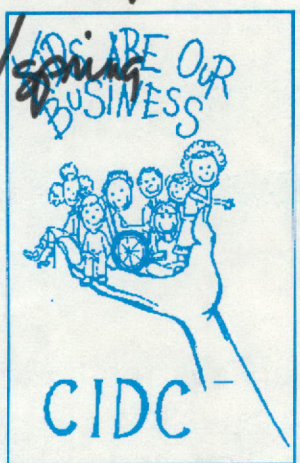


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# SPECIAL ISSUE

FEELING BETTER: YOU ARE NOT ALONE

# CIDC

PARENT NEWSLETTER Spring 1993

## A Message from the Bureau Chief

Government Publications  
Texas State Documents

JUN 15 1993

Depository  
Dallas Public Library

Dear Parents,

Please be sure to read this issue with care. There are some very important news items on the next three pages. They explain some changes in services that may affect you and your family. Some of the changes have to do with Medicaid and a new program called EPSDT-CCP (the Early and Periodic Screening, Diagnosis, and Treatment--Comprehensive Care Program). Also, the next three pages will tell you about a change in how to get medical supplies and nutritional supplements (special foods) that you may need for your child.

We hope you enjoy the other news in this issue, too. Feel free to call us at CIDC if you have questions about the new CCP program, or about supplies and special foods. We'll do our best to help you get the best possible services for your child.

Sincerely,

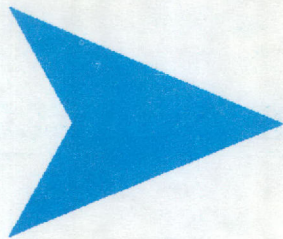
John E. Evans, Chief  
Bureau of Chronically Ill  
and Disabled Children's Services

Inside This Issue:

**IMPORTANT NEWS**

A Change in Services  
(see next page)

# !!! IMPORTANT NEWS !!!



## A Change in Services: Medicaid and CCP

As of June 1, 1993, CIDC will not allow or pay for medical services for Medicaid-eligible clients in most cases. But, in a few cases, we can allow or pay for services for clients who can get Medicaid. CIDC can allow and pay for services:

1. During the 60 days of temporary CIDC eligibility while the client applies for Medicaid
2. If the client needs a service that Medicaid does not provide
3. If the client is not eligible for Medicaid on the service date.

We had to make this change because of a change in Medicaid. In May 1992, Texas Medicaid expanded its services to Medicaid-eligible clients age 0 to 21. The new, bigger program is called the Medicaid--Comprehensive Care Program (CCP). CIDC rules say that the Medicaid-eligible client must use Medicaid and other third-party resources before asking CIDC to pay.

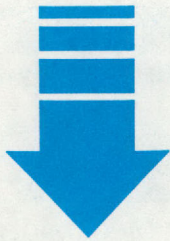
In the past, CIDC paid for medical care for any client who could get Medicaid, as long as he or she was also eligible for CIDC. When CIDC paid for special services and supplies for Medicaid-eligible clients, it was because the clients could not get them through Medicaid. Some of those services were nutritional supplements (special foods), incontinent supplies (such as diapers), disposable or expendable medical supplies, special-seating clinics, durable medical equipment, physical therapy, IV therapy, and inpatient rehabilitation. CIDC also often paid for meals, transportation, and lodging if the client had to travel to get medical care.

To help make the change to Medicaid-CCP go smoothly, for a short time we paid for those certain services to Medicaid-eligible clients, as usual. But now CIDC can no longer add to Medicaid services. If you are a Medicaid-eligible client who needs medical services after June 1, 1993, you must get in touch with the Department of Human Services (DHS) office near you. Or, call the DHS client hotline at 1-800-252-8263.

### ***APPLYING for MEDICAID SERVICES***

If CIDC asks you to apply for Medicaid, please call the Medicaid office as quickly as you can. CIDC gives your child only 60 days of temporary eligibility, to cover your child until you hear from Medicaid. Medicaid will send

you a letter telling you if your child can get Medicaid or not. You need to send a copy of that letter to CIDC right away. If we don't get a copy of the letter Medicaid sends you by the 60th day, your child's time on CIDC will end. If you can't meet the 60-day deadline because Medicaid can't process your form that fast, please call CIDC before the 60th day. ♦



## Another Big Change

### *How to Get Special Foods and Supplies*

*The next two pages tell you what to do to get special foods (nutritional supplements) and throw-away items (medical supplies) that you may need for your special-needs child.*

In the past, your provider--such as a drug store or a supply store--would call us. Then, we gave the provider an authorization, so you could get the special foods or supplies you needed. But as of June 1, 1993, CIDC cannot authorize special foods and supplies through providers. We need to be in touch with you, instead. You--CIDC clients and families--will do the important job of getting your own authorizations for special foods and supplies.

One of the two forms you'll need is in this newsletter, printed in black and white. That page has a dotted line, so you can tear it out and use it. CIDC will send you the other form later. The two forms are:

**1. Medical necessity form** - Before we can authorize special foods or supplies, you must have the doctor fill out this form and send it to CIDC. You need to get the form filled out only **ONCE** every year. When we have it on file, then we can work with you by phone to authorize what you need.

**2. Authorization form** - Next, to get an authorization for special foods or supplies, follow these steps:

a. After the doctor fills out the Medical Necessity Form and mails it, allow about a week for it to get to CIDC. Then, please call CIDC at 1-800-252-8023. The CIDC phone system will pick up your call. After you hear the greeting on tape, listen for the tape to say, "Press 3 for a particular section." Then press the number 3 on your phone. Next, when the tape says, "Press 3 for Authorizations," please press 3 again. A CIDC Authorizations staff person will pick up your call. Or, if you wish, after the greeting, press 4 for Spanish. Listen to the choices on tape, and then press 2 for Authorizations. A CIDC Authorizations person who speaks Spanish will take your call.

b. CIDC staff will ask you for your child's case number. Please have it ready when you call us.

c. Tell us the supplies you need, or the type and amount of special food you need for a month (such as ten 8-ounce cans of Ensure). We can give you one authorization per month for special foods and supplies.

d. We'll give you an authorization number, and then mail you an authorization form.

e. When you get your authorization form, please take it to your CIDC provider. The provider needs the form to bill CIDC for the items you get. When you give the provider the form, then you can get your child's special food or supplies.

f. When you need special foods and supplies the next month, and every month after that, start with Step a. above--call CIDC Authorizations.

g. If you know that you'll need supplies every month for several months, please tell the authorization staff. They can have authorization forms sent to you for several months,

so you won't have to call CIDC each month. They'll tell you how many months of forms they will send without a call from you. But, after that time has ended, you will need to call CIDC if you need more supplies or special foods.

#### Questions and Answers:

##### ***What if my child needs special foods or supplies, but I don't have the authorization form?***

You can still get what you need if you can tell the provider the authorization number that we gave you when you called us. The provider must then call CIDC and double check the authorization. So, it's a good idea to call ahead to the provider, before you go to get the special food or supplies. That gives them time to call and check with CIDC before you pick up your special food or supplies.

Each authorization number is good for one month only. So, be sure you tell the provider the number for the same month when you need the items.

##### ***What if my bill for one month's special foods or supplies is over the monthly dollar limit on the authorization form?***

Please watch your prices and totals! The usual monthly limit for medical supplies is \$150, and for special foods, \$750. If your bills for special foods or supplies go over the limit, we will pay those bills. But you will not be able to get authorizations from CIDC for special foods or supplies anymore.

When you turn the page, you will find a Family Records Sheet for special foods, and one for supplies. These are not forms, so please do not fill them out and send them to CIDC. They are just for your own use, to help your family keep track of how much you spend. You will need to ask your provider the prices of the items and

keep track of the amount. That way, you can stay within your monthly dollar limit.

##### ***What if my child is on Medicaid?***

If your child is on Medicaid, CIDC cannot pay for his or her special food or supplies. If you need help paying for these things, please call the DHS hotline at 1-800-252-8263.

##### ***Where can I shop for my child's special food and supplies?***

Often, you can find them at HEB, Albertson's, Walgreen's, and Walmart stores near you. If you can't find a store that has what you need, please call us toll-free at 1-800-252-8023. Press 3 for English when the tape gives you that choice. Then choose 5 ("for additional choices") and 8 ("for general information") when the tape gives you the chance to do so. Be sure to wait; please do not hang up when you hear clicks or other noises. That is how the system picks up your call. You will then be able to speak to CIDC staff who can tell you about stores near you that have what your child needs. Or, call the same toll-free number, listen to the greeting, and then press 4 for Spanish. At that point, please wait (do not choose another number). The CIDC Inquiry Line will pick up your call. You will be able to speak with CIDC staff in Spanish and find out about stores near you that have what you need.

***If you have other questions, please call CIDC toll-free at 1-800-252-8023.***

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**The next few pages can be torn out of this issue for your use. They are:**

- 1) Family Records Sheet for Special Foods
- 2) Family Records Sheet for Supplies
- 3) Client Set-Up Form (English)
- 4) Client Set-Up Form (Spanish)
- 5) Mileage Reimbursement Form (English)
- 6) Mileage Reimbursement Form (Spanish). ♦















Mail Completed Forms to:  
CIDC - Authorizations  
1100 West 49th  
Austin, Texas 78756-3179

# CIDC MEDICAL NECESSITY FORM FOR SUPPLIES AND NUTRITIONAL SUPPLEMENTS

Client Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_ CIDC #: \_\_\_\_\_

CIDC Covered Diagnosis for Supplies: 1. \_\_\_\_\_ 3. \_\_\_\_\_  
2. \_\_\_\_\_ 4. \_\_\_\_\_

Please indicate the type of supplies this client needs: (supplies must be related to CIDC covered diagnosis and medically necessary to manage the condition)

- INCONTINENT SUPPLIES (other than diapers)/CATHERIZATION SUPPLIES
- DIAPERS (if the client is incontinent and over 4 years old)
- DIABETIC SUPPLIES  OSTOMY SUPPLIES
- FEEDING SUPPLIES  BURN/WOUND/STUMP CARE SUPPLIES
- RESPIRATORY SUPPLIES  VENTILATOR SUPPLIES
- OTHER MEDICAL SUPPLIES: \_\_\_\_\_

NUTRITIONAL SUPPLEMENTS Please indicate the type of nutritional supplement, quantity, and length of time needed. CIDC does not require a prescription for clients with the diagnosis of Cancer, Cystic Fibrosis, AIDS or Crohn's Disease. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## ATTENDING PHYSICIAN

Please print or type your name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone number: \_\_\_\_\_

\_\_\_\_\_  
PHYSICIAN'S SIGNATURE

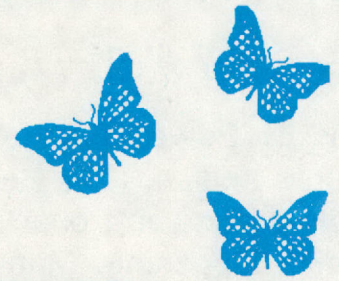
\_\_\_\_\_  
DATE

(This letter is only valid for 12 months from date signed.)





# "YOU ARE NOT ALONE"



## *A Message for Parents*

### *When They Learn that Their Child has a Disability*

*If you have just found out that your child is "developmentally delayed" or has a disability of some kind, this message may be for you. It is written from the point of view of a parent who has shared this experience and all that goes with it.*

When parents learn that their child has any problem in development, it comes as a big shock. The day my child was diagnosed as having a "handicap," I was so upset and confused that I recall little else about those first days other than the heartbreak. Another parent said this event was like a "black sea" being pulled down over her head, so that she could not hear, see, and think in normal ways. Another parent said it was like having a knife stuck in her heart. These may seem like strong words; yet, to me, they aren't strong enough to tell all the many feelings that fill the heart and mind of any mom or dad when they hear bad news about their child.

There are lots of ways to help a parent get through this tough time. That's what this article is about. First, let's look at how parents feel when they first hear the news. Then we can talk about some of the good things that can happen to make you feel less afraid and upset.

First, you may feel **Denial**: "This can't be happening to me, to my child, to our family." Next, denial gets mixed with **anger**--often, anger at the medical people who first told you about your child's problem. Early on, the anger is so strong that it seems to touch almost anyone,

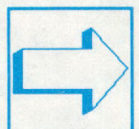
because it is set off by feelings of **sadness, grief, and loss** that you can't explain, and don't know how to deal with.

**Fear** is another thing you feel right away. People often fear the unknown more than they fear what they know. Getting all the facts about your child's problem--a complete diagnosis and future prospects--can be better than not knowing. In either case, fear of the future is something many people feel.

Then there is **guilt and concern**. The parents may ask themselves, "Did I do something to cause this?". Guilt may also show in feelings related to God and religion. When they cry, "Why me" or "Why my child?," many parents are also saying, "Why has God done this to me?". Some parents blame God or feel that God is punishing them.

**Confusion** also marks this period. Since you don't always understand what's going on, and you don't know what will happen next, you may find that you can't sleep, you toss and turn. Or, you can't make up your mind about things (big or little), and you feel your mind is too full.

*Continued.....*



## *You Are Not Alone.....(more)*

**Lack of Power** is another thing many parents feel. They feel that they are helpless and can't change or even accept what is happening. Many parents feel that it's a threat to their egos and value system if their child is not "perfect." They feel a great deal of **disappointment**. Parents may want to reject the child, medical personnel, or other family members, or push them away.

Not all parents go through all these stages, but it may help if you can look at them and think about which ones you are feeling. Then, you know that these feelings can arise; and if they do, **you are not alone**. Other parents of special children go through the same hard times. There are many things you can do right away, and many places to find someone to listen, to help you feel better--and to give you the facts you need about how to get help for yourself and your special child.



### **What You Can Do**



☼ **Seek help from other parents.** Try to find another parent of a special child--best of all: one who has chosen to be a parent helper--and seek his or her help.

☼ **Talk with your spouse.** The more couples can talk to each other at hard times like these, the greater their strength. If you have other children, talk with them, too. Be aware of their needs.

☼ **Rely on sources of help in your life.** One positive source of strength and wisdom might be your minister, priest, or rabbi. Often, these people want to help, and they feel that it is part of their job. Another might be a good friend or a

counselor. Go to those who have been there for you before. Don't put it off. Find the help that you need now.

☼ **Live one day at a time.** Fear of the future can stop you cold! Living just for the day at hand can be done if we throw out the "what if's" and "what then's" of the future. Good things happen each day. Let yourself go and enjoy the small things. Take time to "smell the roses"!

☼ **Learn the big words (the medical and educational terms).** When someone uses a word that you don't understand, don't be afraid to stop them and ask what it means. They should be able to explain it in a way that makes sense to you.

*Strong people may have  
strong feelings!*

☼ **Seek information.** Get the facts! Ask for information that is clear and correct. Don't be afraid to speak up and ask questions, because asking questions is the first step in knowing your special child. It may help to write down your questions before you go into a meeting. During the meeting, go ahead and make notes of other things you want to ask about. Get copies of all documents on your child from the doctors, teachers, and therapists.

☼ **Speak up.** Remember, this is your child, your life. What happens will affect YOU, your child, and your child's future. Learn as much as you can!

☼ **Don't be afraid to let your feelings show.** It doesn't mean you're weak if you show how you feel. Strong people may have strong feelings!

☼ **Learn to deal with anger.** There's nothing wrong with feeling angry. Your feelings belong to you. Anger only becomes wrong when it keeps you from doing things you need to do, when it hurts others--or when you bottle it up inside, and it hurts YOU.

☼ **Be thankful.** When you think of something good, be glad for it.

☼ **Be upbeat as often as you can.** The power of positive thinking is real!

☼ **Keep in touch with reality.** Don't lose sight of the facts.

☼ **Find out about special programs for your special child.**

☼ **Take care of yourself.** Nobody can be perfect, or keep going without a break.

☼ **Keep your days as normal as you can.** Try not to turn your life upside down.



### *Things to Remember:*

◆ **This is your child.** Love and enjoy your child. The child comes first; the disability is second.

◆ **You are not alone.** Mostly all parents feel very much alone when they first hear their child's diagnosis. So, even though you may feel alone, you have the company of many parents who have gone through what you're feeling. Help is there, and others have gone down the road before.

◆ **Time is on your side.** Time heals many wounds. It won't be easy to raise your special child. But it's fair to say that, as time goes on, a great deal can be done to make the problem seem smaller. Time does help.

*--From HANT News (revised and reprinted)  
Patty Smith, Deputy Project Director  
National Information Center for  
Handicapped Children and Youth  
1555 Wilson Blvd., Suite 508  
Rosslyn, Virginia 22209.*



## **Does Your Child Need Supplemental Security Income (SSI)?**

### *What is SSI?*

If your child has special health-care needs, your family might qualify for added income. Your child may be able to get money through the Supplemental Security Income (SSI) Program: up to \$422.00 a month, and sometimes even more. Who can get SSI? In general, families with income up to \$24,000 a year (sometimes more) can get SSI payments. To decide who can get these payments, SSI also looks at the number of people in the family, and at other things about the child or family.

### *How Do You Get SSI?*

To apply, you must fill out a form. You must also be at, or below, a certain level of income. And, your child's type of disability must meet certain guidelines.

**Here's how to fill out the form.**

### **HOW TO APPLY FOR SSI**

1. Set up a time to meet with someone at the Social Security Office. You can find the telephone number of the local Social Security office in the phone book. Or, you can call the National Social Security office toll free at 1-800-722-1213. Ask for the phone number of the Social Security office nearest you.

2. There are important papers you will need to take with you to the Social Security Office --or, you can mail them after you meet with Social Security. To see what papers you will need, please turn the page and look at the chart.



3. Your child may be able to get money while SSI is looking at your form. This money is called "presumptive disability." When you go to the Social Security office, be sure to ask the SSI worker. Later, if it turns out that your child cannot get SSI, you will NOT have to pay back the presumptive disability money.

4. If you applied before but did not get any money from SSI for your child, please be sure to **APPLY AGAIN!** The Supreme Court has changed the law. Now it's easier for children to qualify for SSI.

5. If you need help in applying or re-applying for SSI, please call 1-800-523-0000 or 1-800-722-1213.

WHAT TO TAKE WITH YOU when you meet with SSI	EXAMPLES:
Social Security Number	If your child doesn't have a card or a Social Security number, Social Security will help you get one.
Proof of Age	If your child doesn't have a Social Security number, take along a birth certificate, or a birth or baptism record from your church.
Proof of Citizenship	Birth certificate, green card, visa, passport, or immigration or naturalization papers.
Earned Income Records	Stubs from your pay check (if possible, for the last three months).
Unearned Income Records	Papers from Aid to Families with Dependent Children (AFDC) benefits, unemployment benefits, or money earned on bank accounts.
Information About Resources	Bank statements for a checking account(for the last three months), savings accounts, life insurance policies.
Automobile	Car registration. If you use the car to go to the Doctor or pick up medication, bring the names of your doctors or appointment cards.
Facts About Your Child's Disability	Make a list of all the doctors, hospitals, and clinics where you take your child for care (and where you used to take your child). Also list teachers, school counselors, social workers, clergy, relatives, and friends. List their addresses and telephone numbers.

# SSI

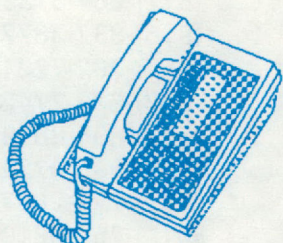
If Social Security sends a denial notice saying that your child is not eligible, don't give up! One out of every two denied applications is later approved. Make sure you get a letter saying why your child is not eligible. Then, make an appeal: that is, ask Social Security to "reconsider the denial." If the

--Reprinted from *Child Health Talk*, Vol.1 No.1

appeal is denied, next you may appeal to an administrative law judge (ALJ). Other appeals can be made to the Appeals Council and a Federal Court. Remember, you must make your appeal within 60 days of the denial. ■



# CIDC's NEW PHONE SYSTEM



If you have called CIDC lately, you know about the new phone system that we began using in

October 1992. We hope you haven't had problems with the new system.

▣ If you listen to the tape, you'll find that it gives you choices. Each time you make a choice and push a number, your call is sent to the part of CIDC that you need.

▣ The new system lets the caller hear the choices in English or Spanish. First, you'll hear the "hello" in both languages. Next, if you have a push-button phone, you can choose either Spanish or English.

▣ If you pick Spanish, you can choose to dial the number of the person you want, or you can pick the "Inquiry Line" for help. Inquiry-line staff are chosen because they know CIDC well and can speak both English and Spanish.

▣ Any caller who speaks English and has a push-button phone can dial the number they want. Or, they can listen to a menu and choose either a personal number; information on eligibility, claims, authorizations, insurance, or provider enrollment; and/or general facts about CIDC.

▣ A caller with a rotary phone (no push-buttons) can hold, and the call will be sent to the CIDC switchboard.

**You can call CIDC at:**

**(512) 458-7355 (main number)**

**1-800-252-8023 (toll-free)**

**1-800-452-8729 (toll-free - Eligibility)**



## The CIDC Program:

**Applying for CIDC  
Staying with CIDC**



**WHERE TO GO  
to APPLY for CIDC**

*After you fill out a form to apply for CIDC, please be sure to turn it in at one of the CIDC sites where we process forms, such as a Texas Department of Health Regional Office, Children's Hospital, or CIDC's Austin office. Those are the only places where your child's form can be processed, and where we can decide if your child can get CIDC.*

### REAPPLYING EVERY YEAR

*When your child's time on CIDC is almost over, we'll send you a letter and let you know. We'll tell you if you have to fill out a new form to apply to CIDC. Remember, you must attach proper proofs of income and residency to each form that you send in to apply for CIDC for your child. Please be sure to answer all the questions on the form.*

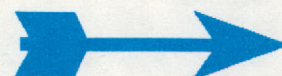
*If you are in business for yourself (self-employed), you must send CIDC a signed and dated copy of your most current IRS Form 1040 and all supplemental schedules.*

*If you are paid a salary, you must submit other proper proofs of income, such as paycheck stubs, a letter from your employer, or current Texas Medicaid ID form.*

### SPENDDOWN

*If you were able to get your child on CIDC by using Spenddown, you must apply to CIDC again on or after January 1 every year. Eligibility through CIDC Spenddown begins on the date CIDC gets copies of medical bills that are equal to, or more than, your spenddown amount.*

*When it's time for you to re-apply for CIDC, please remember:*



(More about CIDC Eligibility.....)

• Any person who applies for CIDC but is living in Texas temporarily (such as on a temporary visa) does not meet the residency requirements for CIDC.

• A managing conservator of an applicant who is not the applicant's natural parent has the duty to provide medical care to the child. So, the income of the managing conservator(s) will be used to decide if the person can get on CIDC.

• The form to apply for CIDC says we will accept a Department of Public Safety (DPS) ID card as proof of residency. But please note: We can now no longer accept a DPS card as proof of residency. When new forms are printed, this item will change.

• CIDC policy about client assets states that a farm over 200 acres, even if used as a family business, will be counted as an asset to decide if the person can get on CIDC.

• Your child's beginning date of eligibility (start date on CIDC) depends on when CIDC gets a **complete** application with all proper proofs of income and residency.

**MEDICAL ELIGIBILITY**

If you have questions about the medical information in your child's eligibility letter or ID card, please contact your child's CIDC doctor or other provider. A doctor must report any new medical conditions that your child has. The doctor must use the CIDC Physician's Statement of Medical Eligibility (Form TDH 1010-C) to make the report.



**CIDC All Around Texas**

CIDC has offices all around the state. When you get your eligibility letter from CIDC, it will give you the name, address, and phone number of the CIDC social worker in your area. This person can be a great source of help and facts about CIDC. **Please stay in touch with your CIDC social worker. His or her job is to help you and your child.** When it's time for you to reapply for CIDC, you can go to the CIDC office in your area. Here are the CIDC phone numbers, listed by city from A to W. The number after each city tells you the Public Health Region where the office can be found.

**CIDC OFFICES**

Abilene (5) .....	(915)-695-7170
Alice (8) .....	(512)-664-3139
Alpine (3) .....	(915)-837-3877
Arlington (5) .....	(817)-792-7221
Athens (7) .....	(903)-675-7742
Austin (1) .....	(512)-834-8673
Beaumont (4) .....	(409)-898-3722
Bryan (1) .....	(409)-779-2657
Burnet (1) .....	(512)-756-8910
Canton (7) .....	(903)-567-4886
Canyon (2) .....	(806)-655-7151
Carthage (7) .....	(903)-693-9322
Center (7) .....	(409)-598-7250
Clarksville (7) .....	(903)-427-2851
Conroe (4) .....	(409)-539-7830
Corpus Christi (8) .....	(512)-888-7762
Crockett (7) .....	(409)-544-3002
Daingerfield (7) .....	(903)-645-7564
Del Rio (6) .....	(210)-775-8525
Eagle Pass (6) .....	(210)-757-1857
El Paso (3) .....	(915)-774-6291
Fort Stockton (3) .....	(915)-336-7506
Gatesville (1) .....	(817)-865-8914
Gilmer (7) .....	(903)-843-3039
Harlingen (8) .....	(210)-423-0130
Henderson (7) .....	(903)-657-7578
Houston (4) .....	(713)-995-1112
Huntsville (4) .....	(409)-291-2164
Jasper (7) .....	(409)-384-6829
Jefferson (7) .....	(903)-665-3924
Laredo (8) .....	(210)-723-6889
Liberty (4) .....	(409)-336-3907
Linden (7) .....	(903)-756-5726
Livingston (7) .....	(409)-327-3029
Longview (7) .....	(903)-663-2403
Lubbock (2) .....	(806)-744-3577
Midland (3) .....	(915)-683-9492
Mt. Pleasant (7) .....	(903)-572-9877
Nacogdoches (7) .....	(409)-564-8356
Palestine (7) .....	(903)-729-2310
Pampa (2) .....	(806)-669-6842
Paris (7) .....	(903)-785-4561
Pearland (4) .....	(713)-485-9554
San Angelo (3) .....	(915)-840-1165
San Antonio (6) .....	(210)-342-3300
Sulphur Springs (7) .....	(903)-885-6573
Temple (1) .....	(817)-778-6744
Tyler (7) .....	(903)-595-3585
..... and .....	(903)-535-0066
Uvalde (6) .....	(210)-278-7173
Victoria (8) .....	(512)-576-1215
Waco (1) .....	(817)-751-7280
Wharton (4) .....	(409)-532-5339
Wichita Falls (5) .....	(817)-767-8593
Woodville (7) .....	(409)-283-2915





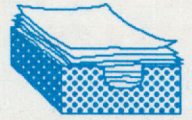
## How Long Does It Take to Get a Check from CIDC?

Parents often wonder how long it takes for CIDC to pay them after they have sent us bills for intra-city mileage, authorized travel, or insurance premium assistance. Here's how the system works:

When we get a bill, we put the facts from the bill into the computer. The record is then sent to the Health Department's Fiscal Office. They send it to the State Comptroller's office to process the payment and cut a check. Since this takes time, you should

get your check about three to four weeks after you send CIDC the bill.

## NEW FORM for INTRA-CITY MILEAGE



CIDC has a new form for intra-city mileage reimbursements. It is in this issue of the newsletter. Please tear it out on the dotted line. You can use it when you ask to be paid back for mileage for travel to get medical services within a city, or when you travel 15 miles or less (one way) to get medical care. You can make photocopies of the form if you wish.

## Summer's Coming: Camps for Special-Needs Kids

Your child may gain from a chance to meet and have fun with other special-needs children. So, with summer almost here, it's time to think about camps! Below, we have listed some camps for special-needs kids. Most do not charge you any money. Or, if they do, they have scholarships so that some children can go for free. If you'd like your child to go to one of these camps, please call the camp as soon as you can. They'll tell you how to apply. The camps on the list are NOT part of CIDC. But we thought you might like to know about them!

### C.A.M.P (Children's Association for Maximum Potential)

1741 Luke Blvd.

Lackland AFB, Texas 78236-5415

(210) 671-2598 Call: Pat Kozar

This camp is offered to any child with a disability.

Fee: Based on income. Help with fees is offered.

DATES:

June 13-18 - children with multiple disabilities

June 20-25 - children with seizures; healthy children

July 4-9 - children with multiple disabilities

July 11-16 - children with autism or a similar diagnosis

July 25-30 - children with mental deficits/seizures

August 1-6 - children with multiple disabilities.

### Texas Lions Camp for the Physically Handicapped

PO Box 247, Kerrville, Texas 78029-0247

Phone (512) 896-8500

Fee: No charge Ages 7-16

DATES:

June 6-12 June 13-26

June 27 - July 10 July 11-24

### Texas Lions Camp for Diabetic Children

Fee: No charge.

DATES:

Ages 7-12: July 26 - August 4

Ages 13-17: August 8-14.

### Elks Camp

Route 5, Box 185, Gonzales, Texas 78629

(512) 672-7561

For children who are multi-disabled (burns, cerebral palsy, spina bifida, scoliosis, sickle cell anemia, cancer, lupus, epilepsy, cystic fibrosis, rickets, hydrocephalus, visually impaired, etc.)

Fee: No charge Ages 6-16

Children with learning disorders: June 27 - August 7.

### Rainbow Day Camp, Houston, Texas

(713) 523-9673

A camp for diabetic kids and their brothers and sisters.

Fee: \$30.00

Ages 4-12: July 19-23.

### Sickle Cell Anemia Camp

Houston

(713) 666-0300

Call: Wilhelmena

Fee: No charge Ages 7-15

The camp will be held in Mid-August.



### Camp John Marc (for boys with hemophilia)

Ages 7-14








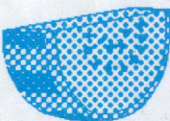

To find out more, please call (713) 792-5321.

Fee: \$35.00 - Help with fees is offered. ☺



## Good Eating Habits

Children with disabilities often have problems that have to do with what they eat. The child may weigh too much, or too little. Or, he or she may have a hard time eating, or have other problems. It's a good idea to talk to your child's doctor or special education teacher. Then, you can make sure that your child gets the healthful food he or she needs. Vitamins and minerals help to build a healthy body. The chart on this page tells you what you and your child can eat to get the vitamins and minerals you need. Also, ask your doctor about vitamin supplements for your child.

VITAMINS & MINERALS	WHAT TO EAT
<p><b>CALCIUM</b></p> <p>builds strong bones &amp; teeth</p> 	 <p>milk, cheese, yogurt, spinach, collard greens</p>
<p><b>PROTEIN</b></p> <p>helps the whole body grow</p> 	 <p>Meats, liver, fish, chicken, eggs, peanut butter, dried peas, beans</p>
<p><b>VITAMIN A</b></p> <p>for good eyes &amp; healthy organs</p>	 <p>Spinach, collard greens, carrots, sweet potatoes, broccoli</p>
<p><b>VITAMIN B1</b></p> <p>gives you  energy</p>	 <p>Whole wheat bread, whole grain cereal, oatmeal, peanuts, spaghetti, macaroni</p>
<p><b>VITAMIN C</b></p> <p>helps bones, teeth, &amp; gums stay healthy</p>	 <p>Oranges, watermelon, strawberries, tomatoes, green pepper, broccoli, brussels sprouts, cabbage, potatoes</p>
<p><b>VITAMIN D</b></p> <p>builds strong bones, teeth, &amp; muscles</p>	 <p>Fortified milk (read the carton to see if it says "fortified"). Sunshine has vitamin D, too. And in Texas, we can get lots of sunlight!</p>



## Has Your Child had SHOTS Yet?

For tiny babies and children of all ages, shots can prevent many illnesses. Getting a vaccine may hurt—but just for a short time. The vaccine or shot will keep your child from getting sick and hurting a lot more. Once your child is sick, it's too late to go for shots. You need to protect your child by taking him or her to the doctor or clinic for shots on time! Here is the plan that we suggest for immunizations (shots). Be sure to check with the doctor about when to take your baby or child for shots. Also, please ask the doctor if your child needs *special shots* such as pneumococcal vaccine or a flu shot every year.

<u>CHILD'S AGE</u>	<u>VACCINES (SHOTS) NEEDED</u>
<i>Newborn</i>	Hepatitis B Vaccine
<i>2 months old</i>	Diphtheria (DTP) Oral polio vaccine (OPV) Flu (Haemophilus influenza type b conjugate vaccine) (HibCV) Hepatitis B vaccine
<i>4 months old</i>	Diphtheria (DTP) Oral polio vaccine (OPV) Flu (Haemophilus influenza type b conjugate vaccine) (HibCV)
<i>6 months old</i>	Diphtheria (DTP) Flu (Haemophilus influenza type b conjugate vaccine) (HibCV) Hepatitis B Vaccine
<i>15 months old</i>	Diphtheria (DTP) Oral polio vaccine (OPV) Flu (Haemophilus influenza type b conjugate vaccine) (HibCV) Measles, Mumps, Rubella (MMR)
<i>4-6 years old</i>	Diphtheria (DTP) Oral polio vaccine (OPV) Measles, Mumps, Rubella (MMR)
<i>14-16 years old</i>	Tetanus-diphtheria (Td)
<i>16 years old &amp; up</i>	Tetanus-diphtheria (Td) every 10 years.

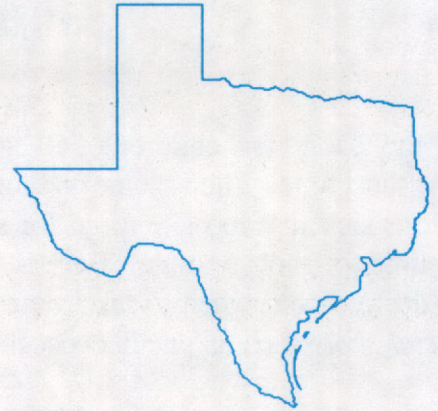


**Before it's too late---vaccinate!**

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# CIDC NEWS

## *from Around the State*



### REGION 1 (Austin, Temple)

The Texas Department of Health and Scott & White Hospital, among others, have been helping to start the Central Texas Network for Children with Special Needs. Its mission is to help families, professionals, and the community become partners, so that every child can make the most of his or her life. The job of its members is to look at and address needs, and to involve parents in the process. If you need to get in touch with a CIDC social worker at Region 1, please call (817) 778-6744 for the Temple area. For the Austin area, call (512) 834-8673.

### REGION 2 (Amarillo)

Uniting Parents (UP) is a parent case-management program in Amarillo paid for by CIDC. UP is made up of a director, an assistant, and parents of children with chronic illnesses or disabilities who have been trained to provide services and support to other parents. A monthly support meeting for parents and other family members is held the third Thursday of every month at 7 p.m. in Amarillo. Another group for parents in Pampa is held on the third Monday at 7 p.m. A third group will be starting soon in Dumas. Besides the support meetings, UP puts on other events during the year. For more information, call UP at 358-8993 or 1-800-657-7107.

### REGION 6 (San Antonio, Uvalde, Del Rio, Eagle Pass)

**Transportation Assistance Program (TAP)** - The Transportation Assistance Program (TAP) was begun in the Region 6 rural counties to lend money to CIDC families and make it easier for them to get medical help.

Many CIDC kids live in small towns, or out in the country. These places often do not have medical specialists and medical resources. So, these children and their families have to travel, sometimes far, to a city to get the right kind of medical care. These families often travel for follow-up visits, too. CIDC helps children and their families pay for transportation, meals, and lodging for out-of-town medical treatment.

CIDC can pay the family back (or pay back a local provider or vendor) for travel expenses. But often, the family may not have enough money to pay ahead for traveling to all the doctor visits that their child needs. The CIDC social workers from Del Rio, Uvalde, and Eagle Pass knew that this was a big problem for their CIDC families in their area. With the support of **Alice Garza** (CIDC Program Director), **Vicky Urby** (Del Rio social worker) got in touch with local social workers and others in the area who wanted to help. She told them about the problem and the need for funds. That's how the TAP got started. This effort later spread to help form the Uvalde Transportation Assistance Program (UTAP) and the Eagle Pass Transportation Assistance Program (EPTAP).

These programs raise money with fun events such as raffles, bake sales, and dances. They also accept gifts (donations). TAP funds help only CIDC children and their families, since this is a "reimbursable" fund. (This means that CIDC pays back the fund after the family's trip. The fund is a place to get the money BEFORE the trip, when it is needed most.) So that TAP is sure to be paid back, the CIDC social workers must get authorization (a go-ahead) from Austin before asking for funds from TAP. Once the social worker gets the go-ahead, TAP issues a check to the CIDC parent before the trip for the amount of their travel expenses.

TAP is good example of how local communities, the CIDC program, and CIDC families can work together. TAP solves one big problem in getting children the medical care they need.

**Thanks to You!** - On behalf of all the CIDC children whom TAP has helped, the CIDC staff from Region 6, wishes to thank these TAP members and volunteers: **Roger Soto, Jaime Ortiz, Hector Flores, Minerva Mercado, Mercy Chapa, Toyoko Rivera, Norma Perez, Zulema Rodriguez, Leticia Lopez, Debra Lopez, Sabino Garza, Alice Garza, Vicky Urby, Edward Spiller, Julie Sosa, Rick Meza, Sharlene Plyler, Annie Chapa, Lori Benavides, and Gabriela Calderon.**

## REGION 8 (Harlingen)

The CIDC staff in the Region 8 office at 601 W. Sesame is eagerly waiting for our building's new wing to be done. By the time you get this newsletter, we should be all moved in and settled! Everyone has been sharing an office for the past few months, and we're ready for some room to breathe. As soon as we're settled in our new home, we'd like all the parents of the CIDC and SSI children we serve to come and visit. We have a lot more staff to work with you than we did months ago! Here's a list of staff in the Harlingen office, and the areas they serve:

Rose Cavazos	Alamo, Donna, San Juan, Pharr
Abel Cepeda	Mercedes, Progreso, Weslaco
Selso Cervantes	Harlingen, La Feria, Willacy Co.
Richard Grant	Brownsville, San Benito, Rio Hondo
Martha Partida	Edinburg, Ed Couch, Elsa, La Villa
Edward Pumarejo	Mission
Albert Ramos	Starr Co., La Joya, Los Ebanos, Penitas
Antero Rios	McAllen, Hildago
Dianna Velarde	Brownsville, Port Isabel, Los Fresnos



That's just half of our staff in Region 8. We'll tell you about our other workers from Laredo, Victoria, Corpus Christi, and Alice in the next PALS newsletter. Besides all the home visits and phone calls to arrange for services, we've been extra busy getting the new parts of the program going in many different towns. Our staff has taken part in group meetings to involve parents in the McAllen area at Easter Seal Society, in Starr County at the Starr County Memorial Hospital, and in Brownsville with Families Especiales. At each meeting, we spoke about the CIDC program and how to access it. We were glad that a large number of people came to each meeting. We hope and believe that working with the community will help us to better serve you--our customers.

*To reach the CIDC office in Harlingen, please call (512) 423-0130.*

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## Your Tiny Baby in the Car



Every baby deserves to be kept safe in case of a car crash. Riding in a car seat is almost always the best way for the baby to be safe! If your baby weighs less than five and a half pounds, the right seat is even more important.

### Does the baby need to lie flat?

Often, even a tiny baby can ride in semi-reclined seat. But if your baby was born more than three weeks early, he or she may have trouble breathing in a semi-reclined seat (like a car seat, feeding seat, or swing). So, ask your doctor! The doctor may need to test your baby in the car seat. The doctor will know if the seat is right for the baby. If the baby has breathing problems, he or she may need to lie flat in a special bed made for use in the car.

### If the baby will be riding flat, in a car bed:

- ♥ The doctor can tell you whether the baby should lie on the tummy or the back.

- ♥ Place the baby's head toward the center of the car.

- ♥ If the car bed has a harness, it should be snug on the baby. If it is a Swinger Car Bed with a cloth bunting, the tiny baby will fit best in the small bunting.

### With a car seat, remember:

- ♥ A baby carrier or feeding seat is NOT strong enough to protect your baby in a crash.

- ♥ If you already have a car seat, it may work for even a tiny baby. But make sure it doesn't have a shield in front. In a crash, the baby's face or chest could hit the shield.

- ♥ Use the car seat the right way! Fasten the baby into the seat, and fasten the seat to the car.

- ♥ A baby who weighs 20 pounds or less should ALWAYS ride facing the back of the car.

- ♥ The baby's buttocks and back should be

flat against the back of the baby seat.

- ♥ You can use rolled-up diapers or small blankets to make the seat fit better. Place them along the sides of the seat, around the baby's head, and between the baby's legs behind the crotch strap (wherever the seat is a lot bigger than the baby).

- ♥ If you have an add-on car seat pad, it must have slits for the harness straps to be pulled through. It should have NO foam padding behind the baby's back.

- ♥ When in the seat, the baby should recline half-way back (a 45-degree tilt). If the car seat slopes so that the baby's head flops forward, tilt the baby seat back just enough so that the baby's head rests well and does not fall forward. You can tilt the seat back by wedging a firm roll of cloth or newspaper under the baby seat below the baby's feet.

- ♥ Shoulder straps should be in the lowest slots. The harness must be snug, with the harness clip at armpit level (NOT right under the baby's chin).

### ***\*\*\*If your baby uses special medical equipment:***

Make sure to anchor your baby's apnea monitor, oxygen tank, or other equipment to the floor of the car or under the seat. In a crash, it should not be able to fly around and hurt someone.

### **ALWAYS: Be sure your baby rides where an adult can watch the baby.**

---Adapted from a fact sheet of the  
American Academy of Pediatrics

#### **A SAFE SEAT in the CAR**

Your special-needs child of any age or size may be safer with a car seat that gives more support and protects him or her. CDC is working on a system to help you buy or borrow a special seat or harness if your child needs one. To find out more, please get in touch with CDC central office in Austin or a CDC social worker in your area. \*\*\*\*\*

**Make Every Ride a Safe Ride!**



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# Happy Birthday, CIDC !



It's CIDC's 60th birthday! This year, 1993, we are celebrating all over Texas.

Sixty years ago, back in 1933, we were called Crippled Children's Services (CCS). The Texas Education Agency ran CCS in those days. Today we are glad that we can provide more and better services for the special children of Texas. CIDC is part of a growing network of people working to get the very best services for children in Texas with special health-care needs and their families.

CIDC is working to be closer to you, in your town. For example, you can now apply for CIDC not just in the main office in Austin, but also in more than 30 other places around Texas. Also, a new computer system is helping CIDC to work better in your area. Our case workers now carry small computers with them everywhere they go. The computers help them take notes, check on appointments, and set up plans while they meet with CIDC families and travel to hospitals, schools, clinics, and wherever they are needed. CIDC workers can also use the computers to help you find out about people and places around the state that can help serve your family. We're glad to have this new way to serve your child and your family better.

At CIDC, one of our goals is to work more closely with families of special kids. To decide if a child can get on CIDC, we look at the whole family picture: needs, problems, income, and so on. We know that your child is a key part of the whole family unit. To help families find and work well with CIDC (and other programs for special children), CIDC has the "PALS" section. PALS stands for Parents and Advocates Liaison and Support. This parent newsletter is only one of PALS' ideas to bring families and special programs closer together.

For the next three years, CIDC will be using a special grant from the Federal Maternal and Child Health Bureau to run a new National Center on Cultural Competency for Children with Special Health-Care Needs and Their Families. There are many groups of people in Texas today: people with many types of beliefs, speaking many languages. CIDC and the center will be making a special effort to understand all these groups, and to see that the public health system works for each and every client and family. ●



# CIDC Case Managers Can Help



CIDC pays for 20 case management projects across the state. These projects are staffed with case managers and parents: people who know about your children's problems, and about what resources can be found in your area. If you need help, or just someone to talk to, please get in touch with a project near you.

**Any Baby Can (ABC) of Texas**  
3724 Jefferson, Suite 111  
Austin, TX - (512) 454-3743  
Ask for: Karin McCullough

**Austin HHSD Case Management Program**  
Austin Health and Human Services  
Department (HHSD)  
15 Waller Street  
Austin, TX 78702  
(512) 469-2172  
Ask for: Cora Wright

**Scott and White Care Management**  
Scott and White Clinic  
2401 South 31st Street  
Temple, TX 76508  
(817) 774-4950  
Ask for: Anne Luecke

**Uniting Parents**  
Amarillo Hospital Home Care  
#3A Medical Drive  
Amarillo, TX 79106  
(806) 358-8993  
Ask for: Susan Wright

**West Texas Case Management Project**  
Border Children's Health Center  
1101 East Schuster Avenue  
El Paso, TX 79902  
(915) 532-1156  
Ask for: Mandy Chew

**West Texas Case Management Project**  
Texas Tech Health Sciences Center  
4800 Alberta Avenue  
El Paso, TX 79905  
(915) 545-6752  
Ask for: Yvonne Carrillo, RN, ONP

**Parent Case Management Program**  
West Texas Rehabilitation Center  
3001 South Jackson  
San Angelo, TX 76904  
(915) 949-9535  
Ask for: Linda Vancil

**Case Management Services**  
Harris County Hospital District  
Ben Taub General Hospital  
Social Service Department  
1504 Taub Loop  
Houston, TX 77030  
(713) 793-2535  
CALL: Litrelle Levy

**CHOSEN/Case Management Services**  
Dept. of Pediatrics  
Univ. of Texas Medical School at Houston  
6431 Fannin, MSB 3.138  
Houston, TX 77030  
(713) 792-5330 ext. 3101  
CALL: Leslie Arnold, M.D.

*More Case Managers.....*



**Fort Bend Family Health Ctr. Children's Project**  
400 Austin Street  
Richmond, TX 77469  
(713) 342-4530  
Ask for: Norma Acker

**Any Baby Can (ABC) of San Antonio**  
5410 Fredericksburg Road, Suite 104  
San Antonio, TX 78229  
(512) 377-0222  
Ask for: Marian Sokol

**High Risk Infant Program**  
Department of Pediatrics  
University of Texas Health Science Center  
7703 Floyd Curl Drive  
San Antonio, TX 78284-7862  
(512) 567-5225  
Ask for: Kathleen Fletcher

**Case Management Services**  
Jasper/Newton County Public Health District  
139 West Lamar  
Jasper, TX 75951  
(409) 384-6829  
Ask for: James P. Cashman

**Case Management Project of Lamar County**  
Paris-Lamar County Health Department  
740 S. W. 6th Street - P.O. Box 938  
Paris, TX 75460  
(903) 785-4561  
Ask for: Anthony Bethel

**Project ABC/Ada Wilson Children's Center**  
3511 South Alameda  
Corpus Christi, TX 78411  
(512) 852-7222  
Ask for: Patricia McCollum

**Easter Seal Society/Rio Grande Valley**  
1217 Houston - P.O. Box 489  
McAllen, TX 78502  
(512) 631-9171  
Ask for: Emily McVey-Brewster

**Texas Tech Pediatric Outreach Project**  
Texas Tech University Health Sciences Center  
4800 Alberta Avenue  
El Paso, TX 79915  
(915) 545-6787  
Ask for: Gilbert Handal

**Port Arthur Pediatric Cardiac Clinic**  
Port Arthur City Health Department  
603 East 5th Street - P.O. Box A  
Port Arthur, TX 77640  
(409) 983-8800  
Ask for: Dianne Marks  
Ernestine Wade

**Child Study Clinic**  
1606 East Brazos, Suite B  
Victoria, TX 77901  
(512) 575-0681  
Ask for: Joanne Lord

**UT Lower Rio Grande Pediatric  
Subspecialty Program**  
Hidalgo County Health Care Corporation  
P.O. Drawer Q  
Pharr, TX 78577  
(512) 702-2311  
Ask for: Rosalinda Gonzales.

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*This newsletter is for you, the parents of children with special health-care needs. So, please let us hear from you. Is this newsletter helpful to you? What would you like to see in the next one? If you'd like to send in an item, please do. We need your input on how to serve you and your child better. If you have any questions about what you've read here, or just want to get in touch with us, please call 1-800-252-8023 and ask for the PALS section. Or, write to:*

**Texas Department of Health  
CIDC/PALS**  
1100 West 49th Street  
Austin, Texas 78756-3179.

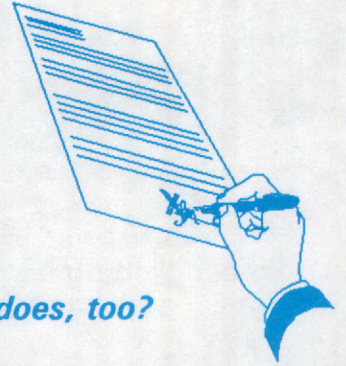


*We'd be glad to hear from you!* ♦

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## **PEN-PALS Around the World**



*Does your child have a life-threatening illness?  
Would he or she like to have a Pen Pal who does, too?*

The Children's Hopes & Dreams Foundation is now in its 10th year. It puts ill children in touch with other ill children of the same age and sex through a unique Pen-Pal Program. Children who take part will be able to share their common ups and downs and regular "kid stuff." The program's goal is to lessen the fear, confusion, and feelings of being alone that the child with a life-threatening illness often has. Plus, having a pen-pal is a chance for a kid to have some fun! You can get a form to fill out so your child can be part of the program. Social workers and other health care workers all over the world have the forms. All services are free to eligible children.

To find out more or to get a form to apply, call the Children's Hopes & Dreams Foundation at (210)-361-7348.

*---Reprinted from ACCH Network  
Fall 1992*

**Bureau of Chronically Ill and Disabled Children's Services  
Texas Department of Health  
1100 West 49th Street  
Austin, Texas 78756**

Bulk Rate  
U.S. Postage Paid  
Austin, Texas  
Permit No. 28