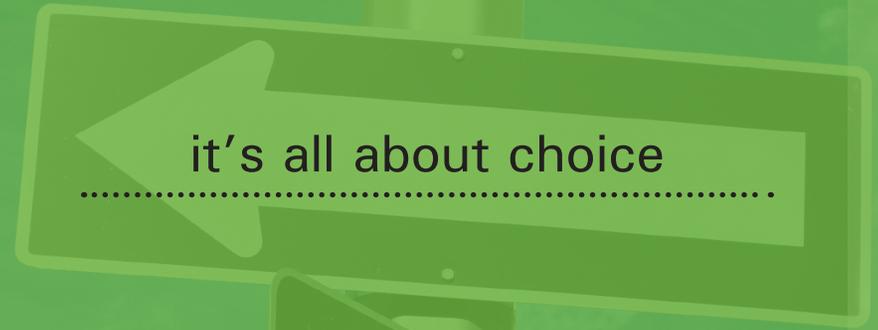


ready | set | !



SERVICE OPTIONS FOR INDIVIDUALS  
WITH DEVELOPMENTAL  
DISABILITIES

ready | set | !

ready | set | go!

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**Nebraska Department of Health and Human Services  
Division of Developmental Disabilities**

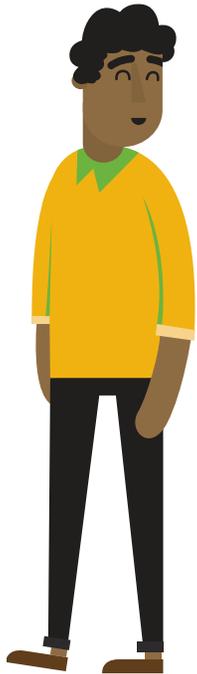
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<http://dhhs.ne.gov/Pages/Developmental-Disabilities.aspx>



WELCOME



Hello! We are happy you are taking the time to learn more about Nebraska Developmental Disabilities (DD) services. We hope this booklet provides you with useful information about how you can take advantage of the many service options available. We have organized the booklet into three parts:

**ready |** Are you eligible for services?  
If yes, go forward!

**set |** What do you need and want?  
Know your budget, know your choices,  
and make a plan!

**go!** It's time to: choose your supports,  
create your life, and realize your  
dreams. You are in the driver's seat!

ready



The first thing you need to do is get ready! Here's a look at answers to some of the questions you might be asking.

### **Is this booklet for me?**

This booklet is for people who are eligible for developmental disabilities (DD) services in Nebraska. If you don't know what this is, haven't applied for, or been determined eligible for DD services, stop here.

You can learn more by visiting the Division of Developmental Disabilities (DDD) website at:

<http://dhhs.ne.gov/Pages/DD-Eligibility.aspx>

Or, call toll free at (877) 667-6266.

### **I'm eligible for DD services. Now what?**

Being eligible for services is the first step! Unfortunately, it doesn't mean you will immediately receive services. Because there is only so much money to go around, services will be offered only when funding is available for you. In the meantime, you will be assigned a DD coordinator (either a Service Coordinator or Community Coordinator Specialist) to help you through the process.

### **I'm approved for funding. What's next?**

This is great news! You can now begin to think about what is possible for you to live out your dreams of living, working, and playing in your community. There are many choices, both in the type of services and in who can deliver the services. The first step is to know how much service funding you will receive. Your DD coordinator will tell you what this amount is per year. Then, you can begin to make your plan. Not to worry, it is your DD coordinator's job to help you make these important decisions and put together the plan that is best for you.



set

Now, it is time to get set! Read on for more questions and answers.

### What's the point of DD services?

DD services help you live, work, and play in your community as independently as possible. It's important that you get to choose the people you want to live with and where you want to live. You will want to choose what to do for work and what to do for fun. The services you receive depend upon many things, including your needs, your funding amount, and your goals. It is up to you to choose what is best for you!

### Who provides DD services?

A provider is someone who works with you to get the services you have chosen. In many cases, you have a choice of two types of providers for DD services.

**Independent providers** are people who provide services and do not work for an agency. This may be someone you already know. You are responsible for hiring, scheduling, training, and firing independent providers. They must meet requirements set by the state and be approved before working for you. Your parents (if you are a minor child), your spouse, or your legal guardian cannot work as your provider.

Qualifications vary depending upon the services they provide and may be found in the DD Service Directory at:

<http://dhhs.ne.gov/DD%20Documents/DD%20Service%20Directory.pdf>

**Agency providers** are approved by the state and are responsible for hiring, firing, scheduling, training, and paying staff members. There are many agency providers across the state. You may find agency providers in your area by viewing the DD Agency Provider Directory at:

<http://dhhs.ne.gov/DD%20Documents/Agency%20Provider%20List.pdf>



go

### How can I manage my services?

It is great when you can be in charge of the services you choose. This is called self-directing. You may not be familiar with the term "self-directed services." This is where you decide what services and supports you need to help you be as independent as possible. When you self-direct, you are responsible for hiring, training, scheduling, supervising, and firing your independent providers.

On the other hand, if you use an agency provider for services, the agency is responsible for these tasks. If you want to know more about self-direction, see the "Participant Guide for Self-Direction" at:

<http://dhhs.ne.gov/DD%20Documents/Participant%20Guide%20to%20Self-Direction.pdf>

### What services are offered?

For full details on services, go to the DD Service Directory at:

<http://dhhs.ne.gov/DD%20Documents/DD%20Service%20Directory.pdf>

For an overview to get you started, check out the summary on the following pages. Keep in mind, this is only a very brief description. For more details, talk with your DD coordinator.

A couple things to note:

- All of the services described in this booklet may not be available to you. Your DD coordinator can tell you what services you may choose.
- The terms "habilitation" and "habilitative" refer to training or teaching skills to help you become more independent.

## Day Services

### **Prevocational Services:**

Do you want to get a job, but need help learning the skills to do that? Or, maybe you need help figuring out what kind of work you want to do. Prevocational Services will help you get ready for a job. This might be done on a one-on-one basis (one staff person working with just you) or in a small group. You can work on your communication skills, how to dress for work, how to be safe on the job, develop a resume, and so much more!

### **Habilitative Community Inclusion:**

If you want to be more connected to your community, this service may be for you! Habilitative Community Inclusion takes place in the community and might be done on a one-on-one basis (one staff person working with just you) or in a small group. You can get support for things such as volunteer work, joining a community group, or learning to take the bus. This service is also available for children who need extra help in a day care setting (but does not cover the cost of routine child care).

### **Adult Day Services:**

At an Adult Day Service program, you can take part in many activities and get help with your day-to-day needs. Services are provided in a large group setting by an agency in your community. Many Adult Day Service providers offer transportation to and from their program.

### **Habilitative Workshop:**

If you are not currently planning to get a job, but want training to learn general skills for living, habilitative workshop services may be right for you. These services are provided in a place operated by an agency (not a residential location) and follow a regular schedule during daytime hours throughout the week.

Day Services occur most often during daytime hours and outside of your home.



## Employment Services

### **Supported Employment – Enclave:**

If you like team work, this may be a very good option for you! The word enclave means a small group. This service involves working with a small group of your peers to complete work tasks at a community business. Staff will help you learn important work skills and appropriate on-the-job behavior. Most importantly, it will help you learn skills to get and keep a job!

### **Supported Employment – Individual:**

Let's say you want to get a job or already have one, but you need a coach to help you in the workplace. This service is designed to help you get and keep a job. You can even start up your own business. A job coach helps you on a one-on-one basis to meet your employment goals.

### **Supported Employment – Follow Along:**

You already have a job. Good for you! Most of the time you are great at your job, but sometimes you may need a little extra help. This service can support you in many ways, such as learning new tasks, communicating with your supervisor, or getting along with your co-workers.

Employment Services are designed to help you get and keep a job.



## Residential Habilitation Services

### **In-Home Residential Habilitation:**

Do you live in your own apartment, with your family, or with a roommate who does not have a disability? Do you need help learning how to get out and do things in your community? Or, do you need to learn how to take care of housecleaning, budgeting, laundry, and cooking? This service can help you with all that and much more!

### **Residential Habilitation:**

If you are not ready to live independently, Residential Habilitation may be the right service for you. These services take place in what most people call 'group homes.' Staff help you and other people with disabilities live in a house or apartment together. This service can also be provided by a host family, which means you live with a family or person who does not have a disability. Either way, you are supported in living as independently as possible in your community.

Residential Habilitation Services are designed to help you live in your community.



## Other Habilitation Services

### **Adult Companion:**

Are you someone who wants to live as independently as possible? Do you want to learn more about cooking, laundry, safety, cleaning, or budgeting? If so, consider this service. A staff comes to your home on a schedule you have agreed upon. They work with you to learn skills to help you live independently.

### **Consultative Assessment:**

Sometimes it is hard to deal with changes or even to deal with everyday life. We all experience those times. Consultative Assessment is a service provided by professionals (such as a nurse, counselor, or psychologist). This service will help you to learn how to deal with life's ups and downs; keep you safe, as well as the people around you; and make life more enjoyable for all.

### **Crisis Intervention Support:**

You may sometimes have behaviors that can be harmful to yourself or others. When this happens, Crisis Intervention Support is available. This service is immediate (within 48 hours of request) and is conducted in your home or in a community location designated by the provider. The service is provided under the direction of a counselor, psychologist, or nurse and cannot be provided for more than 5 days.

Other Habilitation Services provide supports for you to live and learn in your community.



# Supportive Services

## Homemaker:

Homemaker services are available to you if you are under 21 years of age and live in your family home. A Homemaker comes into your home and helps with general household activities, such as meal preparation, laundry, errands, and routine household care.

## Respite:

If you are living with your family or other people who care for you, they may, at times, need a respite. Respite means rest or relief. When you get respite services, someone besides your regular caregiver can come into your home. Or, you can go to another home to give your usual caregiver a break.

## Transportation:

Transportation services help you get around the community when friends or family cannot drive you or when public transportation is not an option. Of course, this is not unlimited. This service won't take you to Disneyland! Your budget for transportation cannot go over \$5,000 each year, unless you have an emergency situation.

## Transitional Services:

If you are moving from an institution to a private home in the community, Transitional Services may assist you. Transitional means halfway; you are in an institution, but plan to move to the community. Maybe you don't have the money to buy what you need to set up your home, such as a bed, dresser, or couch. This service can help you pay for what you need in your new home.

Other Services are available to support you while living in your community.



## Assistive Technology:

Assistive Technology is equipment or devices that help you to live more independently in your community. You may either buy or lease the equipment. You may use up to \$2,500 of your annual budget for equipment or devices. Check it out!

## Environmental Modification Assessment:

Environmental Modification Assessment is a mouthful! But, it is pretty easy to understand. It is when a professional comes into your home and helps you and your family or caregiver decide on changes to your home and equipment or devices that might help you to live as safely and independently as possible. This is required before any home or vehicle modifications can be approved.

## Home Modifications:

Home Modification means changes that make it easier and safer for you to get around in your home. Examples of home modifications are ramps, widening doorways, bathroom modifications, and electrical and plumbing upgrades to support medical equipment.

## Personal Emergency Response System (PERS):

PERS is an electronic device that assists you in getting help in an emergency. The system is connected to your phone. When you press a button, a call goes to the company that provided the PERS device and they notify someone to help.

## Vehicle Modifications:

Vehicle Modifications are changes to a car or van that are needed for you to be able to safely ride in the vehicle. These modifications must be necessary to allow you to safely get where you want to go in your community.

Here are more services to support you!



# Choice! Flexibility! Control!

Now, you are ready to go! Your DD coordinator will help you create an Individual Support Plan (ISP) to meet your unique needs. A good plan will reflect choice, flexibility, and control. Make sure to consider all the possibilities!

**Choice!** Decide what supports you need.  
Select the individuals who support you.  
Choose with whom you spend your time.

**Flexibility!** Schedule your supports when and where you need them.  
Determine how much or how little support you receive.  
Design your plan based on your interests.  
Mix services and supports to meet your needs.

**Control!** Build upon your strengths and address your needs.  
Determine how your individual budget will be spent.  
Change your plan when needed.

**Choose Your Supports.  
Create Your Life.  
Realize Your Dreams.**

