

Transition to Adulthood

A Transition Guide for Young Adults with Health Conditions



Children'sSM
Healthcare of Atlanta

Table of Contents

Building independence

Person centered planning

Independent living skills

Emergency planning

Money management

Transition planning

504

IEP

Education

Post secondary education

Financial assistance

Employment

Preemployment transition services

Types of employment

Employment rights

Healthcare transition

Steps for transition

Types of doctors

Healthcare coverage

Medicaid

Medicare and Social Security

Special needs trust

Decision-making support

Type of guardianship

Advance directives

Health and wellness

Mental health and wellness

Sexuality

Drugs, abuse and neglect

Community resources

Residential and day programs

Transportation

Caregiver resources

Introduction

Becoming an adult can be exciting and overwhelming. This handbook was created to help you transition to adulthood. This guide is for young adults with disabilities and their families to understand supports and resources that are available to help. We can teach you how and where to find a doctor that treats adults with your condition. Transition to adulthood involves both:

- Transitioning from pediatric health care to adult health care.
- Becoming more independent in daily activities and decisions for the future as appropriate.

There are supports and resources to help you become as independent as possible. There are things you may want to do like:

- Get a job.
- Go to college.
- Live on your own.

Parents

This book has a section at the end just for you. It includes advice about how you can help your teen. The more involved you are with your teen's health care plans for the future, the easier it will be to move into the world of adult health care.

About the handbook

The handbook is divided into sections to work through.

Topics:

- Building independence
- Independent living skills
- Transition planning
- Education
- Employment
- Healthcare transition
- Healthcare coverage
- Decision-making support
- Health and wellness
- Community resources
- Caregiver resources

*This handbook should not replace instructions given to you by your child's doctor and healthcare team. It is not meant to be medical or legal advice or a complete source of all information about this subject. Your child's doctor is the best source of information about what is best for your child's treatment and care. **Call 911 or go to the nearest emergency department right away in case of an urgent concern or emergency.***

Health and community related information changes frequently, and therefore information contained in this handbook may be outdated, incomplete or incorrect. This handbook may contain printed material that has been updated by Children's Healthcare of Atlanta. Please talk with a member of your child's healthcare team if you need an up-to-date copy.

Building Independence

Building independence is the most important place to start the transition process from being a teen to being an adult. Adults have made most of the decisions about your life for you so far. As you become an adult you should have a say in what you do and where you are going.

Self-advocacy means telling people what you need, asking questions to better understand your rights and responsibilities, and using your resources. You should start working on self-advocacy skills right away. You will be able to advocate for your overall independence and well-being if you know about your health condition or disability.

You can work on your self-advocacy skills by:

- Understanding and describing your health condition or disability.
- Explaining your needs to others.
- Telling doctors when you disagree, do not understand your health plan or want another opinion.
- Setting specific goals for yourself.
- Understanding and explaining how your disability affects activities that you want to do.
- Asking for and using accommodations in school, at work and in the community.

What is person-centered planning?

Person-centered planning is a process to prepare for your future. It starts with your goals and focuses on your strengths and needs. It helps to identify what you need for a transition plan. Visit [PACER \(pacer.org/transition\)](https://www.pacer.org/transition) for more information.

There are 2 types of person-centered planning including:

- MAPS: Making Action Plans
- PATH: Planning Alternative Tomorrows with Hope.

Independent Living Skills

It is important to work on daily living skills and life skills to become independent. These skills include:

- Self-care
- Money management
- Social and community involvement
- Food and nutrition preparation
- Household chores
- Emergency and safety skills
- Healthcare management

Self-care skills

These skills include those that you need to take care of yourself like bathing, dressing and brushing your teeth. It is important for you to maintain good personal hygiene and become more independent with your activities of daily living, or self-care skills. This will allow you to live on your own or with less assistance from an adult or caregiver.

Household chores

Performing chores around your home is important to keep a clean and safe living environment for yourself.

Household skills include:

- Cleaning your home (bedroom, bathroom, kitchen and other rooms).
- Using a washer and drying to clean your clothes.
- Making your bed and changing the sheets.
- Fixing things or knowing who to call if your home needs a repair, such as a plumber or roofer.

Food preparation

Making meals and kitchen safety are important life skills for living without a caregiver. Making meals includes:

- Use the kitchen tools safely:
 - Can opener
 - Measuring tools
 - Appliances like microwave, toaster and oven
- Planning and shopping for food at the grocery store or ordering your groceries online for delivery.
- Following a recipe.
- Cleaning the kitchen and using the dishwasher.

Nutrition

Good nutrition is an important part in maintaining your health and wellness. A healthy diet is important for energy, strength and mood. It also helps prevent chronic diseases, such as heart disease and diabetes.

A balanced diet includes:

- Fruits, vegetables, whole grains and fat-free or low-fat dairy.
- Lean meats, poultry, fish, beans, eggs and nuts.
- Foods low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

Visit myplate.gov to learn more about healthy eating and nutritious foods.

Emergency safety skills

It is important that you know what to do if there is an emergency. Safety skills include:

- Fire prevention.
- Know how to find fire exits.
- Know how to use a fire extinguisher.
- Know how to unlock doors and windows.
- Know when and how to call 911.
- Know how to check smoke alarms and replace the battery.

Find our Children's Emergency Preparedness Manual at choa.org/medical-services/rehabilitation under helpful resources for patients and parents at the bottom of the page. Learn how to prepare you and your family for an emergency.

Social skills

Social skills are how we interact and communicate with others. It is important to have good social skills to transition into adulthood. Social skills ensure that you have healthy relationships with others. Social skills include:

- Introducing yourself to others.
- Making eye contact.
- Having meaningful conversations with others.
- Knowing how to ask for help.
- Saying no to peers or others if something feels wrong.
- Accepting "no" for an answer.
- Expressing your feelings (excitement, anger, frustration and sadness) appropriately.

Money management

When you become an adult, you will make money from a job. This is called **earned income**. Another source of money is **unearned income** from Social Security. You need to learn how to manage your money so you can pay for basic needs, such as:

- Food and clothes
- Healthcare and medicines
- Monthly bills
 - Rent
 - Utilities (electricity, gas and water)
 - Phone or cable
 - Car insurance or transportation

It is also important to save money in case of unexpected expenses. This is called savings. You might need savings if your car needs repairs or something in your home needs to be fixed. It is important to understand your needs versus your wants. Needs are things you must have to survive like food and shelter. Wants are things you can live without like cable and going out to eat.

Managing your money includes:

- Knowing the value of coins and paper money.
- Buying things with a card, cash or online payment service.
- Understanding the benefits and risks of different types of cards.
 - **Debit cards** take money directly from the money you put into your savings or checking account.
 - **Credit cards** allow you to borrow a limited amount of money from the bank.
 - **Prepaid cards** allow you to load money onto a card.
- Understanding the benefits and risks of different types of online payment services, such as Venmo, Cashapp, Zelle and PayPal.
- Having your own bank account and understanding banking balance and overdrafts.
- Understanding how to make and follow a budget. A **budget** is a plan for saving and spending your money.
 - A budget should include spending less money than you earn.
 - You need to know how much money you have coming in (**income**) versus how much money you are spending (**expenses**).
- Paying your bills on time to avoid interest and late fees.
- Understanding paycheck deductions (**taxes**), such as:
 - Federal income tax
 - State income tax
 - Medicare tax

Visit nationaldisabilityinstitute.org/downloads for more resources on money management.

Social Security Income

You may be able to receive income through **Supplemental Security Insurance (SSI)**. This program is offered by the Social Security Administration. It helps people with disabilities pay for their special needs. It offers healthcare coverage through Medicaid.

For more information on independent living see to the Parent Educational Advocacy Training Center (PEATC) Life Skills Checklist at [PEATC Life Skills Checklist](#).

Transition Planning

School is an important part of your life. You go to school to learn, make friends and figure out how to live in the world. Most teens worry about school. It is normal for you to worry about what school will be like with a health condition or disability.

Questions you may have about going to school include:

- How do I keep up with my schoolwork?
- How do I get from one part of the school to another?
- How do I carry my books or lunch tray?

Your teachers and school staff can help you manage these tasks. You may also get help through federal laws. These laws include:

- Individuals with Disabilities Education Act (IDEA)
- 504 Plans
- Individual Education Plan (IEP)
- Transition Planning

Individuals with Disabilities Education Act (IDEA)

IDEA ensures that students with disabilities get the same chances to learn at school as students who do not have disabilities. It focuses on preparing students for employment and independent living.

504 Plan

A 504 plan allows for changes in the learning setting to meet the needs of the student. The goal is to give the student **access to learning** at school. Examples include when a student is allowed to:

- Use an elevator and wheelchair to get around.
- Have preferred seating in the classroom (near the teacher or front of the class).
- Have 2 sets of books so they do not have to travel with them.
- Have more time to complete a project or test.

Individual Education Plan (IEP)

An IEP is a plan for learning. It offers other services, such as therapies and adaptive physical education, to meet the needs of the student.

To find out more about IEP and 504 plans, visit choa.org/patients/during-your-stay/school-program and go to the general school information resources and choose IEP 504 resource document.

Transition planning

A transition plan is a plan that helps students who have an IEP prepare for life after high school. It is for students 16 years and older. The transition plan includes goals for independent living, employment and education after high school.

Students with disabilities can go to a public high school until they are 22 years old or until they get a high school diploma. All rights, including educational rights, transfer to you when you turn 18 years old. You and your caregiver should talk about transfer of educational rights at the IEP meeting before you turn 18.

A Summary of Performance (SOP) should be provided by the school after graduation or exit from a public school. The SOP will help guide you and your caregivers to your next steps (work or more school). It will include:

- School achievements
- Functional performance
- Recommendations

For more information on transition planning, visit [GaDOE Transition from high school Fact Sheet](#) and [Special Education Transition Manual 2015](#). You can search for these documents at [p2pga.org](#) and [gadoe.org](#).

You can also find transition planning timelines at [GEORGIA \(gadoe.org\)](#).

Education

There are many options to continue education after you finish high school or leave the public school system. You will need to get a high school diploma or a general education diploma (GED) if you want to go to college.

Types of diplomas

- **High school diplomas** are certificates for students who have finished high school and state assessment requirements.
- **General education development (GED) diplomas** are equal to high school diplomas. You must pass tests to get a GED. It is for students who did not complete 12th grade or who completed 12th grade, but did not get a high school diploma.
- **IEP/local diploma** is a certificate for students who met their goals on their IEP.

Postsecondary programs

Postsecondary programs are schools that students attend after high school. Types of postsecondary education include:

- **2 year colleges** that offer freshman and sophomore level classes. They lead to an associate degree (AD).
 - Career programs allow students to earn an AD to prepare for a job.
 - Transfer programs allow students to earn an AD and can transfer credits to a 4 year college or university.
- **4 year colleges** offer undergraduate programs for students to earn a baccalaureate degree.
- **Technical institutes** have programs that lead straight to a job like customer service, cosmetology, auto mechanics, computer programming and others.
- **Vocational/technical/trade schools** have hands-on learning programs through internships and mentorships.
- **Life skills programs** are offered at colleges and teach you to live as independently as possible. These programs teach skills like:
 - Money management
 - Shopping
 - Transportation
 - Employment training skills
 - Social skills
 - Community involvement

There are not IEP or 504 plans in college. Section 504 of the Rehabilitation Act of 1973 protects individuals with disabilities from discrimination based on their disability. You must have a physical or mental impairment that limits 1 or more major life activities to qualify for Section 504 (ADA.gov).

The Americans with Disabilities Act and Individuals with Disabilities Education Act (ADA/IDEA) direct colleges to provide the following for Intellectual/Developmental Disability (IDD) students:

- Education support

- Individual help
- Adjustments

You should talk about these things with the colleges or schools you are interested in. The colleges should have a disability services department for you to work with. It is important that you speak up about what services and accommodations you need to be successful in the school setting. This might include:

- Extra time on tests.
- Access to assistive technology.
- Housing support.

Tips to prepare for postsecondary education from the Georgia Department of Education:

- Advocate for yourself. Speak up about what you need to be successful.
- Learn to check your progress in school.
- Explore different schools, including what they require and what supports they have to meet your needs.
- Ask questions to the admissions office and the disability services department of the school.
- Learn how to apply for schools.
- Understand information about loans and scholarships.

Postsecondary education resources

- [Georgia Learning Resources System \(gadoe.org\)](http://gadoe.org)
 - Lists postsecondary schools in Georgia
 - Questions to ask the admissions office
 - Disability services provider
- [Think College \(thinkcollege.net\)](http://thinkcollege.net)
 - Information for students who have intellectual disabilities
- [Best Value Schools \(bestvalueschools.com/rankings/students-with-learning-disabilities\)](http://bestvalueschools.com/rankings/students-with-learning-disabilities)
 - 20 best value colleges for students with learning disabilities
- [BestColleges \(bestcolleges.com/resources/disabled-students\)](http://bestcolleges.com/resources/disabled-students)
 - Lists of offices and services that address accommodations for a wide range of needs

Regents Center for Learning Disorders

The [Regents Center for Learning Disorders](http://rclid.gsu.edu) (RCLD) is an agency that will help you transitions from high school to a Georgia college or university. RCLD does assessments, documents disabilities and identifies educational needs for students.

Visit rclid.gsu.edu for The Official Guide on the RCLD.

Financial assistance

- [Federal Student Aid \(studentaid.gov\)](https://studentaid.gov)
 - Information about financial aid through the government, grants, loans, scholarships, etc.
- [College Scholarships \(collegescholarships.org/financial-aid\)](https://collegescholarships.org/financial-aid)
- [College Scholarship for disabled people \(disabled-world.com/disability/education/scholarships\)](https://disabled-world.com/disability/education/scholarships)
 - Search engine for college grants, scholarships and student loans
- Heath Resource Center at the National Youth Transitions Center
 - List of college scholarships and funding sources for students with disabilities and medical conditions

Employment

Employment means to have a job. Having a job is part of becoming an adult. To find a job you must:

- Look for job posts or openings.
- Fill out applications.
- Interview with employers.

Important skills for working include:

- Self-advocacy
- Decision-making skills
- Problem-solving skills
- Social and communication skills
- Time management skills
- Accountability

Pre-employment transition services

A student can get Pre-Employment Services (Pre-ETS) if they are between the ages of 14 to 21. They must be:

- Enrolled in an educational program and
- Have a documented disability through:
 - IEP
 - 504 plan
 - Other disability documentation

Pre-Employment Services (Pre-ETS) that Georgia Vocational Rehabilitation Agency (GVRA) provides are:

1. Job search counseling. They can help students find jobs.
2. Counseling on post-secondary school options. They can help students find schools and training programs.
3. Workplace readiness training. They teach students social, interpersonal and independent living skills.
4. Work based learning. They find experiences outside the traditional school setting to prepare for future work and careers. These include job shadowing, internships and practicums.
5. Self-advocacy instruction. They teach students to follow their own interests.

Students can apply for Vocational Rehabilitation (VR) services if they need more services than the 5 Pre-ETS. To learn more visit [Georgia Vocational Rehabilitation Agency \(gvs.georgia.gov/transition-services](https://gvs.georgia.gov/transition-services) and click [pre-employment transition services](#)).

State vocational rehabilitation program

You and your caregiver should start talking about vocational rehabilitation training and funding options for after high school when you are about 16 years old. The Georgia Vocational Rehabilitation Agency (GVRA) is the state agency that works with individuals with disabilities regarding employment and independence. GVRA can help families find options and funding for:

- Training programs
- Trade schools
- Independent living skills programs
- Sheltered/assisted employment (at reduced hours to not risk losing disability benefits like SSI/Medicaid/SSDI)

There should be a GVRA field representative assigned to your high school. The legal rights under the ADA/IDEA law state that any person who has an IEP has the right to an assessment and support that includes post high school planning and referrals.

You can also visit [Georgia's Vocational Rehabilitation Agency \(gvs.georgia.gov\)](https://gvs.georgia.gov) to learn more about the program.

The Ticket to Work Program

The ticket to work program provides job services to people who receive Social Security benefits. You can join an Employment Network (EN) if you receive Social Security. The EN can give you extra job and training services while you look for work. Visit [Ticket to Work \(choosework.ssa.gov\)](https://choosework.ssa.gov).

Social Security work incentives

The Social Security Administration helps people who receive Social Security benefits find work. For example, the Plan for Achieving Self Support (PASS) allows you to work and earn income while saving for job training or schooling needs.

Types of employment

- **Competitive employment** is a job anyone with or without a disability can apply for. It does not provide support or accommodations for disabilities.
- **Supported employment** is a job that can provide support and accommodations to a person with disabilities.
 - Job development helps you find a job that meets your skills and interests.
 - Job coaching helps you with skills you need to do your job.
 - Competitive Integrated Employment (CIE) is a job that has similar pay and benefits for individuals with and without disabilities.
- **Customized employment** is a job created for a person's strengths and abilities.
- **Sheltered employment** is a job for a person with disabilities to develop work related skills.

The Georgia Department of Labor (GDOL) is another source to find jobs, careers, independent sheltered living programs and other resources (dol.georgia.gov/locations/career-center). GVRA and GDOL can help you find and apply for special education training programs. Ask your provider or social worker for a list.

Employment rights

The Americans with Disabilities Act of 1990 (ADA) says employers cannot discriminate against people who have disabilities. You must be able to do the job with or without reasonable accommodation.

A reasonable accommodation may be:

- A modified work schedule.
- Workplace access.
- Equipment or devices used in the workplace.

If you are applying for a job, an employer:

- Cannot ask you if you are disabled or ask about your disability.
- Can ask if you can perform the duties of the job with or without reasonable accommodation.
- Can ask you to describe how you will perform the duties of the job.

Visit EEOC.gov/publications/ada-your-employment-rights-individual-disability for more information.

Healthcare Transition

Healthcare transition is when the tasks and ownership of your healthcare shifts your parent or caregiver to you. You will be more responsible for your own care as you become more independent. You should know about your condition or disability and the medicine you take. Healthcare transition should start when you are 16 and should happen slowly.

Follow this guidance when starting your transition.

Learning about your healthcare needs and diagnosis:

- What is the name of my condition or disability?
- When was I diagnosed?
- What caused my condition or disability?
- What medicine and treatments do I need?
- When do I need emergency help?

Understanding what medicines you need and how to take your medicine:

- What is the name of the medicine?
- How much of the medicine do I take?
- How do I take my medicine?
- When do I take my medicine?
- How will I remember to take my medicine?
- What if I miss a dose of my medicine?
- Are there any foods or drugs I cannot take with my medicine?
- Know the side effects of your medicine.

Learning how to make and go to your own appointments:

- Use an organizer, calendar or phone apps to keep track of your appointments.
- Schedule your own appointments over the phone or online.
- Find transportation to your appointments.
- Learn how to check in at the appointment and what you need to bring (insurance card).
- Prepare questions you want to ask the doctor.

Plan ahead

- Talk to your doctor about how and when you should start seeing an adult doctor.
- Understand the different types of adult doctors.
- Meet and talk with the new adult care doctor before you switch completely.

Types of doctors

It is best to find a doctor who:

- Treats adults with your health condition.
- Takes your health insurance.
- Is easy for you to get to and communicate with.

Decide what type of doctor you need:

- **Primary care providers (PCP)** are doctors or other providers who practice general medicine and are the first stop for medical care. This doctor will see you for regular checkups and when you are sick with a virus like a sore throat or flu.

Types of PCPs include:

- **Internist** is a doctor who cares for adults. Some adults use an internist as their primary care provider.
- **Family** doctor is a doctor who cares for patients of all ages.
- **Nurse practitioner** is a healthcare professional that is a nurse with extra education and training.
- **Physician assistant** is a healthcare professional who works with doctors and gives medical treatment.
- **Specialist** is a doctor who treats just one type of health problem or one part of the body, such as a heart, lung, stomach or bone doctor.
- Other doctors may help treat you when you need procedures, such as doctors who read X-rays or doctors who give you medicine to put you to sleep for a surgery.
- Ask your provider for a list of adult providers for rehabilitation needs.

Transition resources

These resources can help you get ready for your healthcare transition.

- [Transition of Care Toolkit](#) by the Child Neurology Foundation
- [Taking Care of My Healthcare](#)
- [Adult Disability Medical Healthcare](#) (ADMH) (theadmh.org)

Healthcare Coverage

It is important to learn about your healthcare or insurance as you transition into adulthood. Health insurance helps pay for medical care like doctors' appointments, emergency room visits and medicines. Insurance makes healthcare affordable and accessible by lowering the cost of medical bills.

Learn about your current insurance plan. Keep a copy of your insurance card with you and understand what the numbers on the card mean. You should ask your parents:

- Who is the provider? How do I get in touch with the provider when I have questions?
- How long will I be covered on the plan?
- Can I keep this plan after I turn 18?
- What are my premiums, deductibles, out-of-pocket costs or copays?
- What does my plan cover?
- Does my plan cover occupational, physical or speech therapy services?
- How many visits are allowed under my plan?
- Is equipment, such as wheelchairs, braces, splints or medical supplies, covered?
- What prescription medicines are covered?

How can I get insurance?

- **Your parents plan:** The Affordable Care Act (ACA) allows young adults to stay on their parent's private health insurance until they turn 26 years old. It does not matter if you are in college, living at home, employed, or even married.
- **Student Health Insurance Plan (SHIP):** This is a college or university student health insurance plan.
- **Employed-based coverage:** This plan is provided by your work. The cost comes out of your paycheck.
- **Individual policy:** This is a plan you buy from an insurance company on your own.
- **Government-sponsored program:** This includes Medicaid, Medicare and TRICARE (military).

Medicaid

Medicaid is a government funded program that pays for healthcare. It is a type of health insurance. It is for people (adults and children) with or without disabilities who have limited financial resources. To learn more about Georgia Medicaid, visit [medicaid.georgia.gov](https://www.medicaid.georgia.gov).

- You may not have qualified for Medicaid under your parents' income, but you may qualify when you turn 18.
- You must re-apply for Medicaid when you turn 18, even if you were already on Medicaid.
- Each state has Medicaid Waivers which provide Medicaid coverage for disabled people who have or need in-home assistance.
- If you already have waiver services, you should ask if these services will continue after you turn 18.

- If you do not have services, visit Georgia's waiver services site to learn more: medicaid.georgia.gov/programs/all-programs/waiver-programs

Types of waivers:

- **New Options Waiver (NOW) Program and Comprehensive Supports Waiver Program (COMP).** These programs:
 - Provide services and support for people with intellectual or developmental disabilities.
 - Support employment and behavior services.
 - Support housing services, special medical equipment and vehicle adaptation.
 - Visit [Georgia Department of Community Health](#) or [Georgia Department of Behavioral Health and Developmental Disabilities](#) or call 1-800-715-4225.
- **Independent Care Waiver Program (ICWP).** This program:
 - Is a home and community-based waiver to help adults ages 21 to 64 with severe or traumatic brain injuries (TBI) who receive Medicaid. It helps adults live in their own homes or in the community instead of a hospital or nursing facility.
 - Services include home health services, special medical equipment, counseling, emergency response systems and home modifications.
 - Find contact information at [Alliant-Georgia Medical Care Foundation \(cms.gov\)](#). You can also call 1-800-982-0411 or 1-888-669-7195.
- **Service Options Using Resources in a Community Environment (SOURCE) and Community Care Services Program (CCSP).** These programs:
 - Serve severely disabled Georgians through case management coordination, adult daycare, alternative living services, personal care, home-delivered meals and respite care for caregivers.
 - Provides case management partnership with a primary care doctor.
 - Visit [Georgia ADRC](#) to learn more.

Social Security

The Social Security Administration (SSA) has benefits for people with disabilities. Children with disabilities under the age of 18 may be able to get Supplemental Security Income (SSI), or money. It is determined by income and resources.

When an individual with disability turns 18 there are 2 benefits available: Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI).

- Social Security Income is money available to disabled people. The family's income and resources are not counted.
- Social Security Disability Insurance (SSDI) is money given to people who cannot work because of their disability.

Medicare and SSDI

Young people may qualify for Medicare through Social Security Disability Income (SSDI). SSDI is through the Social Security Administration and offers monthly payments to people who have disabilities or special health care needs.

- People who get SSI qualify for Medicaid in Georgia.

- SSI and SSDI eligibility requirements for adults are different from children. Patients who did not get SSI or SSDI as a child may be able to get it when they turn 18.

How do I apply for adult SSI?

- You can contact the Social Security Administration (SSA) the month after you turn 18 to apply for SSI. SSA will look at your income and resources instead of your family's.
- Ways to apply:
 - Use this office locator link to find and call your local SSA office and apply at [Secure.ssa.gov/ICON/main.jsp](https://secure.ssa.gov/ICON/main.jsp)
 - Call SSA's national toll-free number at **1-800-772-1213** to start your application.
 - If you are 18 or older and have never applied for SSI, you can apply online at [Secure.ssa.gov/iClaim/dib](https://secure.ssa.gov/iClaim/dib).
- Seizures are not always a “disabling” condition. You should provide detailed information and medical records. Include results from a recent neuropsychological testing and documents about:
 - Developmental delays
 - Learning disabilities
 - Cognitive issues like memory, processing, perception and judgment
 - Executive functioning issues
- To request your medical records, call 404-785-5437 or order directly online at choa.org/patients/medical-records.
You will only need:
 - Physician progress notes
 - Consultation notes
 - Testing results
 - H & P (history and physical)
 - MRI, EEG and VEEG reports
 - Discharge summaries
 - Neuropsychological testing summary
- Some people use a lawyer or consultant to help with the application or appeal process (if needed).
 - Health Law Partnership (HeLP) is a non-profit organization and partner of Children's Healthcare of Atlanta. They work with patients and families on legal issues, including SSI appeals. Contact HeLP at [Healthlawpartnership.org](https://healthlawpartnership.org) or call 404-785-2005. Spanish services are available.

Special needs trust

A special needs trust allows parents, family members or friends to set aside money for a person's future needs. A special needs trust does not impact their ability to qualify for government programs like Medicaid and SSI. The money in the trust can help pay for medical expenses, activities, education, travel, entertainment and other things that improve quality of life.

Insurance Terms

Insurance term:	What it means:
Provider	Insurance company, such as Blue Cross, United, Healthcare, Medicaid or Aetna
Insurance plan (also called health coverage)	What your insurance company will or will not pay for or “cover”
Out-of-pocket expense	The amount you will have to pay with your own money. It is the part that of medical care that insurance will not pay for or “cover”
Deductible	The amount of money you have to pay before insurance will cover the bill
Copay	A fee that must be paid at doctor visits
Premiums	The amount of money you pay for insurance coverage

Call your insurance provider to find out which doctors are part of your plan. Doctors that belong to your plan are called in-network doctors. Doctors that do not belong are called out-of-network doctors. It often costs more to see an out-of-network doctor.

Decision Making Support

Your parent or caregiver is your legal guardian until you turn 18 years old. At 18 years, you are a legal adult and you can make your own decisions about medical care, housing, education and legal issues. You may need extra support or help with decisions if you have a health condition or disability. There are several ways to get help from trusted adults in your life including family, friends and professionals.

Turning 18 years old

You can be more independent when you turn 18. You can legally:

- Make medical decisions on your own and decide who can be part of your health care decisions.
- Create an Advance Directive. An Advance Directive is a written statement of your wishes about medical treatment. Your medical team will follow this if you cannot communicate your wishes.
- Decide who can have information about your medical care.
- Apply for adult SSI and Medicaid.
- Sign legal contracts that affect financial, education, job and personal care decisions.

Guardianship

A caregiver can continue to make decisions for their adult child if they become their legal guardian. Guardianship allows a person to make decisions for another person. It is documented by a lawyer.

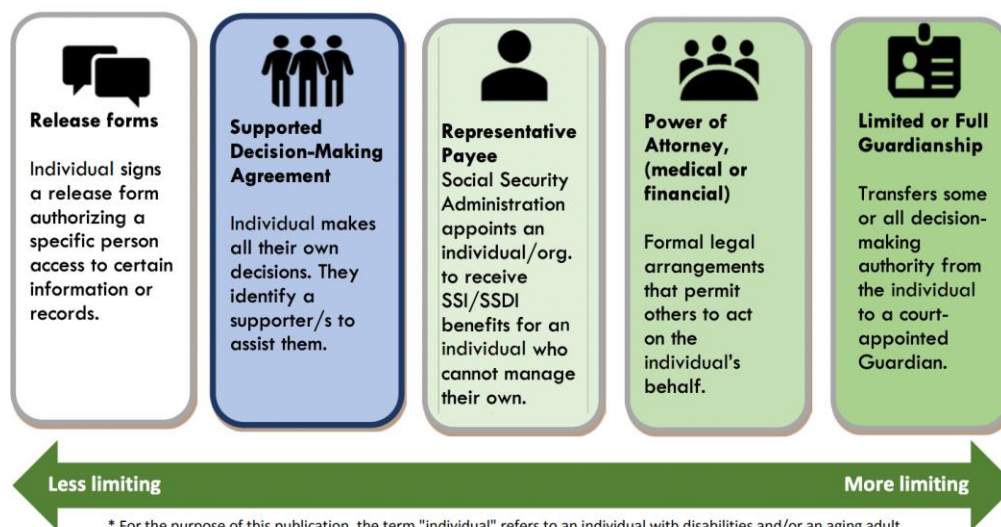
A person may need a legal guardian if they have a disability or health condition that prevents them from making healthy decisions. There are 2 types of guardianship

- **Full guardianship** is when the guardian can make every decision for you.
- **Limited guardianship** is when the guardian can only make certain decisions for you, such as how they spend their money.

There are other options to guardianship if a person can make some, but not all, decisions.

- **Supported decision making** is when other people help you make decisions. You choose who helps you.
- **Representative payee** is someone who manages your Social Security benefits if you are unable to do so yourself.
- **Power of Attorney** is when a person with disabilities picks someone to make decisions. This is a legal document. The person with the disability has more control over their decisions than with guardianship.

Current decision-making support tools



You can find Georgia guardianship forms from your local probate court office or online at Georgiacourts.gov/probate.

Some parents feel more comfortable using a lawyer for guardianship. A lawyer does not need to file for guardianship. [Health Law Partnership](http://HealthLawPartnership.org) (HeLP) is a non-profit partner of Children's Healthcare of Atlanta that works with patients and families on legal issues, including guardianship. Patient families can contact HeLP directly at healthlawpartnership.org or call 404-785-2005. Spanish services are available.

[Self Advocacy Resource and Technical Assistance Center](http://SelfAdvocacyResource.org) (SARTAC) is a non-profit organization that provides guidance and resources for supported decision making as an alternative to guardianship. You can visit selfadvocacyinfo.org/resource/supported-decision-making-and-guardianship-termination.

Advance Directive

An Advance Directive is a written statement of your wishes about medical treatment. An Advance Directive tells your doctor what kind of care you want to have if you are unable to make medical decisions for yourself. Your medical team will follow this if you cannot communicate your wishes. You do this by creating a legal document. An Advance Directive includes the following information:

- Do you want to be kept alive using all means possible?
- Do you want to be able to die a peaceful death without the help of machines and medicines?
- Do you want something between these 2 choices?

Death is not something that we like to think about. It is comforting to know if you are very sick that you are still in control of our own healthcare choices. A person must be 18 years old and able to think clearly and share their wishes clearly to create an Advance Directive.

There are several kinds of Advance Directives:

- A **living will** is a document that tells your doctors and family exactly what you want them to do if you are very sick and not able to speak for yourself.
- A **durable power of attorney (DPA)** for healthcare is a person you choose to make health decisions for you. It is put into a legal document. It becomes active when you are unconscious or unable to make medical decisions.
- A **do not resuscitate (DNR)** order is a document that allows you to refuse cardiopulmonary resuscitation (CPR) if your heart stops or if you stop breathing. A DNR order is added to your medical chart.

You can change or cancel an Advance Directive, as long as:

- You are “of sound mind.” This means you can think clearly and share your wishes clearly. Your changes must be signed and notarized according to the laws in your state.
- Give your doctor and trusted family members a copy when you create or change your Advance Directive.

The form and detailed instructions for Georgia can be found here: [Georgia Advance Directive for Health Care](#).

Contact your social worker for additional details or with questions.

Health and Wellness

Mental health

Our health and wellness are made up of both our physical and mental parts. Mental health and mental illness are not opposites.

Mental health:

- Impacts how we feel, think and behave.
- Includes our emotional, psychological and social well-being.
- Changes from time to time.

Mental illness includes conditions (such as anxiety and depression) that can severely:

- Affect our thinking, feeling, behavior or mood.
- Impact our ability to function in daily life.

Remember

- Everyone experiences highs and lows throughout their lives.
- Not everyone has a mental illness.
- You can have poor mental health without having a mental illness.
- You can have good mental health if you have a mental illness.
- Mental illness is treated with medicines and therapies.

If you are confused or worried about mental health, visit a mental health professional. Use this resource to guide you to find the right person to help: [Strong4Life](#).

Be aware of your feelings

The way you deal with your health condition and your feelings about it are an important part of you. It is best to focus less on your health condition or disability and more on your daily life. It is normal to have a wide range of positive and negative feelings. Sometimes you may have positive feelings like joy, humor, contentment and happiness. Sometimes you may have negative feelings like anger, sadness, worry, fear or confusion.

Stay positive

Positive mental health plays an important role in staying healthy. It allows you to develop and meet your personal goals. You can maintain positive mental health by:

- Getting enough good sleep.
- Taking breaks from screens (phones, video games and shows).
- Making time to see friends and family.
- Being physically active.
- Doing things that bring you joy.

Pay attention to negative feelings

Use negative feelings to help you learn more about yourself. Learning about your feelings can also help you cope. Good coping skills prevent negative feelings from getting in the way of your daily life.

Negative feelings can affect your friendships, work, school and hobbies. They can make everything harder. When you have negative feelings, you should:

- Keep daily routines.
- Keep healthy habits.
- Practice coping skills.

Learn to relax and reduce stress

Sometimes things happen that cause stress. Stress is bad for your overall health. You will improve how you feel each day if you learn how to cope with stress. Visit the Children's Healthcare of Atlanta Strong4Life website for resources on how to lower stress and for coping skills tip sheets ([Coping Skills Tip Sheets | Strong4Life](#))



Wellness

Wellness is more than physical well-being. Wellness includes emotional, social, spiritual, intellectual and occupational needs.

- Physical wellness is taking care of your body by sleeping, eating and taking medicines.
- Intellectual wellness is learning and growing what you know and your skills.
- Occupational wellness is being fulfilled through your job or volunteering.
- Spiritual wellness is valuing your place in the universe. This can include faith-based organizations like churches.
- Social wellness is being part of and having relationships in the community.
- Emotional wellness is accepting and coping with your feelings.

To learn more about the dimensions of Wellness, visit [Wellness for Life](#).

Sexuality

Sexuality is a person's feelings, attitudes, beliefs and behaviors about sex. This can be formed by a person's history, family and religious beliefs. Health condition can affect your sexuality. As you get older, you may wonder if:

- You can have any children.
- Your partner will stay with you.
- Anyone will find you attractive.
- You will ever enjoy sex.

Talk with your doctor about any questions you have about sexuality. Some people with health conditions choose to ignore sexual issues. They believe that these issues do not apply to them. This is often incorrect. Others try to maintain or restore their positive feelings about their sexuality. Worry, anger or other negative feelings about sexuality are very natural.

Tips for finding and maintaining a healthy relationship

- Believe in yourself.
- There are many interesting people and activities in life. Do not build your entire life around your search for romance.
- Get to know others as friends before dating them.
- Be patient in your search for romance.
- Keep up on current events, music and movies. This can help make it easier for you to talk with others.
- Be open with others about your health condition, especially those who do not have one.
- Sexual activity is often possible despite having a health condition.
- Talk with your doctor about your condition and how it affects your sexual health.

Drug and substance abuse

Drug and substance (like alcohol) abuse is when a person has a pattern of using a substance that changes their mood in a way that causes harm. Most often people think of illegal drugs. People may abuse other substances as well. People with health conditions are more likely to abuse substances than people who do not have health problems.

Abused substances can include:

- Drugs that alter a person's mood that may be called "uppers" and "downers" like alcohol or marijuana.
- Drugs that do not alter a person's mood like steroids.
- Other items that are not drugs like glues or gasoline.

Examples of substances that can be abused include:

- | | |
|-------------------|---|
| • Alcohol | • Inhalants (things breathed in) |
| • Hallucinogens | • Over-the-counter medicines |
| • Marijuana | • Prescription pain medicines (narcotics) |
| • Ecstasy | • Steroids |
| • Cocaine | • Stimulants |
| • Methamphetamine | • Tobacco (smoked and chewed) |
| • Heroin | |

People with health conditions are more at risk of substance abuse because they often have pain and side effects from their condition. The abuse can be missed because:

- They take medicines prescribed by a doctor.

- They are not seen by others as someone who may have a problem with substance abuse.
- They are not given resources that help prevent and treat substance abuse.

Get help right away if you have a problem with substance abuse. **Call 911 if you are worried about your safety.** Talk to an adult you trust, such as a teacher, social worker, doctor, therapist or school counselor. Ask this adult to help you find a treatment program that will help you to recover and learn to cope in a healthy way.

Personal abuse and neglect

People with health conditions are more at risk for being abused and neglected by others.

- **Abuse** is when someone causes harm to another person on purpose or puts another person at risk of being harmed.
- **Neglect** is when someone does not give something that is needed to survive, such as food or water.

Abuse and neglect can take many forms. The different types of abuse and neglect include:

- Physical abuse is physical force that causes or means to cause harm or hurt.
- Sexual abuse is tempting or forcing a child to engage in sexual acts, showing genitals, or forcing someone to witness sexual activities.
- Neglect is not given someone their basic physical, emotional, educational or medical needs (a place to live, food, medical care or school)
- Emotional abuse is harming a person's self-worth by shaming, name-calling, denying, withholding love or engaging in similar behaviors.
- Child endangerment is involving a child in activities that could cause harm, including:
 - Child under the age of 18 seeing domestic violence.
 - Child under the age of 14 in a car with a driver who is using substances (like alcohol or other drugs).
 - Child present where methamphetamine is being made.
 - Substance abuse while pregnant causing infant withdrawals or other medical diagnosis
- Sexual misuse of children, or child trafficking. This can be sexual abuse of a child in exchange for something of value.

Neglect

This is when a caregiver refuses or fails to give something that is needed by the person in their care. It causes harm. Examples include:

- Not being given food, water or medicine.
- Not being taken to doctors' appointments.

Get help right away if you think you are being abused or neglected. **Call 911 if you are worried about your safety.** Talk to an adult you trust, such as a teacher, social worker, doctor, therapist or school counselor.

- Contact your local Department of Child Protective Services office if you are younger than 18.
- Contact your local Department of Adult Protective Services offices if you are older than 18.

Community Resources

Community-based services

These are services that are provided to individuals with disabilities in their own homes and communities. Services may include:

- Residential services (supervised apartments, group homes and family homes)
- Day programs (activity centers)
- Vocational services (job services)
- Recreation, leisure and transportation.

Visit dbhdd.georgia.gov/dd-community-based-services for more information.

Residential services

- Supported living or independent living is when an individual with a disability lives on their own in a house or apartment and gets support in the home and community.
- Supervised living is when an individual with a disability lives in a home or facility that offers support 24 hours a day. Staff in the home teach functional life skills such as banking, shopping, cooking and going to doctors' appointments.
- Group home living is when several people with disabilities live together with staff. The staff help with independent living skills and community activities.

Annandale Village provides life assistance to adults with developmental disabilities. You can visit annandale.org for more information.

Day programs

Day programs offer programs and activities to adults with disabilities outside of their home. These programs help develop skills including:

- Communication
- Social interaction
- Self-help
- Daily living
- Leisure activities
- Work

Visit hearcswga.org/independent-living-program for more information.

Recreation and leisure

Recreation and leisure activities can help people with disabilities live a healthy and active lifestyle by improving their:

- Physical fitness

- Self-confidence
- Social relationships

There are many types of adaptive equipment, techniques and activity adjustments to help all people be able to participate in these activities. Learn about these resources for recreation and leisure skills in the community for individuals with disabilities:

- [Archives.gadoe.org/ documents/ci_exceptional/Transitional%20Manual/X TranMan Rec and Leisure 9-11.pdf](https://archives.gadoe.org/documents/ci_exceptional/Transitional%20Manual/X%20TranMan%20Rec%20and%20Leisure%209-11.pdf)
- [P2pga.org/roadmap/community-life/sports-camps-recreation/](https://p2pga.org/roadmap/community-life/sports-camps-recreation/)
- [Ada.georgia.gov/helpful-resources/disabilities-accommodations-and-modifications/recreation](https://ada.georgia.gov/helpful-resources/disabilities-accommodations-and-modifications/recreation)

Transportation

Driving education and adapted vehicles

Learning how to drive is an important step toward independence. There are things to be aware of before learning to drive. For example, you may need special modifications or adaptive equipment in your car for safety.

A Driver Rehabilitation Specialist can do an assessment for driving recommendations, requirements or restrictions. They can also help decide vehicle requirements or modifications that you may need.

To find out more information, contact Children's Driver Rehab Program at 404-785-3300 or visit choa.org/medical-services/rehabilitation/outpatient-rehabilitation for more information.

Public transit

A cost-effective method for people of all ages and abilities is public transportation. Public transit options in Atlanta include buses, trains and paratransit options such as MARTA mobility. Other cities also have public transit options that follow ADA regulations. Learn more at:

- [Georgia Department of Education: Recreation and Leisure](https://georgia.gov/department-of-education/recreation-and-leisure)
- [State of Georgia ADA: Transportation \(ada.georgia.gov/helpful-resources/mobility-and-accommodations/transportation\)](https://ada.georgia.gov/helpful-resources/mobility-and-accommodations/transportation)
- [U.S. Department of Transportation: Traveling with a Disability \(transportation.gov/individuals/aviation-consumer-protection/traveling-disability\)](https://transportation.gov/individuals/aviation-consumer-protection/traveling-disability)

Taxis and RideShare transportation

Taxis and ride share transport companies, such as Uber and Lyft, provide another way for you to get around in your community. You can request a wheelchair-accessible vehicle to transport you where you need to go.

- Uber accessibility website: uber.com/us/en/about/accessibility
- Atlanta wheelchair taxis: wheelchairtravel.org/atlanta/taxis

Medicaid transport

Members of Medicaid can have access to transportation if needed (p2pga.org/wp-content/uploads/2020/01/NonEmergencyTransport.pdf)

Caregiver Resources

A special note for parents

It is important to teach your child how to manage and take an active role in their own healthcare as they get older. Give them the support they need to do this through each stage of life. Your child will learn to live as independently as possible with your help and guidance.

Life care plan

It is normal to worry about the long-term care needs of your child. Your child may need support for their whole life. Making a financial plan for your child's care in case you die is called a life care plan. Here are tips to make the process easier.

To create a life care plan for your child, be sure to:

- Get good financial advice. Talk with a lawyer who is certified in estate planning. Be sure they have worked with families who have children with health conditions.
- Choose someone to be responsible for your child's needs. This person can be responsible for both medical and financial needs. Talk with this person about what it means to be responsible for your child. Talk with your teen and get their input. Let your family and lawyer know who this person is.
- Decide where your child will live. Talk with your teen about where they will live if you die. Will they need to live with a caretaker, in a group home or at a residential facility? Or can they live on their own?
- Make a detailed list of your child's needs and finances. Talk with your teen, your family and your lawyer to decide how your teen's finances will be set up for them.

Special help through the teen years

As your child gets older, build on their key skills by doing these things:

- Fill in any gaps on what your teen knows about their disability. Be honest with them and teach them what they need to know.
- Teach your teen to call the doctor if they are having symptoms or changes in their health. Ask them to tell you about it too.
- Teach your teen to take their medicine correctly. Work out a plan with them for telling you when and how much they take until they can do it on their own. This may include texts, phone calls or writing it down in a log.
- Talk with your teen about the long-term course of their health condition. Discuss what they can expect in the future.
- Teach your teen how to meet with the doctor by themselves. Teach them how to be direct and ask questions.
- Talk with your teen about the benefits of a support group for teens with their health condition. Have your child talk with a genetic counselor if needed. A genetic counselor can point out the risks of passing their health condition on to future children.
- Ask your child about their feelings and how they are doing.

Planning for adult health care

There are 10 steps to Health Care Transition from pediatric to adult providers according to the Georgia Department of Public Health. Steps include:

1. Start early by teaching your child about their health condition.
2. Create a medical summary.
3. Create a health care transition plan including your child's goals and future health care needs.
4. Focus on responsibility for health care by helping your child take on more responsibility and advocacy for their own needs.
5. Consider the need for additional support.
6. Maintain wellness by living a healthy lifestyle.
7. Understand your child's health insurance options.
8. Find new providers that will meet your child's needs.
9. Include health in other areas of transition, such as your child's future for independent living and working.
10. Celebrate moving on to an adult provider.

The Georgia Department of Public Health has a Planning for Adult Healthcare Guide with worksheets and checklists to help you plan for your child's transition to adulthood. You can visit dph.georgia.gov/document/document/parent-guide/download.

This handbook should not replace instructions given to you by your child's doctor and healthcare team. It is not meant to be medical or legal advice or a complete source of all information about this subject. Your child's doctor is the best source of information about what is best for your child's treatment and care.

Call 911 or go to the nearest emergency department right away in case of an urgent concern or emergency.

Resources

Adult Disability Medical Healthcare

theadmh.org

Alliant – Georgia Medical Care Foundation

[Alliant-Georgia Medical Care Foundation | CMS\)](#)

Americans with Disabilities Act (ADA)

ada.gov

Autism Speaks

Transition Tool Kit

autismspeaks.org

Best Colleges

bestcolleges.com

Best Value Schools

bestvalueschools.com

Children’s Healthcare of Atlanta

choa.org

Child Neurology Foundation

childneurologyfoundation.org

College Scholarships

collegescholarships.org

Federal Student Aid

studentaid.gov

Georgia’s Aging and Disability Resource Connection

georgiaadrc.com

Georgia Department of Behavioral Health and Developmental Disabilities

dbhdd.georgia.gov

Georgia Department of Community Health

dch.georgia.gov

Georgia Department of Education

gadoe.org

Georgia Department of Human Services Division of Aging Services

aging.georgia.gov

Georgia Department of Labor

dol.georgia.gov

Georgia Department of Public Health

Transition Resources

dph.georgia.gov

Georgia Inclusive Postsecondary Education Consortium

gaipsec.org

Georgia Learning Resources System

[GLRS Webpages92020.pdf \(gadoe.org\)](#)

Georgia Probate

gaprobate.gov

Georgia Vocational Rehabilitation Agency

gvs.georgia.gov

Life Course Nexus

lifecoursetools.com

MyPlate U.S. Department of Agriculture

myplate.gov

My Shepherd Connection

myshepherdconnection.org

National Disability Institute (NDI)

nationaldisabilityinstitute.org

National Wellness Institute

nationalwellness.org

PACER Center

www.pacer.org/transition

Parent to Parent of Georgia

p2pga.org

Parent Educational Advocacy Training Center (PEATC)

peatc.org

Self Advocacy Resource and Technical Assistance Center (SARTAC)

selfadvocacyinfo.org

Social Security Administration

ssa.gov

Social Security Administration Ticket to Work

choosework.ssa.gov

Strong4Life

strong4life.com

The Arc

thearc.org

The Health Law Partnership (HeLP)

Healthlawparternship.org

Think College

thinkcollege.net

U.S. Department of Transportation

transportation.gov

U.S. Equal Employment Opportunity Commission

eeoc.gov

Wheelchair Travel

wheelchairtravel.org

This handbook should not replace instructions given to you by your child's doctor and healthcare team. It is not meant to be medical advice or a complete source of all information about this subject. Your child's doctor is the best source of information about what is best for your child's treatment and care.

Health-related information changes frequently, and therefore information contained in this handbook may be outdated, incomplete or incorrect. This handbook may contain printed material that has been updated by Children's Healthcare of Atlanta. Please talk with a member of your child's healthcare team if you need an up-to-date copy.

Children's Healthcare of Atlanta has not reviewed all of the sites listed as resources and does not make any representations regarding their content or accuracy. Children's Healthcare of Atlanta does not recommend or endorse any particular products, services or the content or use of any third-party websites, or make any determination that such products, services or websites are necessary or appropriate for you or for the use in rendering care to patients. Children's Healthcare of Atlanta is not responsible for the content of any of the above-referenced sites or any sites linked to these sites. Use of the links provided on this or other sites is at your sole risk.

Call 911 or go to the nearest emergency department right away in case of an urgent concern or emergency.



Children'sSM
Healthcare of Atlanta

Children's Healthcare of Atlanta

Nondiscrimination Statement

Discrimination is against the law. Children's complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Children's does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

Children's Healthcare of Atlanta:

Provides people with disabilities reasonable modifications and free appropriate auxiliary aids and services to communicate effectively with us, such as:

- Qualified sign language interpreters.
- Written information in other formats (large print, audio, accessible electronic formats).

Provides free language assistance services to people whose primary language is not English, including:

- Qualified interpreters.
- Information written in other languages.

If you need any of these services, contact Children's Civil Rights Coordinator at **404-785-4545**.

If you believe that Children's has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with:

Children's Civil Rights Coordinator

1575 Northeast Expressway NE

Atlanta, GA 30329

404-785-4545

section1557coordinator@choa.org

If you need help filing a grievance, Children's Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services Office for Civil Rights electronically through the Office for Civil Rights complaint portal, available at **ocrportal.hhs.gov/ocr/portal/lobby.jsf**, or by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Ave. SW

Room 509F, HHH Building

Washington, DC 20201

800-368-1019

800-537-7697 (TDD)

Complaint forms are available at:

<http://www.hhs.gov/ocr/office/file/index.html>

This notice is available at **choa.org**.

Language Assistance Services and Auxiliary Aid Services

English

ATTENTION: If you speak English, free language assistance services are available to you. Appropriate auxiliary aids and services to provide information in accessible formats are also available free of charge. Call 404-785-4545 or speak to your provider.

Spanish

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. También están disponibles de forma gratuita ayuda y servicios auxiliares apropiados para proporcionar información en formatos accesibles. Llame al 404-785-4545 o hable con su proveedor.

Vietnamese

LƯU Ý: Nếu quý vị nói tiếng Việt, chúng tôi cung cấp miễn phí các dịch vụ hỗ trợ ngôn ngữ. Các dịch vụ và phương tiện hỗ trợ phù hợp để cung cấp thông tin theo các định dạng dễ sử dụng cũng được cung cấp miễn phí. Vui lòng gọi theo số 404-785-4545 hoặc trao đổi với người cung cấp dịch vụ của quý vị.

Korean

주의: 한국어를 사용하시는 경우 무료 언어 지원 서비스를 이용하실 수 있습니다. 이용 가능한 방식으로 정보를 제공하는 적절한 보조 기구 및 서비스도 무료로 제공됩니다. 404-785-4545 번으로 전화하거나 서비스 제공업체에 문의하십시오.

Chinese

注意：如果您说[中文]，我们将免费为您提供语言协助服务。我们还免费提供适当的辅助工具和服务，以无障碍格式提供信息。请致电 404-785-4545 或咨询您的服务提供商。

Gujarati

ધ્યાન આપો: જો તમે ગુજરાતી બોલતા હો તો મફત ભાષાકીય સહાયતા સેવાઓ તમારા માટે ઉપલબ્ધ છે. સુલભ ફોર્મેટમાં માહિતી પૂરી પાડવા માટે યોગ્ય સહાયક સાધનો અને સેવાઓ પણ વિના મૂલ્યે ઉપલબ્ધ છે. 404-785-4545 પર કોલ કરો અથવા તમારા પ્રદાતા સાથે વાત કરો.

Language Assistance Services and Auxiliary Aid Services

French

ATTENTION : Si vous parlez français, des services d'assistance linguistique gratuits sont à votre disposition. Des aides et des services auxiliaires appropriés pour fournir des informations dans des formats accessibles sont également disponibles gratuitement. Appelez le 404-785-4545 ou parlez à votre fournisseur de services.

Amharic

ማሳሰቢያ፡- አማርኛ የሚናገሩ ከሆነ፣ የቋንቋ ድጋፍ አገልግሎት በነፃ ይቀርብልዎታል። መረጃን በተደራሽ ቅርጸት ለማቅረብ ተገቢ የሆኑ ተጨማሪ እዝዎች እና አገልግሎቶች እንዲሁ በነፃ ይገኛሉ። በስልክ ቁጥር 404-785-4545 ይደውሉ ወይም አገልግሎት አቅራቢዎን ያናግሩ።

Hindi

ध्यान दें: यदि आप हिंदी बोलते हैं, तो आपके लिए निःशुल्क भाषा सहायता सेवाएँ उपलब्ध हैं। सुलभ प्रारूपों में जानकारी प्रदान करने के लिए उपयुक्त सहायक साधन और सेवाएँ भी निःशुल्क उपलब्ध हैं। 404-785-4545 पर कॉल करें या अपने प्रदाता से बात करें।

Haitian

ATANSYON: Si'w pale Kreyòl, sèvis assistans lang ou disponib pou ou gratis. Èd ak sèvis oksilyè apwopriye pou bay enfòmasyon nan fòm aksèsib yo disponib gratis tou. Rele nan 404-785-4545 oswa pale avèk founisè ou.

Russian

ВНИМАНИЕ: Если вы говорите на русском, вам предоставляются бесплатные услуги языковой поддержки. Также бесплатно предоставляются соответствующие вспомогательные средства и услуги по предоставлению информации в доступных форматах. Позвоните по телефону 404-785-4545 или обратитесь к своему поставщику услуг.

Arabic

تنبيه: إذا كنت تتحدث اللغة العربية، فستتوفر لك خدمات المساعدة اللغوية المجانية. كما تتوفر وسائل مساعدة وخدمات مناسبة لتوفير المعلومات بتنسيقات يمكن الوصول إليها مجانًا. اتصل على الرقم 404-785-4545 أو تحدث إلى مقدم الخدمة.

Language Assistance Services and Auxiliary Aid Services

Brazilian Portuguese

ATENÇÃO: Se você fala português do Brasil, serviços gratuitos de assistência linguística estão disponíveis para você. Auxílios e serviços auxiliares, apropriados para fornecer informações em formatos acessíveis, também estão disponíveis gratuitamente. Ligue para 404-785-4545 ou fale com o seu provedor.

Telugu

గమనించండి: మీరు తెలుగు మాట్లాడితే, మీకు ఉచిత భాషా సహాయ సేవలు అందుబాటులో ఉంటాయి. యాక్సెస్ చేయగల ఫార్మాట్‌లలో సమాచారాన్ని అందించడానికి తగిన సహాయక చర్యలు మరియు సేవలు కూడా ఉచితంగా అందుబాటులో ఉంటాయి. 404-785-4545 కి కాల్ చేయండి లేదా మీ ప్రొవైడర్‌తో మాట్లాడండి.

German

ACHTUNG: Sie haben Anspruch auf kostenlose Sprachdienste, wenn Sie Englisch sprechen können. Kostenlose Dienstleistungen und Hilfsmittel, die geeignet sind, Informationen in zugänglicher Form zu vermitteln, werden ebenfalls angeboten. Sprechen Sie mit Ihrem Anbieter oder rufen Sie die Nummer 404-785-4545 an.

Tamil

கவனிக்க: நீங்கள் ஆங்கிலம் பேசுபவராக இருப்பின், இலவச மொழி உதவி சேவைகள் உங்களுக்கு வழங்கப்படும். எளிதில் அணுகக்கூடிய வகையில் தகவல்களை வழங்குவதற்கான பொருத்தமான துணை உதவிகளும் சேவைகளும் இலவசமாகக் கிடைக்கின்றன. இந்த சேவையை பெற 404-785-4545 என்ற எண்ணிற்கு அழைக்கவும் அல்லது உங்கள் வழங்குநரிடம் கலந்துரையாடவும்.