

The “What If” Chart for Adult Students Exiting 18+ Services and Their Parents

Urgency/Emergency Need	Local & Regional Information Sources	Agency Contacts
What if I have questions about “health issues”?	<ul style="list-style-type: none"> ▪ Mounting Horizons Center for Ind. Living; (281) 984-1955 V/TTY/Fax ▪ Texas Council for Developmental Disabilities: Lucy Walker; 800-262-0334 ▪ 211 Help in Texas; Dial 211 or website www.211texas.org ▪ 	<ul style="list-style-type: none"> ▪ Texas Health Options 1-855-839-2427 ▪ Health & Human Services 512-424-6500
What if I need “respite care” and can’t find it?	<ul style="list-style-type: none"> ▪ ARC of Fort Bend; 281-494-5928 	<ul style="list-style-type: none"> ▪
What if I am having problems with “applying for help from an agency” or “have been denied services for an agency”?	<ul style="list-style-type: none"> ▪ Texas Council for Developmental Disabilities 800-262-5928 ▪ ARC of Fort Bend: 281-494-5924 ▪ Mounting Horizons Center for Ind. Living; (281) 984-1955 V/TTY/Fax 	<ul style="list-style-type: none"> ▪
What if I am having trouble finding “transportation” for my young adult with a disability?	<ul style="list-style-type: none"> ▪ Houston Metro 713-635-4000 ▪ Houston Metro-Lift 713-225-0119 ▪ Yellow Cab 713-236-1111 ▪ Uber: www.uber.com ▪ Lyft: www.lyft.com 	<ul style="list-style-type: none"> ▪
What if I need someone to help me with “advocacy” for my young adult?	<ul style="list-style-type: none"> ▪ Texas Parent to Parent; 866-896-6001; www.txp2p.org ▪ Coalition of Texans with Disabilities; 512-478-3366; www.cotwd.org ▪ Disability Rights Texas: 800-252-9108 	<ul style="list-style-type: none"> ▪ Adult Protective Service

<p>What if I need “guardianship/power of attorney” for my young adult?</p>	<ul style="list-style-type: none"> ▪ Texas Project First (Alternatives to Guardianship); 800-866-4726; http://texasprojectfirst.org/Guardianship.html ▪ Alternatives to Guardianship; Disability Rights; 800-252-9108 	<ul style="list-style-type: none"> ▪
<p>Where do I call to ask “general information” questions?</p>	<ul style="list-style-type: none"> ▪ ARC of Fort Bend: Cheryl Sewell or Margo Pasko; 281-494-5928 or 281-494-5924 ▪ Texas Parent to Parent; 866-896-6001; www.txp2p.org ▪ 211 Help in Texas; Dial 211 or website www.211texas.org ▪ Mental Health: NAMI Gulf Coast; 888-554-2264; www.namigulfcoast.org 	<ul style="list-style-type: none"> ▪
<p>Where can I find “support groups” to help with my young adult’s disability or raising a young adult who had graduated from the public school system?</p>	<ul style="list-style-type: none"> ▪ Texas Center for Disability Studies; 512-232-0740; tcds.edb.utexas.edu ▪ ARC of Greater Houston; 713-957-1600; www.aogh.org ▪ 	<ul style="list-style-type: none"> ▪
<p>What if things fall apart because of my young adult’s disability? Who do I go to for help?</p>	<ul style="list-style-type: none"> ▪ If your young adult is 21 years of age or younger, contact the Special Education Department in the school district where you reside and “request to return” for special education services. ▪ If your young adult is over 21 and the problem was a job, contact DARS. If the problem was housing, contact the local Center for Independent Living, MH/IDD, or the ARC for information and guidance. 	<ul style="list-style-type: none"> ▪

Community Clubs and Organizations
For individuals with disabilities: Best Buddies and Adult Special Olympics
Recreation/Leisure: Area sports leagues, local walk/run events; local fishing tournaments
Postsecondary Education/Training (continued education, community interest courses, and credit courses): San Jacinto College; Houston Community College; Texas Workforce; Agriculture Extension Center; Think College https://thinkcollege.net/
Other clubs: Agriculture Extension Center; churches; YMCA; local community center