment through Gulfstream Goodwill Industries.

919 - 14th Lane

Vero Beach

Florida 32960

Voice: (772) 299-4460

Fax: (772) 299-9822

<http://www.gulfstreamgoodwill.com/>

b. Indian River Community College

Offers a variety of career training programs...

Student Disability Services Office

Indian River Community College - Main Campus

Koblegard Student Union Building

3209 Virginia Avenue

Fort Pierce, FL 34981-5596

Disability services coordinators:

Rhoda Brant (772) 462-7782

Terry Valencia (772) 462-7808

Toll-Free Number: 1-866-433-4843

[Indian River Community College](#)

c. ARC of Indian River County

The ARC of Indian River County offers supported employment and developmental training for physically and mentally challenged adults. Services include infant intervention, developmental preschool, adult work program, residential group homes, supported independent living program, vocational and social activities.

1375 16th Ave.

Vero Beach, FL 329608

Ph: 772-562-6854

Fax: 772-562-6063

<http://www.arcir.org>

d. Sun-Up of Indian River County

This program started by parents of individuals with disabilities offers a variety of opportunities. Please contact them directly for more information.

2455 5th Street S.W.

Vero Beach, FL 32962

(772) 770-6626

e. Literacy Services of Indian River County: Provides free and confidential tutoring to the functionally illiterate, an estimated 20% of Indian River County's population.

Lori Smidebush, Executive Director

1600 21st Street

Vero Beach, FL 32960

(772) 778-2223 ~ Fax: (772) 778-2066

E-mail: ismidebush@indian-river.lib.fl.us

Visit the Literacy Services of Indian River County site:

<http://indianriver.fl.us/living/services/als/index.html>

VII. Mental Health

a. Mental Health Association The "CLIP" program promotes better understanding and improved care of the mentally disabled. The agency also operates a 24-hour emergency Crisis Line.

2001 9th Avenue, Suite 301

Vero Beach, FL 32960

Kristine Sarkauskas, Pres. & CEO

(772) 569-9788 ~ Fax: (772) 569-2088

CRISIS LINE: (772) 562-2000

VIII. Agencies to Contact

a. Agency for Persons with Disabilities

The Agency for Persons with Disabilities assists people who have developmental disabilities and their families. It also provides assistance to identify the needs of people with developmental disabilities and funding to purchase supports and services. Although the Central Office is in Tallahassee, the supports and services for people with developmental disabilities are provided through district offices throughout the state.

Local Office

1436-C Old Dixie Hwy

Vero Beach, FL 32960

770-6786

Main Office

337 N 4th St., Suite A

Ft. Pierce, FL 34956

(772) 467-3792

[http://apd.myflorida.com/about us/overview index.shtml](http://apd.myflorida.com/about_us/overview_index.shtml)

b. Division of Vocational Rehabilitation

A statewide employment resource for businesses and people with disabilities. Their mission is to enable individuals with disabilities to obtain and keep employment

Vero Beach Unit 20AA

1450 Old Dixie Hwy.

Vero Beach, FL 32960

Phone:(772) 778-6348

Fax: (772) 778-7253

<http://www.rehabworks.org/>

c. Social Security Administration

The Social Security and Supplemental Security Income disability programs are the largest of several Federal programs that provide assistance to people with disabilities. While these two programs are different in many ways, both are administered by the Social Security Administration and only individuals who have a disability and meet medical criteria may qualify for benefits under either program.[Social Security Disability Insurance](#) pays benefits to you and certain members of your family if you are "insured" meaning that you worked long enough and paid Social Security taxes.[Supplemental](#)

[Security Income](#) pays benefits based on financial need. When you apply for either program, we will collect medical and other information from you and make a decision about whether or not you meet [Social Security's definition of disability](#). Use the [Benefits Eligibility Screening Tool](#) to find out which programs may be able to pay you benefits. To get the address of your local Social Security office, visit

<http://www.ssa.gov/>

1835 20th Street

Vero Beach, FL 32960

(800) 772-1213

(772) 562-1784

IX. Leisure

a. Special Equestrian's of the Treasure Coast

Mailing Address: P. O. Box 651312

Vero Beach, FL 32961

Location Address: 8000 8th Street

Vero Beach, FL

(772) 562-7603

pratc0316@aol.com

b. Special Olympics

Special Olympics is a non-profit organization dedicated to providing year-round sports training and competition in a variety of Olympic-type sports for people eight years of age and older with intellectual disabilities who wish to participate, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendships with their families, other Special Olympics athletes and the community.

Debbie Offutt

772-567-1451

Fax: 772-567-4566

auntdeb12@aol.com

c. Special Gatherings

Special Gatherings is a ministry serving individuals with developmental disabilities in South Brevard & Indian River Counties. Special Gathering of Vero Beach meets

Saturday at 3:30pm in Vero at 11105 58th Avenue (First Church of God) at the Southeast entrance. For information, write area director, Linda Howard, Special Gathering, P. O. Box 6002, Vero Beach, FL 32961. Or contact us at ircgathering@juno.com. The phone numbers are: 321-773-2691 in Melbourne and 561-770-1011 in Vero.

<http://www.nbbd.com/npr/specialgathering/sbrevard.html>

d. Aktion Club

Aktion Club is a community-service group sponsored by Kiwanis International for adult citizens who live with a disability. The mission of Aktion Club is: to provide these adults an opportunity to develop initiative and leadership skills, to serve their community, to be integrated into society, and to demonstrate the dignity and value of citizens living with disabilities. Aktion Club members strive to return to their communities the benefits, help, and caring they have received, as well as develop important skills in the process.

Kiwanis Club of Vero Beach 231-5826

<http://www.aktionclub.org>

e. Girl/Boy Scouts

Girl Scouts of Palm Glades Council, Inc., Marketing

Sebastian Social Event

Local Indian River County Contact:

Ania LeRoy, Field Executive, Tel: 561-785-5152

E-Mail: pggscmktg@aol.com

Boy Scouts

Helps youngsters grow into young adults of good character, values and unique abilities, mixing wholesome fun with serious service.

527 Royal Palm Blvd., Suite 4
Vero Beach, FL 32960

Rob Hill, IRC Field Executive

(772) 694-8585

Fax: (772) 694-9050

E-mail: rhill896@bellsouth.net

8335 N. Military Trail

Palm Beach Gardens, FL 33410

Harold "Woody" Woodward, Executive
Director

(561) 694-8585

Fax: (561) 694-9050

E-mail: bsagsc@bsamail.org

