

Care Coordination for Adults with Spina Bifida

How to find services within the State of Texas

Aging and Disability Resource Centers (ADRC)

- ▶ ADRCs provide help for older adults and persons with disabilities in accessing resources to assist with long term care.
- ▶ Streamline access to Long Term Services and Supports (LTSS) and provide a one stop shop for disability related resources.
- ▶ Services Include:
 - ▶ Benefits Assistance - help applying for services such as SSI or other public or private benefits
 - ▶ Housing Navigation - help identifying appropriate, accessible, and affordable housing options
 - ▶ Service Navigation - screening for needs and direction to appropriate services
 - ▶ Options Counseling - guidance and decision support about long term care services
 - ▶ Respite Support for Caregivers - information, referral, and assistance for respite support
- ▶ Located across all 254 counties in Texas, statewide hotline is 1-855-YES-ADRC or 1-855-937-2372

Medical Care

- ▶ Whether you have Medicaid, private insurance, or are uninsured, it is important to have access to medical care through a Primary Care Provider (PCP).
- ▶ With adults, primary care providers, rather than specialists, typically maintain the responsibility of ordering any supplies for patients, such as incontinence supplies, feeding supplies, or durable medical equipment.
- ▶ For those without insurance or Medicaid benefits, medical care is available through the County Indigent Health Care Program.
 - ▶ Offers primary, preventative, and some specialty services
 - ▶ Available to Texas residents with an income at or below 21% of the federal poverty level who aren't eligible for Medicaid.
 - ▶ You can find your county program by searching www.211texas.org for “Indigent Health Care Program”, calling your local ADRC at 1-855-937-2372, or by calling the Indigent Health Care Program hotline at 512-438-2350.

Employment Services

- ▶ Texas Workforce Commission - Vocational Rehabilitation Services
 - ▶ Provides services for people with disabilities to prepare for, obtain, maintain, or advance in employment.
 - ▶ Disabilities served:
 - ▶ Vision related disabilities
 - ▶ Physical disabilities
 - ▶ Behavioral and mental health conditions
 - ▶ Intellectual, learning, or developmental disabilities
 - ▶ Alcoholism or drug addiction
 - ▶ Statewide Hotline - 512-936-6400 or online at [VR Office Lookup \(state.https://webp.twc.state.tx.us/services/VRLookup/x.us\)](https://webp.twc.state.tx.us/services/VRLookup/x.us)

Mental Health Services

- ▶ Local Mental Health Authority (LMHA)- Contracted agencies across Texas to provide mental and behavioral health services to the community, usually designated by county.
 - ▶ Local LMHA's accept both insured and uninsured patients for services. If uninsured, they will assist you in completing a financial assessment.
 - ▶ Services include
 - ▶ Crisis Services
 - ▶ Counseling
 - ▶ Medication Management/Psychiatric Services
 - ▶ Case Management
 - ▶ Addiction Services and Treatment

STAR Plus+ Waiver Services

- ▶ The STAR Plus+ Waiver is Medicaid coverage for persons ages 21+ receiving SSI benefits. Members on STAR Kids Medicaid will transition to STAR Plus+ the month after their 21st birthday.
- ▶ As a STAR Plus+ member, you can have a named service coordinator to assist you with finding services and doctors.
- ▶ You will be assigned to a Managed Care Organization (MCO) based on where you live. There are typically 2 MCOs to choose from per region. Changes can be made by calling 1-800-964-2777

TEXAS Managed Care Service Areas (Effective January 2022)

STAR Health (statewide) - Superior
Dental (statewide) - DentaQuest, MCNA, UnitedHealth Care Dental

TARRANT
STAR - Aetna, Amerigroup, Cook Children's
STAR+PLUS - Amerigroup, Molina
STAR Kids - Aetna, Cook Children's
CHIP - Aetna, Amerigroup, Cook Children's

DALLAS
STAR - Amerigroup, Molina, Parkland
STAR+PLUS - Molina, Superior
STAR Kids - Aetna, Amerigroup
CHIP - Amerigroup, Molina, Parkland

MRSA NORTHEAST
STAR - Amerigroup, Superior
STAR+PLUS - Molina, United
STAR Kids - Texas Children's, United
CHIP - Molina, Superior

MRSA CENTRAL
STAR - Amerigroup, RightCare-Scott and White, Superior
STAR+PLUS - Superior, United
STAR Kids - Blue Cross and Blue Shield of Texas, United
CHIP - Molina, Superior

JEFFERSON
STAR - Amerigroup, Community Health Choice, Molina, Texas Children's, United
STAR+PLUS - Amerigroup, Molina, United
STAR Kids - Texas Children's, United
CHIP - Amerigroup, Community Health Choice, Molina, Texas Children's, United

HARRIS
STAR - Amerigroup, Community Health Choice, Molina, Texas Children's, United
STAR+PLUS - Amerigroup, Molina, United
STAR Kids - Amerigroup, Texas Children's, United
CHIP - Amerigroup, Community Health Choice, Molina, Texas Children's, United

NUECES
STAR - Driscoll, Superior, United
STAR+PLUS - Superior, United
STAR Kids - Driscoll, Superior
CHIP - Driscoll, Superior, United

HIDALGO
STAR - Driscoll, Molina, Superior, United
STAR+PLUS - Molina, Superior
STAR Kids - Driscoll, Superior, United
CHIP - Molina, Superior

BEXAR
STAR - Aetna, Amerigroup, Community First, Superior
STAR+PLUS - Amerigroup, Molina, Superior
STAR Kids - Community First, Superior
CHIP - Aetna, Amerigroup, Community First, Superior

TRAVIS
STAR - Blue Cross and Blue Shield of Texas, Dell Children's, Superior
STAR+PLUS - Amerigroup, United
STAR Kids - Blue Cross and Blue Shield of Texas, Superior
CHIP - Blue Cross and Blue Shield of Texas, Dell Children's, Superior

EL PASO
STAR - El Paso First, Molina, Superior
STAR+PLUS - Amerigroup, Molina
STAR Kids - Amerigroup, Superior
CHIP - El Paso First, Superior

MRSA WEST
STAR - Amerigroup, FirstCare, Superior
STAR+PLUS - Amerigroup, Superior
STAR Kids - Amerigroup, Superior
CHIP - Molina, Superior

LUBBOCK
STAR - Amerigroup, FirstCare, Superior
STAR+PLUS - Amerigroup, Superior
STAR Kids - Amerigroup, Superior
CHIP - FirstCare, Superior

MMP (6 counties below):
Bexar - Amerigroup, Molina, Superior
Dallas - Molina, Superior
El Paso - Amerigroup, Molina
Harris - Amerigroup, Molina, United
Hidalgo - Molina, Superior, Molina Medicare Medicaid STAR+PLUS Plan
Tarrant - Amerigroup

MRSA: Medicaid Rural Service Area
MMP: Medicare - Medicaid Plan



TEXAS
Health and Human
Services

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Medicaid Waiver Programs

- ▶ Called Waivers because they “waive” some of the requirements for Medicaid eligibility
- ▶ Each program has an interest list that can be several years long, so it is important to get on the lists as early as possible
- ▶ You do not have to be receiving SSI benefits to be placed in a Medicaid Waiver Program
- ▶ You can be on the waiting list for multiple programs. You can also be on the waiting list while receiving benefits from another program.
- ▶ There are over 200 “related conditions” that qualify individuals for waiver services. Spina Bifida is considered a “related condition”.
- ▶ Services available through Medicaid Waiver Programs are:
 - ▶ Personal care for help with things like bathing or dressing
 - ▶ Nursing care
 - ▶ Home modifications like ramps
 - ▶ Car modifications
 - ▶ Respite care
 - ▶ Certain therapies
 - ▶ Services vary by Waiver Program. Not all services included in every program,

Medicaid Waiver Programs cont.

- ▶ Waivers that serve adults:
 - ▶ Community Living Assistance and Support Services (CLASS)
 - ▶ Gives home and community based supports to persons with a “related condition”
 - ▶ Deaf Blind with Multiple Disabilities (DBMD)
 - ▶ Services to persons who are deaf blind or have a “related condition” that leads to deaf-blindness and who have another disability
 - ▶ Home and Community Based Services (HCS)
 - ▶ Services and supports to persons with an intellectual disability or “related condition” who live with their families, in their own homes, or in small group homes
 - ▶ Texas Home Living (TxHmL)
 - ▶ Services and supports to persons with an intellectual disability or a “related condition” who live in their own home or their family’s home.
- ▶ How to get on the interest list
 - ▶ For CLASS and DBMD, call the statewide number 1-877-438-5658 to be placed on the interest list
 - ▶ For HCS and TxHmL, call your local ADRC at 1-855-937-2372 for assistance or reach out to your Local Intellectual and Developmental Disability Authority (LIDDA)
 - ▶ Your LIDDA can be located by utilizing the HHSC “Where to call for HHSC services” website
 - ▶ <https://apps.hhs.texas.gov/contact/search.cfm>

Helpful Links and Phone Numbers

▶ Where to call for HHSC Services

- ▶ [Help for Texanhttps://apps.hhs.texas.gov/contact/search.cfms](https://apps.hhs.texas.gov/contact/search.cfms): Where Do I Call to Get HHS Services? (texas.gov)
- ▶ Find local resources by Zip Code such as ADRC, Mental Health Services, and Intellectual and Developmental Disability Services

▶ Texas Workforce Solutions Vocational Rehabilitation Office Locator

- ▶ <https://webp.twc.state.tx.us/services/VRLookup/>

▶ Navigate Life Texas - Transition to Adulthood

- ▶ <https://www.navigatelifetexas.org/en/transition-to-adulthood>
- ▶ Information on all topics transition related, including medical care, legal options, education, housing, and employment.

▶ Disability Rights Texas

- ▶ <https://disabilityrightstx.org/en/home/>
- ▶ Legal advocacy for persons with disabilities and self advocacy resources
- ▶ Statewide Intake - 1-800-252-9108

▶ Texas Department of Family and Protective Services

- ▶ <https://www.txabusehotline.org/Login/Default.aspx>
- ▶ Statewide Hotline - 1-800-252-5400
- ▶ Report Abuse, Neglect, or Exploitation of Children, Elderly, or Persons with Disabilities

Helpful Links and Phone Numbers, cont.

▶ Find Help

▶ www.findhelp.org

▶ Database of resources offering assistance with food, housing, transportation, care, education and employment

▶ 2-1-1 Texas

▶ www.211texas.org or 877-541-7905

▶ Database of resources within the State of Texas for housing, employment, food, veterans services, legal assistance, disability services, mental health services etc.