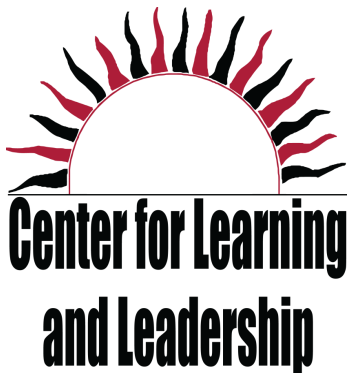


Guide to Community Services in Oklahoma

for People with Disabilities and Their Families



4th Edition

**Oklahoma's Federally-Designated University Center
for Excellence in Developmental Disabilities**

University of Oklahoma Health Sciences Center

Oklahoma Individual and Family Support Principles

These principles need to guide programs, policies, and practices when working with individuals and families:

HONOR THEIR EXPERTISE and right to make choices that they know to be in their best interest.

RESPECT AND ACCEPT THEIR VALUES that are based on personal preferences, cultural beliefs, and ways of life.

SUPPORT INDIVIDUAL AND FAMILY RELATIONSHIPS that are safe, stable, and long-lasting.

FOCUS ON THE ENTIRE FAMILY as it is defined by the family.

PROMOTE FLEXIBLE SERVICE AND FUNDING, supporting individual and family control over who, what, where, and how supports are provided.

AFFIRM LIFESPAN PLANNING AND SELF-DETERMINATION that encourage decision-making and planning for independence beginning within the family when children are young, and following individuals through their lives.

AFFIRM PARTNERSHIPS WHICH ACTIVELY INCLUDE INDIVIDUALS AND FAMILIES in planning, development, implementation, and evaluation of programs, policies, and practices.

PRACTICE OPEN COMMUNICATION, promoting a clear understanding of all aspects of systems policy, procedure, practice, and all other information for individuals and families.

RECOGNIZE THE IMPORTANCE OF THE COMMUNITY, where individuals and their families belong and realize their full potential.

To read the full version of the *Oklahoma Individual and Family Support Principles* and to learn more about the principles in action in *Oklahoma Individual and Family Support Practice Indicators*, visit our website publications page at [CLL Publications](#).

To find out more about the Center for Learning and Leadership/OK UCEDD mission statement and projects, visit our website at : www.ouhsc.edu/thecenter.

If you have a disability (Deaf/hard-of-hearing, Blind/low-vision, mobility, cognitive, etc.), and require accommodations, please reach out to learn2lead-ucedd@ouhsc.edu. It is helpful if you share what type of accommodations will be needed to ensure that you are able to use the resource materials.

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Timeline of Services



Birth

- Eligibility for SoonerStart and WIC begins (see page 11).
- Eligibility for SoonerCare Child Health/EPSTD begins (see page 6).
- Eligibility for SoonerCare through TEFRA program begins (see page 7).
- Eligibility for SSI-DCP and FSAP begins (see page 12).

Age 3

- Eligibility for the In-Home Supports Waiver for children and the Community Waiver begins (see pages 8-9).
- Eligibility for SoonerStart ends.

Age 5

- Children's eligibility for WIC ends.

Age 16

- Eligibility for DRS services begins (see page 19).

Age 18

- Eligibility for the In-Home Supports Waiver for children ends.
- Eligibility for the In-Home Supports Waiver for adults begins (see page 8).
- Eligibility for SSI is based on the individual's income, not the family's.
- Eligibility for SSI-DCP and FSAP ends.
- Children are no longer considered minors by Oklahoma law. Parents may consider guardianship or alternatives are appropriate for their child (see p.23)
- To receive services through DDS, an intellectual disability (see page 24) must occur before age 18.

Age 19

- Eligibility for TEFRA ends.
- Eligibility for the Medically Fragile Waiver begins.

Age 21

- Entitlement for public education ends. (Students who turn 21 during the school year are entitled to finish that school year.)
- Eligibility for EPSTD ends.
- Eligibility for the ADvantage Waiver begins for individuals with physical or developmental disabilities who do not have an intellectual disability (see page 9).

Age 55

- Eligibility for caregiver services provided through DHS Aging Services begins for grandparents or other relative caregivers raising a child (see page 15).

Age 60

- Eligibility for services provided through DHS Aging Services begins (see page 17).

Age 65

- Eligibility for the ADvantage Waiver begins, regardless of disability (see page 9).
- Eligibility begins for some programs for older individuals, such as Medicare.

Note: Limited respite voucher programs are available throughout the lifespan (see pages 13-16).

Basic Eligibility Guidelines

Disability and Medical Needs

Must have an intellectual disability (IQ below 70) and meet ICF-IDD institutional level of care

- In-Home Supports Waiver for children
- In-Home Supports Waiver for adults
- Community Waiver

Must not have an intellectual disability (ages 21-64)

- ADvantage Waiver

Must meet Social Security Administration's definition of having a disability

- Supplemental Security Income (SSI)
- Supplemental Security Income-Disabled Children's Program (must be receiving at least \$1 of SSI)

Must have a developmental disability or a developmental delay

- Family Support Assistance Payment (FSAP) – developmental disability (birth to age 18)
- SoonerStart – developmental delay or high probability of a delay (birth to age 3)

Must meet institutional level of care criteria*

- TEFRA – ICF-IDD, nursing facility, or hospital level of care
- Medically Fragile Waiver – nursing facility or hospital level of care
- ADvantage Waiver – nursing facility level of care

*See page 25 for level of care definitions.

Income

No income criteria

- SoonerStart
- Respite Voucher Programs

Must be SoonerCare (Medicaid) eligible

- Women, Infants, and Children (WIC)
- ADvantage Waiver
- Medically Fragile Waiver
- Living Choice Demonstration

Basic Medicaid Income Guidelines

Size of Family	Monthly Income Limit** (Subject to Change)
1	\$2,256
2	\$3,050
3	\$3,853
4	\$4,639
5	\$5,433
6	\$6,227
7	\$7,023
8	\$7,806

**Updated 2021

[SoonerCare and Insure Oklahoma Income Guidelines](#)

[Effective June 2021: Medicaid Expansion Information](#)

Note:

- Income limits are different for children and adults with disabilities.
- If you think your income is a little too high, apply anyway. Some people qualify with slightly higher incomes.
- Eligibility may include limits on resources.

Training and Technical Assistance

Center for Learning and Leadership (CLL)
Oklahoma UCEDD (University Center for
Excellence in Developmental Disabilities
(405) 271-4500
800 N.E. 15th St., OKC, OK 73126

Our Center works in partnership with people with developmental disabilities and their families to share information, build leadership skills, and promote advocacy and positive change. Our vision is that all people with disabilities and their families are valued participants in community life.

For a directory of our downloadable publications, visit the [CLL Publications](#).

Oklahoma Self-Advocacy Network (OKSAN): training for people with disabilities by people with disabilities. Trainings include topics such as leadership, advocacy, partnership, and emergency preparedness.

Oklahoma Family Support 360° Center: resource navigation and referral services to primarily Spanish-speaking families of children with developmental disabilities who are Medicaid-eligible. A limited number of families may be enrolled annually.

To learn about more of our projects, visit [CLL Projects](#).

Developmental Disabilities Council
Oklahoma (DDCO)
(405) 521-4984 or 1-800-836-4470
2401 NW 23rd Street, Suite 74
Oklahoma City, OK 73107

The Council promotes high quality services and programs that enable persons with developmental disabilities to realize increased independence, productivity and integration and inclusion in the community. For information about other DDCO programs, visit the website.

Partners in Policymaking: training for adults with disabilities, professionals, and parents of children with disabilities to become community leaders. It is designed to give individuals the necessary skills to effectively work with legislators, state agency personnel, and other policy makers whose decisions and actions have an impact on the lives of people with disabilities.

Youth Leadership Forum: a unique leadership training program for high school juniors and seniors with developmental disabilities to prepare them for life after high school.

Library and Resource Center: Materials and information on special education and specific disabilities available to public. Housed at DDCO office.

Oklahoma Disability Law Center (ODLC)

5600 North May Avenue, Suite 260
Oklahoma City, 73112
1-800-880-7755 (OKC) (V/TDD)

5555 East 71st. Street, Suite 9100
Tulsa, OK 74136
1-800-226-5883 (Tulsa) (V/TDD)

The ODLC mission reflects the belief that people with disabilities are entitled to be treated with dignity and respect; to be free from abuse, neglect, exploitation, and discrimination; and be afforded equal rights and the same opportunities as any citizen. For more information, contact via phone and website.

Information and Support Resources

Parent-to-Parent Support

Oklahoma Family Network (OFN)

(405) 271-5072 or 1-877-871-5072

OFN supports families of children and youth with special health care needs through parent-to-parent emotional support, resource navigation, and partnerships between families and professionals. OFN also provides leadership development for individuals and families through training and conferences.

Information and Referral

Sooner SUCCESS

1-877-441-0434

Sooner SUCCESS involves professionals and family members working together to find resources and services for children with disabilities. Check website for regional availability of resource navigation, training, and events.

2-1-1

Dial 2-1-1 for information about and referrals to services for everyday needs and in times of crisis.

Oklahoma Senior Info-Line

1-800-211-2116

Call this number to reach your local Area Agency on Aging (AAA). AAAs provide information and referral services.

Online Resource Guides

- [Oklahoma Department of Rehabilitation Services: Disability Resource Guide](#)
- [ABLE Tech: OK Funding for AT](#)
- [Sooner SUCCESS: Online resource directory](#)

Advocacy and Training

Oklahoma People First (OPF)

OKPeopleFirst@OKPeopleFirst.CSBI.org
(405) 701-2077

OPF is a statewide self-advocacy group run by and for people with developmental disabilities. OPF partners with community groups to offer training to adults with disabilities in personal and legislative advocacy, leadership, emergency preparedness, the history of disability, and healthcare advocacy.

Oklahoma Self-Advocacy Network (OKSAN)

(405) 271-4500

Housed at the Center for Learning and Leadership, OKSAN works to strengthen self-advocacy in Oklahoma and to increase the inclusion and independence of people with disabilities through peer-to-peer training. (See OPF)

- Self-Advocate Leadership Training I
- Self-Advocate Leadership Training II
- “Let’s Make a Plan: Getting Ready for an Emergency”
- “Taking Control of Your Health”

The Arc of Oklahoma (TARC)

1-800-688-8272

TARC is a network of programs that supports Oklahomans with developmental disabilities and their families through education, training, advocacy, and information and referral.

Sibshops

(405) 271-5700, ext. 74801

Sibshops provide peer support and education within a recreational context for siblings of children with disabilities (See Sooner SUCCESS).

SoonerCare (Medicaid) Services

SoonerCare (Medicaid)

Eligibility	Services
The individual must: • Be a resident of the state of Oklahoma. • Be a U.S. citizen or qualified resident. The individual <u>also</u> must meet category-specific criteria: <u>Children under the age of 19 and pregnant women</u> • Must have a family income equal to or less than 185% of the federal poverty level (see page 2). <u>Adults with children under the age of 18</u> • Must be recipients of Temporary Assistance for Needy Families (TANF) or meet certain income guidelines. <u>Adults who are 65 or older</u> • Must meet certain income guidelines. <u>Adults or children who have blindness or another disability determination from the Social Security Administration</u> • Must meet certain income guidelines.	Services may include: • Behavioral health and substance abuse services (outpatient) • Case management services • Dental services (limited services for adults) • Durable medical equipment • Home health services • Inpatient/outpatient hospital services • Medical supplies and equipment • Personal care services • Physician services, including preventive services • Pregnancy services • Prescription drugs • Incontinence Supplies (ages 4-20) • Transportation to obtain covered medical care (SoonerRide) NOTE: Services provided must be medically necessary (see page 25).
Application	
If the person requesting services is blind; an adult with a disability; a child eligible for TEFRA; a resident in a nursing facility (yet is qualified for SoonerCare); eligible for home and community-based waiver services; or over the age of 65 contact your local Oklahoma Department of Human Services (DHS) office (see page 22) to apply for SoonerCare (Medicaid). You will need to fill out the Request for Benefits form. If not, you can enroll online at MySoonerCare Portal. You also can renew eligibility and update contact information on this website. If you need assistance, call 1-800-987-7767. You must have eligibility renewed each year.	

SoonerCare (Medicaid) Services

Child Health

Also known as Early and Periodic Screening, Diagnosis, and Treatment (EPSDT)

Eligibility and Application	Services
Child Health, also known as Early and Periodic Screening, Diagnosis, and Treatment (EPSDT), is a benefit of SoonerCare (Medicaid) that provides an additional set of services for children up to age 21 (eligibility ends on a child's 21st birthday). Children enrolled in SoonerCare are automatically eligible; there is no separate application.	In addition to general SoonerCare services, services may include: • Child health screenings • Hearing aids • Immunizations • Optometric services, including eyeglasses • Physical and occupational therapy • Speech, hearing, and language disorder services

Personal Care Services

Eligibility	Services
Personal care services are a benefit of SoonerCare (Medicaid) that provides in-home support. Individuals of any age are generally eligible if they: • Are enrolled in SoonerCare. • Meet income eligibility requirements (except in the case of TEFRA). • Live in their own home or a shared residence. • Have a physical condition (or both a physical and mental condition) that results in them being unable to perform activities of daily living (such as bathing or doing laundry).	Services may include in-home assistance with: • General errands • Laundry • Light housekeeping • Meal preparation • Personal hygiene Note: Services do not include medical care (such as tracheotomy care).

Application
Contact your local DHS office (see page 22) and ask to be referred to Personal Care Services. You also may call the Personal Care intake line at 1-800-435-4711.

SoonerCare (Medicaid) Services

TEFRA

TEFRA (Tax Equity and Fiscal Responsibility Act) is a SoonerCare (Medicaid) eligibility program for children with disabilities or health conditions whose family income is over SoonerCare income limits. Children who qualify for SoonerCare through this program are eligible to receive all medically necessary services, including Child Health (EPSDT), personal care services, and incontinence supplies.

Eligibility

The child must:

- Be age 0-18. (Eligibility ends on the child's 19th birthday.)
- Be a resident of Oklahoma.
- Be a U.S. citizen or qualified alien.
- Have a Social Security number.
- Meet ICF-IDD, nursing facility, or hospital level of care criteria (see page 25).
- Meet the Social Security definition of disability.
- Meet certain income guidelines. The child's income cannot exceed 250% of the federal poverty level. Even though the parents' income is excluded, if the parents' income exceeds the social security limit, they must have a letter of denial for Supplemental Security Income (SSI) .
- Live at home and have appropriate needs for in-home care.
- Be cared for in the home for the same amount or less of the estimated cost to care for the child in an institution.

Application

1. Obtain a denial letter from SSI. If you have never applied for SSI for your child, you must do so through the Social Security Administration (see page 21). If SSA determines your child is ineligible because of your family income, request a denial letter.

2. Contact your local DHS office (see page 22) and request TEFRA services. You will need to complete the Request for Benefits form.

3. Work with your child's physician to complete the Physician Assessment (TEFRA-1) form to determine medical eligibility. Submit this form to your DHS case worker, who will forward it to the Oklahoma Health Care Authority (OHCA).

4. An OHCA nurse will visit your home to make sure it is appropriate and safe to care for your child in the home instead of a hospital or other facility.

5. Providers may access the "Provider Portal" or call the SoonerCare helpline to verify Medicaid eligibility.

Medicaid Waiver Services

Developmental Disabilities Services (DDS) Waivers

Currently there is an extensive waiting list for the two DDS waivers, the In-Home Supports Waivers (IHSW) for Children and Adults, and the Community Waiver. There is only one waiting list for all waivers, and applications are addressed by the date they were received. In most cases, applicants face long wait periods. When an applicant's name comes off the waiting list and he or she is deemed eligible, the IHSW is offered, unless the applicant's needs can only be met by the Community Waiver. Applicants may come off the waiting list on an emergency basis in cases of abuse or neglect; with the loss of a caregiver; or if the applicant is at risk of institutionalization. To access the Waiver programs on an emergency basis, contact the area DDS office (see page 22).

In-Home Supports Waivers for Children and Adults

Eligibility	Services
The individual must: have an IQ below 70 and functional limitations in three or more of the following areas: self-care, communication, learning, mobility, self-direction, independent living, and economic self-sufficiency. The individual <u>also</u> must: • Be age 3 or older. (The adult waiver begins at age 18.) • Meet ICF-IDD level of care criteria (see page 25). • Not have an individual income (family income not counted) exceeding 300% of allowable Social Security Income and no more than \$2,000 in resources. • Live in his or her own home, the home of a family member or friend, a DHS group home, or a DHS foster home. • Be a resident of the state of Oklahoma.	Services may include: • Assistive technology • Environmental (home) modifications • Habilitation Training Specialists • SoonerCare (Medicaid) services • Specialized medical supplies Additional services for adults include: • Adult day services • Dental services • Employment/vocational services • Physical, occupational, and speech therapy • Transportation services NOTE: These waiver services are based on need, and the cost of services cannot exceed certain maximum amounts.
Application	
Contact your area DDS office (see page 22) and tell them you want to apply for waiver services. You will need to complete the Request for Developmental Disabilities Services form to be put on the waiting list for DDS waivers.	

Medicaid Waiver Services

Community Waiver

Eligibility	Services
The Community Waiver is only for those individuals who have critical support needs that cannot be met by the In-Home Supports Waiver (IHSW) or other alternatives. If this is the case, you can make a request to DDS to be moved to the Community Waiver. Otherwise, the eligibility requirements are the same as the In-Home Supports Waiver.	Services (in addition to IHSW) include: • Habilitation services (includes supported employment services, intensive personal supports, and Habilitation Training Specialists) • Nursing services • Residential care services (includes agency companion, daily living supports, group home services, and specialized foster care)

ADvantage Waiver

Available through DHS Aging Services

Eligibility	Services
The individual must: • Be age 65 or older, or be age 21-64 with physical or developmental disabilities that do not include an intellectual disability. • Be SoonerCare (Medicaid) eligible. • Meet nursing facility level of care criteria (see page 25). • Meet Medicare financial standards for long-term care services. • Reside in the home (cannot be living in an institution, room and board facility, or nursing home).	Services may include: • Adult day health care • Environmental (home) modifications • Home-delivered meals • Hospice care • Physical, occupational, respiratory, and speech therapy • Prescription drugs • Skilled nursing services (LPN/RN) • SoonerCare (Medicaid) services • Specialized medical equipment and supplies • Assisted Living services

Application

Contact your local DHS office (see page 22) or call the Senior Line at **1-800-435-4711** to apply for the ADvantage Waiver. If you currently receive SoonerCare (Medicaid) services, contact your current DHS case worker and ask to apply for the ADvantage Waiver.

Medicaid Waiver Services

Additional Medicaid Waivers

Available through the Oklahoma Health Care Authority

Medically Fragile Waiver — provides funds for community-based long-term care services for Medicaid-eligible individuals who are 19 years of age or older and are medically fragile (must meet nursing facility or hospital level of care criteria— see page 23). Contact your local DHS office (see page 22) or call the Oklahoma Health Care Authority at **(405) 522-7270** to apply.

Living Choice Demonstration — provides funds for individuals who are currently living in a nursing home to transition to the community. Individuals must be 19 or older, be Medicaid-eligible, and have been living in a nursing home for at least three months in a row. If you are living in a nursing home, contact the Advantage Waiver program (see page 9). Call the Oklahoma Health Care Authority at 1-888-287-2443 to apply.

A Note About the Self-Directed Services Option

Currently the Self-Directed Services (SDS) option is available for certain parts of the In-Home Supports Waivers for Children and Adults, the ADvantage Waiver, and the waivers listed above. In the SDS option, the person receiving services and/or family members can make decisions about who to hire to provide services. Additionally, some items may be purchased by a vendor or store preferred by the individual or family. Contact your case manager for more information.

Grievances and Appeals

Every applicant for services has the right to appeal the decisions made by any agency. In addition, applicants and people getting services have the right to file complaints and grievances against agencies and service providers. In every case, there is an appeal and grievance process. If you receive a letter of denial for services, the letter should explain how to appeal the decision and how to register a complaint or grievance.

For help in appealing a decision or registering a grievance, contact:

Oklahoma Disability Law Center (ODLC) (See p.3)

Long-Term Care DHS Ombudsman Office **(405) 521-6734**

Office of Client Advocacy **(405) 522-2770 or 1-800-522-8014**

Additional Services for Children

SoonerStart

Eligibility	Services
The child must: • Be under the age of 3. The child also must fall into <u>one</u> of the following categories: • Exhibits a delay in his or her developmental age, compared to his or her chronological age, of 50% in one or 25% in two developmental areas. • Has been diagnosed with a physical or cognitive condition that has a high probability of resulting in a delay. <i>There are no income restrictions.</i>	Services may include: • Assistive technology • Audiology services • Family training and home visits • Health and nutrition services • Occupational, physical, and speech therapies • Psychological services • Screening and assessment • Vision services

Application

Call your regional SoonerStart office (see page 22).

Women, Infants, and Children (WIC)

Eligibility	Services
The individual must fit one of the following categories: • Be pregnant, breastfeeding, or have recently given birth. • Be a child under the age of 5. The individual also must: • Live in the state of Oklahoma. • Meet SoonerCare (Medicaid) family income and resource guidelines.	Services may include: • Breastfeeding education • Breast pumps • Nutrition education • Nutritious foods, such as milk, yogurt, juice, cereal, whole-wheat bread, fresh and frozen fruits and vegetables, iron-fortified formula, and baby food • Referrals to health and social services

Application

Call **1-888-655-2942** to set up an appointment with your WIC office. You will need to provide proof of identification, household income, and address at your appointment.

Additional Services for Children

Supplemental Security Income-Disabled Children's Program (SSI-DCP)

Eligibility	Services
The child must: • Be under the age of 18 (at age 18, the child applies with own income). • Receive a Supplemental Security Income (SSI) payment of at least \$1 (see page 21 for more information about SSI). • Live in Oklahoma.	Services offered may include: • Adaptive equipment • Formula • Respite vouchers NOTE: These services are covered under SSI-DCP only if they are not covered by SoonerCare (Medicaid).

Application
If your child currently receives an SSI payment, you may request SSI-DCP services from your local DHS worker. If your child is not currently receiving SSI and does have a disability, go to a Social Security office and apply (see page 21).

Family Support Assistance Payment (FSAP)

Eligibility	Services
The child must: • Be under the age of 18. • Have a developmental disability. • Have an annual adjusted gross family income of no more than \$45,000. • Be in a family headed by a biological parent, an adoptive parent, or a legal guardian. • Live in Oklahoma. NOTE: The child/family is not eligible if receiving an adoption subsidy or DDS waiver services.	This program is a cash payment of \$250 to \$400 a month to be used at the family's discretion. The payment amount is based on the number of children with developmental disabilities living in the home.
	Application
	Contact your area DDS office (see page 22) and ask to apply for the Family Support Assistance Payment.

Respite Voucher Programs

Respite Voucher Programs

The purpose of respite voucher programs is to provide temporary breaks for full-time caregivers. There are a number of respite voucher programs in Oklahoma with different eligibility criteria; however, all respite voucher programs work basically the same way.

Services

Services are provided in the form of a respite voucher of \$200-\$400 once every three months, based on available funding. The caregiver can request vouchers every three months.

How It Works

Caregivers may hire a person of their choice as the respite provider and decide the hourly wage the respite provider is paid (within the respite voucher amount). The respite provider can be another family member, friend, or anyone the caregiver chooses as long as the person meets the following criteria:

- Must be age 18 or older.
- Must have a Social Security number and a Social Security card.
- Must live outside the caregiver and care recipient's home.

Care can be provided in the caregiver's home or someone else's home. Caregivers also may use a day care center, summer recreation program, camp, etc., as a respite provider.

After respite is provided, the caregiver and the respite provider fill out the voucher, sign it and mail it to the respite voucher program contact (see specific respite voucher program information on pages 13-16). A check is sent directly to the respite provider.

NOTE: A caregiver or care recipient can only receive respite vouchers from one respite voucher program or other source.

Eligibility and Application

Since there are a number of different respite voucher programs in Oklahoma, eligibility guidelines and application procedures are based on which program you use to get your respite vouchers. Specific eligibility guidelines for respite programs offered through DHS, Developmental Disabilities Services (DDS), DHS Aging Services, and the Lifespan Respite Grant are provided on pages 13-16. A list of general eligibility criteria and application contacts for respite programs in Oklahoma can be found on page 16.

Respite Voucher Programs

Developmental Disabilities Services Respite Voucher Programs

Eligibility	
General Developmental Disabilities Services (DDS) Respite Program	
The caregiver must: • Be an Oklahoma resident. • Have an annual adjusted gross income of less than \$75,000. • Not receive the Family Support Assistance Payment (FSAP), a DHS child care subsidy, or a foster care payment.	The care recipient must: • Have a developmental disability. • Live with and receive full-time care from a caregiver. • Not be in DHS custody. • Not receive other state-funded services, such as adult day services, community integrated employment, or sheltered workshop. • Not receive services through a Medicaid waiver.

Application
Contact your local DDS area office (see page 22) or call (405) 593-5895

Aging Services Respite Voucher Program

Eligibility
The following individuals are eligible: • Grandparent or other relative 55 or older who lives with a child (age 18 or younger) and is the primary caregiver. The biological or adoptive parents must not reside in the household. • Spouse caring for a spouse needing assistance with at least two of the following activities: personal care, bathing, eating, toileting, transferring, or walking. Either spouse must be age 60 or older. • Adult children or other relatives caring for a person age 60 or older. <i>There are no income restrictions.</i>

Application
Call the Senior Info Line at 1-800-211-2116 to connect to your local AAA or see page 23.

Respite Voucher Programs

Lifespan Respite Grant Voucher Program

Eligibility

This program provides respite vouchers for full-time caregivers and care recipients who do not qualify for other respite programs due to income or other eligibility restrictions.

The **caregiver** can have an annual household income of up to \$90,000. For incomes over this amount, extenuating circumstances may be considered.

Eligible Caregivers are:

- Unpaid, full-time caregivers over the age of 18.
- Caregivers age 18-59 caring for a person with a disorder such as Alzheimer's disease, muscular dystrophy, multiple sclerosis, or traumatic brain injury.
- Caregivers 18 and older caring for a person with a condition other than those described above, including physical disabilities, intellectual disabilities, significant medical needs, or other conditions.
- Grandparents or other relatives 54 years old or younger who are raising a child (with or without disabilities or special health care need) as a full-time parent.

The care recipient must:

- must be an Oklahoma resident age birth to 59.

Application

Contact Sooner SUCCESS at 1-877-441-0434 or email Robyn Boswell at robyn-boswell@ouhsc.edu. Eligible caregivers receive \$300 worth of respite vouchers once every three months, as long as funding is available.

Other Respite Voucher Programs

Application Contacts for Oklahoma Respite Voucher Programs

Eligibility Category	Contact
Care recipient has a developmental disability	DDS Area Office (see page 22) (405) 593-5895 or victoria.thomas@okdhs.org
Spouse caring for a spouse (either spouse is 60 or older)	Local AAA / 1-800-211-2116
Care recipient is a parent or relative 60 or older	Local AAA / 1-800-211-2116
Grandparent or other relative 55 or older raising a child	Local AAA / 1-800-211-2116
Adoptive parent of a child with special needs who is in the custody of DHS	Adoption Case worker
Child receiving Supplemental Security Income-Disabled Children's Program (SSI-DCP)	Local DHS Office – SSI-DCP worker
Families and children receiving Systems of Care services through the Oklahoma Department of Mental Health and Substance Abuse Services	Local Systems of Care worker
Caregivers who do not qualify for other respite programs may contact Sooner SUCCESS for information.	Sooner SUCCESS (877) 441-0434 or (405) 271-5700 ext. 47801 (OKC)

Additional Services for Older Adults

Services for Older Adults

Area Agencies on Aging (AAAs) act as the entry point for most services for older adults, which include in-home services and services for caregivers. Resources are targeted to individuals with the greatest economic or social need. AAAs provide local services, information and assistance, and help to access other services. There are 11 AAA service areas in Oklahoma. Call the Senior Info Line at **1-800-211-2116** to connect to your local AAA or see page 23.

Eligibility

General Services for Older Adults

- Individuals age 60 and older are generally eligible for services.
- A spouse of an individual age 60 or older is also eligible for services.
- To qualify for most in-home services for older adults, individuals must need assistance in two or more of these areas: preparing meals, shopping for personal items, managing medication, managing money, using the telephone, doing housework, or making use of available transportation.

Caregiver Services Only

Certain caregivers under age 60 may be eligible for caregiver services only. Eligible caregivers include:

- A grandparent or relative caregiver 55 or older living with and caring for a child 18 or younger. The child may also be eligible for SoonerCare (Medicaid).
- A family caregiver, 18 or older, providing care to a person with early-onset dementia.

Services

General services, which may vary depending on your local AAA, include:

- Congregate and home-delivered meals
- Information and referral
- Transportation
- Chore services (such as yard work)
- Minor repairs or home modifications
- Shopping assistance

Caregiver services include:

- Respite care, including adult day care
- Counseling (support groups and caregiver training)
- Information services
- Access assistance
- Supplemental services

Application

To request information and services, contact your local AAA. Call the Senior Info Line at **1-800-211-2116** to connect to your local AAA or see page 23.

Other Services and Resources

[J.D. McCarty Center](#)

(405) 307-2800 or 1-800-777-1272

2002 E. Robinson St., Norman, OK 73071

J.D. McCarty Center offers a variety of evaluation, consultation, and treatment services to children with developmental disabilities, as well as clinics for mobility, vision, orthopedics, and neurology, and dentistry. Respite program available.

[Community Health Centers](#)

Family healthcare centers located throughout the state. Sliding payment scale available based on income. These centers accept Medicare, Medicaid, private insurance, and self-pay clients.

[D-Dent](#)

1-800-522-9510

Free dental services provided by accredited dentists for people with disabilities, seniors, and others with low incomes.

[Oklahoma State Department of Education \(OSDE\)](#)

(405) 521-3301

Special Education Services: (405) 521-3351

OSDE provides oversight to school districts and local education agencies.

[Oklahoma Head Start and Early Head Start](#)

(405) 949-1495

These programs provide child care, education, and other services for children with disabilities. Early Head Start serves children from birth up to age 3. Head Start serves children ages 3-5.

[WovenLife](#)

(405) 239-2525

701 N.E. 13th St., Oklahoma City, OK 73104

WovenLife provides services to children and adults with disabilities, including adult day services, child development programs, medical rehabilitation services, and assistance to purchase medical equipment and supplies.

[Child Study Center](#)

(405) 271-5700

1100 N.E. 13th St., Oklahoma City, OK 73117

The Child Study Center offers evaluations, consultations, and treatment for children with developmental, educational, behavioral, or medical needs.

Oklahoma Infant Transition Program (OITP)

(405) 271-6625

OITP serves infants and families in the Newborn Intensive Care Unit (NICU) at Children's Hospital at OU Medical Center. The program helps families to connect with support services.

[The Lee Mitchener Tolbert Center for Developmental Disabilities & Autism](#)

(405) 271-2131 ext. 47110

The Tolbert Center provides services, training, and research for children and families. Projects include the Oklahoma Autism Network and other interdisciplinary programs (see page 21).

[Oklahoma Parents Center \(OPC\)](#)

(405) 379-6015 or 1-877-553-4332

OPC provides training, information, and education for family members of children with disabilities from birth to age 26 in order to help parents advocate successfully for their child.

Other Services and Resources

Assistive Technology Services

[Oklahoma ABLE Tech](#) (405) 744-9748 or 1-888-885-5588

Oklahoma State University, 1514 W. Hall of Fame, Stillwater, OK 74078

Oklahoma ABLE Tech promotes the availability of assistive technology devices and services for people with disabilities. Programs include:

- **Device demonstration centers** – give people a chance to try assistive technology devices to help individuals compare features and to help in the decision-making process.
- **Device short-term loan program** – allows individuals to borrow a device before purchasing to help the user make an informed decision.
- **Oklahoma Equipment Exchange** — provides a way to locate assistive technology at a reasonable price from other individuals who no longer need it.
- **Durable Medical Equipment Reuse** — refurbishes equipment that is no longer needed and provides it to another Oklahoma resident in need free of charge.
- **Low-interest bank loans** — help individuals purchase assistive technology.
- **Adaptive Baby Care for Parents with Disabilities** — Loans equipment to parents with disabilities to make baby care tasks easier and safer.
- [AT Discovery](#) — locates disability-related funding information and resources:
1(800) 257-1705 Toll-free or (405) 744-9748

Oklahoma State Department of Health Services

[Oklahoma State Department of Health](#) (405) 271-5600 or 1-800-522-0203

The Oklahoma State Department of Health provides a number of services through county health departments, including immunizations, prenatal care, developmental screenings, child check-ups, and speech, language, and audiological services. Services may vary between county health departments. Contact your county health department for more information. Visit the website above to find your county health department's contact information.

[Child Guidance Program](#)

This program provides behavioral health services, screening, speech-language services, childhood development services, and parent education services. Children up to age 13 are eligible. Services are provided on a sliding fee scale based on income and the size of the family. Call (405) 271-4477 for more information or contact your county health department to see if this program is available.

[Children First Program](#)

Children First is a program aimed at helping mothers expecting their first child to deliver a healthy baby. The program provides home visits from a public health nurse that begin before the 29th week of pregnancy and can continue until the child's second birthday. To be eligible, the mother must meet SoonerCare (Medicaid) income guidelines. Call your county health department or (405) 271-7611 for more information.

Other Services and Resources

Employment Services

[Oklahoma Department of Rehabilitation Services \(DRS\)](#)

(405) 951-3400 or 1-800-845-8476

The Oklahoma Department of Rehabilitation Services provides employment services for people with disabilities, including school-to-work transition services for students with disabilities. To locate your local DRS office, visit the website above or call 1 (800) 487-4042.

Services include:

- **Division of Vocational Rehabilitation (DVR):** Employment services for people with any disability, except blindness and diabetes.
- **Division of Visual Services (DVS):** Employment and independent living services for people who are blind, visually impaired, or have diabetes.
- **Disability Determination Division:** Determines medical eligibility for Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI).

Centers for Independent Living (CILs)

[Centers for Independent Living](#) provide or coordinate a range of services for people with disabilities, including housing assistance; information and referral; and financial and legal advocacy.

Bartlesville: [Dynamic Independence](#)

(918) 335-1314

Norman: [Progressive Independence](#)

(405) 321-3203

Enid: [Sandra Beasley Independent Living Center](#)

(580) 237-8508

Tulsa: [Ability Resources](#)

(918) 592-1235

McAlester: [Oklahomans for Independent Living](#)

(918) 426-6220

Social Services

Apply online at [DHS Live!](#) or at your local DHS office (see page 22) for:

[Low Income Home Energy Assistance Program \(LIHEAP\)](#)

LIHEAP provides assistance to low-income households with heating and cooling costs, and emergency help to families who have received utility cut-off notices. Application is limited to specific time periods (July and December), and assistance is provided on a first-come basis.

[Supplemental Nutrition Assistance Program \(SNAP\)](#)

SNAP (formerly Food Stamps) enables low-income families to buy nutritious food.

[Temporary Assistance for Needy Families \(TANF\)](#)

TANF is financial assistance for children deprived of support because of a parent's death, incapacity, absence, or unemployment.

Other Services and Resources

Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI)

[Social Security Administration \(SSA\)](#)

1-800-772-1213

Supplemental Security Income (SSI) is a monthly cash payment for certain children and adults who have a medical disability or blindness and limited income and resources. People 65 and older without disabilities also may be eligible if they meet certain income limits.

Social Security Disability Insurance (SSDI) is a monthly cash payment paid to people who can no longer work due to a medical disability. Eligibility is based on the individual's work history. Benefits are paid to the individual with a disability and certain family members.

To apply for these programs, call the number above or visit [the SSA Locator](#) to find your local SSA office. You also may be able to [apply online](#).

Mental Health Services

[Oklahoma Department of Mental Health and Substance Abuse Services \(ODMHSAS\)](#)

(405) 522-3908 or 1-800-522-9054 Systems of Care: (405) 522-415

Call the number above for the location of your local community mental health center, which may provide substance abuse counseling, crisis intervention, individual and group counseling, family counseling, and Systems of Care services. Systems of Care includes mental health and other support services for children and adolescents that are provided through an individualized plan.

[National Alliance on Mental Illness \(NAMI\) - Oklahoma](#)

(405) 230-1900 or 1-800-583-1264

NAMI-Oklahoma offers support, advocacy, and education for people with a mental illness, their families, and their friends. It also is a resource for information and referral for other related services.

Disability-Specific Organizations

[Autism Foundation of Oklahoma](#)

405-237-8390

[Oklahoma Autism Network](#)

1-877-228-8476

[Down Syndrome Association of Central Oklahoma](#)

(405) 600-9981

[Down Syndrome Association of Tulsa](#)

(918) 496-1873

[Multiple Sclerosis Society](#)

(918) 488-0882 or 1-800-344-4867

[Brain Injury Alliance of Oklahoma](#)

Oklahoma City: (405) 928-1647

Tulsa: (918) 789-0406

[Epilepsy Association of Oklahoma](#)

(405) 271-3232

Important Contact Information

Developmental Disabilities Services (DDS) Area Offices

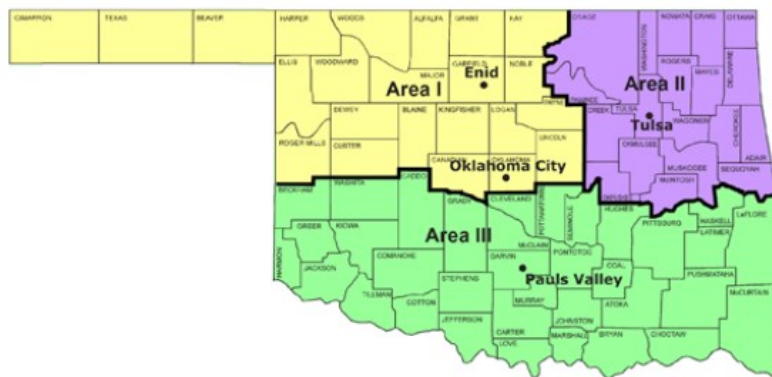
Apply here for:

- DDS Waivers
- Family Support Assistance Payment
- DDS Respite Voucher Programs

To apply for services or for questions about services contact your area office by email

Area I	DDS.AREA1.Intake@okdhs.org
Area II	DDS.AREA2.Intake@okdhs.org
Area III	DDS.AREA3.Intake@okdhs.org

If you cannot use email, you may contact the state office for assistance
1-866-521-3571



Oklahoma Department of Human Services (DHS) County Offices

Apply here for:

- SoonerCare (if applicant has a disability or is 65 or older)
 - Personal Care Services
 - TEFRA
 - SSI-DCP
 - SSI-DCP Respite Voucher Program
 - ADvantage Waiver
 - Medically Fragile Waiver
- Visit [DHS County Office Information](#) or call (405) 521-3646 for your local office's contact information.

SoonerStart Offices

Location	Phone	Location	Phone
Ardmore	(580) 223-9705	Muskogee	(918) 683-0321
Chickasha	(405) 224-1050	Oklahoma County	(405) 271-9477
Clinton	(580) 323-2100	Norman	(405) 321-4048
Durant	(580) 332-2011	Tahlequah	(918) 458-6577
McAlester	(918) 423-1267	Tulsa	(918) 835-8691

[SoonerCare Online Enrollment:](#)

For applicants under age 65 who do not have a disability

[TEFRA](#)

For children who are not ordinarily eligible for Supplemental Security Income (SSI) benefits because of their parent's income or resources.

[Oklahoma ABLE Tech Funding for Assistive Technology Manual](#)

includes extensive list of public and private sources of funding

Important Contact Information

Area Agencies on Aging

- Services for Older Adults • Aging Services Respite Voucher Program
- Services for People with Physical Disabilities, ages 20-64

Call **1-800-211-2116** to connect to the Area Agency on Aging (AAA) nearest you.

Area	Counties Served	Name	Phone
1	Craig, Delaware, Mayes, Nowata, Ottawa, Rogers, Washington	Grand Gateway Area Agency on Aging	1-800-482-4594 (918) 783-5793
2	Adair, Cherokee, McIntosh, Muskogee, Okmulgee, Sequoyah, Wagoner	Eastern Oklahoma Development District (EODD) Area Agency on Aging	(918) 682-7891
3	Choctaw, Haskell, Latimer, LeFlore, McCurtain, Pittsburg, Pushmataha	Kiamichi Economic Development District of Oklahoma (KEDDO) Area Agency on Aging	1-800-722-8180 (918) 465-2367
4	Atoka, Bryan, Carter, Coal, Garvin, Johnston, Love, Marshall, Murray, Pontotoc	Southern Oklahoma Development Association (SODA) Area Agency on Aging	(580) 920-1388
5	Hughes, Lincoln, Okfuskee, Pawnee, Payne, Pottawatomie, Seminole	Central Oklahoma Economic Development District (COEDD) Area Agency on Aging	1-800-375-8255, ext. 101 (405) 273-6410, ext. 101
6	Creek, Osage, Tulsa	Indian Nations Council of Government (INCOG) Area Agency on Aging	(918) 584-7526
7	Alfalfa, Blaine, Garfield, Grant, Kay, Kingfisher, Major, Noble	Long-Term Care Authority of Enid (an interim administrative organization)	1-888-858-9628 (580) 234-7475
8	Canadian, Cleveland, Logan, Oklahoma	Areawide Aging Agency, Inc.	(405) 943-4344 (405) 942-8500
9	Caddo, Comanche, Cotton, Grady, Jefferson, McClain, Stephens, Tillman	Association of South Central Oklahoma Governments (ASCOG) Area Agency on Aging	1-800-658-1466 (580) 252-0595
10	Beckham, Custer, Greer, Harmon, Kiowa, Jackson, Roger Mills, Washita	South Western Oklahoma Developmental Authority (SWODA) Area Agency on Aging	1-800-627-4882 (580) 562-4882
11	Beaver, Cimarron, Dewey, Ellis, Harper, Texas, Woods, Woodward	Oklahoma Economic Development Authority (OEDA) Area Agency on Aging	1-800-658-2844 (580) 625-4531

Guardianship Options

As a person with intellectual and/or developmental disabilities nears the age of 18 and legal adulthood, many family members consider some version of guardianship, power of attorney, or supported decision-making process to assist their family member in deciding where to live, how to spend money, and what kind of medical care is needed. Seeking general, limited, or special guardianship is a legal process with required fees. In all cases, the individual's right to self-determination should be respected to the fullest extent possible. For training on options for supporting individuals in decision making, contact the Oklahoma Disability Law Center (**ODLC**) (see page 3).

Options to Support Individuals in Decision Making

- A supported decision-making agreement that involves friends and family
- Appointment of a representative payee for Social Security
- Durable Power of Attorney
- Health Care Power of Attorney
- Living Trust
- Special needs trust
- An advanced directive under Chapter 166, Health and Safety Code
- A limited/ joint bank account/ direct deposit/ automatic bill pay
- Special Guardianship (temporary, appointed on an emergency basis)
- Limited Guardianship
- General or Full Guardianship (most restrictive)

Resources

Legal Aid of Oklahoma	Phone: 1 (888) -534-5243 Know the Law: Guardianship	A Guardian handbook, checklists, forms, links, and legal assistance and referral are available.
Oklahoma Department of Human Services (OKDHS)	Alternatives to Guardianship	An Alternatives to Guardianship page is available on the OKDHS website.

Definitions and Acronyms

Institutional Level of Care

The level of care provided by a long-term care facility to a person based on the nature of the health problem requiring care and the degree of involvement in nursing services/care needed from personnel qualified to give this care.

(1) ICF-IID: Care provided by a facility to individuals who require care and treatment services due to an intellectual disability or a developmental disability combined with one or more disabilities. The intellectual or developmental disability must have originated during the individual's developmental years (prior to 22 years of age).

(2) Nursing Facility: Care provided by a nursing facility to individuals who require 24-hour professional nursing supervision and a maximum amount of non-professional nursing care due to physical conditions or a combination of physical and mental conditions.

(3) Hospital: Care provided by a hospital to individuals who have a documented medical condition that requires 24-hour supervision by a medical physician. The medical condition must require the care and treatment services normally provided in an acute medical hospital.

Medically Necessary

Services or supplies that: (1) are proper and needed for the diagnosis or treatment of a medical condition; (2) are provided for the diagnosis, direct care, and treatment of the medical condition; and (3) meet the standards of good medical practice in the local area.

AAA – Area Agency on Aging

AS – Aging Services

DDS – Developmental Disabilities Services
(formerly DDSD)

DHS – Oklahoma Department of Human
Services

DRS – Oklahoma Department of
Rehabilitation Services

EPSDT – Early and Periodic Screening,
Diagnosis, and Treatment

FSAP – Family Support Assistance Payment

HCBW – Home and Community-Based Waiver

HTS – Habilitation Training Specialist

ICF-IID – Intermediate Care Facility for
Individuals with Intellectual/ Developmental
Disabilities

IHSW – In-Home Supports Waiver

OHCA – Oklahoma Health Care Authority

ODMHSAS – Oklahoma Department of Mental
Health and Substance Abuse Services

OSDE – Oklahoma State Department of
Education

OSDH – Oklahoma State Department of Health

SDS – Self-Directed Services

SSA – Social Security Administration

SSDI – Social Security Disability Insurance

SSI – Supplemental Security Income

SSI-DCP – Supplemental Security Income -
Disabled Children's Program

TEFRA – Tax Equity and Fiscal Responsibility Act

WIC – Women, Infants, and Children

Directory of Links

Page	Resource and Website
4	211 https://211oklahoma.org/
20	Ability Resources http://www.abilityresources.org/
4	The Arc of Oklahoma http://thearcok.org/
21	Autism Foundation of Oklahoma https://www.autismfoundationok.org/
21	Brain Injury Alliance of Oklahoma http://www.braininjuryoklahoma.org/
ii, 3	The Center for Learning and Leadership https://ouhsc.edu/thecenter https://ouhsc.edu/thecenter/Projects https://ouhsc.edu/thecenter/Publications
20	Centers for Independent Living http://oksilc.org/
19	Child Guidance Program https://oklahoma.gov/health/family-health/child-guidance-program.html
18	Child Study Center https://www.ouhealth.com/oklahoma-childrens-hospital/childrens-services/developmental-behavioral-services-for-children/
19	Children First Program https://oklahoma.gov/health/family-health/family-support-and-prevention-service/children-first-program.html
18	D-Dent https://www.d-dentok.org/
3	Developmental Disability Council of Oklahoma https://okddc.ok.gov/
20	DHS LIVE! https://www.okdhslive.org/
21	Down Syndrome Association of Central OK https://dsaco.org/

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21	Down Syndrome Association of Tulsa https://dsat.org/
20	Dynamic Independence https://www.facebook.com/dynamicind
21	Epilepsy Foundation of Oklahoma https://www.epilepsy.com/local/oklahoma-province-state
18	Head Start https://okacaa.org/head-start-advantage/
18	JD McCarty Center https://www.jdmc.org/
18	Lee Mitchener Tolbert Center https://alliedhealth.ouhsc.edu/Departments/Rehabilitation-Sciences/Center-of-Excellence/Lee-Mitchener-Tolbert-Center
24	Legal Aid https://oklaw.org/issues/seniors/guardianship
20	LIHEAP https://oklahoma.gov/okdhs/services/liheap/utilityservicesliheapmain.html
2	Medicaid Expansion Information https://oklahoma.gov/ohca/about/medicaid-expansion/expansion.html
21	NAMI Oklahoma https://www.namioklahoma.org/
21	National MS Society - Oklahoma Chapter https://www.nationalmssociety.org/Chapters/OKE
22, 24	OK DHS http://www.okdhs.org/services/dd/Pages/agtoolbox.aspx https://oklahoma.gov/okdhs/contact-us/countyoffices1/status.html
4, 19, 22	Oklahoma ABLE Tech https://www.okabletech.org/ https://www.okabletech.org/at-discovery/ https://www.okabletech.org/resources/at-funding-guide/
21	Oklahoma Autism Network https://okautism.org/

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3	Oklahoma Disability Law Center http://okdlc.org/
4	Oklahoma Family Network http://oklahomafamilynetwork.org/
2	Oklahoma Healthcare Authority (OHCA) https://oklahoma.gov/ohca/individuals/mysoonerare/apply-for-soonerare-online/income-guidelines.html
18	Oklahoma Parents Center https://oklahomaparentscenter.org/
4	Oklahoma People First https://www.facebook.com/okpeoplefirst.org
18	Oklahoma State Department of Education https://sde.ok.gov/
19	Oklahoma State Department of Health https://oklahoma.gov/health.html
21	Oklahoma State Department of Mental Health and Substance Abuse Services https://oklahoma.gov/odmhsas.html
4, 20	Oklahoma State Department of Rehabilitative Services https://okdrs.gov/guide/home https://oklahoma.gov/okdrs.html
20	Oklahomans for Independent Living http://www.oilok.org/
4	OKSAN https://ouhsc.edu/thecenter/Projects/Training-and-Collaboration/OKSAN
20	Progressive Independence http://www.progind.org/
20	Sandra Beasley Independent Living Center https://members.tripod.com/~Lew_3/
4	Sibshops https://soonersuccess.ouhsc.edu/Services-Programs/Sibshops

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21	Social Security Administration https://www.ssa.gov/ https://www.ssa.gov/locator/ https://www.ssa.gov/benefits/disability/
4, 16	Sooner SUCCESS https://soonersuccess.ouhsc.edu/ https://soonersuccess.ouhsc.edu/Resources/Online-Resources
5, 22	SoonerCare https://oklahoma.gov/ohca/individuals/mysoonercare.html
20	TANF https://oklahoma.gov/okdhs/services/tanf/tanfhome.html
22	TEFRA https://oklahoma.gov/ohca/individuals/programs/tefra-children-overview-care-for-children-with-disabilities.html
18	US Health Services and Resource Association https://findahealthcenter.hrsa.gov/
18	WovenLife https://www.wovenlifeok.org/



Center for Learning and Leadership

**A University Center for Excellence
in Developmental Disabilities**