



The Newsletter That Serves its Readers

PASCO Picayune

#Everybodyin

VOLUME 22, ISSUE 4

DECEMBER, 2018



SPECIFIC CONFIGURATION

Jazzy Select 14-C K0823 \$5,096
Comes standard with Flat-free Tires

Selling Jazzy Chair-for \$1,500
Karen (303) 816-4005

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Reference in this Newsletter to any specific product, service, or company does not constitute a recommendation by Personal Assistance Services of Colorado (although we do our best to support community friendly organizations)

Home Modification Benefit

Home Modification is a Long-Term Services and Supports (LTSS) Health First Colorado (Colorado's Medicaid Program) benefit that allows for specific modifications, adaptations, or improvements in an eligible client's existing home setting. Eligibility is based on the member's medical condition, and the following requirements.

Home modifications must:

- Be necessary to ensure the health, welfare and safety of the member
- Enable the member to function with greater independence in the home
- Be required due to the client's illness, impairment or disability, as documented on the ULTC-100.2 form and the care plan
- Prevents institutionalization of the member.

Home Modification, adaptations, or improvements may include, but are not limited to:

- Installing or building ramps
- Modifying bathrooms
- Installing grab-bars and other durable medical equipment as part of a larger Home Modification Project
- Widening doorways
- Modifying kitchen facilities
- Installing specialized electric and plumbing systems that are necessary to accommodate medically necessary equipment and supplies.

There is a \$14,000 lifetime maximum for the Home Modification benefit for the Brain Injury waiver, the Community Mental Health Supports waiver, the Elderly, Blind and Disabled waiver and the Spinal Cord Injury waiver.

Home Modification benefit is available in the following Home and Community-Based Waivers:

[Brain Injury Waiver](#)
[Community Mental Health Supports Waiver](#)
[Elderly, Blind, and Disabled Waiver](#)
[Spinal Cord Injury Waiver](#)

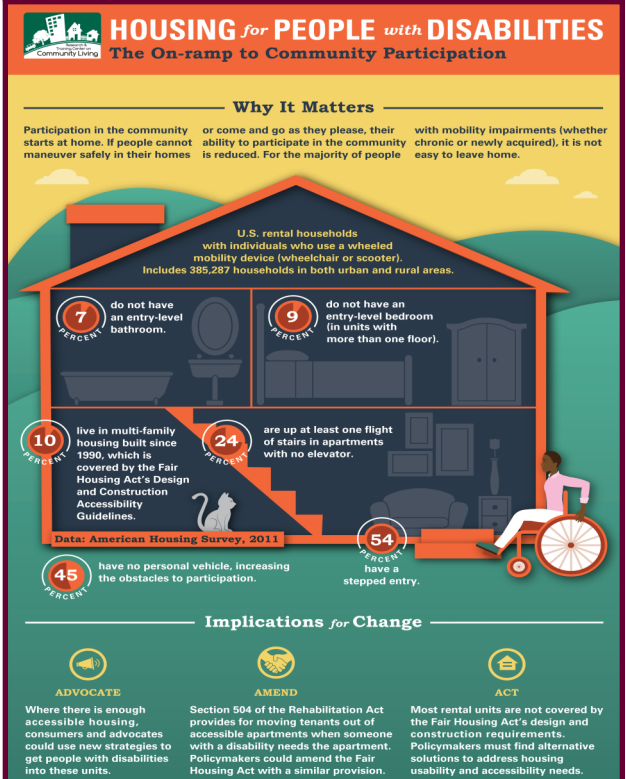
<https://www.colorado.gov/pacific/hcpf/home-modification-benefit>

For our friends of all abilities and needs.

FREE
Photos
WITH
Santa

WEDNESDAY, DECEMBER 19TH 2018
12PM-8PM

It is the busy holiday season and things can be hectic and extra expensive. If you are in struggling to get adequate food, please contact PASCO's Nutrition Program Director, Jan McCarty 720 434-6203, jan.mccarty@pascohh.com. Jan will assist you and your family to get the resources available to help you have a better holiday season



Creating the Financial Family Care Budget – A Step by Step Process for Parents

by Betty Lehman, Disability Advisor, Lehman Disability Planning

When your children first receive diagnoses and or when you decide you want to consider planning for your family's future, the First Family Planning Question is "Where are you now?"

Describing where you are now, as a family, includes what your family is experiencing emotionally, intellectually, physically, spiritually, and relationally with each other. Where you are now also includes understanding your family's finances.

Caring for a family member with chronic care needs can be emotionally and physically overwhelming. Planning includes managing the entire family's emotional and physical strengths. Part of emotional concerns is how to increase family resources and reduce family expenses to cover expected and unexpected out of pocket costs.

Creating a Care Budget can help a family revise, organize, and potentially simplify a family's budgeting and long-term planning.

What is a Care Budget?

A budget is your estimate of income and expenses for a set time with your chosen categories. Think of a budget as a way of knowing where you intend your money to go based on your spending goals. Spending goals can include paying monthly bills and saving goals such as retirement, college, getting out of debt, paying down a mortgage, and buying life insurance. You don't have to be good at math to create a budget – there's an app for that!

A Care Budget is an addition to your current household budget. The steps to create a Care Budget are below.

What is a Care Balance Sheet?

A household balance sheet recognizes the assets and possible resources you have currently to pay for things, like cash, savings or, for borrowing, home equity or the cash value of life insurance. A Care Balance Sheet helps you think about possible financial resources. Remember, you must also include the effects of tapping into those resources (taxes, cash flow, fees – a financial or tax advisor can support your understanding of these types of costs). You can also include possible funds from family care-related income such as Parent CNA income.

Don't Forget Natural Supports!

Your Care Balance sheet must include your valuable unpaid supports. For example, if your family doesn't need to pay a respite provider because grandparents are stepping up, their support has a financial value. Think of what it might cost to replace natural supports to determine their financial value.

The Steps to Creating a Care Budget

Step One: What are your non-care related incomes and expenses – your normal household budget.

- Income includes regular sources of income (not related to caregiving) such as salaries and other regularly planned sources of monthly income.
- Expenses should only include your normal monthly living expenses. Remember to include saving for those months when you have quarterly or annual expenses.

When complete, you will have a better idea if your household budget has a monthly shortfall or if you have funds leftover for savings.

Step 2: Add Care-related Expenses into the Care Budget.

- Include all care-related expenses you are paying out of pocket for now and expenses you may need to save to pay for (new equipment or assistive technology, for example). Your care expenses may also increase gradually as you learn you may need to modify your home or you may have increased out of pocket insurance co-payments. You may need to save for possible increased future expenses.

Step 3: Name Care-related Resources for Expenses – outside funding that pays for care expenses. The Care Budget should only account for costs paid out of pocket, like insurance premiums.

- To be sure your Care Budget only shows your out of pocket costs, separately write down funds for care costs from private health insurance, Medicaid Waivers, Medicaid, Family Support, and Medicaid Long Term Supports and Services benefits – and from Natural Supports. It can be important to know how much your benefits are worth, especially if you are informed about potential changes to coverages.

Step 4: Care-related Income

- Add care-related income to your Care Budget. Care-related income can include parent CNA wages, parent Attendant Care income and Family Caregiver pay. It can also include SSI and SSDI.

Step 5: Calculate Monthly Extra Funds or Shortfall of your Care Budget and Create a Care Balance Sheet.

- The Care Balance Sheet can include assets that do not give you income cur-

rently, such as your home equity and the cash value of permanent life insurance policies. If you decide to add those assets, remember to also subtract associated fees and taxes if they apply. And remember to include your Natural Supports. A Care Budget is a great reminder to express appreciation to those who help us save out of pocket costs.

Results!

It is helpful to know your costs of care and see those costs as separate from your household expenses. Your knowledge supports your choices. For example, you may choose a specific Medicaid Waiver because those Waiver benefits are the most meaningful for your family's cost of care needs.

For instance, if your family member is eligible for Medicaid Home Health benefits or Attendant Care, does it make more financial sense to pay a parent for care or for those benefits to pay agency personnel for care, so that parent can work outside the home?

Families face many, continuing financial decisions about care costs and possible funding for those care costs. In our confusing world of disability benefits, feeling certain about specific care financing needs through developing a Care Budget can simplify some decisions you need to make on your journey.

Betty Lehman, Disability Advisor, is the principal of Lehman Disability Planning. Betty, formerly a CPA, became a statewide leader to create more just, humane and responsive systems when her son, Eli, was diagnosed with more than 30 medical conditions. Betty has been an active and accountable resource for people with disabilities and their families in Colorado for 30 years. Betty authored *Special Directions*®, a parent perspective Letter of Intent. Please visit: www.lehmandp.com to learn more about Betty and her services.



My name is Erika Swanson and I am pleased to announce that I will be serving PASCO families in my new role as **Client Services Manager**. This is my 12th year working at PASCO; I've been a parent CNA, a Human Resources Specialist, an Intake Coordinator, and now the Client Services Manager. My role serves to respond to client questions and help facilitate resolutions. I'm available for questions regarding PASCO services as well as to provide referrals for outside resources. If you are an existing client and need to discuss how to navigate Medicaid benefits, I'm here to help. This could include transitions into adulthood, questions regarding Medicaid waivers, or even discussing long term care planning options. Please contact me by phone, text or email with your questions.



Erika Swanson-Client Services Manager

(303) 274-3657 erika@pascohh.com

My name is Robyn Kaplan and I am the new **Employee Services Coordinator** here at PASCO. This is a brand new position, created for our employees to have a single point-of-contact to handle a range of general issues – whether it's questions about your paycheck, sick and vacation requests, or even challenges ranging from timekeeping to medical benefits, I am here to support our hardworking employees. If I cannot answer your question, I will find out who can. I was born and raised here in Denver, CO, and after graduating from the University of Colorado at Boulder I traveled to Southeast Asia for 6 months before starting a marketing internship at the Adaptive Sports Center in Crested Butte. From there, I worked in non-profits organizing travel and leadership opportunities for teenagers before landing here at PASCO. Can't wait to meet you!



Robyn Kaplan -Employee Services Coordinator

(303) 233-3122 ext. 359

robyn@pascohh.com

DO YOU NEED HELP

caring for yourself or a loved one?



Our caregiver support program can help you to:

- Plan for short-term and long-term care needs
- Connect you to community resources that best meet your family's needs
- Support groups to help you increase your skills as a caregiver to reduce feeling stress and anxiety
- Navigate aging programs including insurance, Medicaid, Social Security, nursing homes, home care agencies
- Talk through issues and concerns so that you can make an informal decision
- Financial assistance to help you take a break

Contact us today to learn how we can help.

303.217.5839

ericka.richardson@lfsrm.org

303.217.5865

chaltu.jateny@lfsrm.org



www.lfsrm.org



OUR PURPOSE

The purpose of Easterseals Colorado Camp in the City is to provide excellent respite care for children and adults with disabilities, while engaging participants with a variety of recreational activities, including the use of our warm water therapy pool.



FOR MORE INFORMATION

Camp in the City
Jenna Daniels | 303.953.1377 x 345
campinthecityinfo@eastersealscolorado.org

Fax | 720.420.9041
Website | www.eastersealscolorado.org

OTHER EASTERSEALS COLORADO RESPITE OPPORTUNITIES

Rocky Mountain Village Camp
Tony Garcia | 303.569.2333
campinfo@eastersealscolorado.org

Discovery Club
Nancy Hanson | 303.233.1666 x 237
nhanson@eastersealscolorado.org

Overnight Respite
Tony Garcia | 303.569.2333 x 312
tgarcia@eastersealscolorado.org

YAY! Camp
Krasimir Koev | 303.233.1666 x 222
kkoev@eastersealscolorado.org



Easterseals Colorado CAMP IN THE CITY

An opportunity for respite care through recreation



Colorado Ski for Light is a volunteer organization that makes it possible for blind and mobility impaired individuals to cross country ski by matching them with sighted and able bodied guides. Instruction and transportation are available. Guides, volunteers, and new and experienced skiers are welcome.

The website cosfl.org is now open to register for the following winter 2018-19 events.

One day events:
Monday December 10th, 2018 Breckenridge Nordic Center
Sunday February 10th, 2019 Devils Thumb Nordic Center
Sunday March 10th, 2019 Devils Thumb Nordic Center

Cost for the one-day events is approximately \$35 for trail pass and ski rentals which each person will pay at the Nordic Center.

Weekend event:
Colorado Ski For Light Weekend Friday January 25th to Sunday January 27th. You will ski or learn to ski and stay at Snow Mountain Ranch, part of the YMCA of the Rockies located near Winter Park. Applications and payment to register are due by Dec 1.

Cost for the weekend is \$118.33 plus rental costs which you will pay at the Nordic Center.

For more information visit cosfl.org, or call Christine at (303) 888-7118



2019
PEAK Parent Center
Conference on
**INCLUSIVE
EDUCATION**

Plan now to attend the 33rd Annual Conference!

February 14-15, 2019 • Denver, Colorado

- Explore practical strategies and resources
- Connect to the latest evidence-based research
- Stay current on emerging issues

Keynote Presenters

- Paula Kluth
- Jonathan Mooney
- Rosemarie Allen
- Dale Dileo

The ultimate experience
for everyone
interested in Inclusive
Education!

Presented by



This conference
will sell out.
**REGISTER
TODAY!**

WE HAVE HOUSING

SUNSHINE HOME SHARE COLORADO

We currently have 14 Home Providers looking to share their homes.

Our current average rent price is \$600/month with minimal service exchange.

We are actively seeking Home Seekers looking for an affordable housing option.



FOR MORE INFORMATION OR TO MAKE REFERRALS:
303.915.8264

alison@sunshinehomeshare.org
sunshinehomeshare.org

Exceptional children identified as having a disability that affects learning require specialized and individualized educational plans to access the school environment. The Individualized Education Plan (IEP) process is complex. Parents of exceptional children are valuable members of a thoughtful team that develop the IEP or 504 plan. The road to an advantageous and worthwhile plan involves meaningful data collection, vigilant progress monitoring, and strategic goal writing. From the formal identification process, to finalizing your child's annual mandated document, Front Range provides advocacy support services to help navigate this crucial process.

By the end of your consult, you will be able to:

- More effectively advocate for your child's educational needs.
 - Access applicable public and private resources.
 - Facilitate continuity of objectives between school and home.
 - Clearly understand your rights as a parent with a child with disabilities.
- Navigate the IEP and 504 process.

Meryl M. Duguay, M.Ed. |
Advocacy Consultant

(303)287.3775

frontrangeeducationalconsulting.com



FRONT RANGE
EDUCATIONAL
CONSULTING

RIDES FOR SENIORS



Rides available at no cost for older adults 60+ in Aurora

PROVIDING TRIPS TO
Hairdresser • Bank • Mall
Lunch with friends • Visit a loved one • Plus many more

CALL SENIORS' RESOURCE CENTER TODAY AT 303.235.6972
Mon.-Fri. from 8 a.m. to 4 p.m. to ask for a ride
3227 Chase St.
Denver, CO 80212
303.238.8151 • SRCaging.org

HOW IT WORKS

- Call Seniors' Resource Center (SRC) in advance a day before, or up to seven days out
- Trips are available between 7 a.m.-6 p.m.
- Trips must be within 10 miles
- Trips provided by a variety of transportation providers such as Lyft, Metro Taxi, SRC volunteers and SRC's fleet



40th
ANNIVERSARY
Celebrating Independence Since 1978

Advantage Music Therapy !

What is music therapy?

Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program. Music therapy is a well-established allied health profession similar to occupational therapy and physical therapy. It consists of using music in addressing physical, psychological, cognitive, behavioral and/or social functioning. Music therapy enhances the quality of life. It involves relationships between a qualified therapist and the client; between one client and another; between client and family; and between the music and the participants. These relationships are structured and adapted through the elements of music to create a positive environment and set the occasion for successful growth. American Music Therapy Association www.musictherapy.org

Advantage Music Therapy provides group and individual music therapy

in the community. CES and SLS waivers are accepted for individual services. The monthly Teen and Young Adult Music/Social group in Thornton is in its fifth year. "I always come every month to group because I am inspired by music and sometimes we have pizza." - JP, a young adult who improvises beautifully on the piano at the monthly community group in Thornton. Teller Street Studio and Gallery provides a great space for the children's group in Wheat Ridge.

Advantage Music Therapy is a PASA-approved agency serving clients in Adams County and other areas upon request. Individual music therapy is covered by CES and SLS under Professional Services (MovementTherapy). Reach us by text or voice at (720) 432-0878. New group announcements will be posted on PASCO's Website. Our Web address is Advantagemusictherapy.com



TRUST-BASED RELATIONAL INTERVENTION®

Families caring for children with histories of complex developmental trauma often experience challenges addressing the resulting behaviors and understanding the complex needs of their children. Trust Based Relational Intervention® (TBRI®) is an evidence-based model aimed at healing and supporting attachment for children with histories of complex developmental trauma.

TBRI® CAREGIVER TRAINING: INTRODUCTION AND OVERVIEW - A TBRI® PRIMER

Parenting is challenging, particularly when you are parenting a child from a hard place. Children from hard places include children who were born prematurely, have been abused and neglected, have been adopted internationally, and have special needs. This training will focus on understanding the meaning of child behaviors, the brain chemistry of a child from a hard place, and how to help these children (and your family) heal and connect. Participants will learn tools they can put into action with their children immediately.

Full Day

3/5/19 | 8/2/19

Abbreviated (Evening)

1/6/19 | 5/1/19

9/18/19 | 11/13/19

TBRI® CAREGIVER TRAINING: CONNECTING PRINCIPLES addressing attachment needs

An in-depth look at connection and attachment and how to help these children (and your family) heal.

Dates

1/25/19 | 5/3/19 | 9/20/19 | 11/5/19

TBRI® CAREGIVER TRAINING: EMPOWERING PRINCIPLES addressing physical needs

Ways to empower your children physiologically, with sensory processing tools and information, as well as ecological strategies with self-regulation tools and ideas.

Dates

2/1/19 | 5/10/19 | 9/27/19 | 11/22/19

TBRI® CAREGIVER TRAINING: CORRECTING PRINCIPLES addressing fear-based behaviors

Proactive and responsive correction and discipline techniques that effectively address fear-based behaviors with children from hard places.

Dates

2/8/19 | 5/17/19 | 10/4/19 | 12/6/19

Register Online: <https://www.adoptex.org/the-adoption-journey/post-adoption-services/colorado/tbri-caregiver-training/>

The term winter squash is for squash harvested in the fall. These hardy vegetables will keep well through the cold winter months for which they're named. Regardless of the type, to get the best quality, select winter squash



that are blemish-free, with an intact stem and heavy feeling for their size.

Naturally low in fat and calories and inexpensive the winter squash family delivers significant nutritional benefits and rich flavors.

Preheat Oven to 350 Degrees. Cut squash in half, scoop out all seeds & strings (EXCEPT Spaghetti Squash) Fill pocket with pats of butter, maple syrup, honey or brown sugar, soy sauce and place in baking dish in 2 tablespoons of water. Bake for about 1 hour (more if big pieces) until fork tender and serve immediately. Delicious!



CCDC Receives Grant from Adams County

The Colorado Cross-Disability Coalition is excited to announce they have received a \$40,000 Community Enrichment Grant from the Adams County Foundation! The grant is from now until the end of December, 2018. We are working to expand our outreach to assist people and society to support those with severe disabilities who live in Adams County to pursue pursue community-based, independent living.

CCDC is offering individual assistance in your community ranging from navigating complicated service systems to advocacy when people are denied life-sustaining benefits. The assistance focuses on helping individuals with severe disabilities get the resources, training, and supports leading to increased self-sufficiency.

We are also scheduling free mini workshops at a community space near you. Our Much and Learn flyer is below and we'll also be happy to come out to your organization, school, library, etc. and tell you about CCDC's services. Choose a workshop on probate, service animals, independent living or Medicaid for your group and you can enter a raffle to win CCDC's extensive 9-week Basic Advocacy training program (both online or live at the University of Denver) to teach volunteers how to offer community resource and referral support services to people with disabilities.

We also train staff from partner nonprofit organizations such as the Asian Pacific Development Center, the ARC of Adams County and other community-based nonprofits, as well as government agencies on how to work with clients with disabilities, provide effective communication, and comply with ADA regulations.

Please give us a call at our Main Office 303-839-1775 or see our flyer below and we can discuss the valuable advocacy and education opportunities CCDC can offer you and your community!



Welcome to the All-Stars Club hosted by River Church! This is a monthly, faith-based, respite program for families and caretakers with children who have special needs. We welcome you to bring your children for a night of pure fun which will include adaptive sports activities, arts & crafts, karaoke, gluten-free snacks, and some of the best volunteers who are excited to facilitate a personal and joyful experience! And to top it off, we welcome all families and their children for a short devotion and time of worship and prayer from 8:35pm-9pm.

You are welcome to drop your children off and enjoy the evening away, or you are welcome to stay and participate or just observe. This night is all for you and your family!

***There is a one-time \$10 fee to purchase a t-shirt for your All-Star. All-Star shirts are required for our guests so please make sure they bring theirs along. This is only a one-time fee as long as he/she has a shirt. Replacing a shirt is also \$10.**

Check in will begin at 5:45pm and pickup will be scheduled for 9pm. If you would like to join us for a devotion and time of worship and prayer please be at the church in the room adjacent to the gym by 8:35pm.

When: January 4, 2019 6:00 Pm-9:00 PM
Location: River Church- 220 S Yarrow St. Lakewood, CO 80226
Minimum age: 8 years old
Maximum age: 99 years old

<http://www.allstarsclub.org/events/885064-all-stars-club-1.04.19-river-church>

WHEELCHAIR ACCESSIBLE TRAILS: ROCKY MOUNTAIN NATIONAL PARK

Coyote Valley — Region 1 - West Side, known for moose & big meadows

South of Bowen/Baker and north of Onahu Creek trailheads on Hwy 34, about 5.6 mi. north(east) of the Grand Lake Entrance Station.

1 miles

Elev. Gain 0 ft

Kawuneeche, the Arapaho word for coyote, was the name given to this gentle valley of the Upper Colorado River. The trail follows the bank of the Colorado River with views of the Never Summer Mountains. Look for moose (especially during the early morning and early evening hours), songbirds and wildflowers. Features educational exhibits along the trail. Accessible. Strollers permitted. Picnic tables. In the winter, an easy choice to test those skis or snowshoes.

Milner Pass Trailhead — Region 2 - Alpine, known for spectacular vistas

On Trail Ridge Road at the Continental Divide west of the Alpine Visitor Center and 16 mi. east of the Grand Lake Entrance Station.

0.5 miles

Elev. Gain 0 ft

The Lake Irene area allows visitors access to a close-in picnic and scenic recreation area as they traverse Trail Ridge Road. There's a trail to an overlook past Lake Irene, eight picnic sites (three are accessible for people with disabilities).

Rock Cut Trailhead — Region 2 - Alpine, known for spectacular vistas

At the Continental-Divide coming up Trail Ridge Road from Estes Park, before the Alpine Visitor Center.

0.5 miles

Elev. Gain 260 ft

Stop on your drive over Trail Ridge Road and stroll through the alpine zone tundra and see the wonderful, tiny wildflowers and spectacular

views. Rated Moderate because of the altitude!

Lake Estes Trailhead — Region 3 - in Estes Park

Join the Lake Estes trail and the Downtown Riverwalk trail from behind the Visitor Center on Big Thompson Avenue.

3.75 miles

Elev. Gain 0 ft

Lake Estes in the town of Estes Park is ringed by a lovely, wide, paved path that meanders through a bird sanctuary, beside a golf course, along the Big Thompson River and Fish Creek, through the lakeside picnic area and along the lakeshore. Wonderful for strolling, biking, dog walking, birding, and watching the elk that like the golf course grass, it's a town treasure!

Bear Lake Trailhead — Region 4 - Heart of the Park, known for easy access & great views

At the end of Bear Lake Road, 9.5 miles from the Beaver Meadows Visitor Center. During summer, Shuttle Bus is highly recommended. Although the parking lot at the trailhead is large, it fills up early in the day during summer. Elevation: 9,475 ft.

0.6 miles

Elev. Gain 20 ft

An easy walk around a high-mountain lake with peak views. Tucked into the spruce/fir forest at the base of Hallett Peak and Flattop Mountain, this 0.6-mile loop is one of Rocky's most famous trails. Unlike other trails listed as accessible by the Park, Bear Lake is not entirely flat and is a more challenging route. As a wedding site it accommodates 2-35 people.

Sprague Lake Trailhead — Region 4 - Heart of the Park, known for easy access & great views

On the south side of Bear Lake Road. Moraine Park Shuttle Bus

recommended, stops at Sprague Lake/Glacier Creek Livery.

1 miles

Elev. Gain 10 ft

A popular stop on a drive up Bear Lake Road with a picnic area and beautiful views of the Continental Divide. There is an easy and accessible half-mile-long trail around the lake with a fishing pier. An accessible backcountry camping site is located in the area. A good place for a short winter walk, or to try those cross-country skis on a frozen lake. Good views of the Continental Divide.

Lily Lake Trailhead — Region 5 - South side, known for waterfalls & backcountry

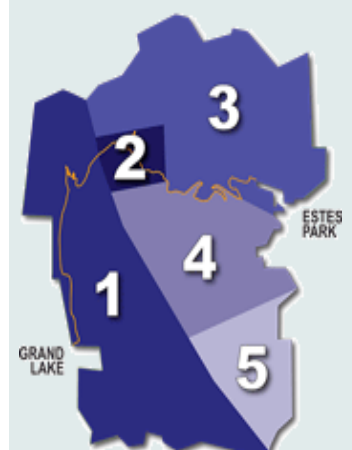
Six miles south of the town of Estes Park on Highway 7, past Mary's Lake.

1 miles

Elev. Gain 0 ft

Lily Lake offers splendid views of Longs Peak and Mount Meeker amid rocky outcrops. A level packed gravel trail encircles the lake featuring educational exhibits. Accessible trail and fishing pier. Strollers permitted. Enos Mills, the "father of Rocky Mountain National Park," enjoyed walking to Lily Lake from his nearby cabin. Look for wildflowers in the spring and early summer. In the winter the trail around the lake is often suitable for walking in boots, or as a short snowshoe or ski.

<https://rockymountainnationalpark.com/planning/wheelchair-accessible>





Emergency Respite Funds

Must be in services with Developmental Pathways.

Emergency respite is used to provide short-term supervision for individual(s), with a developmental disability or delay, to allow Primary Caregiver(s) a break to assess or address an emergency.

Qualifiers may include:

- Health emergency
- Family-related emergency
- Unplanned schedule change
- Mental health crisis

>Contact your Coordinator/Case Manager or call the Community Line: 303-858-2255



Developmental Pathways
Dedicated to Individuals with Disabilities

we understand life happens

Health First Colorado (Colorado's Medicaid Program) Dental Benefit

Health First Colorado Partners with DentaQuest

Health First Colorado has partnered with DentaQuest to help members find a dentist and help manage our members' dental benefits. All Health First Colorado members receive a welcome packet from DentaQuest with information about dental benefit coverage, how to use dental benefits and where to get information.

DentaQuest operates a customer service center to specifically answer Health First Colorado members' dental questions. DentaQuest's Member Services is available Monday through Friday between 7:30 a.m. and 5:00 p.m. Mountain Time at: 1-855-225-1729, TTY: 711, or at memberaccess.dentaquest.com.

How To Find a Dentist who Accepts Health First Colorado

Part of DentaQuest's role is to help Health First Colorado increase the number of dentists who accept Health First Colorado and to help Health First Colorado members find a dentist. Contact DentaQuest customer service at the number above or visit DentaQuest.com/Colorado to find a dentist near you. You can also search for dentists on our Find a Doctor page.

Links

- Health First Colorado Member Handbook (<https://www.healthfirstcolorado.com/>) - Link to the website to learn how to get signed up, what benefits are available, and how to access them.
- DentaQuest.com (<http://www.dentaquest.com/state-plans/regions/colorado/>): Information and access to Dentaquest information and member login.
- Find a Dentist (<https://www.colorado.gov/hcpf/find-doctor>): Online form to search for health care providers.
- If you need a ride to a dental appointment, Non-Emergent Medical Transportation may be able to help. <https://www.colorado.gov/pacific/hcpf/non-emergent-medical-transportation>
- Health First Colorado Customer Contact Center (<https://www.colorado.gov/hcpf/contact-hcpf>): contact information for getting help with Health First Colorado.

RESPITE NAVIGATION GUIDE:

Printed Copies Available

There are a limited number of printed "Navigating Respite Care in Colorado" copies still available. Claim yours before they run out, or forward to a friend or colleague who you think would find this guide useful.

[Click here](#) to access an electronic version of the guide, and complete [this survey](#) to request a hard copy. We will mail it to you **at no cost**.

A condensed version of this guide in Spanish will be available online soon.

Read About:

- Funding opportunities to access respite care for family caregivers of individuals across the lifespan, with various special health care needs
- Paths to financial compensation as a family caregiver
- Statewide caregiver resources and supports

<http://coloradospitecoalition.org/resource-database/education/view.php?Navigating-Respite-Care-in-Colorado-A-Guide-for-Family-Caregivers-and-Professionals-69>



We understand that finding help for your child who has an IEP, 504, or is struggling in school can be overwhelming. Navigating the school system means working through endless qualifying factors, difficult choices and everchanging rules. Our family-centered educational consultants are experienced guides who support families like yours. While by your side, we teach you to understand the educational system and opportunities so that your child's learning journey will be filled with joy, a sense of accomplishment, and a healthy self-concept. Call us today 720-560-8843 or visit us at InsightEdCo.com



PERSONAL ASSISTANCE SERVICES OF COLORADO

9197 West 6th Avenue
Suite 1000
Lakewood, Colorado 80215

Phone: (303)233-3122
Fax: (303)233-1478
info@pascohh.com

PASCO (Personal Assistance Services of Colorado) is certified under Medicare, Medicaid, and the Medicaid Home and Community Based Services (HCBS) program to provide personal assistance services to children and adults with severe disabilities. PASCO was incorporated in 1991 and began providing services to persons with disabilities on January 1, 1992. PASCO's mission is to provide personal assistance services, promoting independence and safety to clients and/or their families. PASCO continuously strives for client and employee satisfaction. The foundation of PASCO is CHOICE. To the maximum extent possible, PASCO works to accommodate the needs and wants of each client. PASCO provides services in the following counties: Adams, Arapahoe, Boulder, Broomfield, Clear Creek, Denver, Douglas, Elbert, El Paso, Gilpin, Jefferson, Larimer, Morgan, Park & Weld.



Denver Health's School-Based Health Centers

Denver Health's School-Based Health Centers (SBHCs) offer specialized pediatric focused care to treat most health conditions that affect school-aged children. Services are available throughout the school year to any Denver Public Schools (DPS) student or child that attends a DPS affiliated Early Childhood Education (ECE) center within Denver County. SBHCs offer convenient care that limits the amount of time students are out of class and parent/guardians have to be off work. In many cases, students are able to get same day or next day appointments.

Services

- Well Child Checks which meet the requirements of school, sports, childcare and camp physicals. This may include routine lab tests and immunizations.
- Prescriptions and medications
- Care for chronic conditions such as asthma and depression
- Care for acute injury and illness
- Individual, group and family mental health counseling
- Dental screenings, sealants, routine cleanings, fluoride varnish applications, and dental X-rays (at select locations)
- Parent and child health education
- Testing and treatment of sexually transmitted infections
- Reproductive health services including pregnancy testing and birth control evaluation, dispensing & management

Cost & Insurance

There is no charge to the patient or their family for services offered in the health center. Patients will not have to pay co-pays, deductibles, or fees to be seen. Insurance may be billed but without cost to the family.

Community Health Care Advisors are available to assist your student and family in re-determining eligibility or to apply for private, state or discount programs.

Parental Consent

A parent or guardian must sign a consent form each school year before their child may use any health center service. Once this is done, the child may use the health center at any time.

Supporting family communication is a principal goal of the health center. Clinic staff encourage patients to discuss their health care with their parents.

Locations

All locations see children in ECE (age 3 and above) through 12th grade. Children ages 2 and under enrolled in a Denver County ECE center can be seen at any site listed that is marked with an (**).

Locations

Abraham Lincoln Campus
2285 S. Federal Blvd.
720-423-5020

Bruce Randolph Campus
3955 Steele Street
720-424-1232

Evie Dennis Campus **
4800 Telluride Street
720-423-7610

Florence Crittenton Campus**
55 S. Zuni Street
720-423-8950

John F. Kennedy Campus
2855 S. Lamar Street
720-423-4355

Kepner Campus
911 S. Hazel Court
720-424-0126

Kunsmiller Creative Arts Academy Campus
2250 S. Quitman Way
720-424-0156

Lake Campus
1820 Lowell Blvd.
720-424-0281

Manual Campus **
1700 E. 28th Avenue
720-423-6435

Martin Luther King, Jr. Early College Campus
19535 E. 46th Avenue
720-424-0476

Montbello Campus
5000 Crown Blvd.
720-423-5808

North Campus
2960 N. Speer Blvd.
720-423-2718

Place Bridge Academy Campus**
7125 Cherry Creek Dr.
North 720-424-2050

Rachel B. Noel Campus
5290 Kittredge Street
720-424-0909

South Campus
1700 E. Louisiana Avenue
720-423-6260

Thomas Jefferson Campus
3950 S. Holly Street
720-423-7190

West Campus
951 Eliot Street
720-423-5456



Have Kaiser Insurance with PASCO? Have you registered on KP.org?

Registering is easy and once you are signed up you can securely access many time-saving tools and resources to help you manage your health and keep you feeling your best.

- **CHAT ONLINE:** Connect in real time with a Kaiser Permanente Physician. Log onto KP.org and click "chat".
- **MEDICAL RECORD:** View and print medical record details, download your health summary, get immunization records, and much more.
- **PRESCRIPTION REFILLS:** Refill your prescriptions, any day, any time through Kp.Org. Use the mail order system and safe yourself a trip to the pharmacy.

How to register:

Go to www.KP.org/newmember from a computer (not a mobile device), and follow the sign-on instructions. You will need your health record number, which you can find on your member ID card.

Once you are registered on KP.org you can download the Kaiser Permanente app to your smartphone.

Save the Date!

COLORADO AUTISM CONFERENCE:

Partnering for Potential

JUNE 4-6, 2019
COLORADO STATE UNIVERSITY
FORT COLLINS, CO

CDE and CSU invite families, self-advocates, teachers, researchers, clinicians, and others to attend or participate in the first statewide autism conference.

Topics will be evidence-based and include: family supports, behavior, diagnosis & assessment, social/communication, transition & employment, and instructional programming.