



**“I HAVE A CHOICE,
I HAVE A VOICE!”**

Information for Youth and Young Adults with
Disabilities

disABILITY LAW CENTER
OF VIRGINIA 
Protection & Advocacy for Virginians with Disabilities

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Letter from dLCV Executive Director

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Welcome!

I hope you will explore the many great resources here in the disAbility Law Center of Virginia's (dLCV) handbook, ***I Have a Choice, I Have a Voice!*** Young adults need to know their rights and responsibilities as they approach this new chapter in their lives. Parents and professionals can be of valuable help during this process.

These are exciting and challenging days! Thanks to technology, better education, and increasing social awareness, young people with disabilities have more opportunities for a rewarding future than ever before. However, in order to realize the many opportunities, you need to be prepared!

Here at dLCV, we support the full inclusion of people with disabilities in all aspects of our community – work, education, leisure and living. Let us help you to find your choice and speak your voice!

Your bright future awaits you!

Sincerely,

A handwritten signature in blue ink, appearing to read 'V. Colleen Miller'.

Colleen Miller

Executive Director



Did You Know...?

...when you turn 18 years old, you are legally an adult, and you have many more rights and responsibilities? This self-advocacy guide will explain some of these rights and responsibilities.

- You can register to vote in local, state and federal elections. You can get registration forms at your local library, post office, DMV branch, through your local registrar, or [online with the Department of Elections](#).
- You can enter into contracts and sign legal papers including credit card applications, leases, loans and many other legal agreements. Be careful! You can also be **sued** if you do not meet your obligations under a contract.
- You must register for selective service (**males only**) within 30 days of your 18th birthday, regardless of any disability. There are a few narrow exceptions, but it is safe to assume that you must register. You can [register online with the Selective Service](#), pick up a form at your local post office, or ask your high school guidance counselor for information and assistance.
- You can make your own decisions about medical care, education, finances, and all other life choices. Your parents may not be allowed to continue to do things for you such as make or cancel medical appointments, get information on your prescriptions, or talk to an insurance company about you without your consent.
- You can write an advance directive to prepare for your future health care decisions. You can get more information, including a do-it-yourself form with instructions, on our [Supported Decision-Making](#) webpage.
- If you received SSI before age 18, your case will be reviewed near your 18th birthday to decide if you meet the adult rules for disability. If



you didn't have SSI before age 18 because your household income or resources were too high, then at age 18 you can apply on **your own** income and resources. This may make it easier to meet the financial rules. You also have to meet the adult rules for disability.

- If you are charged with a crime, you will be treated as an adult and your criminal record is permanent. If the police are questioning you about a crime, **ask for an attorney** and the police have to stop questioning you.
- You can get into a lot of trouble if you have sex with someone under the age of 18 because you are an adult, and the other person is still considered a child.
- You may be called for jury duty. This does not mean you will have to serve on a jury, but you may get a summons to appear in court for duty.
- You are responsible for paying taxes and filing your tax return.

AND did you know that you still CANNOT do these things until you are 21 years old...

- Purchase, possess or use alcohol. If you are caught with alcohol, you may be charged with a Class 1 Misdemeanor and face the possibility of a fine, community service, and suspension of your driver's license.
- Apply for or carry a concealed weapon.

Wait! One last thing, did you know we are here to help?

Contact dLCV at www.dlcv.org/get-help



Transition Services: Bridging the Gap Between High School and Adulthood

Transition Services are supports that help students with disabilities prepare for life after high school. Services should be about what you want and need to succeed after high school. Examples of these services are:

- Looking at jobs that match your interests and exploring possibilities;
- Evaluations to decide what help you may need to get a job or go to college;
- Opportunities for developing job skills by working;
- Looking at college programs or career training schools; and
- Discussing supports you may need for independence in daily living skills (examples include using a telephone, getting a driver's license or taking public transportation, and self-advocacy).

Transition Services need to be written into your **Individualized Education Program (IEP)**. This is called a Transition Plan. A Transition Plan must include your goals and what you need to meet those goals. It must also include the agencies that will provide services for you to meet your goals. When developing a Transition Plan, the IEP Team must think about your education, work, and living needs.

Agencies that may be identified in your Transition Plan to help you after high school include:

- **Department of Aging and Rehabilitative Services (DARS);**
- **Department for the Blind and Vision Impaired (DBVI);**
- **Community Services Board (CSB);** and
- **A Center for Independent Living (CIL).**

Transition Services do not have to be provided on school grounds. For students who are thinking about college, Transition Services might happen at a community college. For others, a job site might work best.

If you disagree with the school about your Transition Services, you may ask for mediation, request due process or file a complaint with the Virginia Department of Education.



Pre-Employment Transition Services (Pre-ETS)

What are Pre-Employment Transition Services (Pre-ETS)?

Pre-ETS are services that are provided by vocational rehabilitation (VR) agencies to help high school students learn job skills necessary for the work force.



What are the eligibility criteria to receive Pre-ETS?

- The student is at least 14 years old but not over 21 years of age;
- The student must be still enrolled in high school education; and
- The student must have a disability. The student does NOT have to have an Individualized Education Program (IEP) or 504 plan.



How much do these services cost me?

These services are free for students. Under the Workforce Innovation and Opportunities Act (WIOA) of 2014, the state provides funding for these services. According to the Rehabilitation Act of 1973, 15% of the VR budget must be spent on Pre-ETS.

Will these services take time out of my school day?

The agencies that provide Pre-ETS will often schedule appointments with students during free periods. Students may also have the option to enroll in a specific class where a professional will guide them through the five core services of Pre-ETS. Pre-ETS can also take place during school holidays or vacations. Pre-ETS can last one semester or an entire school year. A student can also receive Pre-ETS services for multiple school years.



FIVE Core Services of Pre-ETS



Job Exploration Counseling: You work with a counselor to determine what careers interest you and what careers you may be good at.



Work Based Learning Experiences: You will have the opportunity to observe different jobs or work environments to determine what skills are necessary for specific jobs.



Counseling on Training and Educational Options: You will meet with a counselor or instructor to discuss education or training after high school. This can consist of college, on the job training, or vocational school.



Workplace Readiness Training: You will work with a counselor or instructor to determine the skills necessary for success in the workplace including social skills, resume development, computer skills, and advocacy skills.



Self-Advocacy Skills: You will learn how to speak up for yourself including asking for accommodations at work or college and learning independent living skills.

What if I am not receiving these services?

If you have an IEP and you want these services, speak to your IEP team and tell them you want to add these services. You can also reach out directly to your local Department for Aging and Rehabilitative Services (DARS) or Department for the Blind and Vision Impaired (DBVI) office. If you have any problems getting these services, call the disAbility Law Center of Virginia at 804-225-2042 or 1-800-552-3962 on Monday, Wednesday, or Friday to request services. You can also request services from dLCV at any time via our online portal found on our website at: dLCV.org/get-help.



Rights When at a Psychiatric Residential Treatment Facility

A Psychiatric Residential Treatment Facility (PRTF) is a facility that provides mental health and often also developmental disability services to youth under 18-21.

If you are residing in a PRTF and want information about your rights, you can:

1. Ask staff or your treatment team;
2. Ask for a copy of the Human Rights Regulations; or
3. Call dLCV!

If you are residing in a PRTF and want information about discharge, you can:

1. Ask staff or your treatment team; or
2. Call dLCV!

If you are residing in a PRTF and have a complaint, you can:

1. Ask for the patient advocate;
2. Ask for the Human Rights Advocate assigned to your facility; or
3. Call dLCV!



Family Planning and Assessment Team (FAPT)

Sometimes, a Family Planning and Assessment Team (FAPT) is involved in your treatment and services, also. FAPT is an interagency group that works to develop service plans for children and families in Virginia. FAPT is part of the Children's Services Act (CSA), a state and local program that provides services to children and families. FAPT is a family-driven process and your opinions and wishes both as a minor and when you turn 18 should be heard.

What does FAPT do?

- Determines eligibility for CSA services
- Assesses the strengths and needs of children and families
- Recommends services to meet the needs of children and families
- Prepares an individual family service plan (IFSP)
- Adjusts the IFSP as needed based on follow-up meetings

Who is involved in FAPT?

- Representatives from local agencies involved
- A parent representative
- Private service providers
- Other representatives

How does FAPT work?

- FAPT members meet with parents, custodians, and other participants to discuss the child and family's needs and strengths
- FAPT members use information from case managers, psychological reports, and school records
- FAPT members develop an action plan to address the child and family's needs

If you have questions about FAPT, you can:

1. Ask any member of your team;
2. Ask for a consultant to help you and your team. The team can provide you with the correct program consultant to contact;
3. You can appeal any decision made by FAPT. The Community Policy and Management Team (CPMT) must establish policies and procedures for youth and families to appeal the decisions made by FAPTs regarding the services to be provided pursuant to an individual family services plan developed by the FAPT.
4. You can file a complaint with OCS through their Director; and
5. You can call dLCV!



Post-Secondary Education Accommodations



What Is a Post-Secondary Education Accommodation: Any change or adjustment to required tasks or the classroom that allows students with disabilities to have an equal opportunity to experience their education just like other students.



The process to get educational accommodations is different than in high school because your Individualized Education Program (IEP) plan no longer applies, but it is possible to get the accommodations you need to succeed!

Before you start your next educational experience, make sure that you have a note from your doctor that identifies your disability and states the accommodations you may need. The accommodations that you request need to be reasonable and they must be things you need because of your disability.

A few months before you start school or as soon as you can, meet with staff at the office that supports students with disabilities (often called Disability Support Service or DSS). Share with them the letter from your doctor and talk to them about what accommodations you think you will need. They will help you develop a plan and give you a letter stating that your request for accommodations has been approved. Once you register for classes, speak with your professors about your accommodations and show them the documentation from DSS. If you have difficulties receiving accommodations, you may wish to contact dLCV.

Examples of possible accommodations:

- Large print textbooks
- Reader (or proctor) for tests
- Note takers
- Preferred seating
- Preferred scheduling
- Extra testing time
- Separate testing room



I Don't Want to Go to College or Get a Job Right Now....

If you don't feel like you are ready to apply for college or a job right now, there are other options.

Post-High School Programs

Some high schools offer a program for students, ages 18-21, who have graduated from high school but need more instruction before deciding what to do in the community.

These programs generally offer intensive training in vocational and independent living skills. They will also help you develop academic skills necessary for life after school. You may get a job with a job coach or find a volunteer activity where you can learn new skills. You will also have the opportunity to develop social skills by participating in community activities. Ask your school if they have such a program.

Day Support Programs

Day Support is a place where you can go during the day for structured activities, learning, and community activities. Your goal may be to attend one of these programs to get the skills you need to get a job, go to a college or training school, or your goal may be to stay in the day support program long-term. These programs offer you the opportunity to participate in activities that will help you learn self-help skills, social skills, community living skills and decision-making skills. These programs are sometimes covered by Medicaid Waivers. Contact your local Community Services Board for more information.



Volunteer in the Community

What do you like to do? Maybe you can find a volunteer activity in the community where you can do what you like to do and get valuable work experience at the same time.

Do you like animals? Maybe you can volunteer at a place that cares for animals. Do you like to talk? How about volunteering at a local nursing home to visit and talk to older people who may not have many visitors? You can find volunteer opportunities in your local newspaper, online and by talking to people in your neighborhood.



Leisure and Fun

Adult life isn't all about learning and working! Figure out what it is you enjoy doing and find a place where you can do it with other people. Do you enjoy sports? You can join a gym, the local YMCA or an athletic club or team. Do you enjoy reading? How about a book club? If there isn't one you feel comfortable joining, start one and invite your friends! If you have a church you like, find out what activities they offer and join in if it sounds like fun! Other activities might include getting involved in a political campaign, join a club dedicated to an interest you have, take a class in an arts and crafts or cooking, take guitar lessons, start a new hobby and find others in your area who enjoy the same thing...in other words, get involved!

What If I Need Help?

If you need help or support to do any of these things, that is okay!! We all need help sometimes. Learning to ask for help when you need it is part of being an adult. You may need someone to go with you to an activity and you may need support to learn how to do things by yourself. You may choose to take a family member for support, or you may have a personal aide. You may also find a mentor in your community who can help you as you explore

your options. Use whatever help you need to get out there and get involved in an activity that you enjoy. Figure out what you enjoy doing and want to do and then figure out what supports you need to make it happen!

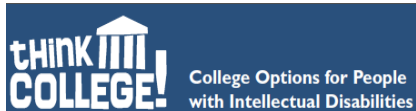




I am Thinking about Going to College!

That's great! There are many options out there for continuing your education after high school. Some programs focus on academics and others focus more on vocational skills. Here are some resources to help you get started.

General Information about Education after High School

- **Virginia Department of Education** offers many [resources for post-high school and college planning](#).
- Each college will have a staff person or an office that supports the needs of students with disabilities (often called **Disability Support Services** or DSS). This is where you can get information and support as you prepare for college and as you attend classes.
- **Think College** provides information on colleges that provide [programs for individuals with disabilities](#).
- **Greater Richmond Aspirations College Program (GRASP)**, a non-profit organization that [assists students and families in obtaining funding for post-secondary education](#). This service is not geared specifically to students with disabilities. This service is offered at no cost to the family.
- **U.S. Department of Education** offers a guide entitled [Students with Disabilities Preparing for Postsecondary Education: Know Your Rights and Responsibilities](#). They also offer resources on [Adult Education](#).
- **VCU Center on Transition Innovations** offers a wealth of information on many topics relevant to [individuals transitioning into adulthood](#).
- **Vocational Rehabilitation Services:** At times, Vocational Rehabilitation Agencies such as the [Department for Aging and Rehabilitative Services](#) (DARS) and [Department for Blind and Vision Impaired](#) (DBVI) may be able to assist students in getting needed accommodations and support. For more information, please contact them directly.

Information about Specific Programs for Individuals with Disabilities

- **Wilson Workforce and Rehabilitation Center** provides training for people with disabilities to assist them in obtaining employment and to live more independently. They have two programs, [Workplace Readiness Program](#) and [Postsecondary Education Rehabilitation Transition](#) (PERT), specifically for students transitioning from high school.
- **Virginia Rehabilitation Center for the Blind & Vision Impaired** collaborates with the University of Richmond to provide a two-week course called [STEPS to Success](#) (Strategies & Techniques for Enhancing Performance & Skills). This program introduces valuable skills, techniques, and strategies to help maximize success in preparing for college or a career.
- **George Mason University** has a program called [Learning into Future Environments](#) (LIFE) that offers a supportive academic university experience for individuals with ID and DD seeking a four-year curriculum.
- **Virginia Commonwealth University (VCU)** offers a program called [ACE-IT in College](#) an inclusive, on-campus college experience for young adults with intellectual disabilities, traumatic brain injuries, or autism.
- **Northern Virginia Community College (NVCC) and Brightpoint Community College** have partnered with the national organization [College Steps](#) to provide individualized college support for students with social, communication or learning challenges.
- **Reynolds Community College** offers a two-year vocational training program called [Program for Adults in Vocational Education](#) (PAVE).
- **United Methodist Family Services** offers a program called [Courage to Succeed](#). This program is specifically for individuals with autism and other neurological differences, including learning disabilities, ADHD and traumatic brain injury.



Introduction to Assistive Technology for Adults

What is Assistive Technology?

Assistive Technology, or AT, is a device that helps a person with a disability perform everyday tasks. It can be any item or piece of equipment that you buy or create that is used to maintain or improve your ability to do tasks you need or want to do. It can also be a service that helps you choose, get and use an AT device.

AT may be very simple, or it may be high-tech. It might be as basic as a pencil grip, a cane, or a magnifying glass. High-tech devices could include items like modified computer equipment, a motorized wheelchair, communication devices, or assistive listening devices. AT services include evaluating your needs in deciding what AT would help you, adapting a device specifically for your needs, training you on how to use the device, and repairing and maintaining the AT.



Who needs Assistive Technology?

Many people can benefit from AT. If you have problems with communication, mobility or any other daily living task—whether at work, home or in the community—you may want an evaluation to see if AT can help you. Your doctor, physical therapist, occupational therapist, speech therapist, audiologist, or other licensed medical professional can assess your need for AT. Funding sources require this professional assessment and recommendation before paying for AT.



Assistive Technology can be funded in a number of different ways.

- **If you receive Medicare**, you can reach the **Medicare Helpline** at 1-800-633-4227.
- **Medicaid**: If you receive Medicaid, you can reach the **Department of Medical Assistance Services Recipient Helpline** at 804-786-6145. If you get **Medicaid Waiver** services, AT may be a covered service.
- Some **private insurance** policies may pay for AT. They often require both pre-authorization and a Letter of Medical Necessity. Coverage varies. Read your policy

carefully and talk with your provider before making a purchase.

- **Department of Aging and Rehabilitative Services (DARS)** may be able to assist you if you need AT in order to get or keep a job. www.vadars.org/
- **Department for the Blind and Vision Impaired (DBVI)** www.vdbvi.org
- **Virginia Department for the Deaf and Hard of Hearing (VDDHH)** www.vddhh.org
- **Virginia Assistive Technology System (VATS)** provides information on AT products, funding, and resources. VATS also contracts to collect, repair and recycle durable medical equipment, and may provide short-term equipment loans. www.vats.org
- **Assistive Technology Loan Fund Authority (ATLFA)** makes low-interest loans and loan guarantees to people with disabilities for equipment and technology that promote independence, quality of life and employment opportunities. <http://atlfa.org>

Other possible resources are local agencies such as a Community Services Board, Center for Independent Living and Department of Social Services; private AT vendors and providers; and local and national charities.

If you are denied AT services, the provider should provide you with the reason for the denial and a statement of your appeal rights.



Decisions, Decisions, Decisions... What If I Need Help?

When you turn 18, you are an adult. That means you are legally able to make your own choices about things such as health, school, and money. We all need help sometimes making choices and we all need to think about our future. What would happen if you were not able to make an important choice because you were too sick or the choice is just too hard to understand?



An Advance Directive can help

An Advance Directive helps you prepare for a future time when you may not be able to make choices or tell people about your wishes for health care. In an Advance Directive, you can:

- Choose a person to make decisions for you if your doctor says that you cannot make a decision. This person is called your “Agent.”
- Tell your loved ones and doctors what kinds of treatments are right for you.
- Tell others what you think about difficult choices, including organ donation, and how you would want to be treated if you become so sick you may not get better.

Many people find that naming someone to make decisions for them (an Agent) is all they need. When thinking about whom to choose, here are some things you should keep in mind:

- Pick someone you really trust because they may have to make important decisions in your future.
- Talk to this person to make sure they are willing to do the job.
- Make sure they know what kinds of treatment you would want and what types of treatments you wouldn't want.
- You can choose a second person to help you if the first person you chose can't do the job or can't be reached when needed.

How Do I Do It?

Here are some ways you can make an Advance Directive:

- You can write it yourself using sample forms. dLCV has forms and detailed instructions on its [Supported Decision-Making Resource Page](#).
- You can talk to your doctor or a therapist.
- You can hire a lawyer to write it for you.
- You can call us at the disAbility Law Center.

Once your Advance Directive is written, you need to sign it in front of two witnesses. Virginia does not require it to be notarized, but it is a good idea to do so if possible. Once you have the necessary signatures, you should give copies to the Agent, doctors, and other trusted family members. Make sure to keep a list of who has copies of your Advance Directive. If you make changes to it later, you will want everyone to have the newest version.

You can also register your [Advance Directive online](#). If you have any questions about registering your Advance Directive, call the registry's Help Line at 800-224-0791.

What If I Need Help with Other Tough Decisions?

If you need help making decisions about school, you can choose someone to help you with those decisions. dLCV has [information and a form](#) you can use in this situation.

If you get checks from Social Security, you can ask Social Security for a [Representative Payee](#) to receive the checks for you and help you pay your bills and budget your money on your behalf.



At 18 or beyond: Applying for Supplemental Security Income (SSI) and/or Disabled Adult Child (DAC)

Applying for SSI for the first time as an adult:

If you did not receive Supplemental Security Income (SSI) as a child because of your family's income or resources, you can apply for SSI after age 18 as long as you have less than \$2000 and you cannot earn over Social Security's gainful limit. People who can earn over the limit are not considered disabled by Social Security. For more information on earning limits to prove disability see the current Substantial Gainful Activity (SGA) limit: <https://www.ssa.gov/oact/cola/sga.html>

The best way to apply is at: <https://www.ssa.gov/ssi>

This link is not the actual application. It tells your local Social Security office that you want to apply. You will receive a phone call from Social Security to schedule a phone interview. In the phone interview you will be asked questions to make sure you do not have more than \$2000. Then, the representative will collect information about all of your medical and/or mental conditions, the contact information for all of your doctors and other professionals who provide you treatment, therapies and evaluations, the medications you take, etc. Before applying it is very important to get an UPDATED evaluation of your disability, such as a neuro-psychological evaluation.

Records or diagnoses from early childhood will not count.

Your benefit on a parent's record during childhood ends when you turn 18

If you received a social security benefit as a child on a parent's record it was not because you have a disability. To obtain a social security benefit after age 18 (or 19 if still in school), you will have to be determined disabled as an adult by Social Security and meet the resource limits (\$2000). To do this, you can apply for SSI (explained above).

Applying for Disabled Adult Child benefit on a parent's record:

You can also apply for the Disabled Adult Child (DAC) benefit any time after age 18 when a parent begins receiving a disability benefit, retires or dies. You will have to prove your disability began before age 22 and meet all other rules. Social Security may start this application automatically since you must accept other sources of funds when they become available. The DAC benefit may replace some or all of the SSI benefit. But you may be able to keep your Medicaid (and waivers) due to a special rule (POMS SI 01715.015).



IMPORTANT TIP: Keep all documentation of your disability prior to age 22 in a safe and secure paper file or in an electronic format



SSI At-A-Glance: What Happens When I Turn 18?

When turning 18, if you were receiving Supplemental Security Income (SSI) as a child, you will undergo a review called the **Age-18 Redetermination** to see if your disability meets the adult rules. You will automatically get a form requesting information.

Adult definition of disability

Social Security bases the new decision on whether your disability meets the adult definition of disability. They do not consider your current work activity. If medical and vocational reports fully support this, then SSI should continue.

What if my benefits are denied?

If Social Security decides that you do not meet the adult definition of disability, your benefits will end after 2 months. However, benefits may continue if you appeal the decision or qualify for Section 301 (see page 24 for information about Section 301).

Actions you can take immediately to disagree with this decision and keep your benefit:

After a denial, if you believe your disability does limit your ability to work, you must act quickly if you want to try to keep your benefit.

- To disagree, you must **APPEAL within 60 days**. Follow the instructions in the denial letter to appeal or call Social Security's toll-free number 800-772-1213 to request an appeal form;

and

- You may also continue your SSI child benefits during the appeal process if you go to a Social Security office **within 10-calendar days** of the date on the letter or fax a Statement by Claimant form to your local office. <https://www.ssa.gov/forms/ssa-795.pdf>
- Be aware, you can appeal several times, but if all appeals are denied, your SSI will end after 2 additional months of benefits. If Social Security decides you need to pay back the benefits you were given during the appeal period, they will usually waive the overpayments upon request.
- Keep in mind: if all appeals are denied and you do not qualify for Section 301, you can re-apply for SSI later when you have more proof that you can't work.



What Can I Do to Avoid a Denial at the Age 18 Re-determination?

- **MAKE SURE EVALUATIONS ARE CURRENT:** Before you turn 18, be sure to get updated medical, educational and/or psychological evaluations that clearly tell how the disability affects you and how it will limit your ability to work. Be sure Social Security knows how to collect this information by adding the evaluator's contact information to the form you receive from Social Security.
- **TELL SOCIAL SECURITY YOUR SCHOOL OR VOCATIONAL PLANS:** In the Remarks Section of the form that you receive from Social Security, state if you plan to remain in high school and/or if you are a client of DARS or any other work or training assistance program. If you continue your education or are getting help to work, Social Security may continue your SSI benefit while you complete these programs even if they decide you do not meet the adult definition of disability. See the next page called: When SSI Age-18 Re-determination is Denied – Use the Section 301 Rule to Continue SSI Benefits.
- **EXPLAIN ANY WORK EFFORTS:** In the Remarks Section of the form, list each work effort and the start and stop dates, even those that only lasted a few days, weeks, or months. List the title of the job, number of hours a week you worked, your hourly wage, difficulties you had on the job, and why the job ended, especially reasons related to your disability. Include all assistance you needed to get and keep the job such as a special work program or even if your loved ones gave you the job, found you a job or set up an interview.

Keeping Medicaid and Your Waiver Services

Once you turn 18, keeping your waiver services under Medicaid depends on you having a Medicaid Disability Determination. This evaluation will decide if you meet the adult definition of disability. Your Medicaid eligibility worker should contact your parent or responsible person 90 days before turning 18 to start this process so your Medicaid benefits and waiver services remain in place. Then, around age 18, Social Security's will also do the age 18 SSI re-determination to also decide if you meet the adult rules for disability. If denied, you can appeal and use Section 301 if you qualify to continue SSI payments.

If you did not receive SSI benefits as a child, you can apply for SSI at age 18. However, Social Security's decision on SSI is the final decision and can overrule Medicaid's evaluation. Medicaid then must determine if you meet any other covered group for Medicaid to keep your waiver.





When SSI Age-18 Redetermination is Denied – Use the “Section 301” Rule to Continue SSI Benefits

If, during the age-18 re-determination, Social Security decides you no longer qualify for Supplemental Security Income (SSI), you may still qualify for continued SSI benefits under **Section 301** if:

- You remain in high school past age 18; or
- You are receiving vocational rehabilitation, training or education.

Payments under Section 301 support you while you make efforts to work and increase your independence as long as you are involved in an approved program. These programs may qualify you for Section 301 because they will prepare you for work so you will be less likely to need SSI in the future. Once you complete or stop the program, the SSI benefit will end.

IMPORTANT: When you receive the SSI re-determination form from Social Security be sure to state in the Remarks Section that you think you qualify to receive continued benefits under Section 301. Be sure to provide the contact information of the school or vocational program so Social Security can collect proof of your participation. Of course, if Social Security decides you no longer meet their rules as an adult, you can disagree by appealing.

Call your local Social Security office or their toll-free number (800-772-1213) for the appeal forms. In the Remarks Section of the appeal form, tell Social Security again that you think you qualify to receive continued benefits under Section 301. Be sure to provide the contact information of the school or vocational program so Social Security can collect proof of your participation in a program.

Examples of educational or vocational programs that may count:

- An Individualized Education Program (IEP) in a public or private school between ages 18 and 21
- Department of Aging and Rehabilitation Services (DARS) or other Employment Network that is sponsoring you in a trade program, college, or Ticket to Work
- Job Coaching sponsored by DARS or other employment program
- Virginia Commonwealth University’s “Project Search” and similar programs
- PAVE – Program for Adults in Vocational Education
- Wilson Workforce and Rehabilitation Center’s PERT (Post Secondary Education Rehabilitation Transition)



How to Avoid the “One-Third Reduction” to Your SSI Payment

How does Social Security decide the amount of your SSI payment?

Once you turn 18, if you live with a parent or other adult, Social Security may reduce your SSI payment if you are not helping out with the household expenses. Helping out is called “paying your fair share”. This reduction will be one-third of the full SSI payment. For the current SSI benefit rate see: www.ssa.gov/oact/cola/SSI.html

However, due to a change in 2024 by Social Security, if one other person in the home receives a public assistance benefit like TANF, SNAP, or General Relief, Social Security will not ask questions about household expenses and will not reduce your SSI payment by one-third.

Household expenses include rent, mortgage payments, real estate property taxes, heating fuel, gas, electricity, water, sewer, and garbage removal. As of September 30, 2024, Social Security no longer counts food as a household expense. This rule will make it easier for you to avoid the one-third reduction.

When does Social Security make this decision?

When you apply for SSI or undergo the SSI age-18 re-determination, Social Security will do a financial screening. They will first ask if you are paying or planning to pay rent to anyone and, if so, they will determine if the amount you are paying is equal to or greater than one-third of the full SSI benefit rate. For example, in 2025 the full benefit rate of SSI is \$967. Therefore, you must be planning to pay rent (including back rent while waiting to have income) of at least \$323 per month. Social Security will ask for a written statement, so it is best to have this ready. This “rental lease” or simple, signed statement should outline this arrangement, including your address, name of the landlord (i.e. parent), the amount and frequency of the rent, and the starting and date of this lease. The start date should be the month you apply for SSI or the month of your 18th birthday if you undergo the age-18 re-determination. The end date could be described as “until further notice.”

If you do not have a written lease, then Social Security will ask how much the household expenses cost to decide if you are planning to pay your “fair share.” They may ask for receipts of the household expenses listed above.

Social Security will add up these expenses and divide by the number living in the household. This amount is your “fair share.” If you are not planning to pay your “fair share,” they will reduce your benefit rate by one-third.

Example of “fair share”

If the monthly household expenses (remember, not including food) equal \$2000 and there are 4 members living in the household, your “fair share” equals \$2000 divided by 4 or \$500. If you pay nothing toward these expenses or anything less than \$500, then you are

not paying your fair share and Social Security will reduce your SSI benefit amount by one-third.

Paying rent when you can't afford your "fair share"

In some households, a person's "fair share" may be over the amount of the full SSI payment and Social Security will assume you cannot afford this and will go ahead and reduce your payment by one-third. If this is your situation, you can plan ahead and arrange to pay rent instead using the steps explained above.

What if I start paying my fair share or rent later?

Notify Social Security and show them anything that proves you help, such as receipts of monthly household payments or rent, or bank statements that show the monthly transfer for household expenses or rent etc.

What if Social Security does not accept my statements to avoid the one-third reduction?

If Social Security denies your paperwork to avoid the one-third reduction, you can file an online appeal at <https://secure.ssa.gov/iApp/NMD/start> or revise your paperwork to show that you meet their "fair share" or "rental" requirements.

Main message of this guide

Prepare for the financial screening!

Note: Other calculations may apply to your SSI payment including if you have wages or other income.



SSI's Resource Limits and How to Protect Your Savings

SSI's Resource Limits and How to Protect Your Savings

To qualify for SSI, you cannot have more than \$2000. This is called a resource limit. Resources include cash, life insurance or burial policy, an inheritance, college savings including 529 accounts, etc. One way to protect some of these assets is to create a Special Needs Trust or to open an ABLEnow account.

Special Needs Trust

A special needs trust can be set up for a person with a disability. Its purpose is to protect that person's resources, provide for their special needs, and to make sure they can access government programs like SSI, Medicaid, and SNAP benefits.

ABLEnow Account

An ABLEnow account allows you to save and invest excess money over the resource limit for programs like SSI, Medicaid, or SNAP benefits. The account will not affect your eligibility for these programs. In fact, you can place up to \$100,000 in the account without it counting as a resource for SSI. Medicaid has no limit on the account. To qualify for an ABLEnow account, your disability must have begun before the age of 26. An ABLEnow account can be set up online at: <https://www.ablenow.com/>.





“Show Me the Money”

What is a Representative Payee?

A Representative Payee is usually assigned by the Social Security Administration (SSA). A Representative Payee helps you manage your money when you are not able to do so by yourself.



What does a Representative Payee do?

- A Representative Payee gets your Social Security check each month.
- They use the money for things you need like rent, food, medical and dental expenses, and personal care items.
- You get some spending money each month after they pay your bills.

How do I select my Representative Payee?

- Social Security has an Advance Designation of Payee option. This lets you pick up to three people who could be your Representative Payee.
- You can use this option by calling SSA at (800) 772-1213. You can also use the “My Account” page of SSA’s website.

What Are Your Rights?

- You have a right to know how the Representative Payee spends your money each month.
- You have a right to know your current account balance. This includes any money that has been saved for you.
- You have a right to change your Representative Payee. You can do that by contacting SSA.

When to Contact dLCV:

If you have questions about your Representative Payee or how they spend your money, you can contact disAbility Law Center of Virginia (dLCV). We can be reached at 804-225-2042 or by using our Get Help form at www.dlc.v.org/get-help. All calls are confidential! The information you give will be used to determine the level of service we can provide.



Overview of Disability Laws

There are several laws that protect the rights of people with disabilities. You have the right not to face discrimination because of your disability...at work, at school, at home and in public places. Discrimination means being treated differently or unfairly. It also means refusing to make changes that could help you participate, like putting ramps on buildings where there are steps. Most disability laws define disability as having a physical or mental impairment that causes you to need help with at least one area of your life, such as work, walking, hearing, or learning.

Americans with Disabilities Act (ADA)



The ADA says it is not okay for anyone to discriminate against you because of your disability at your job, in government programs and buildings, in public places and transportation, and in telecommunications (telephones, television, computers).

Fair Housing Act

The Fair Housing Act says it is not okay for anyone to discriminate against someone because of their race, color, religion, sex, disability, familial status, or national origin. Virginia's state Fair Housing law has additional categories of protection: elderliness (over age 55), source of funds, sexual orientation, gender identity, and military status. You are protected by this law in private housing and public housing, and you are protected if you are buying or renting your home. Under this law, you can make some changes to your home so that you can live there (examples include ramps, wider doorways, visible smoke detectors) and if you live in an apartment building, you can ask to have these changes made to the common areas of the complex. Who pays for these changes depends on the type of housing you live in.



Voting Accessibility for the Elderly and Handicapped Act

The Voting Accessibility for the Elderly and Handicapped Act requires voting places (called polling sites) to be physically accessible to people with disabilities and requires states to have voting aids for voters who are disabled and elderly (examples are magnifying glasses and talking voter machines for those with vision disabilities and lower machines for those using wheelchairs).

Section 504 of the Rehabilitation Act

Section 504 protects you from discrimination in any program or activity that receives Federal money (including schools, public housing and transportation, public libraries, etc.).

Individuals with Disabilities Education Act

The Individuals with Disabilities Education Act (IDEA) says that public schools have to provide an education that is free and appropriate for all students with disabilities. Education must be given in what's called the "least restrictive environment," meaning as close to your home as possible and with your peers, with and without disabilities, as much as possible. If a student has a disability that makes it more difficult to learn, the school must work with the parents and the student to create an Individualized Education Program (IEP).



For help or to get more information about your rights under any of these laws, you can call the disAbility Law Center.



Americans with Disabilities Act

Introduction and History

The Americans with Disabilities Act (ADA) is known as the “equal opportunity” law for people who have disabilities. It was passed and signed into law by George H.W. Bush on July 26th, 1990. Previously, the Civil Rights Act of 1964 did not protect people from discrimination based on disability. The Americans with Disabilities Act was modeled after the Civil Rights Act and Section 504 of the Rehabilitation Act of 1973.



Sections

Titles 1-3 are the most pertinent to daily life. Titles 4 and 5 cover miscellaneous provisions, some transportation issues, and communication.

- **Title 1** - Protections in employment settings
- **Title 2** - Protections in public places operated by government entities (state and local government offices and services)
- **Title 3** - Protections in privately owned public places

How does it help me?

The ADA can be very helpful in protecting people who have disabilities against discrimination, whether they are in college, employment, or in the community. The ADA makes sure that public and private places are accessible and that everyone can enjoy the services and activities that the community offers. When you are in college, or at work or in the community, your IEP does not entitle you to accommodations, but the ADA helps to make sure your rights are protected!

What do I do if I have an ADA issue?

- Call the ADA Technical Assistance Center: 800-514-0301 (voice) or 800-514-0383 (TTY).
- Contact the disAbility Law Center of Virginia: 800-552-3962 or info@dlcv.org.
- You can submit a request for help online at ww.dlcv.org/get-help.



Your Employment Rights Under the Americans with Disabilities Act

The American with Disabilities Act (ADA) protects individuals with disabilities from discrimination (being treated differently) in employment. You also have the right to ask for an accommodation to help you perform your job (an accommodation is a change that is made for someone with a disability so that they can do the job).

How do I know if I'm protected by the ADA?

If you have a disability and are qualified to do the job and you work for a company that has 15 or more people, you are protected.

What is considered a disability?

The ADA defines disability as a “physical or mental impairment that substantially limits one or more major life activities” (such as seeing, hearing, walking and caring for yourself). You are also protected if an employer treats you differently because they think you have a disability or because you had one in the past. If you have a disability that can go away and come back, you are still protected as a person with a disability.

What does it mean to be “qualified” to do a job?

You must have the basic skills, education, training and requirements for the job; and you must be able to perform the duties of the job. If you need accommodation to complete the job, that's okay, as long as you can do the work that is required.



Do I have to tell my boss about my disability?

The decision to disclose information about your disability is yours. The only time you have to disclose your disability is when you need an accommodation to do your job. Even then, you only have to tell your employer as much as they need to decide about the accommodation request. There are other times when you may want to consider talking to your employer about your disability, such as when you have concerns about safety or when side effects from a medicine make you look or act differently or it affects your ability to do your job. You can also call a lawyer for legal advice.

Can my boss ever ask me about my disability?

There are only a few times when your employer may ask about or even bring up your disability:

- Before you are offered a job, they may ask you if you can do what is required for the job, with or without accommodations.
- After you get an offer, they can require you to have a medical evaluation before you start working but **only** if all employees have the same requirement.
- Once you are on the job, they can only bring up or ask questions about your disability if there is a serious safety concern or there is another job-related reason.

What if I need an accommodation?

In order to do the job you were hired to do, you may need a change in the building where you work or a change in the way things are usually done due to your disability. Ask for an accommodation as soon as you know that you need one. Your boss will not assume that your inability to do your job is because of your disability and you could face corrective action or even be fired. Ask for an accommodation as soon as possible because employers do NOT have to take back any disciplinary actions that happened before you asked for the accommodation. If you need an accommodation, you should:

- Ask for it in writing.
- Provide medical proof of your disability and explain why you need an accommodation.
- Inform your employer that your request is a confidential medical record.
- Ask for the specific accommodation you need, but indicate you are willing to consider other effective options.

The ADA gives employers rights, too!

An employer does not have to:

- Give you the exact accommodation you request; they can offer another effective option.
- Provide an accommodation that poses an “undue hardship” for the business; for example, if it would cost too much or it would be too disruptive to the business.
- Supply personal items you need to accomplish daily activities, even if you need them on the job (for example, a wheelchair or hearing aids).
- Provide an accommodation for anyone who is not otherwise qualified for a position.
- Remove essential job functions, create new jobs, or lower production standards as an accommodation.

What if I get FIRED?

For help, if you believe you have been wrongfully terminated, you can contact:

- **Virginia Division of Human Rights** 804-786-2071
- **Equal Employment Opportunity Commission (EEOC)** 800-771-2222



Shhh...Your Right to Privacy



Before age 18, your parent or guardian has the right to see all of your records, including health, education, financial...well, everything! They also have the right to speak to anyone providing services to you, including your doctor, teacher, therapist...well, everybody! When you turn 18, all that changes because, as an adult, you have the right to privacy. Let's look at some of the laws that protect your right to privacy and how you can decide who has access to your private information.

Privacy of Health Care Information



HIPAA (which stands for **H**ealth **I**nsurance **P**ortability and **A**ccountability **A**ct) is the federal law that protects your health information. When you go to a new doctor, you will get a HIPAA form to read and sign. You will also get one from your insurance company and other organizations that either provide or pay for health care. HIPAA is a long and complicated law, but what you need to know is that it says your health information must be kept confidential and you must give permission for your information to be shared with anyone. HIPAA does allow your doctor to share information with your insurance company so they can pay for your treatment and with other doctors who may also be treating you. If you have any questions about who may see your information, ask your doctor or the staff at the front desk.

If you think your rights under HIPAA have been violated, you can [file a complaint](#) with the U.S. Department of Health and Human Services Office of Civil Rights.

Privacy of Education Information

FERPA (which stands for **F**amily **E**ducational **R**ights and **P**rivacy **A**ct) is the federal law that protects your education records. Before age 18, FERPA gave your parent or guardian the right to access your education records, but at age 18, that right transfers to you. There are situations in which a school, even a college, can release your education information to a parent or guardian without your consent:

1. If you are still considered a dependent on their taxes;
2. If there is a health or safety emergency;
3. If you are under 21 and violate any law or policy concerning the use or possession of alcohol or a controlled substance;
4. School officials may talk to your parents about anything they have personally observed.



If you think your rights under FERPA have been violated, you can complain to your school, the county's Superintendent or school board. You can also [file a complaint](#) with the U.S. Department of Education Family Policy Compliance Office.

Sharing Private Information



Most of us want to allow someone else to see our information at some point in our lives, especially if we want that person to help us make a choice or help us keep our information organized. You have the right to give anyone permission to see and use your information to help you. You give someone that permission by signing a form called a Release of Information or an Authorization Form. You will see these forms quite a bit as you enter the world of adult decisions. Doctors' offices often ask if there is someone you would like to have access to your information. Colleges will also have a form you can sign if you want someone else to receive information about your education.

You can also give someone the right to see and use your private information in a Power of Attorney (POA). A POA gives another person or more than one person the right to have access to your information and make decisions for you. You can have a POA for health care, finances, and education.

You have the right to see your own records at any time. You can ask your doctor or your school for a copy of your records or you can ask to look at them in their office. If you get a copy of your records, you can share them with whomever you choose. When considering whether to share your private information, be sure to think about why you want to share it, how it will or can be used, and whether there are any risks of it being used in a way you do not want.

Privacy and the Internet

NOTHING you put on the internet is private! Anyone can share the information you put on the internet and there is really no way to remove the

information you put on the internet. Be careful about posting things on social media, such as Facebook or Instagram. If you would not want everyone you know and even people you don't know to see it, do not post it! You can also make your profiles private so only the people that you allow to follow you can see your posts. Employers often look at social media websites when considering new employees.



Community Services Boards

Every county and city in Virginia has a Community Services Board (CSB) that provides many types of services for people with developmental disabilities, mental health needs, and substance use disorders. In some places, they are called Behavioral Healthcare or Behavioral Health Authority, but they offer the same types of services. They provide these services in your local community. Many of these services are paid for by Medicaid.

We'll list some of the services below, but first, let's look at one of the most important services they offer: Case Management (also called Service Coordination or Care Coordination). A Case Manager helps you apply for and coordinate many or all of the services you need to live in the community. If you do not have a Case Manager, contact your local CSB and ask to do an intake to see if you qualify for their services.

Here are some of the other services CSBs may offer:

- Residential programs such as group homes, supported and supervised living
- Mental health services, including emergency response, outpatient treatment, crisis stabilization, psychosocial rehabilitation, medication management
- Day support programs
- Supported employment
- Treatment for substance use disorders
- Access to Medicaid Waivers

[Find your local CSB](#)



Your Right to Vote

Are you at least 18 years old? Do you want to make your voice heard? Do you want to make an effort to change the world?

To vote in Virginia, you must:

- Be a U.S. citizen and a Virginia resident
- Provide your social security number
- Be at least 18 years old on or before the next general election
- Have one valid ID (see the next page for a list of appropriate ID's)
- Not be registered to vote in any other state
- Have your rights restored if you have been declared incompetent or been convicted of a felony

You must register to vote! You can register at:

- Local voter registration offices
- Department of Motor Vehicles (DMV)
- Public Libraries
- Department of Aging and Rehabilitation Services (DARS)
- Centers for Independent Living (CIL)
- Online at vote.elections.virginia.gov/VoterInformation

When do I need to register?

- General/Primary Election: 22 days before election
- Special Election: 14 days before election
- Special Election Called by the Governor: 7 days before election

How do I know where to vote?

- Check your voter registration card
- Call your local Registrar's Office
 - To find your local registrar visit:
<https://vote.elections.virginia.gov/VoterInformation/PublicContactLookup>
- Check online at vote.elections.virginia.gov/VoterInformation
- If you wish to vote absentee, you can request an absentee ballot be mailed to you at vote.elections.virginia.gov/VoterInformation.
- If you wish to vote in person prior to Election Day, Early Voting is an option in Virginia
 - To find out more about Early Voting, go here:
<https://www.elections.virginia.gov/casting-a-ballot/early-voting-office-locations/>

What if I cannot access my polling site?

- A polling site must be accessible and provide accommodations for people with disabilities. If you need assistance voting, you can ask an election official for the ELECT 649 form and explain that you need assistance.
- All polling sites are required to have at least one accessible voting machine. If you need to access the audio ballot at your polling site, ask an election worker.
- If you experience barriers to voting, please contact dLCV at (800) 552-3962 or through our online portal at www.dlc.v.org/get-help.





★ VIRGINIA ★
DEPARTMENT *of* ELECTIONS

Voter Identification

All voters casting a ballot in-person will be asked to show one form of identification. Any voter who does not present acceptable identification may instead sign a statement, subject to felony penalties, that they are the named registered voter who they claim to be. Any voter who does **not** present acceptable identification or sign this statement **must** vote a provisional ballot.

Identification	Is Accepted?
Virginia driver's license	Yes, may be current or expired.
Virginia DMV-issued ID card	Yes, may be current or expired.
Valid employee ID card, containing a photograph, issued by voter's employer in ordinary course of business (public or private employer)	Yes
U.S. Military ID	Yes
Valid student ID issued by a public or private high school or institution of higher education located in Virginia	Yes. Acceptable in electronic form only if is an officially adopted method of issuing a student ID by the institution.
Valid student ID, containing a photograph, issued by a public or private institution of higher education located in the U.S.	Yes. Acceptable in electronic form only if it is an officially adopted method of issuing a student ID by the institution.
Valid U.S. passport or passport card	Yes
Government-issued ID card from a federal, Virginia, or local political subdivision	Yes
Voter ID card issued by the Department of Elections	Yes
Voter confirmation documents	Yes
Valid tribal enrollment or other tribal ID	Yes, if issued by one of the 11 tribes recognized by Virginia.**
Nursing home resident ID	Yes, if issued by a government facility.
Current utility bill, bank statement, government check, or paycheck containing the name and address of the voter	Yes. The document cannot be more than 12 months old. Acceptable in physical or electronic form.
Any other current government document containing the name and address of the voter	Yes. Acceptable in physical or electronic form.
Signed ID Confirmation Statement	Yes
Out-of-state driver's license	No
Student ID from a high school located outside of Virginia	No
Membership card from private organization displaying a photograph	No
Credit card displaying a photograph	No
Virginia Driver Privilege Card and Identification Privilege Card	No

*"Valid" means the document is genuine and is not expired for more than twelve months, except for a Virginia driver's license or DMV-issued ID card, for which the expiration date should not be considered when determining its validity.

**The 11 recognized tribes are: Cheroenhaka (Nottoway), Chickahominy, Chickahominy Eastern Division, Mattaponi, Monacan, Nansemond, Nottoway, Pamunkey, Patowomeck, Rappahannock, and Upper Mattaponi. (<https://www.commonwealth.virginia.gov/virginia-indians/state-recognized-tribes/>)

“This is dLCV; How May We Help You Today?”

If you have a disability-related concern, the disAbility Law Center of Virginia (dLCV) is only a phone call or click away! You can call to speak with a staff member on Monday, Wednesday, or Friday from 8:30am until 4:00pm to request assistance.

How to Reach dLCV:

- Call us at 804-225-2042 or toll-free at 800-552-3962.
- Request help through our online portal on our [website](http://www.dlcva.org/get-help). (www.dlcva.org/get-help)
- Stop by during our on-call hours (Monday, Wednesday, or Friday from 8:30am until 4:00pm) and ask to meet with a staff member.

When you call dLCV:

- When you call, you will initially speak with a receptionist. If your call goes to the voice mail, leave a message with your name and phone number and someone will return your call as soon as possible.
- When you speak with the receptionist, they will ask you to briefly explain your situation.
- They will give you guidance on how to access the online portal to share your information and request for assistance. If you cannot use the online portal, the receptionist may either pass along your information to the appropriate dLCV staff member to follow up with you, or you will be provided with information and referral elsewhere,
- When you speak *directly* with a staff member, you will have the opportunity to tell them about your situation, and they will ask questions to help figure out how dLCV may assist you.
- All calls are confidential! The information gathered will be used to determine what level of assistance dLCV can provide.



Great Public Resources to Help with Your Transition to Adulthood...

Department of Education (DOE)

- www.bit.ly/dlcvcqa If you have an IEP, know your rights while you are in school beyond the age of 18.

Department of Aging and Rehabilitation Services (DARS)

- A [DARS](#) counselor could be a part of your school transition team starting at age 14. Get them involved as early as possible to help with your work goals.

Department for the Blind and Visually Impaired (DBVI)

- If you are blind or have a vision impairment a [DBVI counselor](#) could be part of your school transition team starting at age 14.

DBVI's Programs (on the Richmond campus that support transition)

- Go to: <http://www.vrcbvi.org/programs.htm>
 - LEAP (Learning Excellence and Academics Programs)
 - LIFE (Learning Independence, Feeling Empowered)

Community Service Boards (CSB)

- A [CSB](#) is the point of entry into the publicly funded system of services for mental health, intellectual disability, and substance abuse. They offer many services.

Centers for Independent Living (CILs)

- [Centers for Independent Living](#) provide services to individuals with significant disabilities CIL's core services include advocacy, information and referral, peer counseling, independent living skills training, and transition services for youth.

Independent Living Checklist

- You can review [this helpful checklist](#) of activities necessary for living independently to determine if you are prepared to live on your own

Inclusive Communities

- [Our Stomping Grounds Inclusive Communities](#) offers independent housing options for individuals with developmental disabilities that are located near important areas such as grocery stores, community centers and doctor's offices.

Work Incentive Planning and Assistance (WIPA)

- (In NOVA 571-339-1305 or toll free (866) 968-7842)
- [WIPA](#) provides access to benefits planning and assistance services to all Social Security disability beneficiaries (including transition-to-work aged youth). WIPA's goal is to help beneficiaries with disabilities in meeting their work goals.

Great Websites to Help with Your Transition to Adulthood and Beyond

Virginia Commonwealth University's Center on Transition Innovation

- (804) 828-1851 (Voice) (804) 828-2494 (TTY)
- The [Center on Transition Innovation](#) provides information, resources, and demonstration projects that support youth with disabilities to gain access to integrated competitive employment to the fullest extent possible. Their website includes fact sheets on important transition topics, webcasts from state and national experts in the field, informational videos, and a Facebook page with the latest news about transition.

Resources and Frequently Asked Questions for College Students with Disabilities

- This useful [resource guide](#) from the American Psychological Association has great tips and resources for adjusting to college life.

Best Colleges Guides for Student with Learning or Hearing Disabilities

- <https://www.bestcolleges.com/resources/students-with-disabilities/>

Job Accommodation Network (JAN)

- (800) 526-7234 (Voice) (877) 781-9403 (TTY)
- The [Job Accommodation Network](#) is the leading source of free, expert, and confidential guidance on workplace accommodations and disability employment issues. Working toward practical solutions that benefit both employer and employee, JAN helps people with disabilities improve their employability and shows employers how to capitalize on the value and talent that people with disabilities add to the workplace.

Disability*Gov

- This [government site](#) connects people with disabilities, their families, and caregivers to helpful resources on topics such as how to apply for disability benefits, find a job, get health care or pay for accessible housing.

ADA National Network: "Questions about the ADA?"

- www.adainfo.org/individuals-disabilities 800-949-4232 V/TTY
- Information, Guidance and Training on the Americans with Disabilities Act

Social Security Administration

- www.ssa.gov - Homepage
 - www.ssa.gov/pubs/ - Publication page with written and audio formats on a wide range of topics
 - www.ssa.gov/pubs/EN-05-11005.pdf - What You Need to Know about Your Supplemental Security Income (SSI) When You Turn 18
 - Visit the Social Security Administration's website for information, publications, and online services including applying for benefits.



disAbility Law Center of Virginia (dLCV)

1512 Willow Lawn Drive, Suite 100

Richmond, Virginia 23230

800-552-3962 or 804-225-2042

Fax: 804-662-7057; Email: info@dLCV.org; Web: www.dlcv.org

dLCV publications are available in alternate format, upon request.

The Protection and Advocacy System for Virginians with Disabilities

This publication was developed at U.S.
taxpayer expense with 100% federal
funding.

Please note this publication is information
only and should not be interpreted as
legal or financial advice.

**You do have a Choice, so let
Your Voice be heard!**



THANK YOU!