



CSHCS Express

Maternal & Children's Special Health Care Services

Transition: Pediatrics to Adult Care

By Judi Johnson

Spring/Summer Issue, 2007

Web site: <http://www.in.gov/isdh/programs/cshcs>

As the parent of a child with special needs, you have experienced many transitions, some small, hardly noticeable, while others were large and occurred over time. Transitions are changes—adding new expectations, responsibilities and or resources and letting go of others.

There are three main transitions in the life of any child: home to school, the adolescence years, and from adolescence to adulthood.

Transitioning from a pediatric provider to one who provides adult care is a large and often scary process for both you and your child. You should start to identify an adult care provider while your child is in his/her early teen years.

By age 12, you should assess or have assessed your child's perception and basic knowledge of his/her special health care needs.

Does he/she understand how to and when to call the doctor? Does he/she know how to refill

prescriptions, order more medicine, or make appointments? Is child learning self-care skills (normal skills and those related to his/her special health care need)? You can help by having him/her begin to keep a record of their medical history, operations, (dates, doctors, recommendations, etc.) and treatments. Also encourage participation (if not already) in any educational or medical meetings.

Transitioning from a pediatric provider to an adult medical care provider can be made smoother, and will help to ease fears, if you are well-armed for the first visit to the adult medical care provider. Potential questions you should consider to help identify an adult medical provider are:

- What percentage of current patients have a health condition similar to your child's?
- How familiar is the staff about the condition?

- What are the office hours and how are emergencies handled?
- Does the provider allow enough time to answer questions?
- Would the doctor be willing to discuss the child's health history and special needs with the pediatric provider?

These are only a few suggested questions to ask. You and your child may have many more questions.

As adolescents become adults, they must assume responsibility for their health care. Assuming responsibility for one's own health care, as developmentally able, is part of growing up, becoming independent from one's family, and finding a place in the adult community. Moving from a pediatric provider to an adult provider is a step along the transitional path.

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CSHCS Staff Editors

Judi Johnson,

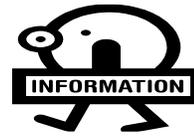
Norma Boykin,

The Express is filled with a digest of articles of interest to families who have children with special needs.

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What's New

by Norma Boykin



New and Updated Forms

We have been working hard to update the Children's Special Health Care Services (CSHCS) participant insurance card. The new card should be mailed to all participants by the end of April. The cards were updated as mandated by HIPAA guidelines so that the program is able to accommodate electronic billing. We are excited about the look of the new card. Just remember the new card will still

serve the same purpose as the old card. All you have to do is present the card to your providers as usual.

We are putting the finishing touches on the new CSHCS Participant Manual. Although the manual is not quite ready for distribution, it is getting down to the final review and the updated manual will be mailed to you upon completion.

We are also in the process of updating several other documents. The CSHCS brochure,

the enrollment application and the re-evaluation packet are all getting a well-deserved face lift. We are especially excited about our enrollment application because it is being streamlined to less than half the number of pages as the old application. We feel the new application will be much more user-friendly for future applicants. It may be available in the future on the Internet.

New Integrated Services Manager

The Maternal and Children's Special Health

Care (MCSHC) Division will soon be hiring a new manager to help coordinate and integrate services for special needs children. The issue of transition of services for the special needs population will be an integral part of the responsibilities of the integrated services manager. As the section develops and new information or services are identified, the information will be made available to you.

Number of Participants on program as of 4/11/07 = 4,779.

JOB LINKS - An Employment Network

Job Links is an employment program of Adult & Child Center which is funded by the State Vocational Rehabilitation (VR) Services. They assist persons who have been found eligible by VR in getting and keeping employment. People contacting Job Links generally express a sense of urgency: If they don't get a job soon they may lose their home. This is a difficult situation for any person. For someone with a mental illness or physical disability, it may appear to be an insurmountable challenge.

Adult & Child's Job Links Employment Counselors help their clients beat the odds. "Many clients are not sure what they want to do or what they might be capable of doing. That's when we help them create a plan and link them to the appropriate training program," said Carla Orr, leader of the program. We provide many of the resources necessary to obtain and retain a job."

The Job Links counselors also provide information about the impact of a job on a client's current benefits and insurance. The thought of losing Medicaid or their Social Security check can be intimidating. During the transition period, some clients maintain all

benefits through Indiana's Medworks (Medicaid Eligibility and Work Incentive) program.

Job Links works with a range of disadvantaged people including those with speech and/or hearing difficulties, low vision other physical impairments, mental retardation, and the developmentally delayed. Behavioral issues include attention deficit disorder, depression and anxiety or serious mental illness. The staff of twelve assists approximately 200 people per year. Seven of the counselors focus on the seriously mentally ill population being served at Adult and Child. If you know of someone who could benefit from this program, contact Carla Orr/Job Links at Adult & Child, (317) 275-8800, ext. 2404 for more information.

Job Links Facts:

- 70% of consumers get a job, enter college or start a training program
- 67% of consumers keep the job long term
- The program has been in operation for more than 14 years
- Approximately 200 people go through the program each year
- Average time to get a job is under 3 months!

Article reprinted from *The Bulletin of Adult & Child*, Winter 2005.

Prior Authorization (PA) Regions for CSHCS

If you have an address or name change or you need a PA for a covered service, you need to contact the person who is over your area. That information is listed below. Please call 1-800-475-1355 and chose the option for PA.

Region 1: Carroll, Cass, Fulton, Kosciusko, LaPorte, Marshall, Porter, Pulaski, St. Joseph, Starke, Tippecanoe, White, Whitley

Region. 2: Adams, Allen, Blackford, DeKalb, Elkhart, LaGrange, Noble, Steuben, Wells

Region 3: Bartholomew, Brown, Clark, Crawford, Daviess, Dubois, Floyd, Gibson, Greene, Harrison, Jackson, Jennings, Knox, Lawrence, Martin, Monroe, Orange, Perry, Pike, Posey, Scott, Spencer, Sullivan, Vanderburgh, Warrick, Washington

Region 4: Boone, Hamilton, Hancock, Marion, Shelby, Tipton

Region 5: Dearborn, Decatur, Delaware, Fayette, Franklin,

Grant, Henry, Howard, Huntington, Jay, Jefferson, Madison, Miami, Ohio, Randolph, Ripley, Rush, Switzerland, Union, Wabash, Wayne

Region 6: Benton, Clay, Clinton, Fountain, Hendricks, Jasper, Johnson, Lake, Montgomery, Morgan, Newton, Parke, Warren, Putman, Owen, Vermillion, Vigo



Helpful 800 Numbers

Indiana Family & Social Services - (800) 441-7837

Indiana Comprehensive Health Ins. - (800) 552-7921

Hoosier Healthwise Helpline - (800) 889-9949

Div. of Disability & Aging - (800) 545-7763

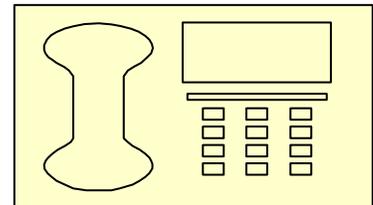
Social Security Information - (800) 772-1213

ASK (About Special Kids) formally known as IPIN - (800) 964-4746

Indiana State Department of Health Family Helpline - (800) 433-0746

Indiana Child Protection Services - (800)800-5556

First Steps (0-3 years) IN Early Intervention Program - (800) 441-7837



Frequently Asked Questions

When I call, the person who answers always asks me my name and then to verify my address. Sometimes they ask for the telephone number, insurance and the participant’s doctors. Why is this?

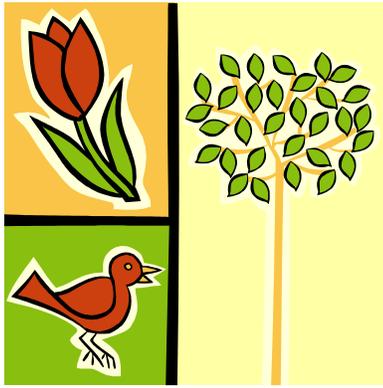
The first reason we ask these

questions is to verify that we are giving out information to only those persons who should have it. This is a HIPAA requirement.

The second reason is to make sure our information is current. Some parents forget to

call with updates and changes.

We ask for the doctor’s names because each participant should have a medical home (primary, specialty and dental provider) and we want to make sure the correct doctors are linked to the participant so that medical bills are properly paid.



If you don't have a computer, your local library is a good place to connect with the Web.

www.InteractiveMom.com - This site contains recipes, nutritional information, and informative suggestions for people with diabetes.

www.familyvoices.org - A national grassroots network of more than 40,000 families and friends of children with special health care needs.

www.cerebralsource.com - An excellent site that provides information for either the parent or patient with cerebral palsy.



KIDS ON WHEELS

If your child uses a wheelchair, you might want to check out Kids on Wheels! They offer both a magazine and a Web site which is formatted with a parent side and a child side. The magazine comes out four times per year and costs \$14.95 per year. The Web site offers a place for both parents and kids to connect with other families.

The kids' site offers a monitored discussion forum and an advice column written by a teen with

cerebral palsy. Parents can control how much of the site their child can access.

For information or to subscribe, visit www.kidsonwheels.com or call (888) 850-0344, ext. 209.



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Cerebral Palsy

Cerebral palsy (CP) is an umbrella term encompassing a group of non-progressive neurological physical disabilities in the development of human movement and posture. CP arises from disturbances in the developing fetal or infant brain.

Cerebral palsy is divided into four major classifications to describe the different movement impairments. These classifications reflect the area of brain damaged. The four major classifications are:

- Spastic
- Athetoid
- Ataxic
- Mixed

For additional information on cerebral palsy, call (866) 251-0808.

With proper authorization, the CSHCS program may pay for: treatment that may include physical and occupational therapy, speech therapy, drugs to control seizures or relax muscle spasms, and alleviate pain. It may also pay for surgery to correct anatomical abnormalities or release tight muscles; braces and other orthotic devices; wheelchairs and rolling walkers.

Some succeed because they are destined to, but most succeed because they are determined to. -Author Unknown