

Resources for Adults with an Intellectual Disability

8/2019

1. Funding

- ID Waiver: <https://dhs.iowa.gov/sites/default/files/Comm5111.pdf?082720191757>
- Consumer Choice Option: <https://dhs.iowa.gov/ime/members/medicaid-a-to-z/consumer-choices-option>
- Health Insurance Premium Payment (HIP): <http://dhs.iowa.gov/ime/members/medicaid-a-to-z/hipp>

2. Sex Education:

- CDD Disability Resource Library: <http://www.uichildrens.org/cdd/drl/>
 - Mary Hubbard: 356-1345
- The Puberty Video for Boys with Asperger Syndrome and ASD-Level 1: <https://www.coultervideo.com/puberty-video-for-boys-with-aspengers>
 - DVD covers body changes and social challenges. It is narrated by a young man with ASD and a young neurotypical female.
 - Cost \$25
- FLASH lesson plans for comprehensive sexuality education: <https://www.kingcounty.gov/depts/health/locations/family-planning/education/FLASH.aspx>
- Healthy bodies toolkits for parents (addressing puberty and disability): <https://vkc.mc.vanderbilt.edu/healthybodies/>
- Circles Curriculum: <http://www.stanfield.com/products/family-life-relationships/>
- Friendship and Dating Curriculum: <https://www.uaa.alaska.edu/academics/college-of-health/departments/center-for-human-development/friendships-and-dating/index.cshtm>

3. Education:

- Available until after 4 years of high school AND < 22.
 - Kirkwood Vital Program: <http://www.kirkwood.edu/vital>
- Post-secondary school
 - UIREACH: <http://www.education.uiowa.edu/services/reach/home>

4. Agencies that provider range of services

- Systems Unlimited: <http://www.sui.org/>
- MYEP: <http://www.myep.us/>
- REM: <https://www.remiowa.com/>
- The Village: <http://www.thevillagecommunity.org>

5. Fun/Play

- Combined Efforts: <https://combinedefforts.org/>
- Music therapy:
 - Iowa Chapter of Music Therapy: <http://www.musictherapyiowa.org/>
 - Music Speaks: <http://musicspeakstherapy.com/about-2/about/>
Serving Iowa, Western Illinois, SE Nebraska as well as other states.
- Iowa City Special Olympics: <https://www.soiowa.org/>

6. Family Support

- Autism Spectrum Support Group – NW IA
 - When: 3rd Monday of each month, 7:00-8:30p.m.
 - Where: Hope Reformed Church, 919 Grand Ave., Spencer, IA. (the corner of W 9th St & Grand Ave – across from Hy-Vee store.
 - Contact: Carma Betz, e-mail: cjb6154@gmail.com, home [712-262-7282](tel:712-262-7282), cell [712-260-6154](tel:712-260-6154) Amy Allen, [712-240-0454](tel:712-240-0454)
 - Other Info: New members always welcome, casual/drop-in group. Daycare available with PRIOR arrangements, contact Carma. Very casual! We also have a Facebook page with details “[Autism Support Group – Spencer, IA](#)” anyone is welcome to post
- Children At Home grant (statewide; under age 22; family net income under \$60K):
 - <https://idph.iowa.gov/Portals/1/userfiles/80/CaH/Children%20at%20Home%20Application%20%282%29.pdf>
- NW Iowa Care Connections (regional services/funding): <http://nwiacareconnections.org/>