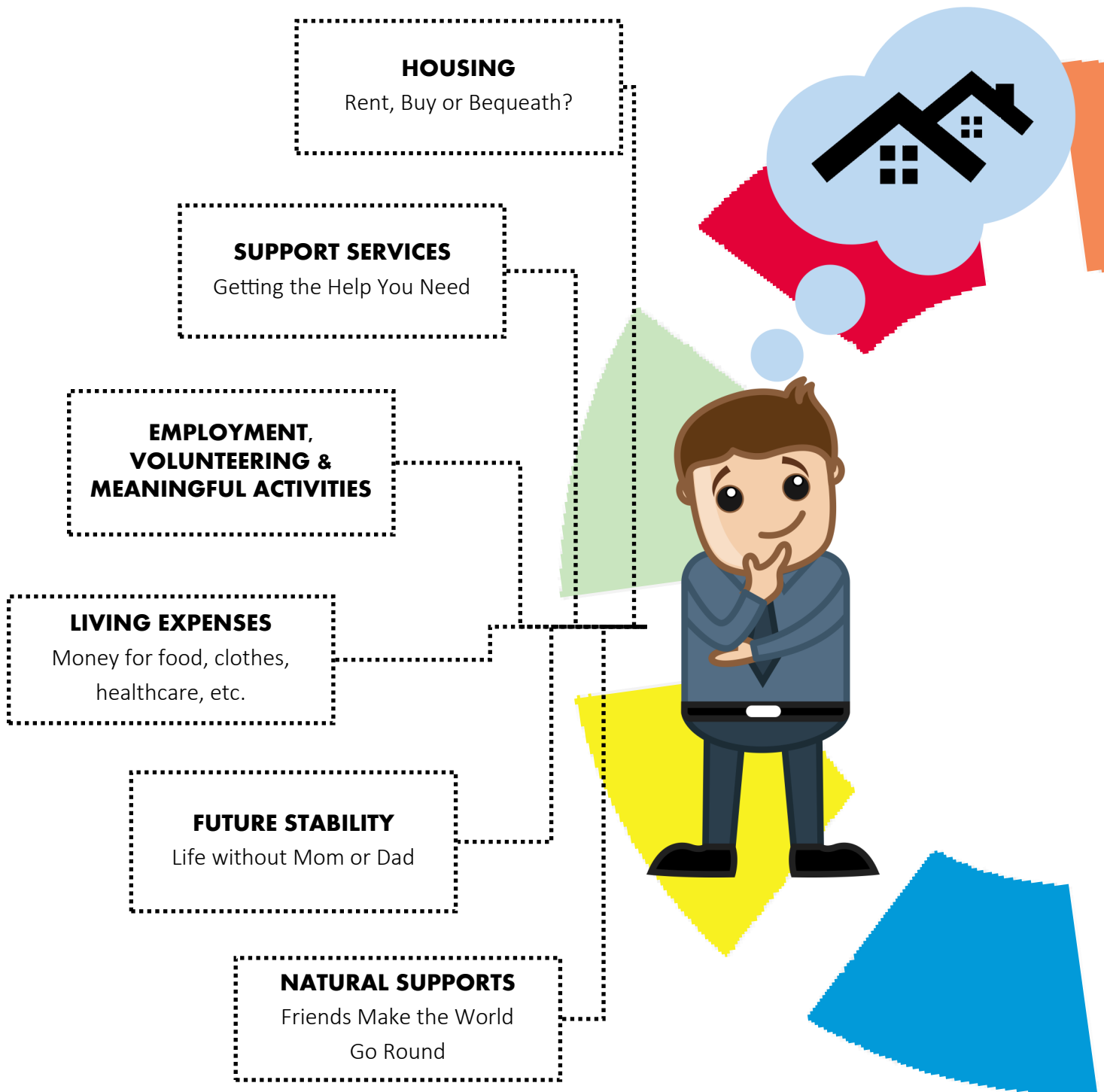


INDEPENDENT LIVING LIFESPAN CHECKLIST

GETTING THE HELP YOU NEED TO LIVE YOUR BEST LIFE



Creating a Person-Centered Plan documents the path forward for these different aspects of the Lifespan Checklist and gives direction to how a person with I/DD can be best supported to meet their needs and preferences for a full life in adulthood.

RESOURCES IN COLORADO

□ [Reassess Your IEP into Transition to Adulthood](#)

Begin gearing education goals towards the functional life skills of adulthood. Check with your school district about any referrals or documents they can provide to maximize available support and service options as individuals “age out” of school. Check out this [Colorado Transition Tool Kit](#).

□ [Know Your Legal Rights](#)

Once an individual turns 18, they are a legal adult and have full rights over their life. If you are a parent, you will no longer have any legal standing over their decisions, including medical care. Research the pros and cons of guardianship as well as alternative options such as supported decision-making, a durable power of attorney, naming a representative payee for government benefits, maintaining a joint bank account, medical power of attorney, etc. Whatever path you take, be sure it is established before your loved one turns 18.

□ [Housing](#)

Use this [Housing & Services Options Infographic](#) to understand what options best meets your preferences. Learn more about local housing initiatives on the [Developmental Pathways Housing website](#).

Need help paying rent or buying a home? From permanent rental subsidies called vouchers to help with a down payment, [learn about the affordable housing programs](#) Colorado has to offer.

[LEAP](#) is an energy program that helps individuals pay for the additional heating costs in winter.

□ [Support Services](#)

For help with activities of daily life, you can receive Medicaid-funded long-term support services. This [comparison chart](#) describes the different services and eligibility requirements for Colorado waivers.

The [Calabrese Life Opportunities fund](#) is designed to help people with I/DD of all ages to obtain technological devices, applications to be used on technological devices or training on the use of technological devices and applications.

□ [Employment & Meaningful Work](#)

Colorado Division of Vocational Rehabilitation has several different employment services to help people with disabilities find and maintain meaningful employment. Check them out [here](#).

□ [Living Expenses](#)

There are [three programs](#) that offer a cash benefit to help people with low-incomes pay for things they need like food, housing, clothes, medicine, etc.

1. Social Security Disability Insurance (SSDI) is a cash benefit based on one’s own or their parents contribution of Social Security taxes.
2. Supplemental Security Income (SSI) is a cash benefit based on financial need.
3. The Aid to the Needy Disabled-Colorado Supplement (AND-CS) program provides a supplemental payment for clients age 0 to 59, who are receiving SSI due to a disability or blindness, and are not receiving the full SSI benefit.

Colorado has several programs to help residents access food assistance. See the options [here](#).

[Health First Colorado](#) offers residents with I/DD health insurance which includes dental, mental and behavioral health supports, physical/speech/occupational therapy, lab work and more.

□ [Future Stability](#)

[ABLE Accounts](#) (Achieving a Better Life Experience) are tax-advantaged savings accounts that protect against loss of public benefits that are means-tested like SSI or Medicaid.

Specialized Special Needs Financial and Legal planning is required to ensure assets or life insurance left to your loved one with I/DD will be protected and not disqualify them from their public benefits.

As a parent or guardian, a letter of intent shares your wishes for your loved one’s future and who will support them either legally and/or as natural supports.

□ [Natural Supports](#)

Whether in a faith community, a knitting group or a martial arts studio- finding places and spaces to develop neurodiverse relationships is imperative. Not only are these friends one’s natural support system, but they can help identify abuse, predatory relationship, sickness or ensure quality of life by being present. A good start is to find an event or activity that happens on the same day and time every week and just start going!

[Special Olympics Colorado](#) is a great way to meet people, make friends and exercise!