

# Children's Long-Term Support Program

## Supports and Services at a Glance

The supports and services below are available through the Children's Long-Term Support (CLTS) Program. All decisions made about supports and services are made together as a team.

A support and service coordinator will work with your family to decide which services help meet your family and child's unique goals.

### Support Services

#### Child care

Help for your family to find care for the child when they need added support, or when the child is over 12 years old and needs supervision.

#### Day services

Services that help the child get involved in their own community by providing regularly scheduled activities for part of the day.

#### Respite care

A short term break for your family when a trained worker provides care for the child. Respite care helps ease daily stress the family and caregivers.

#### Personal supports

Help that ensures the child is doing their daily activities, and that the activities are meeting their needs. Personal supports promote independence and safety for the child in their home and community.

**i** Example: Help to take their own medication, use transportation, and do household tasks

#### Community competitive/integrated employment

Help for a child to get and maintain a job in the community that is available to anyone else and pays the same amount.

#### Transportation

Transportation for the child so they can get to places in their community to meet their goals and needs. This is for nonmedical and nonemergency transportation.

**i** Example: Bus tickets, train passes, taxi vouchers, ride-share

#### Participant and family-directed goods and services

Services, supports, and items that help the child meet a goal, and which your family cannot get through another CLTS Program service or Medicaid.

#### Discovery and career planning

Help for a child to develop skills to get a job.

**i** Example: Interviewing skills, how to dress for an interview



## Teaching and Skills Development

### Empowerment and self-determination supports

Help for the child and your family to learn new skills and get training for the child to be more independent in their community.

**i** Example: Courses, conferences, books, educational materials

### Counseling and therapeutic services

Supports and services that improve the health and well-being of the child.

**i** Example: Music, art, therapy using equine movement

### Daily living skills training

Help for the child to build skills so they can do everyday activities by themselves.

**i** Example: Personal hygiene, food preparation, money management

### Mentoring

Help for the child to build skills so they can interact and play with friends and be active in their community.

**i** Example: Peer interactions, job skill building

### Family/Unpaid caregiver supports and services

Support for parents and caregivers to learn new skills and boost the child's development and independence.

**i** Example: Caregiver mentoring, conferences, resource materials, online training

### Health and wellness

Services that help maintain or improve the health, wellbeing, socialization, and inclusion of the child with their family and peers in the community.

**i** Example: Yoga, meditation, sexual education

### Safety planning and prevention

Items or services that reduce risk or danger to help keep the child safe in their homes and communities. This includes planning and training as well as items.

**i** Example: De-escalation training, lock boxes for medication or knives

### Grief and bereavement counseling

Help for the child and/or your family to cope with the possible death of the child and supports your family after the child's death.

## Management and Coordination

### Community integration services

Coordination that helps the child and your family create personalized services and supports.

### Participant and family-direction broker services

Help for the child and your family to direct your own CLTS Program services and supports.

**i** Example: Tips on how to hire a provider, how to interview a possible provider

### Financial management services

Help for your family to manage CLTS Program services and funding.

**i** Example: Scheduling and paying self-directed workers for services



## Physical Aids

### Assistive technology

Services and items that improve the child's ability to do tasks at home, at work, and in the community.

**i** Example: Service animal, memory aid

### Communication assistance for community inclusion

Communication aids that help the child with hearing, speech, communication, or vision.

**i** Example: Speech amplification devices, electronic devices

### Personal emergency response system

Items or services that provide immediate response and help in the event of an emergency.

**i** Example: Angel Sense, Life Alert

### Specialized medical and therapeutic supplies

Medical and therapeutic supplies that help the child with everyday activities, manage a medical condition, and increase independence in their home and community.

**i** Example: Specialized clothing, hygiene wipes, lotions

### Vehicle modifications

Changes to a vehicle to help keep the child safe, get in and out of the vehicle, and travel with your family.

**i** Example: A ramp to load a wheelchair into a van

### Virtual equipment and supports

Items that allow the child and your family to get CLTS services that are delivered remotely.

**i** Example: Tablets, computers, software

## Housing Related

### Adult family home

Treatment, supports, and services for young adults living in a licensed adult family home up to the age of 22.

### Children's foster care

Supports and services for children in foster care.

### Housing support services

Guidance and services for the child and your family to get and keep safe housing based on your preferences.

**i** Example: Searching for housing, filling out a housing application, coaching on how to rent

### Home modifications

Changes to your home that make it easier and safer for the child to enter and exit your home and rooms and access equipment within the home.

**i** Example: Fences, ramps, lifts, door handles, shower modifications

### Relocation services

Items for the child when moving to a less restrictive living environment or moving out of your family's home to a more independent setting.

**i** Example: Furnishings, household supplies, security deposit