

**Morton County Social Services**

200 2<sup>nd</sup> Avenue NW

Mandan, ND 58554-3124

(701) 667-3395

Services include: Food Stamps, Medical Assistance, Aid to Families with Dependent Children.

**AGENCIES PROVIDING SERVICES TO INDIVIDUALS WITH DISABILITIES**

**West Central Human Service Center**

Prairie Hills Plaza

1237 W. Divide Avenue, Suite 5

Bismarck, ND 58503

(701) 328-8888 or 1-888-328-2662

**Developmental Disabilities (DD)**

(701) 328-8888 or 1-888-328-2662

Services include: Information and Referral, Case Management.

**Vocational Rehabilitation (VR)**

(701) 328-8800 or 1-888-862-7342

Services include: Counseling, Evaluation, Supported Employment, and Training.

**Easter Seals**

211 Collins Avenue

Mandan, ND 58554

(701) 663-6628

Services include: Respite Care, Individualized Supported Living Arrangements, and Supportive Home Care.

**HIT**

1402 2<sup>nd</sup> St NW

Mandan, ND 58554

(701) 663-0379

Services Include: Group Homes for Children and Adults, Work/Day Support Activity, Individualized Supported Living Arrangements, Family Support Services, Supported Employment, Vocational Development and Extended Service, Adult Day Care, Brain Injury Programs.

**Enable, Inc.**

1836 Raven Drive

Bismarck, ND 58501

(701) 255-2851

Services include: Group Homes for Adults, Individualized Supported Living Arrangements, Adults Day Care, Developmental Work Activity, Supportive Home Care, and Respite Care.

**Support Systems Inc.**

1929 N. Washington St., Ste A

Bismarck, ND 58501

(701) 255-6503

Services include: Individualized Supported Living Arrangements, Family Support Service, Respite Services CaseAide, Supported Living Arrangements and Vocational Services.

**Pride, Inc.**

1200 Missouri Ave.

Bismarck, ND 58502-4086

(701) 258-7838

Services Include: Group Homes for Adults, Developmental Work Activity, Supported Employment, Extended Services, Individualized Supported Living Arrangements, Respite Care, and Supportive Home Care, Adult Day Care, Supported Living Arrangement, Medical Transportation, Representative Payee Services, Youth Mentor, Case Aide Services.

**Protection & Advocacy**

400 East Broadway, Suite 409

Bismarck, ND 58501

(701) 328-2950

Services include: Advocacy, Education and Protective Service Investigations.

**Dakota Center for Independent Living**

3111 E. Broadway

Bismarck, ND 58501

(701) 222-3636 or 1-800-489-5013

Services include: Assisting people with disabilities gain skills that will help them live more independently.

**Community Options for Residential and Employment Services Inc.**

3831 Lockport St.

Bismarck, ND 58503

(701) 223-2417

Services Include: Individualized Supported Living Arrangements, Respite Care, Supported Home Care, Supported Employment, and Extended Services.

This pamphlet has been made available through the cooperation efforts of Bismarck Public Schools, West Central Human Service Center and the North Dakota Transition Project.

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# Welcome to The World Of Transition



You will find the process of moving from school to the world of adulthood is not as scary as you may think. However, with all the different services, service agencies, and terminology, it can be quite confusing. This pamphlet was designed to help you through this important time in your life.

## WHAT IS TRANSITION?

Transition is the process of preparing for the move from the world of school to the world of adulthood. It starts in the early teens while you are still in school and results in a place for you to live, to work, or receive additional vocational training upon graduation.

## HOW IS TRANSITION ACCOMPLISHED?

If you choose, you may invite a representative from Developmental Disabilities (DD), Vocational Rehabilitation (VR), and Center of Independent Living (DCIL) to attend the IEP team meeting. The IEP team will then identify the appropriate living situation, employment, and/or vocational training program. You may request tours of available programs to assist you in identifying the appropriate agency which can provide those services. It is very important to remember that you and your parents are the most important members of the IEP team. Please make sure your wishes and ideas are known! (Example: If you plan to continue to live at home after graduation, that's okay. Please be sure that other team members are aware of your plans!)

## SUMMARY

The process of transition is an exciting and fulfilling time that includes many new experiences. Hopefully, this information will assist you in planning for post graduation services. If you have questions or need further information about transition, contact your teacher, a DD Case Manager (328-8888 or Toll Free 1-888-328-2662), a VR Counselor (328-8800 or 1-888-862-7342), or Dakota Center for Independent Living (222-3636 or 1-800-489-5013).

## DEFINITIONS:

### Adult Day Care (ADC):

Day Program which provides recreation and personal care service generally to elderly individuals.

### Protection and Advocacy:

Provision of assistance to individuals with Developmental Disabilities to ensure that their individual rights are not violated.

### Day Supports:

Day Program which provides training in basic needs and may include communication, personal hygiene, eating, interpersonal relationships, pre-vocational and vocational training, etc.

### Developmental Disabilities (DD) Case Management:

The process of assisting individuals and their families in acquiring, coordinating, and monitoring appropriate services. The Case Manager may also authorize funding for certain services.

### Brain Injury Programs:

Transitional skilled facility: Nursing care facility providing needed therapies.; Basic Care Facility: long term - less structures; ISLA: Community living support with varied hours as needed.

### Extended Services:

Ongoing services to individuals who have completed the Support Employment Program to enable them to maintain their job.

### Group Home:

Five-to-eight bed facility which provides room, board, supervision, and independent living skills training.

### Individual Education Plan (IEP):

A written plan developed by a multidisciplinary team that serves as a management tool to facilitate Special Education services and assure an appropriate education program for the student. It includes a statement of present level of performance, goals and objectives, needed transition services, and specially designed instruction to meet the unique needs of the student.

### Individual Service Plan (ISP):

Document which lists the individual's service needs and authorizes payment for those services.

### Individual Lifestyle Plan (ILP):

A plan similar to the IEP, which determines individual needs and lists goals and objectives after schooling has finished. This is written by a team which includes the individual, appropriate family members, agency representatives and other professionals.

### Individualized Plan for Employment (IPE):

A plan developed by an eligible client and a vocational rehabilitation consultant identifying comprehensive services to achieve vocational objectives.

### Individualized Supported Living Arrangements (ISLA) & Supported Living Arrangement (SLA):

The provision of individualized instruction and/or support to allow individuals to live in their own residences. (May include instruction in budgeting, shopping, laundry, etc., or assistance with personal care needs.)

### Housing Assistance:

Rent subsidy that can be obtained from Burleigh County Housing Authority, Morton County Housing Authority, or Housing Finance Agency. Eligibility is based on income and resources.

### Medical Assistance (MA):

A program administered through the County Social Service Office that will pay a wide range of medical and training expenses. Medical Assistance is also referred to as Medicaid or Title XIX. Eligibility is based on disability, income, and resources. Application is made at the County Social Service Office.

### Family Support Services:

The provision of supervised care to an individual (adult or child) to assist the family and the primary care giver relief.

### Family Subsidy:

A program that provides financial assistance to help defray excess costs that families incur because of the disability of the child. Available thru age 22.

### Supplemental Security Income (SSI):

Financial Assistance Program administered by the Social Security Administration which is designed to defray costs of basic needs. Eligibility is based on disability, income, and resources. Application is made through the Social Security Office.

### Personal Care:

Assist an individual with activities of daily living so that the individual is able to live at home.

### Supported Employment Program (SEP) and Vocational Development:

A type of on-the-job training program where a job coach teaches specific vocational skills necessary to enable the individual to function on that job as independent as possible. Under SEP, an individual is eventually moved into extended services with the possibility of coaching for the duration of the job. Under Vocational Development, an individual receives job coaching short term until he or she is stabilized in job.

## AGENCIES PROVIDING FINANCIAL ASSISTANCE

### Social Security Administration 1680 E. Capitol Ave., Suite 100

Bismarck, ND 58501-5603

(701) 250-4200 or (701) 772-1213

Services include: Social Security, Medicare and Supplemental Security Income.

### Burleigh County Social Services

415 E Rosser, Suite 113

Bismarck, ND 58501

(701) 222-6622

Services include: Food Stamps, Medical Assistance, Aid to Families with Dependent Children.

### Burleigh County Housing Authority

410 S. 2nd Street

Bismarck, ND 58504

(701) 255-2540

Services include: Rent Subsidies.

### Morton County Housing Authority

1500 Third Avenue NW

Mandan, ND 58554

(701) 663-7494

Services include: Rent Subsidies.