

Things “To Do” in 2018 for my Loved One with a Disability

Early Intervention and Childhood

- Take action after a disability diagnosis
- Find an early intervention program
- Transition to Preschool
- Advocate for my child
- Identify providers

Special Education

- Learn the ABCs of Special Education
- Know my rights under IDEA
- Understand the Special Education process
- Learn about identification and referral, evaluation, and eligibility
- Advocate for my child and work for inclusion
- Learn about differences by grade
- Understand how to create an IEP or IFSP
- Prepare for transition out of school

Securing a Future

- Undertake estate and financial planning
- Write a will and Letter of Intent
- Understand legal authority and guardianship
- Establish a Special Needs Trust
- Explore ABLE accounts

Benefits

- Apply for Supplemental Security Income
- Explore Social Security Disability programs
- Apply for Medicaid and Medicaid Waivers

Advocacy

- Find the elected officials making policies that affect me
- Learn about proposed legislation that could change the lives of people with disabilities
- Contact my legislator to let them know my priorities
- Ride The Arc of Northern Virginia’s bus to Richmond on DD Advocacy Day to advocate for Waivers and other critical supports

Social/Recreational

- Identify recreational opportunities
- Explore therapeutic or adaptive recreation

Independent Living Tools

- Learn about TravelMATE “Virtual Travel Trainer”
- Learn about EmployMATE “Virtual Job Coach”

Employment

- Decide on a future path
- Learn about school and local transition services
- Identify post-secondary resources and options for higher education
- Explore employment services organizations
- Determine employment alternatives
- Identify creative employment options
- Write a resume, search for jobs, apply and interview
- Explore job search and training resources
- Work with job coaches and find long-term job supports
- Learn self-advocacy skills
- Identify transportation options
- Manage benefits while working

Housing

- Research housing options and resources
- Develop a housing plan
- Explore residential program options
- Navigate housing vouchers
- Understand private financing options
- Find live-in staff or a roommate
- Learn about housing programs and providers

Aging with a Disability

- Build future support networks
- Assess financial resources
- Make durable plans for housing and services
- Maintain quality of life
- Build a circle of support
- Explore benefits and estate planning
- Learn important information for Older Parents of adult children with disabilities
- Provide information for Future Caregivers

Resources for Parents and Siblings

- Identify legal resources
- Locate support groups
- Find out about resources for military families
- Identify providers
- Keep good records
- Ensure health insurance
- Attend a workshop or webinar
- View online video resource library
- Utilize six guide series on all stages of life
- Sign up for Resources e-letter information

Contact The Arc of Northern Virginia about all of the above