

Resources for Families of Children with Disabilities & Professionals

Adapted from the Texas Parent to Parent Website, September 2021



A project of the Texas Education Agency committed to providing accurate and consistent information on Special Education to parents and families of students with disabilities, created by parents, for parents. You start with the age of your child and go into a directory especially created for that age group, but you can always look ahead to be prepared for what's coming. <http://www.texasprojectfirst.org/>



Navigate Life Texas
For families raising children with disabilities

This website was created by parents for parents, and Texas Parent to Parent oversees all the resources and edits all the pages that are on this website. You'll find a lot of great information on diagnosis, insurance, Medicaid Waivers, family support, education and transition on this site. Try out the Search box to find whatever you need. There is a [search page \(Find Services, Groups and Events\)](#) for you to find services, groups and events. These resources are reviewed every 6 months and edited as needed. Most of the groups are parent groups of various kinds and the services are mostly nonprofits with no fees or who have a sliding fee scale. There are no therapy groups or doctors on this list. There are also a lot of great articles by parents and videos in both English & Spanish on this site. <https://www.navigatelifetexas.org/en>



**PARENT
COMPANION**
FIRST FIVE YEARS

This website is a guide for Texas parents and caregivers of children with diagnosed or suspected disabilities from birth through 5 years of age. Again, it was created by parents for parents of young children and Texas Parent to Parent was one of the partners on the project. Check out this diagram of ["Finding Help in Texas – a guide to the agencies, programs and services included in the Parent Companion Website."](#) <http://www.parentcompanion.org/>



The Special Education Information Center (SPEDTex) works collaboratively with stakeholders to provide resources and facilitate collaboration that supports the development and delivery of services to children with disabilities in our State. If you have questions on special education, you should be able to find the answers on this website. <https://www.spedtex.org/>



2-1-1 Texas, a program of the Texas Health and Human Services Commission, is committed to helping Texas citizens connect with the services they need. Whether by phone or internet, our goal is to present accurate, well-organized and easy-to-find information from state and local health and human services programs. 2-1-1 Texas is a free, anonymous social service hotline available 24 hours a day, 7 days a week, 365 days a year. No matter where you live in Texas, you can dial 2-1-1, or (877) 541-7905, and find information about resources in your local community. Whether you need help finding food or housing, child care, crisis counseling or substance abuse treatment, one number is all you need to know. <https://www.211texas.org/>

Helpful Resource Website:

<https://hhs.texas.gov/services/disability>

Eligible people with disabilities may qualify for federal and state programs that pay benefits, pay health care costs or provide food. If you are not already signed up for one of these programs, visit the sites below to find out if you might be eligible or to apply for benefits.



What is CLASS?

CLASS provides home- and community-based services to people with related conditions as a cost-effective alternative to placement in an intermediate care facility for individuals with an intellectual disability or a related condition. A related condition is a disability, other than an intellectual disability, that originated before age 22 and that affects a person's ability to function in daily life.

Interested in receiving CLASS services?

Those interested in receiving CLASS are placed on an interest list by calling 877- 438-5658 and asking for the CLASS Waiver Program. The person will be contacted when funding becomes available. An offer of the CLASS Program depends on individual need and one's date of placement on the interest list. Current contact information is required for each person on the CLASS interest list, and HHSC must be notified of any changes to address or telephone number.

For more information please contact CLASSPolicy@HHSC.state.tx.us

<https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/community-living-assistance-support-services-class>

Helpful Resource Website:

<https://integralcare.org>

Integral Care supports adults and children living with mental illness, substance use disorder and intellectual and developmental disabilities in Travis County. As the Local Mental Health and Intellectual and Developmental Disability Authority, Integral Care strengthens our community by supporting our most important asset, our people, to achieve well-being. Integral Care provides individuals with high quality mental health care, collaborates with community partners to strengthen programs and systems, and works to raise awareness of mental health issues in our community.



Integral Care works with children and adults living with intellectual and/or developmental disabilities to make sure they have the tools they need to thrive. We create opportunities for people to form healthy relationships, live in the community and lead meaningful lives. Services are available regardless of ability to pay and can be provided in many languages.

CALL US TO LEARN HOW WE CAN HELP YOU

To learn more about our programs and services for adults and children with intellectual and/or developmental disabilities, call us at 512-472-HELP (4357). Press 1 for English, then 3. We're here Monday through Friday, from 8am to 5pm. Integral Care can also connect you to trusted community resources.

<https://integralcare.org/en/intellectual-developmental-disabilities/>

Helpful Resource Website:

<https://www.disabilityrightstx.org/en/home/>

Because people with disabilities are at a greater risk for abuse, neglect, exploitation, and violation of legal and human rights, protection and advocacy organizations like Disability Rights Texas are needed. Our mission is to help people with disabilities understand and exercise their rights under the law, ensuring their full and equal participation in society.



Helpful Resource Website:

<https://www.arcaustin.org/>



The Arc of the Capital Area is one of the oldest continuously-operating non-profits in Austin. Since 1949 we have empowered adults with intellectual and developmental disabilities. We serve over 1,000 individuals each year across 17 counties. Intellectual and developmental disabilities or I/DD is an umbrella term that includes more than 100 different diagnoses, including Down syndrome, cerebral palsy and Autism.

Helpful Resource Website:

<http://arcilinc.org/>

ARCIL (A Resource for Independent Living) is a consumer-driven, community-based, not-for-profit corporation dedicated to the empowerment of persons with disabilities to achieve maximum independence and equal community access. Services are developed, directed and delivered primarily by persons with disabilities. ARCIL contributes to the development and improvement of attitudes, resources, methodologies, and opportunities for community integration.



Helpful Resource Website:

<https://www.texasautismsociety.org/>



The Autism Society, the nation's leading grassroots autism organization, exists to improve the lives of all affected by autism. We do this by increasing public awareness about the day-to-day issues faced by people on the spectrum, advocating for appropriate services for individuals across the lifespan, and providing the latest information regarding treatment, education, research and advocacy.

Helpful Resource Website:

<http://www.dsact.org/>

Our Mission is to provide education, support, and resources to individuals with Down syndrome, their families, professionals, and the community while building public awareness and acceptance of the abilities of individuals with Down syndrome.

