

Resource Guide for Youth Transitioning into Adulthood

As you learn to manage your life more independently, you may wonder:

1) How do I build a support network without a guardian? What supports would be helpful to me if I don't have a court ordered guardian?

Consider building your own supported decision-making team! Ask people you know and trust if they will discuss major decisions when you need a little help. The final decision is always yours. There are also numerous *less restrictive* alternatives that might work for you!

You can call the DHW Crisis Prevention team to discuss your options (208) 954-8990

<http://supporteddecisionmaking.org/> - for more information

2) What if I have been abused or neglected? If it is an emergency, call 911. If you need to make a non-emergency report call:

Adult Protection Services, they handle calls about abuse, neglect, and exploitation

Area Agency on Aging (Adult Protection)

208-898-7060

<https://aging.idaho.gov/stay-safe/adult-protection/>

3) Where do I find information on Medicaid programs and Health and Welfare programs?

Some programs will apply to you, some will not.

<https://healthandwelfare.idaho.gov/services-programs/medicaid-health>

4) What services can I get due to my diagnosis of a Developmental Disability?

Services vary depending on your abilities and needs.

[https://healthandwelfare.idaho.gov/Medical/DevelopmentalDisabilities/AdultDDCareManagement/
tabid/211/Default.aspx](https://healthandwelfare.idaho.gov/Medical/DevelopmentalDisabilities/AdultDDCareManagement/tabid/211/Default.aspx)

5) What rights do I have when receiving services?

Choices are available under the traditional and self-directed programs. As an adult with intellectual or developmental disabilities, you have the right to make your own choices. It is important that you understand all of the choice options available to you so that you can make an informed choice:

<https://mychoicematters.idaho.gov/MCMHome/MyRightsandChoices/tabid/4152/Default.aspx>

6) What if I have questions for Social Security?

You can call toll-free at 1-800-772-1213. If you cannot do your business through the automated services, you can speak to a Social Security representative between 7 a.m. and 7 p.m. Monday through Friday. Generally, you'll have a shorter wait time if you call during the week after Tuesday. If you are deaf or hard of hearing, call toll-free TTY number, 1-800-325-0778, between 7 a.m. and 7 p.m. Monday through Friday.

<https://www.ssa.gov/applyfordisability/>

What if I have questions for Medicaid?

Call 1-866-326-2485, try to have your Medicaid card close by.

What if I have questions for Medicare?

Call 1-800-633-4227, try to have your Medicare card close by!

What if I have questions about Healthy Connections? Call 1-888-528-5861

What if I have questions about my food stamps or cash grant? Call 1-877-456-1233

7) Who can help if I have problems with a landlord?

Intermountain Fair Housing Council
4696 W. Overland Rd., Ste. 140
Boise, Idaho 83705
Phone: (208) 383-0695 or (800) 717-0695 (toll free)
Website: <http://ifhcidaho.org>

Idaho Legal Aid Services (ILAS) has a Fair Housing link on its website. This link contains information, articles, and sample documents, including information on filing a complaint and a packet to help request a reasonable accommodation. It can be accessed at: <http://www.idaholegalaid.org/FairHousingPortal>

8) Who can help when I need to talk to an attorney?

Idaho Legal Aid Services (ILAS) office at 208-345-0106. ILAS is a non-profit statewide law firm which provides legal representation for low-income individuals, in various areas of the law including housing issues involving tenant's rights, evictions, or discrimination. Information on these issues is available at:

Boise Office of Idaho Legal Aid Services
1447 S Tyrell Lane
Boise, ID 83706
208-345-0106
Telecommunication Relay Service (TRS), dial 711
208-342-2561

Nampa Office of Idaho Legal Aid Services
212 12th Ave Road
Nampa, ID 83686
208-454-2591
Telecommunication Relay Service (TRS), dial 711
208-454-2593

www.idaholegalaid.org

DisAbility Rights Idaho provides the following services for free:

- Inform people with disabilities about their rights and advocate for them
- Help you register to vote and find where to vote
- Providing information, tools and referrals that empower people to advocate for themselves
- Promote public policies that improve the lives of people with disabilities;
- Educate people with disabilities, their families and representatives about self-advocacy.

DisAbility Rights Idaho

866-262-3462 (statewide toll-free)

E-mail: info@disabilityrightsidaho.org

9) Who can help me find affordable housing?

Living Independence Network Corporation (LINC) can sometimes help with affordable housing

Website: www.lincidaho.org

1878 W. Overland Rd.

Boise, ID 83705

Phone: (208) 336-3335

Email: info@lincidaho.org

10) Who can help when I don't agree with my representative payee?

You can call toll-free at 1-800-772-1213. If you cannot do your business through the automated services, you can speak to a Social Security representative between 7 a.m. and 7 p.m. Monday through Friday. Generally, you'll have a shorter wait time if you call during the week after Tuesday. If you are deaf or hard of hearing, call toll-free TTY number, 1-800-325-0778, between 7 a.m. and 7 p.m. Monday through Friday.

11) Who can help if I want to live more independently but need help?

The Living Independence Network can help you learn how to

- Rent an apartment
- Interview for work to not only find a job but keep it!
- Submit pay stubs to the SSA
- Interface with IDHW, the SSA, etc.
- Access services and programs
- Go back to school

<https://lincidaho.org/>

Boise

1878 W Overland Rd

Boise, ID 83705

Phone: 208-336-3335

Fax: 208-384-5037

Email: info@lincidaho.org

They can answer questions about

- Housing
- Employment
- Transportation
- Financial and material gifting
- Benefits and how to access them
- Healthcare
- Individual Education Plans (IEPs) for students
- Recreation opportunities
- Volunteer and civic duty opportunities

Caldwell

4110 Eaton Ave, Suite B

Caldwell, ID 83607

Phone: 208.454.5511

Fax: :208.454.5515

Email: info@lincidaho.org

12) How do I find resources like food banks, free furniture, community meals, counselors or medication managers, school programs for adults, utility assistance, shelters and showers, and more?

2-1-1 Idaho CareLine - <https://healthandwelfare.idaho.gov/services-programs/211>

Self Rescue Manual - guide to resources and supports in Ada and Canyon Counties
<https://selfrescuemanual.com/>

13) Who can help me when I need to find resources for a problem and I only have a phone?

Idaho Care Line 211 (just dial 211 on your phone!). 211 has over 11,000 community resources - they can help you search through them all.

Dial 2-1-1 or 1-800-926-2588

TTY services: 208-332-7205

<https://211.idaho.gov/>

14) What if I get a job but don't want to lose my Social Security or my Medicaid?

For questions about work incentives and to find out more about Social Security's **Ticket to Work Program**, call the Ticket to Work Help Line at 1-866-YOURTICKET (1-866-968-7842), between 8 a.m. and 8 p.m. Eastern time, Monday through Friday. If you are hearing impaired, please call 1-866-833-2967. You can also contact them by email at support@choosework.ssa.gov

The Idaho Dept. of Labor has animated videos about SSA and Work Incentives that explain how you can work and still keep you benefits. Go to YouTube at:

https://www.youtube.com/playlist?list=PLBqJda-k_2Oy25A2rTIWHvugGa28q0d77

The Social Security Administration also publishes the *Red Book – A Guide to Work Incentives*. The book is 50 pages long but is available on-line to help you understand ALL your rights. Consider reviewing the book with your parents, service coordinator, or other trusted person.

<https://www.ssa.gov/redbook/documents/TheRedBook2018.pdf>

15) What if I want to get involved as an advocate for other young people with a developmental disability?

Contact the Idaho Council on Developmental Disabilities

700 W. State Street, Ste 119

Boise, ID 83702-5868

208-334-2178

1-800-544-2433

Fax: 208-334-3417

Email: info@icdd.idaho.gov

www.icdd.idaho.gov