



County Services for Youth with

Intellectual Disabilities

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Eligibility for Services

- Current Psychological Evaluation or School Evaluation – within 1 year – which documents an Intellectual Disability or Related Condition.
 - Minimally, an evaluation would need to include Full IQ Testing and Adaptive Behavior Testing

Intellectual Disability

- IQ of 70 or below
- Substantial limitations in functioning
- Deficits in adaptive behavior
- Symptoms were present before age 22
- Automatic eligibility if diagnosed with Down Syndrome

Related Condition

- Some included diagnoses: Cerebral Palsy, Epilepsy, Autism Spectrum Disorder, Prader-Willi Syndrome, Fetal Alcohol Spectrum Disorder, etc.
- Any disability that is closely related to an Intellectual Disability that causes an impairment in intellectual functioning and/or adaptive behavior, and requires treatment or training.
- Life activity is limited in 3 or more of these areas:
 - Self-care
 - Understanding and use of language
 - Learning
 - Mobility
 - Self-direction
 - Capacity for independent living
- Will continue indefinitely and started before age 22.

Definitions

- **Deficits in Adaptive Behavior**: A significant limitation in an individual's ability to meet the standards of maturation, learning, personal independence, and social responsibility expected for the individual's age and cultural group, as determined by clinical assessment and standardized scales.
- **Substantial Functioning Limitations**: Long-term inability to significantly perform an activity or task.

MnCHOICES Assessment

- A MnCHOICES assessment is required to gain access to any county services related to an Intellectual Disability.
- A MnCHOICES assessment determines eligibility for services and begins the support planning process for individuals in need.

Services Available

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- **Rule 185 Case Management for transition age youth (ages 16-24)**: Assistance with accessing, coordinating, and monitoring needed services, regardless of funding sources.
 - Duties may include:
 - Explore options for services to meet health, safety, and quality of life needs and increase independent living skills
 - Secure funding for needed services
 - Coordinate with service providers and make referrals
 - Attend IEP meetings to help plan for student's future and advocate for the student
 - Explore guardianship and alternative options
 - Assist with applying for SSI and/or county benefits
 - Explore housing options if/when the student is ready
 - Explore post-secondary education options and vocational options
 - Explore transportation options
 - Explore social/recreational/leisure activities

Services Available

- **Personal Care Assistance (PCA)**: Assistance and support to eligible persons with disabilities who have special health care needs who live in the community. Services can be provided in the person's home or in the community.
- **Family Support Grant (FSG)**: Statewide program designed to provide access to disability services, supports, or needed items that promote family health and social well-being. Expenses may require "a letter of medical necessity" and must be directly related to the person's disability. This is eligible to people up to age 25. There are family income guidelines. If a person has PCA, they cannot have FSG. Examples of expenses covered by FSG:
 - Medical costs or medications not covered by insurance or Medical Assistance
 - Respite care
 - Specialized clothing or specialized dietary needs
 - Specialized/adaptive equipment
- **Respite Grant (Carlton County only)**: Available to Carlton County children with disabilities, created with county allocated funds. Eligible families are able to access \$500/year to assist with respite care services for their child.

Waivers

- Waiver programs provide home and community-based services to meet the needs of people with disabilities when the person's needs are above and beyond what insurance or county programs can fund.
- Certain eligibility criteria must be met based on the person's needs related to their disability. A county MnCHOICES assessor determines eligibility for a waiver.
- There are various types of waivers and the county MnCHOICES assessor will determine which type a person is eligible for.

Waiver Services

- Some examples of services available under a waiver:
 - **Individualized Home Supports**: Services that provide support and/or Independent Living Skills training for people who live in their own home or their family's home. Services can be provided in the home or community, in-person or remotely.
 - **Residential Services**: Services that provide training and support in a licensed residential setting. Often called a "Group Home" or Adult or Child Foster Care. Can be provided in a licensed corporate home or licensed family foster home.
 - **Day Support Services**: Community-based training and support services that help a person develop and maintain personally enriching life skills so they can participate in activities they prefer in the community. This service is provided outside of the person's home.
 - **Employment Services**: Services to help a person gain an understanding of competitive, integrated employment opportunities, achieve competitive, integrated employment or self-employment, and support the person to maintain employment long-term.
 - **Respite**: Short-term care services provided to a person when the person's primary caregiver is absent or needs relief.
 - **Environmental Accessibility Adaptations**: Physical adaptations to a person's primary home or primary vehicle to ensure their health and safety or to enable them to function with greater independence.
 - **Assistive Technology**: Devices and/or equipment that improves the person's ability to communicate, control or access their environment, or perform activities of daily living.

Consumer Directed Community Supports (CDCS)

- Service option available to people on a waiver. It gives the person or parent more flexibility in service planning and responsibility for self-directing their services, including hiring and managing support workers.
- CDCS can include traditional services provided by a community provider or services provided by self-designated support people.
- CDCS may include services available under a traditional waiver, as well as additional allowable services that provide support to a person with a disability.

Contact Information

- MnCHOICES intake line for St. Louis County: 218-726-2366
- MnCHOICES intake line for Carlton County: 218-879-4511
- Lake County Health and Human Services: 218-834-8400
- Pine County Health and Human Services: 320-591-1570
- Cook County Health and Human Services: 218-387-3620