

**TRAUMATIC BRAIN INJURY
IN THE
DISTRICT OF COLUMBIA**

**UNIVERSITY LEGAL
SERVICES**

Protection & Advocacy Program



for the District of Columbia

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220 I Street, NE Suite 130
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www.uls-dc.org

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INTRODUCTION

A traumatic brain injury (TBI) is a brain injury caused by a sudden jolt, blow, or penetrating head trauma that disrupts the function of the brain.

If you or a family member has experienced a TBI, there are services and supports available to help you in the District of Columbia. This brochure gives a summary of some of these programs.¹

If you have questions or need more information about services or help protecting your rights, contact:

University Legal Services
220 I Street NE
Suite 130
Washington, DC 20002
202.547.0198 (Phone)
202.547.2657 (TTY)
1.877.221.4638 (Toll Free)
www.uls-dc.org

University Legal Services is the Protection and Advocacy Program that advocates on behalf of individuals with disabilities in the District of Columbia. University Legal Services provides free legal services to DC residents with disabilities according to specific priorities established each year. The 2010 priorities for the University Legal Services TBI Program are:

- I. **To advocate for the successful inclusion of individuals with traumatic brain injury in community life:**
 - A. Pursue legal advocacy to ensure that individuals with traumatic brain injury receive reasonable accommodations which will allow them to access existing programs and services offered by housing providers and government agencies;
 - B. Survey DC nursing homes to identify the number of individuals with traumatic brain injuries in these institutions in order to advocate for their discharge to appropriate community settings with services and supports appropriate to their needs;
 - C. Advocate for the discharge of individuals with traumatic brain injury from institutions to appropriate community settings with appropriate services and supports.

¹ The information contained in this brochure does not constitute legal advice, nor should it be considered a substitute for legal advice. It is intended to disseminate useful information about resources available for individuals with TBI. Your legal rights to housing, benefits, and services will vary depending upon your specific circumstances.

II. To investigate and resolve allegations of abuse or neglect against individuals with traumatic brain injury:

Investigate abuse or neglect complaints of individuals with traumatic brain injury in institutions and community settings.

III. To educate individuals with traumatic brain injury and service providers in nursing homes and hospitals about the availability of and how to access existing community based services and supports:

- A. Investigate additional services and supports currently available to individuals with disabilities and integrate them into our current training and informational materials;
- B. Provide training and informational materials to individuals in institutions about alternatives to institutionalization.

III. To promote expansion and responsiveness of the TBI service delivery systems through educating community leaders about the benefits of a TBI waiver:

Advocate with the Department of Health Care Finance, Department of Mental Health and Department on Disability Services to develop services in the most integrated setting for individuals with traumatic brain injury.

PROGRAMS SPECIFIC TO TBI

The National Rehabilitation Hospital (NRH) has both inpatient and outpatient rehabilitation programs for individuals with TBI as well as a day program for people who need continuing rehabilitation. NRH participates in Medicaid and Medicare and is approved by most major insurance carriers and health maintenance organizations. All NRH services require a doctor's order that establishes the medical necessity of the services. For more information, contact:

National Rehabilitation Hospital (NRH)

Brain Injury Program

102 Irving Street NW

Washington, DC 20010

202.877.1945 (Phone)

202.877.1450 (TTY)

www.nrhrehab.org

Washington Hospital Center's Physical Medicine and Rehabilitation Department provides inpatient medical care, services and discharge planning to individuals with TBI. For more information, contact:

Washington Hospital Center

Physical Medicine and Rehabilitation Department

110 Irving Street NW

Washington, DC 20010

202.877.6316 (Phone)

<http://www.whcenter.org/body.cfm?id=555629>

EMPLOYMENT

You might have trouble returning to work after you experience a TBI. You may need some adjustments (accommodations) at your place of employment to enable you to work. For example, you might need a change in your work space or in the way you do your job. Every situation is different.

For more information about your rights, you can contact:

DC Employment Justice Center

727 K Street NW

2ND Floor

Washington, DC 20005

202.828.9675 (Phone)

www.dcejc.org

The Employment Justice Center holds legal clinics as follows:

Wednesdays 6pm - 7:30pm

Bread for the City

1525 7TH Street NW

Washington DC 20001

3rd Monday of the month 3pm-4:30pm

Bread for the City

1640 Good Hope Road SE

Washington DC 20020

1. Americans with Disabilities Act (ADA)

a. Reasonable Accommodations

You are entitled to certain accommodations under Title I of the Americans with Disabilities Act (ADA) if you request them and they are related to your disability. Under the ADA, employers with fifteen or more employees have to make adjustments if they are needed and requested by an employee with a disability. The employer has to make changes that are "reasonable." These changes are called "reasonable accommodations." What is "reasonable" might depend on the size of the employer, how (or if) the requested accommodations will impact the operations financially or administratively, and whether the accommodations would change the core elements of the job.

Some examples of reasonable accommodations under Title I of the ADA are:

- making facilities readily accessible to and usable by an individual with a disability;
- restructuring a job by reallocating or redistributing marginal job functions;
- altering when or how an essential job function is performed;

- offering part-time or modified work schedules;
- obtaining or modifying equipment or devices;
- modifying examinations, training materials or policies;
- providing qualified readers and interpreters;
- reassignment to a vacant position;
- permitting use of accrued paid leave or unpaid leave for necessary treatment;
- providing reserved parking for a person with a mobility disability;
- allowing an employee to have equipment or devices that an employer may not be required to provide.²

For more information or assistance, contact:

Department of Justice Civil Rights Division

ADA Information Line

1.800.514.0301 (Phone)

1.800.514.0383 (TTY)

<http://www.usdoj.gov/crt/index.php>

www.ada.gov

2. The DC Human Rights Act

If you work or worked in DC, but not for the federal government, then the DC Human Rights Act also protects you from disability-based discrimination.

Under the Human Rights Act, an employer is prohibited from refusing to hire you for a job, refusing to give you a promotion or raise, giving you a lower salary than individuals without a disability, demoting you, firing you or harassing you based on your disability.

Whether or not you may need reasonable accommodations on your job, you may be protected by the DC Human Rights Act. For more information or assistance, contact:

Office of Human Rights

441 4th Street NW

Suite 570 North

Washington, DC 20001

202.727.4559 (Phone)

202.727.8673 (TTY)

<http://ohr.dc.gov/ohr/site/default.asp?ohrNav=|30939|>

3. Family and Medical Leave Act (FMLA)

a. Federal FMLA

² Equal Employment Opportunity Commission, A Technical Assistance Manual on the Employment Provisions (Title I) of the Americans With Disabilities Act, January 1992 EEOC-M-1A

If you expect to return to work following your TBI but need time off to get health care and allow you to heal, you may utilize your accrued leave time and you may also be entitled to unpaid leave under the federal Family and Medical Leave Act (FMLA).

The FMLA says that all employers with more than 50 employees, including governmental employers, must provide twelve weeks of unpaid leave in one year to employees if the employees or specified family members are ill or injured.

To be eligible for FMLA an employee must:

- work for a covered employer;
- have worked for the employer for at least 12 months; and
- have worked at least 1,250 hours over the previous 12 months.

You must ask your employer about the proper method for requesting time off using your paid leave or unpaid leave under FMLA for a specific length of time. Make sure you provide the required documentation and follow the required protocol for placing your request. For more information on the FMLA, contact:

United States Department of Labor

Wage and Hour Division
1.866.487.9243 (Phone)
1.877. 889.5627 (TTY)
www.wagehour.dol.gov

United States Department of Labor

Hyattsville Area Office
Wage and Hour Division
6525 Belcrest Road
Suite 560
Hyattsville, MD 20782
301.436.6767 (Phone)

United States Department of Labor

Baltimore District Office
Wage and Hour Division
Appraisers Stores Building
103 South Gay Street
Room 207
Baltimore, MD 21202
1.410.962.6211 (Phone)

b. District of Columbia FMLA

The District of Columbia has its own Family Medical Leave Act (DC FMLA). It applies to employees of the District of Columbia government and all employers with twenty or more employees within DC. It does not apply to federal government employees. The DC FMLA requires employers to provide sixteen weeks of unpaid leave in a two year period to most employees if they or a family member is sick or injured. For more information, contact:

DC Office of Human Rights

441 4th Street NW

Suite 570 North

Washington, DC 20001

202.727.4559 (Phone)

202.727.8673 (TTY)

http://os.dc.gov/os/frames.asp?doc=/os/lib/os/info/odai/title_4/16.pdf

DC Department of Human Resources (for DC Government employees)

441 4th Street NW

Suite 330S

Washington, DC 20001

202. 442.9700 (Phone)

202.727.8478 (TTY)

http://dcop.dc.gov/dcop/frames.asp?doc=/dcop/lib/dcop/dpm_12_42.pdf

4. Vocational Rehabilitation

The Rehabilitation Services Administration (RSA) helps DC residents who have a disability. To qualify, you must need rehabilitation services to prepare for, enter or maintain employment, or live more independently. RSA provides a variety of services such as individual skills assessments, education, job training, job coaching and assistive technology.

Eligibility is determined through the use of existing information and assessments, which document the existence of a mental or physical disability. Applicants who receive Social Security benefits, SSI or SSDI, are presumed to meet eligibility criteria. RSA will make an eligibility decision within 60 days of your application.

Once your eligibility is established, you, along with your assigned rehabilitation counselor, will develop an Individualized Plan for Employment (IPE). The plan identifies the vocational goal and the services that will be provided in order to achieve that goal. These services may include: information and referral, assessment services, counseling and guidance, vocational training, maintenance in support of their IPE, job orientation, job search, job placement and job retention services. RSA usually completes the IPE within 120 days of your application.

For more information about services provided or eligibility, contact:

Department on Disability Services
Rehabilitation Services Administration
1125 15th Street, NW
9th Floor
Washington, DC 20002
202.442.8400 (Phone)
202.442.8613/8563 (TTY/TDD)
www.dds.dc.gov

When interacting with RSA, as with any agency, be certain to make note of every contact (phone, email, letter, or in-person) you have, including the date and time and the person with whom you spoke and his/her telephone contact information.

FINANCIAL NEEDS/SOURCES OF INCOME

If you need to find a new source of income after your injury, you might be eligible for one of the programs described below.

1. Unemployment Compensation

Unemployment compensation is a temporary source of income under certain limited circumstances such as:

1. If you are fired for a reason other than gross or regular misconduct.
2. If you have been laid off.
3. If you quit for a certain reasons that are connected to your job (such as racial or sexual harassment, unsafe work conditions, lack of pay for your work, physical illness or disability caused or aggravated by the job, or transportation problems caused by the employer's relocation).

If you qualify, you may be able to get up to 50% of your average weekly wages, every two weeks for up to 26 weeks (6 months).

For more information, contact:

DC Department of Employment Services

64 New York Avenue NE
Suite 3000
Washington, DC 20002
202.724.7000 (Phone)
202.698.4817 (TTY)
www.does.dc.gov

DC Employment Justice Center

727 K Street NW
2ND Floor
Washington, DC 20005
202.828.9675 (Phone)
www.dcejc.org

The Employment Justice Center holds legal clinics as follows:

Wednesdays 6pm - 7:30pm

Bread for the City
1525 7TH Street NW
Washington DC 20001

3rd Monday of the month 3pm-4:30pm

Bread for the City

1640 Good Hope Road SE

Washington DC 20020

2. Private Disability Insurance

Some employers may offer short-term and/or long-term disability insurance coverage to their employees. These programs generally pay a percentage of the covered employee's pre-disability salary when the employee becomes disabled and unable to work under certain specified circumstances for specific time periods. Contact your employer to find out if you are covered by disability insurance and how to file for these benefits.

3. Workers' Compensation

If you sustained your TBI while you were work on your job, your employer may be required to continue to pay you a portion of your salary, if you file a worker's compensation claim and meet certain conditions. Workers' compensation also covers medical expenses for eligible employees.

If you worked for a private employer or the DC government, contact:

DC Department of Employment Services

Office of Workers' Compensation

64 New York Avenue NE

Second Floor

Washington, DC 20002

202.671.1000 (Phone)

202.673.6994 (TTY)

<http://does.dc.gov/does/cwp/view.asp?a=1232&Q=537428>

If you worked for the federal government, contact:

US Department of Labor

Office of Workers' Compensation

800 North Capitol Street NW

Room 800

Washington, DC 20211

202.693.0031 (Phone)

1.877.889.5627 (TTY)

<http://www.dol.gov/esa/owcp/>

If you are denied workers' compensation, a lawyer may be able to assist you. For more information or assistance, contact:

DC Employment Justice Center

727 15th Street NW
2nd Floor
Washington, DC 20005
202.828.9675 (Phone)
www.dcejc.org

The Employment Justice Center holds legal clinics as follows:

Wednesdays 6pm - 7:30pm

Bread for the City
1525 7TH Street NW
Washington DC 20001

3rd Monday of the month 3pm-4:30pm

Bread for the City
1640 Good Hope Road SE
Washington DC 20020

DC Bar HelpLine

202.626.3499 (Phone)
[http://www.dcbarrg.org/for the public/programs and services/helpline.cfm](http://www.dcbarrg.org/for%20the%20public/programs%20and%20services/helpline.cfm)

Bar Association of the District of Columbia

202.296.7845 (Phone)
<http://www.badc.org/i4a/pages/index.cfm?pageid=3325>

4. Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI)

SSI (Supplemental Security Income) and SSDI (Social Security Disability Insurance) are federal programs for people who are considered “disabled” under the Social Security laws and thereby unable to maintain “substantial gainful employment.” SSI is available to individuals who are considered “disabled” under the Social Security laws, according to the Social Security medical standards, and who do not have savings of more than \$2,000 for an individual and \$3,000 for a couple as of 2010.³ The maximum amount of the monthly SSI benefit is the same for all recipients in a geographic area.

Note: An individual’s maximum benefit depends on their monthly household income, family status and age.

SSDI is an insurance benefit program. To get SSDI, you must:

³ “Understanding Social Security Income” 2009 Edition, <http://www.ssa.gov/ssi/text-resources-ussi.htm>.

- 1) have worked 20 calendar quarters (or 5 years) within the ten-year period prior to the onset of your disability,⁴
- 2) have paid Social Security taxes (deducted from your paycheck). If you qualify for both SSI and SSDI, you may apply for both programs through the Social Security Administration website or in person at the Social Security office.

For more information, contact:

Social Security Administration

M Street Service Center
2100 M Street NW
Washington, DC 20037
202-653-7507 (Phone)
202-653-7041 (Fax)

Shepherd Park Service Center

7820 Eastern Avenue NW
Washington, DC 20012
202-673-5170 (Phone)
202-673-5179 (Fax)

Postal Plaza Service Center

1905-B 9th Street NE
Washington, DC 20018
202-376-1004 (Phone)
202-376-7245 (Fax)

Anacostia Service Center

2041 Martin Luther King Jr. Avenue SE
Suite 130
Washington, DC 20020
202-755-0672 (Phone)
202-755-0600 (Fax)

www.ssa.gov

For help applying for SSI or SSDI, contact:

⁴ Each calendar year has four quarters:

- January - March - quarter 1
- April - June - quarter 2
- July - September - quarter 3
- October - December - quarter 4

One year has 4 quarters; five years have 20 quarters. The hours you worked over the course of 20 quarters (5 years' worth of work) must occur within the ten years prior to the date you became disabled.

Bread for the City—Northwest Office

1525 Seventh Street NW
Washington, DC 20001
202.265.2400 (Phone)

Bread for the City—Southeast Office

1640 Good Hope Road SE
Washington, DC 20020
202.56.8587 (Phone)

If you are receiving SSI or SSDI and want to return to work, there are programs that will allow you return to work without losing your benefits for specific time periods. For more information, contact:

University Legal Services – PABSS PROGRAM

220 I Street NE
Suite 130
Washington, DC 20002
202.547.0198 (Phone)
202.547.2657 (TTY)
1.877.221.4638 (Toll Free)
www.uls-dc.org

5. Interim Disability Assistance (IDA)

In the District of Columbia, once you apply for SSI and/or SSDI, but before you start receiving these benefits, you may be eligible for Interim Disability Assistance (IDA). Eligibility is based on the amount of your income and your savings, if any.

For an application or more information, contact:

**DC Department of Human Services
Income Maintenance Administration**

<http://dhs.dc.gov/dhs/cwp/view,a,3,q,568277,dhnav,%7c30980%7c.asp>

Anacostia Service Center
2100 Martin Luther King Avenue SE
Washington, DC 20020
Phone: (202) 645-4614
Fax: (202) 727-3527

Congress Heights Service Center
4001 South Capitol Street SW
Washington, DC 20032

Phone: (202) 645-4546
Fax: (202) 645-452

H Street Service Center
645 H Street NE
Washington, DC 20002
Phone: (202) 698-4350
Fax: (202) 724-8964

Fort Davis Service Center
3851 Alabama Avenue SE
Washington, DC 20020
Phone: (202) 645-4500
Fax: (202) 645-6205

Eckington Service Center
51 N Street NE
Second Floor
Washington, DC 20002
Phone: (202) 724-8720
Fax: (202) 724-8602

Taylor Street Service Center
1207 Taylor Street NW
Washington, DC 20011
Phone: (202) 576-8000
Fax: (202) 576-8740

Northeast Street Service
3917 Minnesota Avenue NE
Washington, DC 20019
Phone: (202) 724-7900
Fax: (202) 724-8549

EDUCATION

If your child has experienced a TBI, he or she might need special educational services. Children with disabilities that affect their ability to learn have a right to a “free and appropriate public education.” You can request that the school perform an evaluation of your child to determine if he or she needs special education services. The school’s special education coordinator must conduct this evaluation and decide if your child is eligible for special education.

If your child is eligible for special education, the school must develop, with your participation, an Individualized Education Plan (IEP). The IEP should identify the services your child will get and specific educational goals for your child. The school must provide special education services within 120 days of the day you requested an evaluation.

For more information and assistance about special education, contact:

University Legal Services

220 I Street NE
Suite 130
Washington, DC 20002
202.547.0198 (Phone)
202.547.2657 (TTY)
1.877.221.4638 (Toll Free)
www.uls-dc.org

**Advocates for Justice and Education
(Southeast Office)**

2041 Martin Luther King, Jr. Avenue SE
Suite 400
Washington, DC 20020
202.678.8060 (Phone)
1.888.327.8060 (Toll Free)
<http://www.aje-dc.org/index.html>

**Advocates for Justice and Education
(Northwest Office)**

4201 Georgia Avenue NW
202.265.9102 (Phone)
1.888.327.8060 (Toll Free)
<http://www.aje-dc.org/index.html>

Children’s Law Center

616 H Street NW
Suite 300
Washington, DC 20001

202.467.4900 (Phone)

<http://childrenslawcenter.org/>

MEDICAL BENEFITS

If you are no longer working, you may also need health insurance. You may have a number of options, depending on your circumstances.

1. Medicaid and Medicare

Medicaid and Medicare are health insurance programs for individuals who meet certain requirements.

a. Medicaid

DC's Medicaid Program is managed by the Department of Health Care Finance. If you are receiving SSI, you are automatically enrolled in DC Medicaid if you are a US citizen, or a permanent resident of the United States, and your income and assets are within specified limits.

Once you get approved for DC Medicaid, with doctors' orders, you may be eligible to receive the following services free of charge from Medicaid providers who accept DC Medicaid: inpatient hospital care, physician visits, medical equipment and supplies, prescription medications, home health care, physical and occupational therapy, as well as transportation to medical appointments. There are limitations on nearly all of these services. Medicaid also provides a wide range of services to children.

1. Home Health Services under DC Medicaid

Under the DC Medicaid State Plan you are entitled to the following services:

1. Personal care attendant services in your own home for up to 8 hours a day, 7 days per week, up to a maximum of 1,040 hours per year. This maximum can be increased by the Department of Health Care Finance (DHCF) with prior authorization if your doctor orders you to continue receiving personal care attendant services.
2. Daily skilled nursing visits up to 36 visits per year, with additional visits if your doctor orders them and DHCF authorizes them.
3. Medications that are on the Medicaid formulary with a co-pay. For individuals on DC Medicaid and those who are dual eligible, i.e., individuals who have DC Medicaid and Medicare, DHCF will pay for your medications except the co-pay.
4. Durable medical equipment (DME) and assistive technology (AT) devices if your doctor orders them. Most medical equipment and AT devices must be pre-authorized by DHCF, through Delmarva, the contract agency, before the equipment is ordered. Your doctor must use a Medicaid Form 719A to order certain DME and AT devices.

5. For individuals who are dual eligible, the DME/AT device request for authorization must be submitted first to Medicare. If Medicare denies payment for your DME or AT device, then DHCF should authorize payment if proper documentation is submitted. For additional information on the prior authorization processes go to <http://newsroom.dc.gov/show.aspx/agency/dhcf/section/43/release/17136/year/2009>.

For more information on DHCF and their DME and AT device authorization process, contact Joelle Talley at Delmarva at 1.800.638.6415 or Robin Revels-Fitzhugh at DHCF at 202.496.6564.

2. *Home Health Services through the Medicaid Waiver Program for People who are Elderly and those with Physical Disabilities (EPD)*

The EPD Waiver program offers up to 16 hours of daily personal care services to individuals who require a nursing home level of care, *i.e.*, assistance with at least two activities of daily living. In addition to the personal care services, waiver recipients, depending on their needs, are entitled to a personal emergency response system (PERS), case management services and home modifications. Waiver eligibility is for adults 18 years and older whose income is up to 300% of SSI (in 2010, 300% of SSI equals \$2,022 per month in Washington, DC). Individuals whose income exceeds 300% of SSI are eligible to spend down in order to participate in the EPD Waiver program.

Home health agencies, licensed by the DC government, enroll individuals in the EPD waiver program. Waivers are choice programs; thus you must select the home health agency provider(s) you want to serve you.

You must complete steps 1 through 9 (see below) in order to get waiver services. Steps 6 and 7 apply to those individuals who are not already enrolled in Medicaid.

1. Select and contact the case management provider (home health agency) of your choice from a Provider Directory (available at http://dcoa.dc.gov/dcoa/frames.asp?doc=/dcoa/lib/dcoa/adrc/epdwaiverproviderdirectory_jan2010.pdf).
2. The designated case manager will make an appointment to perform an assessment of your needs and preferences, and will complete the necessary waiver documents
3. The case manager will develop and review the Individualized Service Plan (ISP) with you and obtain input from you regarding the services and providers of their choice based on the identified needs. The case manager will also review the agreed upon plan with you.

4. The case manager submits the completed waiver application package to the DC Department of Health Care Finance (DHCF) for review and approval. If you are applying for Medicaid at 300% SSI, the Medicaid application and supporting documents must accompany the waiver application. The Income Maintenance Administration determines financial eligibility for the Medicaid program and the Waiver program.
5. DHCF staff review the waiver application and approve services, as necessary. If additional information is needed, designated DHCF staff will contact the case manager to obtain the information. Approval is provided once the requested information is received.
6. If you are applying for DC Medicaid at 300% SSI, the designated DHCF staff will submit the waiver documents to the Income Maintenance Administration (IMA) for review for DC Medicaid financial eligibility.
7. If you are approved for Medicaid, IMA will notify the designated DHCF staff of the approval and the effective date of the DC Medicaid eligibility.
8. The designated DHCF staff will then generate prior-authorizations for each selected provider of service. The prior-authorizations will be faxed and mailed to each service provider. You will then get a letter that delineates the providers, services, frequency and duration of services, and the certification dates.
9. The designated home health agency will contact you to initiate services.

Aging and Disability Resource Center

1134 11th Street, NW
Washington, DC 20001
202.724.5626 (Phone)
202.724.8925 (TTY)
311 (DC Citywide Call Center)
1.877.919.2372 (Toll Free)
www.adrc.dc.gov

DC Office of Chronic and Long-Term Care

825 North Capitol Street NE
Washington, DC 20002
202.442.5955 (Phone)
www.doh.dc.gov

Income Maintenance Administration

645 H Street NE

Washington, DC 20002

202.698.4350 (Phone)

202.671.4495 (TTY)

<http://dhs.dc.gov/dhs/cwp/view,a,3,q,568277,dhnav,%7c30980%7c.asp>

Anacostia Service Center

2100 Martin Luther King Avenue SE

Washington, DC 20020

202.645.4614 (Phone)

Congress Heights Service Center

4001 South Capitol Street SW

Washington, DC 20032

202.645.4546 (Phone)

Fort Davis Service Center

3851 Alabama Avenue SE

Washington, DC 20020

202.645.4500 (Phone)

Eckington Service Center

51 N Street NE

Second Floor

Washington, DC 20002

202. 724.8720 (Phone)

Taylor Street Service Center

1207 Taylor Street NW

Washington, DC 20011

202.576.0800 (Phone)

Northeast Street Service

3917 Minnesota Avenue NE

Washington, DC 20019

202.724.7900 (Phone)

3. Waiver for Individuals with Intellectual Disabilities

This Medicaid Waiver serves adults with intellectual disabilities that are diagnosed before the age of 18. Waiver services provide a level of support that enables consumers to remain in the community. The waiver offers a wide variety of services such as:

1. Residential and Family Support Services such as supported living, home health aide services, respite care, residential habilitation, in-home supports, live-in caregiver and host homes.
2. Vocational and day services such as supported employment, occupational and physical therapies, nutrition therapy, community support team, skilled nursing, behavior supports, family training and alternative therapies.
3. Assistive supports and services such as a Personal Emergency Responsive System (PERS), home and vehicle and computer-assisted devices and equipment.

To apply for this waiver, contact:

Department on Disability Services (DDS) (Formally MRDDA)

1125 15th Street NW

Washington, DC 20005

202.730.1700 (Phone)

1.866.923.5644 (Toll Free)

www.dds.dc.gov

4. Early and Periodic Screening, Diagnosis and Treatment

Children under the age of 21 who are Medicaid beneficiaries are entitled to receive any home-based supports that are prescribed by their doctors under the Early & Periodic Screening, Diagnosis and Treatment Program (EPSDT), a Medicaid program.

EPSDT provides comprehensive and preventive child health services such as:

- Screening services:
 - Comprehensive health and developmental history (physical, mental, and developmental)
 - Comprehensive physical exam
 - Appropriate immunizations
 - Laboratory tests, including mandatory lead screening
 - Health education and anticipatory guidance
 - Vision screening
 - Hearing screening
 - Dental screening
 - Other necessary health care screening.
- Diagnostic services, if needed for further evaluation
- Treatment (or referrals) to correct or improve health conditions

b. Medicare

If you are under 65 years of age, once you receive SSDI for **two years**, you are eligible for Medicare. Medicare is also available to people aged 65 and older.

Medicare Part A covers hospitals.

Part B covers medical expenses.

Part D covers prescription medications.

Based on doctors' orders, Medicare may cover a portion of inpatient hospital stays, limited home health care when it is linked to skilled services, doctor visits, medical equipment and supplies, and a portion of prescription medication costs. There are limits on Medicare's coverage of all of these services.

Medicare beneficiaries can get more information at www.medicare.gov or by calling 1-800-MEDICARE.

2. DC HealthCare Alliance

The DC HealthCare Alliance provides free health care to DC residents whose family income is less than 200% of the federal poverty level. To receive these services, contact:

DC HealthCare Alliance
645 H Street NE
Washington, DC 20002
202.724.5506 (Phone)
202.671.4495 (TTY)
www.dhs.dc.gov

3. Bread for the City, So Others Might Eat

Bread for the City and So Others Might Eat (SOME) are two District of Columbia non-profit organizations with medical clinics. Both provide free medical services to individuals without health insurance. Both also provide a variety of other services. You will need to call their intake departments to learn if you are eligible.

Bread for the City—Northwest Office
1525 Seventh Street, NW
Washington, DC 20001
202.265.2400 (Phone)
www.breadforthecity.org

Bread for the City—Southeast Office

1640 Good Hope Road, SE
Washington, DC 20020
202.561.8587 (Phone)
www.breadforthecity.org

So Others Might Eat
71 O Street, NW
Washington, DC 20001
202.797.8806 (Phone)
www.some.org

ASSISTIVE TECHNOLOGY

Assistive Technology (AT) includes a wide range of equipment and devices that are designed to assist people with disabilities in carrying out their activities of daily living. AT includes wheelchairs or walkers and devices that help people communicate, special optical eyeglass lenses to minimize sensitivity to light, tableware and eating utensils (plates, forks, knives), "grabbers" and voice-activated computer technology, among others.

AT equipment may be covered, depending on the type of health insurance coverage you have. You should discuss with your doctor what forms of AT could be useful for you. The National Rehabilitation Hospital (NRH) performs comprehensive assessments for AT equipment.

National Rehabilitation Hospital (NRH)

102 Irving Street, NW
Washington, DC 20010
202.877.1000
202.877.1450 (TTY)
www.nrhrehab.org

AT should be included in children's Individualized Education Plans and provided by their schools if it is needed to help children in school. Based on their doctors' orders, children under the age of 21 who receive Medicaid benefits are eligible for AT free of charge.

The Assistive Technology Program for the District of Columbia is located at University Legal Services. The Assistive Technology Program provides services including a demonstration center (DC Assistive Technology Resource Center), an equipment recycling and lending center (DC Shares Program), and informational resources.

Assistive Technology Program

University Legal Services

220 I Street NE
Suite 130
Washington, DC 20002
202.547.0198 (Phone)
202.547.2657 (TTY)
1.877.221.4638 (Toll Free)
www.uls-dc.org

DC Assistive Technology Resource Center (DCATRC)

1125 15th Street NW
9th Floor
Washington DC 20005
202.589.0288 (Phone)
<http://www.atpdc.org/index.html>

DC Shares

1301 Belmont Street NW

Suite 1D

Washington DC 20009

202.332.2595 (Phone)

202.332.2596 (TTY)

<http://www.atpdc.org/index.html>

SPECIAL INFORMATION FOR THE MILITARY COMMUNITY

Military families may be able to access a variety of resources not available to the civilian community. Information about these services may be obtained from:

- **Veterans Benefits Administration**
1.800.827.1000 or 1.800.829.4833 (TTY)

- **National Guard Family Assistance Center**
(202) 685-9976

- **Air National Guard Wing Family Program Office**
(240) 857-9746

- **Family Assistance Center at Walter Reed**
(202) 782-2071

- **Military Family Program**
1.800.342.9747 or 1.800.346.9188 (TTY)

The Veterans Benefits Administration provides many of the services described in the above sections, including health insurance, medical treatment, vocational rehabilitation, housing and disability compensation to eligible veterans and service members.

1. Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA) and TRICARE

CHAMPVA is a comprehensive health care program in which the Veterans Administration shares the cost of covered health care services and supplies with eligible beneficiaries. To be eligible for CHAMPVA, you cannot be eligible for TRICARE/CHAMPUS and you must be in one of these categories:

1. the spouse or child of a veteran who has been rated permanently and totally disabled for a service-connected disability by a VA regional office, or
2. the surviving spouse or child of a veteran who died from a VA-rated service connected disability, or
3. the surviving spouse or child of a veteran who was at the time death rated permanently and totally disabled from a service connected disability, or
4. the surviving spouse or child of a military member who died in the line of duty, not due to misconduct (in most of these cases, these family members are eligible for TRICARE, not CHAMPVA).

TRICARE is a regionally managed health care program for active duty and retired members of the uniformed services, their families, and survivors. To be eligible for TRICARE you must be in one of these categories:

1. Active duty members and their families;
2. Retirees and their families; and
3. Survivors of all uniformed services who are not eligible for Medicare.

For more information, call:

U.S. Department of Veterans Affairs

810 Vermont Avenue, NW

Washington, DC 20420

1.800.827.1000

www.va.gov

2. VA Hospitals and Medical Treatment Facilities

- **VA Medical Center**
50 Irving Street NW
Washington, DC 20422
202.745.8000 (Phone)
- **Community Based Outpatient Clinic Southeast Washington DC**
820 Chesapeake Street SE
Washington, DC 20032
202.745.8685 (Phone)
- **Washington DC Vet Center**
1250 Taylor Street NW
Washington, DC 20011
202.726.5212 (Phone)
- **Walter Reed Army Medical Center**
6900 Georgia Avenue NW
Washington DC 20307
202.782.3501 (Phone)
- **National Naval Medical Center**
8901 Rockville Pike
Bethesda, MD 20889
301.295.4611(Phone)
1.800.526.7101 (Toll Free)
www.bethesda.med.navy.mil

3. Rehabilitative Programs

The Veterans Administration Medical Center Polytrauma System of Care is designed to provide long-term rehabilitative care such as therapy and referral services to veterans and service members who experienced severe injuries including brain injuries. For more information, call:

Veterans Administration Medical Center

Polytrauma Admissions and Referral Officer

50 Irving Street, NW

Washington, DC 20422

202.745.8000, Ext. 7212 (Phone)

http://www.polytrauma.va.gov/facilities/Washington_DC.asp

The Defense and Veterans Brain Injury Center provides TBI evaluations, treatment and care for active duty service members, their dependents and veterans who are diagnosed with mild to severe TBI. For more information, call:

Defense and Veterans Brain Injury Center (DVBIC)

Walter Reed Army Medical Center

Building 2

6900 Georgia Avenue NW

Washington, DC 20307

202.782.6345 (Phone)

1.800.870.9244 (Toll Free)

<http://www.dvbic.org>

4. Housing

The Department of Housing and Urban Development–VASH (Veterans' Affairs Supportive Housing) Program combines HUD Housing Choice Voucher rental assistance for homeless veterans with case management and clinical services provided by the Veterans Affairs at its medical centers and in the community. For more information, contact:

DC Housing Authority

1133 North Capital Street NE

Washington, DC 20002

202.535.1000

www.dchousing.org

5. Disability Compensation

Disability compensation is a benefit paid to a veteran because of injuries or diseases that happened while on active duty, or made worse by active military service. You may be eligible for disability compensation if you have a service-related disability and you were discharged under other than dishonorable conditions. For more information, call:

U.S. Department of Veterans Affairs

810 Vermont Avenue, NW

Washington, DC 20420

1.800.827.1000

www.va.gov

SUPPORT GROUPS

There is a critical need for individuals with TBI and friends and family members to organize support groups and work together to increase services for people with TBI. For help, contact:

Brain Injury Association of America

1608 Spring Hill Road
Suite 110
Vienna, VA 22182
703.761.0750 (Phone)
1.800.444.6443 (Toll Free)
www.biausa.org

Brain Injury Association of DC

1232 Seventeenth Street, NW
Washington, DC 20036
202.659.0122 (Phone)
www.biadc.org

BIADC holds a TBI Support Group at the National Rehabilitation Hospital on the third Wednesday of the month from 5:30-7:30pm. For more information, call:

National Rehabilitation Hospital

102 Irving Street NW
Washington, DC 20010
Contact: Ellen Ramsay (BIADC)
301.641.4793 (Phone)
Jennifer Hendricks (NRH)
202.877.1012 (Phone)

The following are a listing of support groups throughout the DC Metro Area:

Montgomery County, Maryland

Suburban Hospital

Conference Room 1-2-3
8600 Old Georgetown Road
Bethesda, MD 20814

- Call **(301) 896-3030** for more information.
- 1st and 3rd Thursday of each month, 7:00pm

Brain Injury Support Group of Rockville
Kessler-Adventist Rehabilitation Hospital
9909 Medical Center Drive

Rockville, MD 20850

- Call **(301) 294-9205** for more information.
- 2nd and 4th Thursday of each month, 6:30pm

Prince George's County, Maryland
Prince George's Hospital Center
3001 Hospital Drive
Cheverly, MD 20785

- Call **(301) 618-2790** for more information.
- 2nd and 4th Wednesday of each month, 7:00 pm

Northern Virginia Brain Injury Association
Falls Church High School
7521 Jaguar Trail
Falls Church, VA 22042

- Call **(703) 569-1855** for more information.
- 1st and 3rd Thursday of each month, 7:30pm

INOVA Fairfax Hospital
3300 Gallows Road
Falls Church, Virginia 22042

- Call **(703) 776-2295** for more information.
- **For survivors, family members, hospital staff**
4th Friday of each month, 12:00pm
Lunch is provided
- **For family members only**
2nd Wednesday of each month, 6:30pm
Dinner is provided
- **For parents of children with TBI**
1st Saturday of each month, 2:30pm
Snacks and childcare are provided

