DEPARTMENT OF FAMILY AND PROTECTIVE SERVICES
www.dfps.state.tx.us/Child_Protection/Youth_and_Young_Adults/default.asp
1-512-438-4800

Preparation for Adult Living (PAL) Program
www.dfps.state.tx.us/Child_Protection/Youth_and_Young_Adults/Preparation_For_Adult_Living/default.asp
PAL provides services to help improve foster care youths' self-esteem and their ability to make responsible decisions. PAL helps youth face the challenges of adulthood and independence.

DEPARTMENT OF STATE HEALTH SERVICES
www.dshs.state.tx.us/Services.shtm
1-888-963-7111

Children with Special Health Care Needs (CSHCN) Services Program
www.dshs.state.tx.us/cshcn/transinfo.aspx
1-800-252-8023
The CSHCN Services Program health care benefits and community-based services, including transition case management, to children birth to 21 with special health care needs and people of any age with cystic fibrosis. For web resources on transition, visit the program website to access links helpful to young people, their families, and advocates for children with special health care needs.

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Federal Agencies

Medicare
www.medicare.gov
1-800-633-4227 (TTY 1-877-486-2048)
Medicare policy and benefit information

Social Security Administration (SSA)
www.ssa.gov
1-800-772-1213 (TTY 1-800-325-0778)
SSI helps aged, blind and disabled people.

Disability Agencies in Texas

The Arc of Texas
1-800-252-9729
www.thearcoftexas.org

Disability Rights Texas
1-800-252-9108
www.disabilityrightstx.org

Partners Resource Network
1-800-866-4726
www.partnerstx.org

Texas Association of Centers for Independent Living
1-512-374-0730
www.taciltexas.org/component/content/?view=featured

Texas Council for Developmental Disabilities
1-800-262-0334
www.txddc.state.tx.us

Texas Parent to Parent
1-866-896-6001

TEXAS Department of State Health Services

Texas Department of State Health Services

Children with Special Health Care Needs Services Program

TRANSITION RESOURCES FOR YOUTH IN TEXAS

Transition from childhood to adulthood for youth creates specific needs. If we prepare for those times and those specific needs, the transition may happen more smoothly.

Some of the resources listed here can help Texas youth:

- Change from a doctor who treats children to a doctor who treats adults
- Learn the skills to manage their own health care
- Change from going to school to going to work
- Change from living with family to living on their own.

State agencies in the Texas Health and Human Services System that help youth in transition include:

HEALTH AND HUMAN SERVICES COMMISSION
http://yourtexasbenefits.hhsc.texas.gov/
Call 2-1-1

Texas Information and Referral Network
www.211texas.org
Call 2-1-1
2-1-1 helps people find health, mental health, and substance abuse services.

Supplemental Nutrition Assistance Program (SNAP)
http://yourtexasbenefits.hhsc.texas.gov/programs/snap
SNAP helps people buy the food they need for good health. People also can buy garden seeds with SNAP benefits.

Medicaid Hotline
1-800-252-8263 (TDD 1-800-735-2989)
The Medicaid hotline provides information about Medicaid services, pharmacy issues, Medicaid rights, complaints, and fair hearings.

Medical Transportation Program (MTP)
http://www.hhsc.state.tx.us/medicaid/mtp/
1-855-687-4786 *in Houston/Beaumont area*
1-855-687-3255 *in Dallas/Fort Worth area*
1-877-633-8747 (TDD 1-800-735-2989) *in rest of Texas*
MTP sets up rides for people who have no other way to get to their health care visits.

DEPARTMENT OF AGING AND DISABILITY SERVICES
www.dads.state.tx.us/services
1-512-438-3011

Community Living Assistance and Support Services (CLASS) Program
www.dads.state.tx.us/services/faqs-fact/class.html
1-877-438-5658
CLASS provides home and community-based services to people with an intellectual disability or related conditions. A related condition is a disability, other than an intellectual disability, that originated before age 22 that affects the ability to function in daily life.

Medically Dependent Children's Program (MDCP)
www.dads.state.tx.us/services/faqs-fact/mdcp.html
1-877-438-5658
MDCP provides services to support families caring for children who are medically dependent and to help children move from nursing homes to the community.

Community-Based Alternatives (CBA) Program
www.dads.state.tx.us/services/faqs-fact/cba.html
1-512-438-3011 *(Ask for your local office number.)*
CBA provides home and community-based services to people who are 21 or older and who have disabilities.

Home and Community-Based Services (HCS) Program
www.dads.state.tx.us/services/faqs-fact/hcs.html
1-800-458-9858
HCS provides services and supports to people with intellectual disabilities who are living with their families, in their own homes or in other community settings.

Deaf-Blind Multiple Disabilities (DBMD) Program
www.dads.state.tx.us/services/faqs-fact/dbmd.html
1-877-438-5658
DBMD provides home and community-based services to people who are deaf and blind and have another disability.

DEPARTMENT OF ASSISTIVE AND REHABILITATIVE SERVICES
www.dars.state.tx.us/services/
1-800-628-5115

Vocational Rehabilitation (VR) Program
www.dars.state.tx.us/drs/vr.shtml
The VR Program helps people who have physical or mental disabilities prepare for, find or keep employment.