



THE

# Navigator

Summer

Pilot Parents of Southern Arizona

Volume 19 Issue 4

Providing Information and Resources to Families and Professionals in Southern Arizona

## Applying for SSI Benefits for Your Adult Child by Deanna Power

Thousands of families are denied benefits from the SSA because they have a household income that is too high. When children are under the age of 18, the SSA will evaluate the parents' income when determining whether or not the child is "needy" enough for SSI benefits.

When a child turns 18, household incomes are no longer evaluated. If your child is 18 and has special needs, he or she could be approved for Supplemental Security Income (SSI).

### Asset or Income Levels and SSI Benefits

All adults receiving SSI benefits have asset or income limitations. This is because SSI is strictly needs based. An SSI applicant cannot:

- \* Earn more than \$733 per month
- \* Have more than \$2,000 in assets

If your child has a job and is earning more than \$733 each month, he or she will not qualify for SSI benefits. If your child has been disabled since birth or early childhood, it is unlikely that he or she is able to earn this much income per month.

When evaluating assets, the SSA will look at cash, stocks, bonds, life insurance, and a second home or car. If your family has multiple cars, you will **not** need to worry unless the vehicles are registered in your child's name.

In December of 2014, President Obama enacted the ABLE Act. The ABLE Act now allows families to save money for their child on SSI benefits in a bank account that will not affect SSI eligibility. ABLE accounts can grow to be up to \$100,000, with some states allowing families to save \$300,000 or more. Learn more about the ABLE act on [Congress.gov](http://Congress.gov).

To make sure that your child does not pass the SSI financial eligibility thresholds, here are some things to keep in mind:

- Do not give your child large sums of money that could disqualify him or her from SSI benefits.
- Look into setting up an ABLE account for future savings

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Pilot Parents of Southern Arizona 2600 N. Wyatt Drive, Tucson, AZ, Phone 324-3150

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- If your child works, make sure that he or she is not earning so much income that qualifying for SSI benefits is impossible.
- Paying for certain bills on behalf of your child (telephone and medical bills) will NOT count as earned income, so feel free to pay these for your child.

## Medically Qualifying for Special Needs as an Adult

If your child qualified for SSI benefits as a child but was disqualified due to your household income, keep in mind that your child may no longer medically qualify for SSI benefits. In fact, about 30% of disabled children lose their SSI benefits after turning age 18.

This is due to the fact that medically qualifying for disability benefits is different for adults when compared to children. Children, on the whole, have an easier time medically qualifying for disability benefits.

Be sure to review the SSA's [Blue Book—Adult](#) to find your child's listing. Some diagnoses will always remain disabling. Trisomy 21 Down syndrome and Translocation Down syndrome are two disabilities that will always medically qualify for benefits regardless of the age of your child.

Other disabilities, such as ADHD, do not have an adult listing. You will need to use medical records and functional reports from your child's doctors to prove that your adult child who has ADHD is still unable to perform any form of work.



Have a safe and enjoyable summer.

Call us if we can help!  
(520) 324-3150

## Filing for Benefits at Your SSA Office

Before applying for benefits on behalf of your child, you should always review the SSA's [Adult Disability Starter Kit](#). This guide will list all the materials you'll need, from personal documents necessary to apply to what to expect while applying.

You'll need to apply for SSI benefits at [your local SSA office](#). You can call the SSA at 1-800-772-1213 to schedule an appointment.

Deanna Power is the Director of Community Outreach at Social Security Disability Help, an independent organization dedicated to helping people receive Social Security disability benefits. She first began working with people with disabilities by volunteering with Best Buddies throughout college, and now assists people of all ages get on disability benefits, receive benefits for their children and loved ones, or maintain eligibility after approval. For any additional information, she can be reached at 857-366-7629 or [drp@ssd-help.org](mailto:drp@ssd-help.org).



## GUARDIANSHIP WORKSHOP

May 4th, 6—8 PM  
Children's Clinics  
2600 N. Wyatt Dr.

Free, Registration Required  
324-3153 or email  
[joann@pilotparents.org](mailto:joann@pilotparents.org)



## **SUMMER TIME, SUMMER TIME, SUM SUM SUMMERTIME .....**

If your child receives services through long term care, he or she probably will be enrolled in a summer day program. If not, it could be a challenge to find activities for them to do to keep them busy and active. **HERE ARE A FEW WEB SITES AND OTHER SUGGESTIONS FOR THINGS TO DO THIS SUMMER WITH YOUR KIDS.**

I googled "things to do in Tucson with kids". That brought up the [southernarizonaguide.com](http://southernarizonaguide.com) with multiple areas to explore for activities; everything from attractions including museums to lodging and dining, it even lists the best play grounds in Tucson. <http://easttucson.macaronikid.com> will answer the question "Mom, what are we doing today?" There is also a website addressing ADA friendly attractions. [www.visittucson.org/things-to-do/ada-friendly/](http://www.visittucson.org/things-to-do/ada-friendly/) This website focused on attractions that someone in a wheelchair or walker could participate in. Lots of fun things to see and do in and around Tucson.

There are, of course, the movie clubs and bowling activities for the summer at reduced rates for kids. Check with the bowling alley and movie theatres for their summer schedule, or go to Harkin movie theatres kids summer fun. Different movies are offered throughout the summer. [Visittucson.org/dealssummerevents](http://Visittucson.org/dealssummerevents).

Don't forget Flandreau Planetarium and the Desert Museum. The Reading program with gift incentives through the Pima County Library for all age readers and Bookman's programs throughout the summer, along with the libraries various informative and fun workshops is also an option to keep the kids busy.

### Camps:

Camp Civitan—weekly camp sessions in Williams Az from May 30th though August 1st. And weekend experiences throughout the year. 602-953-2944, [www.civitanfoundationaz.org](http://www.civitanfoundationaz.org).

Lion's Club Camp—Camp Tatiyee—is the only organization in Az that provides individuals with special needs the opportunity to spend a week away from home in the White Mountains, free of charge. (ages 7 and up)

# A LITTLE BIT OF THIS AND THAT.....



## NATIONAL AWARENESS MONTHS/DAYS

### MARCH

National Nutrition Month

National Kidney Month

Multiple Sclerosis Education Month

[Endometriosis Awareness Month<sup>\[13\]</sup>](#)

[National Reading Awareness Month<sup>\[14\]</sup>](#)

### APRIL

National Autism Awareness Month

National Child Abuse Prevention Month

National Donate Life Month

National Facial Protection Month

Irritable Bowel Syndrome (IBS) Month

Occupational Therapy Month

National Sarcoidosis Awareness Month

### May

Arthritis Awareness Month

National Asthma and Allergy Awareness Month

Better Hearing and Speech Month

National Celiac Disease Awareness Month

Children's Mental Health Week

## SAVOR THE FLAVOR OF EATING RIGHT

NATIONAL NUTRITION MONTH® 2016

 Academy of Nutrition and Dietetics  
[www.eatright.org](http://www.eatright.org)



### Classes

Anxious Eaters Anxious Mealtimes

Wednesday, April 13th - 6:00 PM - 8:00 PM

Cost: FREE

This presentation focuses on anxious eaters who have very narrow diets, often with few food groups, certain brands, and certain textures or colors. Strategies will be discussed to increase comfort, help expand the diet and food enjoyment of anxious eaters and reduce overall mealtime stress.

Surviving Toddler Mealtimes

Friday, April 8th - 10:00 AM - 12:00 noon

Cost: \$25

Informative and practical class for parents and caregivers on how to manage challenging toddler behaviors around mealtimes, introduce new foods and make mealtimes enjoyable, even with the pickiest eater.

520-829-9635

## 2nd SUNDAY SUMMER FUN!!!

The second Sunday of each month the JCC's Taglit program is holding a social activity for individuals with special needs 18 years of age and older. Anyone who is over 18, has a special need and wants to come is welcome. You do not need to be enrolled at Taglit or the JCC. You do have to register. To register, call 299-3000 and ask for Kristin or Luis. Ask them for information, to be placed on the mailing list and what planned activities are coming up. ENJOY!



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## Dads 4 Special Kids (D4SK)

D4SK Tucson Chapter head, Dennis Cole,  
[dennis@d4sk.org](mailto:dennis@d4sk.org)

Contact Dennis for meeting times and dates.

## GETTING NEEDED SERVICES

It is important to choose a doctor (also known as a primary care physician or PCP) in addition to choosing a dental home for dental care. Make an appointment for yourself or your child to be seen by your doctor or dentist (established care), it may be easier to get an appointment for a routine visit or minor sickness when you want it.

### **Routine Care**

This is regular care to keep you healthy. For example:

Checkups also known as wellness exams

Health conditions you have had for a long time such as asthma, COPD and diabetes

Yearly exams

Immunizations

Call your doctor to make an appointment. You can expect to be seen within 21 days, a specialist within 45 days.

### **Urgent Care**

This is when you need care today, or within the next couple of days, but are not in danger of lasting harm or of losing your life.

Bad sore throat or earache

Migraine headache

Flu

Back pain

Sprains

### **Emergency Care**

This is when you have a serious medical condition and are in danger of lasting harm or the loss of your life

Poisoning

Overdose

Car accident

Very bad bleeding, need stitches

Broken bones

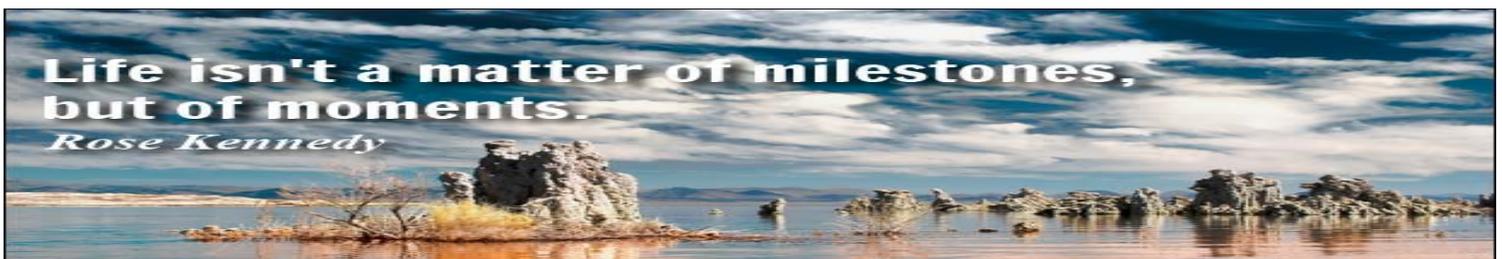
Serious burns

Trouble breathing

Convulsions

For serious emergencies, call 911 or go to the nearest emergency room. You do not have to call your doctor or health plan first. You do not need prior authorization to call 911. If you can, show them your health plan ID card and ask them to call your doctor.

From HEALTH TALK , United Healthcare Winter 2016





## The 2016 AZ Partners in Leadership program has gotten off to a great start!

In January, national consultant, Jerry Adams covered the treatment of individuals with disabilities throughout history, Social Role Valorization and Person-Centered Planning. Jacy Farkas from the Sonoran UCEDD gave an overview of the Person-Centered Initiative. More information about this initiative can be found at <https://sonoranucedd.fcm.arizona.edu/person-centered-initiative>. Partners participants were also assigned to specific Action Groups with topics including: Social Connections, Inclusive Community, Transition to Adulthood and Challenging Behavior.

Mark Homan, international consultant and creator of our new Leadership curriculum, presented on Community Development during the February session. Timothy Schmaltz, founder of PAFCO, discussed *Getting to Yes!* when engaging with legislators and Kara Egbert, Town of Sahuarita Councilwoman, shared her experience running and serving in office.

During the March session National TASH award winner, Michael Remus, presented on Inclusive Education and the IEP process. The March session also included a trip to the Arizona State Capitol where program participants learned how to use the new Bill Status Inquiry system. More information on the system can be found at <https://apps.azleg.gov/>. Representative J.D. Mesnard of the Arizona House of Representatives covered the ins and outs of the AZ legislative process. Jenna Lyon, Deputy Sergeant at Arms & Constituent Services Liaison led participants on a guided tour including a visit to the Senate floor.

### Partners in the News

Current AZ Partners in Leadership participant, Jillian Benfield, was spotlighted in the Arizona Daily Star on Sunday, March 20<sup>th</sup>. The article can be found [http://tucson.com/lifestyles/families/bad-news-ultimately-made-this-mom-s-life-better/article\\_f6cb21f8-79dc-5e4b-a775-b9f37a168b9e.html?](http://tucson.com/lifestyles/families/bad-news-ultimately-made-this-mom-s-life-better/article_f6cb21f8-79dc-5e4b-a775-b9f37a168b9e.html?)



#### *Give it Back! Community Grant*

Pilot Parents is pleased to announce that our AZ Partners in Leadership program recently received a *Give It Back! Community Grant* from the Southern Arizona Network for Down Syndrome (SANDS). SANDS is a longtime supporter of the Partners program and we appreciate their continued support.

#### **DES/AZEIP News**

DES/AZEIP is delighted to announce that Dynamite Therapy will be joining Easter Seals Blake Foundation to provide AZEIP Team—Based Early Intervention Services in Region 13 Southwest Pima.

Dynamite Therapy has begun to receive AZEIP referrals in this region. Families currently being served by Child and Family Resources will be transitioned to Dynamite Therapy no later than April 1, 2016.



# April 20, 2016

## COURT NIGHT

### FREE LEGAL INFORMATION SESSIONS

4:00-5:30, 5:45-7:15 pm

**TOPICS:**

- Divorce/Child Support/Paternity/Custody
- Probate/Guardianship/Conservatorship
- Debtor/Creditor and Landlord/Tenant

INTERPRETER SERVICES AVAILABLE UPON REQUEST

**Free Parking!**

**LOCATION:**

Herbert K. Abrams Public Health Center  
3950 S Country Club Rd  
ON SUN TRAN ROUTE 11

Phone: 520-724-4200

<http://www.sc.pima.gov>



**Staff Members:**

Lynn Kallis—  
Executive Director  
324-3151

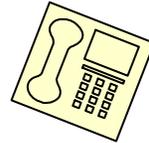
Cheryl McKenzie—  
Receptionist/Secretary  
324-3150

Karen Kelsch—  
Director of Programs  
324-3158

Amanda Heyser—  
Education Coordinator  
324-3157

Marianne Scott—  
Partners in Leadership  
Coordinator  
324-3154

Jo Ann Spencer—  
Special Projects  
324-3153



You can now view or download *The Navigator* from our web page. Go to [pilotparents.org](http://pilotparents.org) and click on *The Navigator*. If you no longer wish to receive *The Navigator*, please contact the office.

**THE NAVIGATOR IS PUBLISHED QUARTERLY. YOU MAY E-MAIL NOTICES, ARTICLES, ETC. TO JOANN@PILOTPARENTS.ORG, FAX THEM TO 520-324-3152 OR MAIL THEM TO: PPSA, 2600 N. WYATT DRIVE, TUCSON, AZ 85712 ATTN: JO ANN SPENCER, EDITOR, AT ANY TIME. SUBMISSIONS WILL BE USED BASED UPON SPACE AVAILABILITY AND WILL BE USED IF THE DATE OF THE ACTIVITY FALLS WITHIN OUR PUBLISHING SCHEDULE.**



**SOUTHERN ARIZONA'S DISABILITY RESOURCE and TRANSITION EXPO**

Thirteen local agencies are again teaming-up to bring together the hundreds of people with disabilities and their families in Southern Arizona with local service providers for what has become a "signature" event for Tucson.

For those dealing with a disability and asking themselves "What's next?...?" **CONNECTING TUCSON** is the one-stop shopping opportunity to find those answers!

Last year's expo was a huge success with 400 attendees and 75 exhibitors. This year, we'll have up to a hundred service providers that you'll be able to meet with face-to-face.

You are an important piece of this puzzle! Come to learn about all of the many options and services available right here in Southern Arizona. There is no registration or entry fee. Come anytime between 9:00am and 1:00pm on Saturday, April 30, 2016 for this fifth annual event.

**FREQUENTLY ASKED QUESTIONS**

**Who should attend?** Any person with a disability, plus their parents or family, caretakers or guardians. All ages, with any disability and/or special need!

**Why should I be there?** This is your opportunity to meet face-to-face with practically every service provider in the greater Tucson area. If you want to know what options and choices you have for services — and what choices you can have for the future — this is the one time to find all of these in one place!

**Is there a charge to attend, and do I need to register?** No.

**How can I find out what service providers will be there, and how do I get more information about this event?**

Simply visit our website at [www.ConnectingTucson.org](http://www.ConnectingTucson.org)

**I still have questions. Who should I contact?**

Call Patrick McCarthy at (520) 622-4874 extension #166 or email: [pmccarthy@BeaconGroup.org](mailto:pmccarthy@BeaconGroup.org)

For the latest news & details, please visit:  
[www.ConnectingTucson.org](http://www.ConnectingTucson.org)



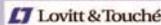
Saturday  
April 30th, 2016  
Hours: 9am - 1pm

Beacon Group  
308 W. Glenn Street  
(near Oracle Road)  
Tucson, AZ 85705

**Event Sponsors**



**Supporting Sponsors**



To learn more about **CONNECTING TUCSON** sponsorship opportunities, contact: Patrick McCarthy, Beacon Group, (520) 622-4874 ext. 166 [pmccarthy@BeaconGroup.org](mailto:pmccarthy@BeaconGroup.org)

**Planning Organizations**

- Div of Developmental Disabilities
- Sonoran UCEDD
- Rehabilitation Svcs Administration
- Amphi School District
- Easter Seals / Blake Foundation
- Goodwill of Southern Arizona
- Pima County Schools
- DIRECT Center for Independence
- DK Advocates • TCH
- Beacon Group • Linkages
- Cenpatco

**Integrative Touch For Kids**

**FREE SUPPORT GROUPS**

For Parents of Children  
With Any Special  
Health or Medical Need



Tucson Osteopathic Medical  
Foundation, 3182 N. Swan Rd.

First Thursday of Every Month  
6:15-8:00PM

RSVP in advance @  
[Info@IntegrativeTouch.org](mailto:Info@IntegrativeTouch.org) or 520-303-4992