



# EXPLORING ADULT DAY SUPPORTS

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## RESOURCE GUIDE



### About NTCN

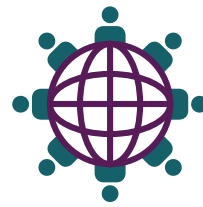
The Northeast Transition Collaborative Network (NTCN) was created in response to gaps in communication and collaboration between school districts, agencies/providers, young adults, parents/caregivers, and community groups. NTCN hosts monthly virtual sessions about adult services and opportunities in the community as well as quarterly professional development opportunities for educators on topics related to person-centered transition, and workshops for families/caretakers around the person-centered planning process.

### About This Guide

This guide was created by the Community Resource Center at Northeast Arc. We recognize that not every program on this topic may have been highlighted here. Services and programs are constantly changing. This is meant as an overview of services available to people in Northeastern Massachusetts. We may update these resource guides periodically; if you know of a resource that can be highlighted here, please reach out to us at [CommunityResourceCenter@ne-arc.org](mailto:CommunityResourceCenter@ne-arc.org).

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## Department of Developmental Services(DDS) Eligibility

### About Eligibility for DDS Services

<https://www.mass.gov/info-details/about-dds-eligibility-for-dds-services>

To get services and supports from DDS, children and adults must be determined to be eligible in accordance with Department regulations. Individuals and families may apply at any time. DDS recommends that youth apply for adult supports when they are between 17 and 18 years old. This will allow maximum time to plan for adult services, which most often begin at age 22, and which is also when children's supports end. The family must complete an application for adult services even if the individual is already eligible for children's services.

### DDS Eligibility Forms

<https://www.mass.gov/lists/dds-eligibility-forms>

The forms required for applying for DDS Services.

### Essential DDS Transition Information

<https://www.mass.gov/lists/essential-dds-transition-information>

A handbook created by the Department of Developmental Services with information to assist in providing information on terminology, programming, types of services available, and the eligibility process.

### DDS Family Support Directory

<https://www.mass.gov/info-details/dds-family-support-centers#family-support-centers>

DDS provides funding for family support programs and services that provide information, assistance, and an array of supportive services to families with individuals who are living at home. Family-support centers can help families apply for DDS services and can provide information and referral to families who aren't eligible yet.

### DDS Turning 22 Services

<https://www.mass.gov/dds-turning-22-services>

Information from the Department of Developmental Services on transition, contacts, and chapter 688 referral process. If you are interested in learning more about day program options for your loved one, contact their assigned service coordinator, they have insight on appropriate options, openings, and timelines for your loved one.

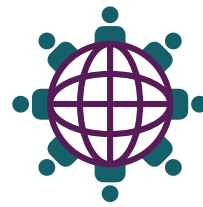
### DDS Area Office Locator

<https://www.mass.gov/orgs/departments-of-development-services/locations>

If you are interested in learning more about the different CBDS, Day Habilitation, or Self-Direction programs that are appropriate for your loved one, contact your assigned Service Coordinator. If you are unsure of your Service Coordinator, contact the area office for your city/town.

**If you have not gone through eligibility, information on applying for DDS Services can be found at:**

**<https://www.mass.gov/dds-eligibility-services>**



## General Day Services Resources

### **Choosing an Adult Service Model that is Best for You**

<https://www.mass.gov/doc/choosing-your-dds-adult-services/download>

An informational tool created by the Department of Developmental Services on traditional adult service and self-direction models to support families deciding the best option for them and their loved one. The tool provides information on each models range of control, flexibility and responsibility to the individual served and their families.

### **Resource Guide for Transition Aged Youth with Autism**

<https://www.mass.gov/lists/resource-guide-for-transition-aged-asd-youth>

This information has been compiled to help families and individuals better understand the types of resources that exist in Massachusetts, and which may be available to an individual with ASD. A brief description of these transition resources and direct links to helpful websites for the state agencies and to other additional resources was gathered to support families and individuals with accessing these resources.

### **Service Models For Young Adults With Disabilities**

<https://www.perkins.org/resource/service-models-for-young-adults-with-disabilities/>

Perkins Transition Center provides information and comparison on service models available in adulthood: Day Habilitation, Community Based Day Services, and Self-Direction.

## Community Based Day Services (CBDS)

### **Questions To Ask When Visiting a Community-Based Day Support Program (CBDS)**

<https://www.perkins.org/resource/community-based-day-support-program-cbds/>

A list of questions for parents/caregivers to consider when planning for a visit/tour at a CBDS program.

## Day Habilitation

### **MassHealth Day Habilitation Program Fact Sheet**

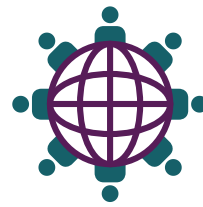
<https://www.mass.gov/info-details/masshealth-day-habilitation-program-fact-sheet>

The fact sheet provides information on the program, eligibility, and the offerings at the programs.

### **Questions To Ask When Evaluating Day Habilitation Programs**

<https://www.perkins.org/resource/questions-to-ask-when-evaluating-adult-programs/>

Guidance for parents/caregivers to consider when considering Day Habilitation program options and questions to keep in mind or ask when visiting the program(s).



## Self-Direction

Self-direction through the Department of Developmental Services (DDS) is a service delivery model empowering individuals with disabilities and their families to take direct control over their support services, budget, and staffing. It allows participants to customize supports based on personal goals, managing their own hiring, scheduling, and budget, rather than relying on traditional agency-managed care.

### Agency with Choice

<https://www.mass.gov/lists/getting-started-in-agency-with-choice>

Agency with Choice offers the option to partner with an Agency. For those individuals who wish to share responsibility of selecting their support staff and directing their day-to-day activities, the Agency with Choice model may be an option to consider.

Individuals who choose this support model will have a budget allocation for the purchase of services to meet their needs. The participant/family is able to identify the people they wish to employ with the support of an agency to assist in the hiring process, payroll management, and other related tasks.

The website provides information on the Agency with Choice self-direction program requirements, tools, and resources. Information sheets on this site are available in 12 different languages.

### Participant Directed Program

<https://www.mass.gov/lists/getting-started-in-participant-directed-program>

The Participant Directed Program (PDP) offers the most flexibility, creativity and opportunity to individualize supports. This model allows participants and families the freedom to customize their activities and focus on their interests and needs.

In this model participants and their family identify and hire support staff of their choice. They will manage an individual DDS budget, and work with a financial management service to process payroll and invoices. Individuals may do this with the help of a guardian, family, friends, and will have the assistance of their DDS Service Coordinator/Support Broker.

The website provides information on the Participant Directed Program self-direction requirements, tools, and resources. Information sheets on this site are available in 12 different languages.

### Real Lives, Real Stories: Narrated Videos on Self-Direction

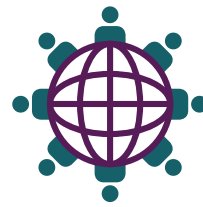
<https://www.mass.gov/info-details/real-lives-real-stories>

DDS individuals participating in self directed services discuss their experiences with the program.

### Rewarding Work

<https://www.rewardingwork.org/>

Rewarding Work is a searchable database for matching persons with disabilities with Personal Care Assistants (PCA) or people looking for work supporting individuals with disabilities. This can be a helpful resource for individuals in the self-direction program. If your loved one is served by the Department of Developmental Services, contact your service coordinator about a code to access the resource for free.



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## Self-Direction

### **Self-Direction Information Sessions with the Arc of Greater Haverhill-Newburyport**

<https://www.thearcofghn.org/services/family-support-center/support-and-networking-groups/>

The Arc of Greater Haverhill-Newburyport offers virtual sessions for individuals and their families to learn about the Self-Direction model. The sessions are offered on the fourth Thursday of the month at 1:30pm.

### **Self-Direction Services Guide from Perkins**

<https://www.perkins.org/resource/self-direction-services/>

Self-Direction services allow individuals with disabilities (or their families/guardians) to take control of their own care by managing and directing staff and the support services they receive. The guide from Perkins provides information on what Self-Direction may look like for an individual/family, how to schedule time, and steps to take.