

Intellectual & Developmental Disabilities

What is an intellectual or developmental disability?

- An intellectual or developmental disability, or IDD, means having challenges in your daily life such as interacting with others, learning, taking care of yourself, holding a job, and managing your finances. People may also have difficulty with language and mobility. Examples of IDD include autism, down syndrome, and cerebral palsy.
- IDD generally starts from the time of birth and lasts through someone's lifetime.

What services does Integral Care offer to individuals experiencing an intellectual and/or developmental disability?

- A diagnosis opens the door to vital services. We provide assessments to determine if someone qualifies for an IDD diagnosis. An official diagnosis is the key to accessing education support, SSI benefits, Medicaid waivers, and other critical services. That means we're your first stop for IDD services. We help individuals and families understand their options and get connected to the right support as early as possible.
- We help families and caregivers navigate a complicated system. The statewide waitlist for IDD assistance is long, and the government paperwork is complicated. Our team offers hands-on support with paperwork, benefits applications, Medicaid waiver waitlists, and more—so families don't have to figure it out alone.
- We create opportunities for people to form healthy relationships, live in the

community and lead meaningful lives. Our services help people live with their family, in their own homes or homes in the community instead of in an institutional setting.

- We provide a wide range of social services for people living with Intellectual and Developmental Disabilities (IDD), including:
 - Assessment and diagnosis
 - Therapy and behavioral support
 - Medical care
 - Family support
 - Employment assistance
 - Social and daily living skills development
 - Referrals for daycare programs, food, rental assistance, transportation
 - Service coordination (similar to case management)
 - Crisis prevention services
 - Social and daily living skills training
 - Access to specialized therapies like physical, occupational and speech therapies

Why is community-based care and living important?

- We know that individuals with IDD can live successfully in the community in the least restrictive environment of care. That might be with a family member, in an apartment, or a small group home setting.

- Community living improves health and well-being. It means living where you want, working and earning money, taking part in local activities, having meaningful relationships, and staying physically and emotionally healthy.
- Individuals with IDD who live in the community feel empowered to reach their full potential when they participate in activities just like those without disabilities. It helps them aspire to things that everyone else does. People with IDD can and do become successful. They go to college, they hold jobs, have families and can live independently or with minimal support.

What don't people understand about individuals living with IDD?

- Individuals living with IDD want the same things as anyone else. They just need additional supports to achieve them.
- A behavior from an individual living with IDD could be a product of their disability, a trauma they have experienced or an inability to communicate. It does not define the person and should not be interpreted as intentional.

What does it mean that Integral Care is the Local Intellectual and Developmental Disability Authority for Travis County?

- The Local IDD Authority (LIDDA) is the starting point for accessing publicly funded services for people with intellectual and developmental disabilities, whether those services are offered by public or private providers.
- It provides or contracts to provide an array of services and supports for persons with IDD.



If you think someone you know may have an intellectual or developmental disability, don't wait to seek help. Integral Care can help you access healthcare, get a diagnosis, and connect to essential community resources, starting today. Call our 24-hour helpline at 512-472-HELP (4357).