



# Connecting with Families

*of children with special health care needs*

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The Arc of Kentucky, Inc.  
a non-profit 501(c)3 organization  
providing training, information,  
and education.

**Main Office**  
833 East Main Street  
Frankfort, KY 40601  
**Toll Free phone:** (800) 281-1272  
**Phone:** (502) 875-5225  
**FAX:** (502) 875-5226  
**Email:** ArcofKy@aol.com  
**Website:** www.arcofky.org

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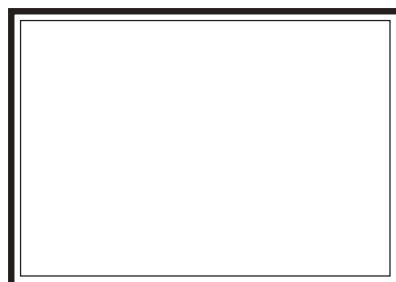
Glenna Taylor

Denise Whitaker

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## KyHealth Choices

The Kentucky Medicaid Program has undergone major changes this year, including a new name, KyHealth Choices. KyHealth Choices represents a much improved Medicaid Program for members and providers. The initiative has been approved by the Centers for Medicare and Medicaid Services and is being enacted in accordance with the Deficit Reduction Act of 2005.



Pictured above is Secretary Mark Birdwhistell, Cabinet for Health & Family Services at the National Governor's Association Meeting where he presented information on KyHealth Choices

KyHealth Choices will enable Kentucky to stretch resources to meet the needs of members and encourage Medicaid members to be personally responsible for their own health care.

Emergency regulations were filed to begin implementation of KyHealth Choices. On July 1st regulations were filed with LRC Regulation Review Subcommittee. The public comments period expires August 31, 2006. Regulations can be viewed at [www.lrc.gov](http://www.lrc.gov). (See enclosed Ky Health Choices Fact Sheet).

## New Requirements for Citizenship Documentation in Medicaid

The Deficit Reduction Act (DRA) of 2005 requires states to obtain documentation of citizenship from all citizens applying for Medicaid on or after July 1, 2006.

Individuals already enrolled in Medicaid will be required to document their citizenship at the time of redetermination. Documentation of citizenship is a one-time requirement. No Medicaid applicants are exempt from the documentation requirement nor are states authorized to waive or postpone the documentation requirement. **(Please note that as we go to print, the White House has eased the Medicaid Rule on Proof of Citizenship (see attachment).** Individuals already enrolled in Medicaid must be given a "reasonable opportunity" to present documentation before a state undertakes any action to terminate eligibility. However new applicants cannot obtain Medicaid eligibility until they present the required evidence. (See enclosed sheet for more information and a list of acceptable documents that meet this requirement.)

# Supplemental Security Income (SSI)

(article reprinted from KPFC newsletter)

The difference between Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) is that SSDI payments are based on prior work under Social Security, meaning you've worked at a job that has paid a portion of your earnings into Social Security. SSI payments are made based on financial need.

Of course, the differences between SSI and SSDI are more detailed than just that. The following will explain who is eligible for what program, why and how you go about applying.

## WHO IS ELIGIBLE TO RECEIVE SSI?

To be eligible for SSI benefits, you must be:

- Aged (65 or older),
- Blind, or
- Disabled,  
And
- Have a limited income,
- Have limited resources,
- Be a U.S. Citizen or national (aliens may also be eligible under specific guidelines, look for contact information at the end of the article for who to talk to about eligibility).
- Is a resident of one of the 50 states, including the District of Columbia, and the Northern Mariana Islands,
- Is not absent from the country for a full calendar month or more than 30 consecutive days,
- Agrees to apply for any other cash benefits for which you may be entitled, and
- Meets certain other requirements.

## WHAT DOES DISABLED MEAN?

For a child, disabled means anyone under the age of 18 and has a medically determinable physical or mental impairment, which:

- Results in noticeable, severe functional limitations, and
- Can be expected to result in death, or
- Has lasted or can be expected to last for a least one year.

For an adult, disabled means anyone over 18 with a medically determinable physical or mental impairment, which:  
Prevents the person from gainfully working, and  
Can be expected to result in death, or  
Has lasted or can last for more than one year.

## WHAT DOES LIMITED INCOME MEAN?

According to the SSA, income is defined as:

Money you earn from work,  
Money you receive from other sources, such as Social Security, workers compensation, unemployment benefits, Department of Veterans Affairs, friends or relatives, and  
Free food or shelter

## WHAT ARE LIMITED RESOURCES?

Resources refers to things that you own, such as: Cash, Bank accounts, stocks, U.S. savings bonds, Land, Vehicles, Personal property, Life insurance, anything that can be sold for food or shelter.

## HOW DO YOU APPLY FOR SSI?

By calling 1-800-772-1213 or visiting your local Social Security office.

## WHAT YOU WILL NEED WHEN YOU APPLY

When you call to make the appointment at the Social Security office, they will tell you what you will need to bring with you. In general, here are some things they may ask you to bring. Be sure to bring or send the originals of each document (the originals will be returned), and keep track of what you send to the SSA and when you sent it.

- **Social Security card or number**
- **Proof of age** (a public birth record from before age 5, or a religious birth record from before age 5, or other documents showing your age or date of birth)
- **Citizenship Record** (birth certificate showing you were born in the U.S., or religious record of birth or baptism showing your place of birth in the U.S.)
- **Proof of Income** (Earned income-payroll stubs, or if you're self-employed a tax return from the last year; Unearned income-any records you have (ex. Award letters, bank statements, court orders, receipts) showing how much you receive, how often, and the source of the payment, and Work expenses)
- **Proof of Resources** (Bank statements for all accounts, Deed or tax appraisal for all property you own besides the house you live in; Life or disability insurance policies; burial contracts, plots, etc.; certificates of deposit, stocks or bonds; titles of registrations for any vehicles)
- **Proof of Living Arrangements** (Lease or rent receipt; Names, dates of birth, medical assistance cards, or Social Security Numbers for all household members; Deed or property tax bill; Information about household costs such as food and utilities; Medical Sources (Medical reports if you have them, Names, addresses and phone numbers of doctors and other providers of medical services and the dates you were treated)
- **Work History** (Job Titles, Type of Business; Names of employers; Dates worked; Hours worked per day; Hours worked per week; Days worked per week, and rates of pay for work you did in the 15 years before you became unable to work; Description of job duties for the type of work you performed.

#### **REMEMBER!**

- You have the right to receive help from Social Security. They will help you get the documents you need to show you to meet requirements.
- You have the right to a representative. You may appoint someone to help you with your SSI claim and go with you to your appointments with the Social Security Office.
- You have the right to a notice. The Social Security Office will notify you in writing of any decision they make or a change in your benefit amount. Copies will be sent to your representative as well.
- You have the right to examine your file. You may also get a copy of what's in your file.
- You have the right to appeal. You may contact your Social Security office for more information.

#### **SOCIAL SECURITY DISABILITY INSURANCE (SSDI)**

Social Security Disability Insurance (SSDI) is administered by the Social Security Administration (SSA). To qualify for SSDI you must first have worked in one or more jobs that have been covered by Social Security. Following that, you must have a medical condition that meets Social Security's definition of a disability. Benefits will usually continue until you are able to work again on a regular basis.

The SSA defines "disability" for SSDI as an inability to do the work you were doing before, and you cannot adjust to other work because of your medical condition. Your disability must also last, or be expected to last, for at least one year or result in death. SSDI only pays for total disability; it will not pay for partial or short-term disability.

#### **HOW DOES SSA DETERMINE IF YOU'RE DISABLED?**

The SSA uses the following 5 step process to determine if you are disabled. If you do not meet each step, then you will not be considered for SSDI.

**1) Are you working?** For 2006, if you are working during this year, and your earnings average more than \$860 per month, you will not be considered disabled.

**2) Is your condition "severe"?** Your condition must interfere with basic work-related activities.

**3) Is your condition found in the list of disabling conditions?** The SSA maintains a list of medical conditions that are so severe they automatically qualify you as disabled. If your condition is not listed, the SSA must decide if it is of equal severity to those listed.

**4) Can you do the work you did previously?**

If your condition is severe, but not at an equal level of severity as the conditions on the medical list, then the SSA must determine if it interferes with your ability to do the work you did previously.

**5) Can you do any other type of work?**

If you cannot do the work you did in the past, the SSA will check to see if you are able to adjust to other work. Your medical conditions, age, education, past work experience, and any transferable skills will be taken into consideration.

#### **BENEFITS FOR A DISABLED CHILD**

A child under 18 may be disabled, but the SSA will not need to consider the child's disability if he or she is your dependent and you are receiving benefits. The child's benefits will usually stop when he or she turns 18, unless they are a full-time student in an elementary or high school, in which case benefits will continue to age 19, or if he or she is disabled.

For a child to receive benefits on your record after age 18, the following rules must be met:

The disabling impairment must have started before age 22, and He or she must meet the definition of disability for adults (see second paragraph, this page).

#### **HOW TO APPLY & WHAT YOU WILL NEED**

To apply for SSDI, you can apply online at <http://www.socialsecurity.gov/applyfordisability>, contact your local Social Security office (if you do not know your local office's contact, you can find it at <http://www.ssa.gov/dibplan/dapply.htm>), or you can call toll free 1-800-772-1213 or if you're deaf or hard of hearing 1-800-325-0778. Apply for SSDI can take 3 to 5 months. The process can be shortened by having the following information and documents on hand when you start the application process.

##### **Information about you:**

- Your social security number and proof of your age,
- Names, addresses and phone numbers of doctors, caseworkers, hospitals, and clinics that took care of you and the dates of your visits,
- Names and dosages of all medications you are taking,
- Medical records from doctors, therapists, hospitals, clinics and caseworkers that you already have in your possession,
- Laboratory and test results,
- A summary of where you worked and the kind of work you did, and
- Your most recent W-2 form or, if you were self-employed, a copy of your federal tax return

##### **Information about family members**

- Social security numbers and proof of age for each person applying for benefits, and
- Proof of marriage, if your spouse is applying for benefits, as well as dates of prior marriages if applicable. It is important to know that the documents you will need to show to the SSA must be the original documents or copies certified by the issuing office. You can mail or bring them to the office, they will make photocopies, and return the originals to you.

If you don't have all the documents, don't delay filing for benefits, the SSA employee will assist you with getting the information they will need.

#### **IF YOUR APPLICATION IS DENIED**

You have the right to ask the Social Security office to look over your application again if you've been denied. If you are denied, you will receive a notice that says you don't qualify and will explain how to make the request for the SSA to review your application, and will give you a timeline for how long you have to make that request.

#### **IF YOUR APPLICATION IS APPROVED**

If your application is approved, your first Social Security benefit will be paid for the sixth month after the SSA finds that your disability began. So, for example, if your disability began June 15, 2005, then your first benefit would be paid for December, 2005. Benefits are paid in the month following the month they are due. For example, the benefit owed to you for December would be paid in January.

#### **WHAT CAN AFFECT YOUR BENEFITS?**

Periodically the SSA will review your case to make sure that you are still eligible to receive benefits. You will be notified when this time comes. You are also responsible for notifying the SSA when you are capable of returning to work. Benefits can also be discontinued if SSA decides that your monthly income is substantial to live on (for 2006 that amount is \$860 per month), or if SSA has decided that your condition has improved.

### **Resources**

All information provided for the SSI and SSDI articles come from the United States Social Security Administration website [www.socialsecurity.gov](http://www.socialsecurity.gov), click on "Disability and SSI."

You can also write to:  
Social Security Administration  
Office of Public Inquiries  
Windsor Park Building  
6401 Security Blvd.  
Baltimore, MD 21235

Or can call toll free between 7 a.m. and 7 p.m. Monday through Friday:  
1-800-772-1213, or  
TTY: 1-800-325-0778

### **SOCIAL SECURITY ADMINISTRATION RELEASES NEW RED BOOK**

The Social Security Administration has released the 2006 edition of their "Red Book," which is a summary guide to employment support for individuals with disabilities under the Social Security Disability Insurance (SSDI) and Supplementary Security Income (SSI) programs. The Red Book contains useful information that will assist these folks in knowing how to go to or return to work in such a way that helps maximize economic self-sufficiency. To obtain a copy of the Red Book, which is also available in alternative formats, you may call (800) 772-1213; (Voice) or (800) 325-0778 (TTY), Online versions are available both in PDF and HTML formats. To view a copy online and to download it for your use, <http://www.socialsecurity.gov/disabilityresearch/redbook.htm>.



## Start Receiving your Newsletter by E-mail!!

Would you rather be receiving your newsletter through e-mail. If so, just send us an e-mail at [ArcofKY@aol.com](mailto:ArcofKY@aol.com), with a subject line of NEWSLETTER and we'll put you on the list to receive our next edition via e-mail.

### 2006 Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Place</u>	<u>Contact</u>
July 12-14	Great Kids Summit (Kentucky Child Now's Third Annual Conference)	Galt House Louisville, KY	(502) 227-7722 <a href="http://www.kychildnow.org">www.kychildnow.org</a>
July 26 11:00 a.m.-1 p.m.	9th Annual ADA Rally 2006	Capital Rotunda Frankfort, KY	(877) 266-2807 (859) 266-2807
July 29 9:00 - 4:00 p.m.	Autism Society of Western KY Annual Conference "Life on The Autism Spectrum"	Executive Inn Rivermont Owensboro	
August 8	LDA of Kentucky	The Spectrum Louisville	(502) 473-1256
August 9-12	Infant-Toddler Institute	The Drawbridge Inn, Ft. Mitchell	(859) 257-9116
Sept. 15-16	Family to Family Fall Training	Capital Plaza Hotel, Frankfort	(800) 281-1272 (502) 875-5225

### The Arc is Looking for 30 New Family Members That Have Children with Special Health Care Needs for 2006-07 Family to Family Project



The Arc of Kentucky is actively seeking thirty (30) highly motivated family members of children with special health care needs (who want the best possible services for their family member) to participate in The Arc of Kentucky's Real Choices Family-to-Family Health Information and Education Initiative. Participants will participate in two 2-day training sessions. For an application or more information, contact:

The Arc of Kentucky  
(800) 281-1272  
E-mail: [arcofky@aol.com](mailto:arcofky@aol.com)  
[www.arcofky.org](http://www.arcofky.org)

# Mark Your Calendars!

## 9th Annual ADA Rally 2006

July 26, 2006

11:00 a.m. - 1:00 p.m.

Refreshments: Noon to 1:00 p.m.

Capitol Rotunda

700 Capital Avenue

Frankfort, KY

Join with hundreds of Kentuckians with disabilities, family members and advocates from across the Commonwealth to celebrate the 16th anniversary of the enactment of ADA (July 26, 1990). For more information contact: Independence Place, 824 E. Euclid Ave., Ste. 101, Lexington, KY; (859) 266-2807 or Toll Free (877) 266-2807; email: [independenceplace@independenceplaceky.org](mailto:independenceplace@independenceplaceky.org)



# Sign Up Now!

To be on the FAMILY TO FAMILY LIST SERVE

Don't miss the opportunity to network with others and to receive information pertaining to special health care needs. To sign up, please e-mail Denise Whitaker at [denisewprtc.net](mailto:denisewprtc.net)



## Annual Conference Highlights



The Arc of Kentucky Annual Conference "The Journey Continues-On the Road to Self-Determined Lives" held on April 21-22, 2006, was a success!! A pre-conference session was held for Family to Family Health Information and Education Project participants, mentors and staff. This session focused on "Figuring Out the Pieces of the Puzzle: Navigating Through the Health Care System." A preconference session on Tools of Self-Determination was also held. Conference sessions on Self-Determination, Education and Aging Issues were also provided to Family to Family project participants. Participants felt this afforded them the opportunity to network and to learn from a wide variety of presenters. Participants were provided with a Federal and State Legislative Update which included IDEA Reauthorization at the Conference Opening Plenary. Although participants were busy attending sessions, they did get time to enjoy a mystery dinner and dance with special guest "Elvis". Exhibits and a silent auction were also part of this year's event. Dates for next year's conference has been set for April 27-28, 2007. Thanks to all our presenters, exhibitors, sponsors, and participants for making this conference a huge success!



The Arc of Kentucky, Inc.  
833 East Main Street  
Frankfort, KY 40601

### Family to Family Vision

*The Vision of The Arc's Family initiative is to enhance the ability of all Kentuckians to make responsible health care choices through education, training, mentoring, resources, and networking opportunities*

## **Mark Your Calendars!**

The Arc of Kentucky  
2007 Annual Conference

April 27-28, 2007

Capital Plaza Hotel  
Frankfort, KY

For information or registration  
material, contact

The Arc  
(800) 281-1272  
(502) 875-5225

## **Sign Up Now!**

The Arc of Kentucky is seeking participants for its *Advocates in Action Self-Determination/Leadership Training Project*.

Participants in the *Advocates in Action Project* will receive state of the art training in two 2-day trainings about issues relating to developmental disabilities and builds competencies necessary for *Advocates in Action* participants to become advocates who can effectively influence public policy. (Contact The Arc office for a brochure and application.)