

## Connecticut

When a family or individual is faced with a progressive condition such as DM1 or DM2 they are often presented with additional financial expenses as well as loss of a steady income. This section attempts to gather financial resources that are available on a state level for persons living in the United States. By no means is this section complete; we invite you to share with us any resources you've identified.

This is an on-going project. We will add more resources as we gather them; please send us resources you know of that are not currently listed.

Please be advised that each organization has its own eligibility and application requirements. None of these organizations are affiliated with Myotonic. We hope you will share your experiences with us – let us know if you are successful in finding a good resource to help your family.

## Employment

Connect to Work Project: allows individuals who receive Social Security Disability benefits to better understand the impact returning to work will have on their disability benefits. Call 1-800-773-4636 or contact your local Bureau of Rehabilitation Services Office for more information. <https://portal.ct.gov/DORS/Content-Pages/Programs/Connect-to-Work-Project>

Employment Opportunities Program: enables individuals with the most significant disabilities to engage in competitive employment by providing funding for long-term supports in order to maintain competitive employment. <https://portal.ct.gov/DORS/Content-Pages/Main/Programs-and-Services>

Jobs First Employment Services (JFES): provides employment services such as job search assistance and skills training to recipients who receive Temporary Family Assistance (TFA). <https://www.ctdol.state.ct.us/weltowrk/EmplServices.htm>

Level Up: provides students aged 16-21 with the tools, training and resources to work competitively and forge a path to independence. Working together we are building relationships with schools, families and the community and have created a collaborative partnership that introduces students who have an IEP, 504 plan or related challenges to new possibilities. Our goal is to help students be prepared to go out and find their place in the world. <https://portal.ct.gov/DORS/Content-Pages/Programs/Level-Up>



Older Worker Program: Senior Community Service Employment Program (SCSEP): participants are placed in temporary training assignments where they gain valuable on-the-job work experience and training needed to gain meaningful employment. Participants will work 20 hours a week at the training sites for which they will be paid minimum wage. <https://portal.ct.gov/DORS/Content-Pages/Programs/Older-Worker-Program>

Senior Community Service Employment Program: the program serves low income adults age 55 year and older to re-enter today's workforce. Participants are placed in temporary subsidized training assignments where they gain valuable on-the job work experience and training needed to gain meaningful employment. <https://portal.ct.gov/DORS/Content-Pages/Programs/Senior-Community-Employment-Program-SCSEP>

SNAP E&T: is a work program designed to help SNAP recipients gain skills that will help increase self-sufficiency. If you are receiving SNAP in Connecticut and not receiving money from the Temporary Family Assistance (TFA) program, you may be eligible to participate in SNAP E&T. <https://portal.ct.gov/DSS/SNAP/Employment-and-Training>

## **Food/Nutrition**

Commodity Supplemental Food Program (CSFP): works to help improve the health of low-income persons at least 60 years of age by supplementing their diets. <https://portal.ct.gov/DSS/SNAP/Commodity-Supplemental-Food-Program>

Elderly Nutrition Program: provides nutritionally balanced meals to individuals 60 years of age and over and their spouses. The program offers these adults the opportunity to live independently in their community by providing socialization and informal support networks. Meals are served at congregate meal sites, known as "Elderly Nutrition Providers." The cafes are located at senior centers, elderly housing facilities, schools, churches, restaurants, and other community settings. <https://portal.ct.gov/DORS/Content-Pages/Programs/Elderly-Nutrition-Program>

Supplemental Nutrition Assistance Program (SNAP): formerly known as Food Stamps, helps eligible individuals and families afford the cost of food at supermarkets, grocery stores, and farmers' markets. <https://portal.ct.gov/dss/SNAP/Supplemental-Nutrition-Assistance-Program---SNAP>

## Financial

Assistive Technology Loan Program (ATLP): is a low-interest financial loan to help individuals with disabilities or their family members purchase Assistive Technology devices and services needed to enhance independence and/or functioning in the community, education, and/or employment.

<http://cttechact.com/loan/#sthash.bH6DHu1M.dpbs>

Benefits Counseling: individuals who receive disability cash or medical benefits (such as Social Security Disability Insurance, Supplemental Security Income, State Supplement, Medicare and/or Medicaid) may be able to work and still receive benefits. Benefits counseling ensures that accurate information is received so that informed decisions are made regarding vocational goals, potential earnings and health insurance needs.

<https://portal.ct.gov/DORS/Content-Pages/Programs/Benefits-Counseling>

Connecticut Partnership for Long-Term Care: this alliance between the State of Connecticut, Office of Policy and Management and the private insurance industry through which Connecticut residents can purchase quality, affordable long-term care insurance designed to help older adults pay for long-term care without depleting their assets. The partnership provided one-on-one counseling, distributed education materials, and conducted outreach through community forums. <https://portal.ct.gov/DORS/Content-Pages/Programs/Connecticut-Partnership-for-Long-Term-Care>

Disability Determination Services: this bureau is responsible for deciding medical eligibility for Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) programs. These programs provide cash benefits and medical insurance to individuals who are unable to maintain employment due to the severity of their disabilities.

<https://portal.ct.gov/DORS/Content-Pages/Programs/Disability-Determination-Services>

Family Support Grant Program: The goal of this program is to maintain children with developmental disabilities at home with their families by the provision of subsidies to defray the extraordinary expenses associated with raising a child with a disability.

<https://www.211ct.org/search/17317072>

Personal Services Program: the goal of the Personal Services Program is to maintain persons with severe disabilities outside of institutional settings through the provision of grants for personal assistants and to reduce costs of care to the state through provision of community based alternatives to institutionalization. <https://ctcommunitycare.org/pca-medicaid-waiver-program>



State Supplement to the Aged, Blind or Disabled (Cash Assistance): provides cash assistance for adults who are ages 18 to 64 and have a permanent disability, individuals age 65 or older, and individuals who are blind. To be eligible, individuals must have income and assets that are below allowable limits. <https://portal.ct.gov/-/media/Departments-and-Agencies/DSS/Fact-Sheets-and-Issue-Briefs/Fact-Sheets/AgedBlindDiabledFactSheet.pdf>

Temporary Assistance for Needy Families (TANF): provides block grants to states to fund programs that provide services and benefits to needy families. It was designed to provide assistance to needy families so that children may be cared for in their own homes or those of relatives, to end the dependence of needy parents on government benefits, to prevent and reduce the incidence of out-of-wedlock pregnancies, and to encourage the formation and maintenance of two parent families. <https://portal.ct.gov/DSS/Economic-Security/Economic-Security---Financial-Assistance>

Temporary Family Assistance (TFA): is a cash assistance program for basic and special needs which are paid to recipients of Jobs First. <https://portal.ct.gov/DSS/Economic-Security/Temporary-Family-Assistance---TFA>

## Housing

Energy Assistance-Crisis Assistance Program: includes benefits for households who qualify for crisis heating assistance. This is a one-time benefit of up to \$710 in winter heating assistance for CEAP deliverable fuel heated households. <https://portal.ct.gov/DSS/Economic-Security/Winter-Heating-Assistance/Energy-Assistance---Crisis-Assistance-Program>

Energy Assistance-Safety Net Services: provides benefits for deliverable fuel households qualifying for Safety Net Assistance. These benefits include up to \$515 per delivery in Safety Net Assistance Benefits. Vulnerable CEAP households may receive up to three Safety Net Deliveries, while non-Vulnerable CEAP households may receive two Safety Net Deliveries. Safety Net Assistance benefits are not available for Level 5 households (those with income over 200% FPG to 60% SMI). <https://portal.ct.gov/DSS/Economic-Security/Winter-Heating-Assistance/Energy-Assistance---Safety-Net-Services>



Energy Assistance- Winter Heating: helps households pay for primary heating bills. If the household's primary heating costs are included in rent, renters can also apply for assistance. More vulnerable households are eligible for up to \$725 in basic winter heating benefits, and non-vulnerable households can be eligible for up to \$670 for heating.

<https://portal.ct.gov/DSS/Economic-Security/Winter-Heating-Assistance/Energy-Assistance---Winter-Heating/Eligibility>

Section 8 Housing Choice Voucher (HCV) Program & State Rental Assistance Program: provides affordable housing to those who meet income requirements. There is currently a high waitlist for this program. <https://portal.ct.gov/DOH/DOH/Additional-program-pages/How-to-Apply-for-RAP-and-Section-8>

## **Medical/Health-related**

Children's Health Insurance Program (HUSKY B): children in Connecticut with low family income may qualify for HUSKY if their parents' income is above 185% of the federal poverty level. HUSKY B requires payment of monthly premiums and cost-sharing.

<https://www.ct.gov/oha/cwp/view.asp?a=4363&q=520700>

CHOICES (Connecticut's program for Health insurance assistance, Outreach, Information and referral, Counseling, Eligibility Screening): helps Connecticut's older adults and persons with disabilities with Medicare understand their Medicare coverage and healthcare options and offers enrollment assistance. <https://portal.ct.gov/DORS/Content-Pages/Programs/CHOICES-Connecticuts-program-for-Health-insurance-assistance-Outreach-Information-and-referral-Couns>

Med-Connect (Medicaid for Employees with Disabilities): provides medical assistance to employed individuals with disabilities. Enrollees can earn up to \$75,000 per year and qualify for full Medicaid/HUSKY Health coverage. <https://portal.ct.gov/DSS/Health-And-Home-Care/Disability-Services/Med-Connect-Medicaid-for-Employees-with-Disabilities/Med-Connect-Medicaid-for-Employees-with-Disabilities>



Medicaid: provides health coverage for some low-income people who cannot afford it. The Medicaid programs in Connecticut are HUSKY A, C, and D.

<https://www.ct.gov/oha/cwp/view.asp?a=4363&q=520700>

- HUSKY A: children and their caretaker relatives whose family income is less than 185% of the poverty level, and pregnant women whose income is less than 250% of the poverty level are eligible.
- HUSKY C: certain individuals may be eligible for Medicaid because they are aged, blind, or disabled.
- HUSKY D: single adults whose income is below 56% of the federal poverty level may qualify for Medicaid for Low Income Adults (LIA) or HUSKY D.

Medicare: public health insurance for people who are 65 years old or older, people with disabilities, and ESRD. <https://www.medicare.gov/>

## Transportation

Reduced fare travel for people with disabilities resource list:

<https://portal.ct.gov/DDS/General/Transportation/Transportation>

## Additional Resources:

2-1-1: is your one-stop connection to the local services you need, from utility assistance, food, housing, child care, elder care, crisis intervention and much more. Dial 2-1-1 to reach these services or dial 1-800-203-1234 if there is a problem calling the 2-1-1 number. <https://uwc.211ct.org/about/>

Muscular Dystrophy Association (MDA) Connecticut Office and Events:

<https://www.mda.org/office/connecticut>