



Services for Residents of
Cortland County

Services for Persons with Developmental Disabilities in Cortland County



Medicaid Service Coordination	Day Habilitation	Community Habilitation	Residential Habilitation at Certified Residence	Individual Supports and Services	Family Support Services	Clinical Services	Accessibility Alternatives	Respite	Pre-Vocational Services	Supported Employment	Agencies to Serve You
*	*	*	*	*	*	*	*	*			Franziska Racher Centers 882 Rte. 13 Cortland, NY 13045 607.753.9275 www.rachercenters.org
*	*	*	*		*	*		*			Madison Cortland ARC-Cortland Office 16 Crawford St. Cortland, NY 13045 607.756.2015 www.madisoncortlandarc.org
*	*	*		*	*		*		*	*	JM Murray 823 NY5 Rte. 13 Cortland, NY 13045 607.756.9913 www.jmmurray.com
							*				Access to Independence 26 North Main St. Cortland, NY 13045 607.753.7363 www.atikortland.org
					*						Resources for Advocacy and Inclusion PO Box 756 Marathon, NY 13803 607.849.4444
*			*		*	*	*				CNY DSO 36 Owego St. Cortland, NY 13045 607.756.5637 www.opwdd.ny.gov/us/us_control_resources.jsp
					*						Person to Person Citizen Advocacy 607.758.3116 www.ppadvocacy.org

Who is Eligible for Services?

A person who has a developmental disability* and lives in New York State can request services funded by the Office for People with Developmental Disabilities (OPWDD) in a variety of ways.

*Developmental disability means a disability of a person which

- is attributable to mental retardation, cerebral palsy, epilepsy, neurological impairment, autism, or any other condition found to be closely related to mental retardation
- originates before the individual reaches age twenty-two
- has continued or can be expected to continue indefinitely, and
- constitutes a substantial handicap to such person's ability to function normally in society

Definition (22) NYS Mental Hygiene Law

To learn more about Provider Services/Resources visit the OPWDD website at <http://providerdirectory.opwdd.ny.gov/>

Cortland County DD Job-Committee
(607)758-6100



"These programs have made such a difference in my life. I've realized that there are people who are willing to support you through real hard times and teach you how to do things in a better way. My life is going to be much different now."

Medicaid Service Coordination

This service is usually the "starting point" at which consumers discover what services and supports exist within their community and then, based on their current desires and life goals, a plan is developed to access these supports and services in order to achieve the consumer's goals or valued outcomes.

Day Habilitation

Day Habilitation helps individuals achieve satisfying and rewarding connections and relationships within their communities. This service is individualized to the needs of the person and can be very flexible. The service can be provided almost anywhere in the community an individual wishes to learn new skills. Day Habilitation is key in assisting individuals with daily life activities. Examples of activities or goals that may be worked on at Day Habilitation are money management, socialization, public safety, and communication. "Supplemental" Day Habilitation occurs on some weekends and evenings and includes recreation and creative opportunities to those living at home, on their own, or in family care.

Respite

Respite provides relief to families or individuals who are responsible for the care and support of a person with a disability. Respite is intended to ensure that a person's basic needs are met when their caregiver is ill, has an emergency, or is taking a vacation. It provides a much-needed break for caregivers.

Community Habilitation

Community Habilitation Services are provided either at home or in the community. The service is known as Residential Services in certified residences. Both services provide varying amounts of staff support (24 hours to 1-2 hours) depending upon the needs of the individual.

This program provides support for individuals who are in need of assistance in becoming more independent with their daily living activities or "life skills." The focus of this program is to provide the assistance and the support needed which will promote independence and allow the individual to live in the least restrictive environment possible.

Accessibility Alternatives

Environmental modifications are adaptations to the home that are necessary to increase or maintain a person's ability to live at home more independently. These adaptations address needs related to physical, behavioral, or sensory disabilities, and help ensure that a person's health, safety, and welfare needs are met.

Adaptive devices may include: aids, controls, appliances, or supplies – either of a communication or adaptive type – which are necessary to enable the person to increase or maintain his or her ability to live at home and in the community with independence and safety. They assist the person in performance of self-care, work, play/leisure activities, and/or physical exercise.

Clinical Services

Various clinical services for specialty evaluations for people with developmental disabilities are available in Cortland County. These services include:

Psychology	Psychiatry
Nursing	Nutrition
Occupational Therapy	Physical Therapy
Social Work	Speech Therapy
Audiology	

Individual Supports and Services

The Individual Supports and Services (ISS) program is designed to help people live on their own rather than in a group home or with other family members. ISS provides funding which, in addition to individual's current income, helps to pay necessary bills. There are two types of ISS assistance – support with ongoing monthly subsidies and one-time start-up costs. Depending on need, a person could apply for either or both.

Pre-Vocational Services

Prevocational services address the individual's vocational interests. They assist individuals who are interested in joining "the world of work" but whose skills are such that they may not expect to obtain and retain competitive employment, excluding training on job tasks per se.

Family Support Services

Commonly requested Family Support Services include: Respite, Recreation, Family Reimbursement (goods and service), Guardianship Assistance and Information, Legal and Educational Advocacy, Counseling, and Training and Supports. The Family Support Services (FSS) Program helps families who are caring for a relative with a developmental disability at home by aiding the care givers and thereby, enhancing family stability and preserving family unity. An individual with a developmental disability and who is living with their family is eligible to participate in the FSS recreational programs. Family Reimbursement assists families caring for family members with developmental disabilities at home to prevent or delay out-of-home placement and to preserve and enhance a family's ability to provide in-home care to their family member(s) with a developmental disability.

Employment

Supported employment services assist individuals in finding and keeping employment that is meaningful to them. These services provide appropriate staff and/or material to individuals to obtain and maintain paid employment. These services take place in integrated community work settings which provide regular interaction with individuals who do not have disabilities.

"Getting the break we needed through the respite program was the best thing that ever happened for my son and my family."