



Plan Your Path - Puns & Beyond

Workbook

Presented by:

Family Support Network

&

Ligas Family Advocate Program





This is your *Planning* Workbook.

We created this workbook to help you get started with your planning process. We hope that this guide becomes your GO TO document when you need to record something important or when you need to retrieve vital information.

You may:

Print it out

Keep it digital

Share it with your circle of support

Make it yours!



Important Basic Information

Name:

Nickname: (Optional)

DOB:

Medicaid ID#

Last 4 of Social:

Address:

Phone:

Email:



Photos

Add the most recent picture of your loved one.

Add a nice and fun picture of your loved one. Maybe even pictures of the things they like.

Contacts

- Identify a group of people that you can count on when something happens.
- Think of whom you would call first if you have an emergency
- Make sure they are aware of this and keep in touch with them.
- Inform other who is in this selected group.

• Key Family and Friends contact information

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Service Providers contact information:

Provider	Name	Email	Phone
Primary Doctor			
Specialist			
Physical Therapist			
Occupational Therapist			
Speech Pathologist			
Counselor			
School Transition Specialist			

Contacts continued

Provider	Name	Email	Phone
Nurse			
Social Worker			
Ligas Family Advocate			
ISC Agency			
Other			

Community Organizations

- Look for agencies that provide services related to the conditions:
- Examples: The Arc of Illinois for Intellectual/Developmental
- My child has:
 - Autism- The Autism Program
 - Seizure Disorder- The Epilepsy Foundation
 - Down Syndrome- The Down Syndrome Association
 - Williams Syndrome – The Williams Syndrome Association

Kitchen Table Planning

Use this space to brainstorm and gather a wealth of ideas, thoughts, and wishes. Be creative; use colors, markers, crayons, etc.



Key Pillars of Support



Natural Supports:

Family
Friends
Church
Neighbors

Formalized Financial Supports:

SSI/SSDI
Medicaid/Medicare
Housing Vouchers

DD Specific Supports:

Employment supports
Medicaid Waiver Programs
DRS Home Services
CILA/ICFDD
Community Day Services
Personal Support Workers
or Direct Support
Professionals
Transition Team

Non-Waiver Community Supports:

Park District
Programming
Special Olympics
Special Recreation
Programs
College & Community
Education
Gym memberships

Natural Supports: Family, Friends, Church Neighbors, etc.

You may rank them in order based on the commitment they show towards your expectations for the future.

Formalized Financial Supports

- SSI/SSDI
 - SSA Social Security Administration
 - <https://www.ssa.gov/benefits/disability/>
 - Call 1-800-772-1213 (TTY 1-800-325-0778) from 8:00 a.m. to 7:00 p.m., Monday through Friday, to apply by phone.
- Medicaid
 - <https://abe.illinois.gov/abe/access/>
 - You can call the DHS help Line at (800) 843-6154.
- Medicare: Open Enrollment October 15- December 7th
 - <https://www.medicare.gov>
 - Phone: 800-633-4227
- Housing Vouchers
 - Contact your Independent Service Coordinator for more info or visit the following website.
 - <https://www.dhs.state.il.us/page.aspx?item=87600>



Take notes when you interact with each entity.

Remember to keep a paper trail of everything you do. (Examples: email, fax, records keeping)

Write down the names and worker ID# if available.

Mark the date and time of each interaction.

Set reminders if you need to follow up with a task.

Developmental Disabilities Specific Supports

[Take time to explore the DHS website to learn more about the services & programs](#)


<https://www.dhs.state.il.us/page.aspx?item=27894>

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The Pillars of
Supports

Department of Rehabilitative Services

- Vocational Rehabilitative (VR)
- Personal Aide (PA)
- <https://www.dhs.state.il.us/page.aspx?item=29736>

Make a list of likes and dislikes



For example: I
dislike living
alone.

Likes

Dislikes

Make a list of the things that make the ideal home!



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Make a list of the ideal JOB

- Think about Supported Employment/ Vocational Training/ Workshops
- Consider the things that in the skill set
- Consider strengths and weaknesses

Non-Waiver Community Supports

- Make a list of community organizations that can give you resources.
 - 1. The Arc of Illinois <https://www.thearcofil.org/>
 - Build a network of professional supports
 - Visit our Ligas Family Advocate page to learn how we can help:
 - <https://www.thearcofil.org/about-us/programs/ligas-family-advocate-program/>
 - Make a contact list of key people that will help you in the process

Contact our team!



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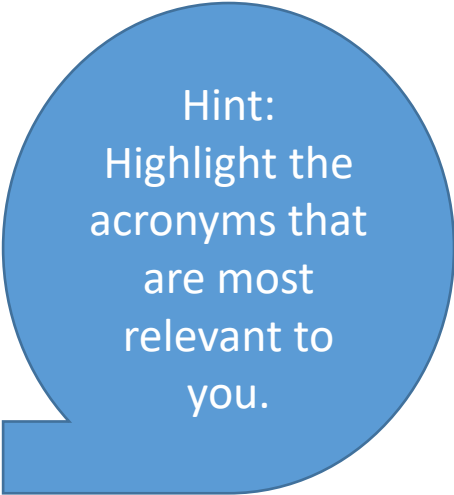
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Glossary



Hint:
Highlight the
acronyms that
are most
relevant to
you.

- DDD Acronyms: <https://www.dhs.state.il.us/page.aspx?item=68922>
 - Acronym or
 - Abbreviation Full Wording
 - ABLE Adult Basic Literacy Examination
 - ADA American Disabilities Act
 - BALC Bureau of Accreditation, Licensure and Certification
 - BCABA Board Certified Associate Behavior Analyst
 - BCBA Board Certified Behavior Analyst
 - CABA Certified Associate Behavior Analyst
 - CBA Certified Behavior Analyst
 - CE Continuing Education
 - CGH Child Group Home
 - CILA Community Integrated Living Arrangement
 - CANTS Child Abuse & Neglect Tracking System
 - CASAS Comprehensive Adult Student Assessment System

- DD Developmental Disability
- DDD Division of Developmental Disabilities
- DHS Department of Human Services
- DHSCRS Department of Human Services
Community Reporting System
- DMH Division of Mental Health
- DoA Department on Aging
- DSP Direct Support Person
- DT Day Training
- EIN Employer Identification Number
- FEIN Federal Employer Identification Number
- CBTA Competency-Based Training Assessment
- CNA Certified Nursing Assistant
- CRS Community Reporting System (or ROCS)
- CRV Central Repository Vault
- CSA Community Service Agreement
- DASA Division of Alcohol and Substance Abuse
- dba or DBA Doing Business As
- DCFS Department of Children & Family Services
- Mobius Mobius Management Reporting
Systems, Inc.
- RF Region Facilitator
- NPI National Provider Identification
- OJT On-the-Job Training
- OT Occupational Therapy
- PAS Pre-Admission Screening
- POS Purchase of Service

- PSW Personal Support Worker
- PT Physical Therapy
- QIDP Qualified Intellectual Disabilities Professional
- RIN Recipient Identification Number
- RN Registered Nurse
- ROCS Reporting of Community Services
- SAC Statewide Advisory Council
- SEP Supported Employment Program
- SLA Supported Living Arrangement
- SODC State-Operated Developmental Center
- SSA Social Security Administration
- SSI Supplemental Security Income
- SSN Social Security Number
- TABE Test of Adult Basic Education
- TIN Taxpayer Identification Number
- IDHS Illinois Department of Human Services
- FTP File Tape Protocol
- GED Graduate Equivalent Diploma
- HAN IDPH Health Alert Network (HAN) Web Portal
- HBS Home-Based Services
- HCBS Home and Community-Based Services
- HCD Human Capital Development
- HFS Department of Healthcare & Family Services
- HIPAA Health Insurance Portability & Accountability Act
- ICDD Illinois Council on Developmental Disabilities
- ICFDD Intermediate Care Facility for Developmental Disabilities
- ICFMR Intermediate Care Facility for Mental Retardation
- IDPH Illinois Department of Public Health
- IDFPR Illinois Department of Financial & Professional Regulation
- IOC Illinois Office of the Comptroller
- IRS Internal Revenue Service
- ISC Independent Service Coordination
- ISSA Individual Service and Support Advocacy
- LL Limited Liability
- LLC Limited Liability Corporation
- LPN Licensed Practical Nurse
- MIS Management Information Services