

## Kentucky

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 the Myotonic Dystrophy Foundation. 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.

## Caregivers

Kentucky Family Caregiver Program: provides a wide range of services including matching grandparent caregivers with support groups and providing information about resources, assistance in accessing services, counseling and training.

<https://chfs.ky.gov/agencies/dail/Pages/caregiversupport.aspx>

National Family Caregiver Support Program: offers flexible benefits and support services to the informal caregivers of people 60 years of age or older, an individual with Alzheimer's disease or a related disorder and also for grandparents and relatives age 55 or older caring for a relative child no older than 18 years of age related by birth, marriage or adoption. <https://chfs.ky.gov/agencies/dail/Pages/caregiversupport.aspx>

## Employment

KentuckyWorks: is a collaborative effort to support youth and young adults with intellectual disabilities, autism, and multiple disabilities in finding competitive employment. <https://www.kentuckyworks.org/>

Senior Community Service Employment Program (SCSEP): provides training and part-time employment opportunities to low-income people 55 and older.

<https://chfs.ky.gov/agencies/dail/Pages/scsep.aspx>

SNAP Employment and Training (E&T): SNAP E&T is an Employment and Training program offered by the Department of Community Based Services (DCBS) available in all 120 counties. SNAP is the nutrition assistance program formerly known as food stamps. All SNAP recipients age 16 to 60 are eligible to participate.

<https://chfs.ky.gov/agencies/dcbs/dfs/Pages/snapet.aspx>

## Financial Resources

Child Care Assistance Program (CCAP): provides support to help families pay for childcare. <https://chfs.ky.gov/agencies/dcbs/dcc/Pages/ccap.aspx>

Kentucky Transitional Assistance Program (KTAP): KTAP is the monetary assistance program established using federal funds from the Temporary Assistance for Needy Families block grant. KTAP provides financial and medical assistance to needy dependent children in Kentucky and the parents or relatives with whom the children live. KTAP also helps families find jobs or get training that leads to a job. For more information, visit

<https://chfs.ky.gov/agencies/dcbs/dfs/fssb/Pages/ktap.aspx>

## Food & Nutrition

Child and Adult Care Food Program (CACFP): partners with childcare centers, adult day cares, head start, family daycare homes, emergency shelters, and at-risk programs to provide healthy meals for thousands of Kentuckians. The CACFP contributes to the wellness, healthy grown, and development of children, as well as the health and wellness of older adults and chronically impaired disabled persons by providing institutions monetary reimbursement for serving healthy meals.

<https://education.ky.gov/federal/SCN/Pages/CACFPHomepage.aspx>

Elderly Simplified Application Project (ESAP): is a demonstration project designed to dramatically simplify the SNAP application and verification process. SNAP applicants are eligible for ESAP if all household members are age 60 or older and have no earned income. <https://www.ncoa.org/wp-content/uploads/ESAP-TA-Guide.pdf>

Kentucky Supplemental Nutrition Program Education (SNAP Ed): delivers nutritional education to individuals receiving SNAP benefits.

<https://chfs.ky.gov/agencies/dcbs/dfs/pdb/Pages/snaped.aspx>

Metabolic Foods and Formula Program: This program administers payment for medically necessary therapeutic foods, formulas, supplements and low-protein modified food products. <https://chfs.ky.gov/agencies/dph/dmch/cfhib/Pages/kymffp.aspx>

Nutrition Program for the Elderly: provides one nutritionally balanced home-delivered or congregate dining-style meal per day. Additional services include nutrition screening, education and counseling. <https://chfs.ky.gov/agencies/dail/Pages/nutrition.aspx>

Simplified Assistance for the Elderly (SAFE):  
<https://chfs.ky.gov/agencies/dcbs/dfs/nab/Pages/default.aspx>

Special Supplemental Nutrition Program for Women, Infants and Children (WIC): WIC provides nutrition and education services, breastfeeding promotion and education, monthly food prescription of nutritious foods, and access to health-care services. <https://chfs.ky.gov/agencies/dph/dmch/nsb/Pages/wic.aspx>

Supplemental Nutrition Assistance Program (SNAP): SNAP, formerly known as food stamps, helps low-income people buy food for healthy meals at participating stores. SNAP benefits increase household food buying power when added to the household's income. <https://chfs.ky.gov/agencies/dcbs/dfs/nab/Pages/snap.aspx>

## **Housing**

HOME Tenant-Based Rental Assistance (TBRA): HOME Investment Partnerships Program (HOME) has the flexibility to create programs that provide assistance to individual households. The most common type of TBRA program provides for payments to make up the difference between what a household can afford to pay for housing and the local rent standard. TBRA funds may be used to provide rental assistance to help pay the cost of monthly rent and utility costs, and to pay security deposit assistant to tenants. <http://www.kyhousing.org/Development/Single-Family/Pages/HOME-TBRA.aspx>

Low Income Home Energy Assistance Program (LIHEAP): LIHEAP is a federally-funded program to help eligible low-income households meet their home heating and/or cooling needs. <https://chfs.ky.gov/agencies/dcbs/dfs/pdb/Pages/liheap.aspx>

Weatherization Assistance Program: The mission of the Kentucky Weatherization Assistance Program is to improve energy efficiency, household safety, and to educate the public about maintaining energy efficiency. The program's focus is on low-income families and children, the elderly, and the disabled. Trained inspectors and crews with state of the art equipment aim to reduce the cost of energy for low-income families.

<http://www.kyhousing.org/Development/Single-Family/Pages/WeatherizationAssistance-Program-Eligibility.aspx>

## **Living with Disabilities and/or Elderly**

Assisted Living Facilities Directory:

<https://chfs.ky.gov/agencies/dail/Documents/ALCReport.pdf>

Disability Determination Services: makes disability determinations on behalf of the commissioner of Social Security for residents of Kentucky. The program uses federal regulations to determine disability for both Supplemental Security Income (SSI) and Social Security Disability Income (SSDI).

<https://chfs.ky.gov/agencies/dis/Pages/ddds.aspx>

First Steps: is a statewide early intervention system that provides services to children with developmental disabilities from birth to age 3 and their families.

<https://chfs.ky.gov/agencies/dph/dmch/ecdb/Pages/firststeps.aspx>

Hart-Supported Living Program: provides funds for supports to help Kentuckians with disabilities live in their homes and communities and avoid institutionalization.

<https://chfs.ky.gov/agencies/dail/Pages/hslp.aspx>

Homecare Program: provides support and services for daily needs as well as a coordination among caregivers and provider agencies to help adults at risk of institutional care remain in their homes. <https://chfs.ky.gov/agencies/dail/Pages/homecare.aspx>

Kentucky Transitions: helps people move out of nursing facilities or institutions and into their own homes. <https://chfs.ky.gov/agencies/dms/dca/Pages/kytransitions.aspx>

Long Term Care Facilities Directory:

[https://chfs.ky.gov/agencies/os/oig/dhc/Documents/Directories/Long\\_Term\\_Care\\_Directory\\_by\\_County.pdf](https://chfs.ky.gov/agencies/os/oig/dhc/Documents/Directories/Long_Term_Care_Directory_by_County.pdf)

Office for Children with Special Health Needs (OCSHCN): provides comprehensive care to children and youth with special health care needs who are KY residents, are younger than 21, and meet medical and financial eligibility. For information about the programs and services offered by OCSHCN, visit

<https://chfs.ky.gov/agencies/ccshcn/Pages/default.aspx>.

Participant Directed Services (PDS): allows people eligible for Medicaid waiver services to choose their own providers for non-medical waiver services. Provider choice gives members greater flexibility in the delivery of services received. For more information about PDS, visit <https://chfs.ky.gov/agencies/dail/Pages/pds.aspx> Information about each waiver is listed below:

- Home and Community Based Waiver (HCB): is designed to target assistance with those who have aging and/or physical disabilities.  
<https://chfs.ky.gov/agencies/dms/dca/hcbsb/Pages/hcb-waiver.aspx>
- Michelle P Waiver (MPW): is designed to target assistance for individuals with intellectual developmental disabilities. There is a waiting list for this waiver.  
<https://chfs.ky.gov/agencies/dail/Pages/pds.aspx>
- Supports for Community Living Waiver (SCL): is designed to target assistance for individuals with intellectual or developmental disabilities. There is a waiting list for allocation of this waiver to an individual.  
<https://chfs.ky.gov/agencies/dms/dca/iddcsb/Pages/scl-waiver.aspx>

Personal Care Attendant Program: helps severely physically disabled adults at risk of being institutionalized to live in their own homes and communities by subsidizing costs of personal attendant services. <https://chfs.ky.gov/agencies/dail/Pages/pcap.aspx>

State Health Insurance Assistance Program (SHIP): provides, information, counseling and assistance to seniors and disabled individuals, their families and caregivers. This service is provided at no charge by local, well-trained counselors. This program seeks to educate the general public and Medicare beneficiaries so they are better able to make informed decisions about their health care. <https://chfs.ky.gov/agencies/dail/Pages/ship.aspx>

## Medical & Health-Related

Adolescent Health Initiatives: improves the health and well being of Kentucky's youth. For information about programs including, teen pregnancy prevention, suicide prevention, teen dating violence prevention, and HIV and STV prevention, visit <https://chfs.ky.gov/agencies/dph/dwh/Pages/teenpreg.aspx>

Chronic Disease Prevention Branch: includes several programs to address chronic diseases including arthritis, asthma, chronic obstructive pulmonary disease, colorectal cancer, community health action teams, diabetes, heart disease, lung cancer, osteoporosis, pediatric cancer, and stroke. For more information on these programs, visit <https://chfs.ky.gov/agencies/dph/dpqi/cdpb/Pages/default.aspx>

Chronic Disease Self Management Program: empowers people with chronic disease to take an active role in managing their chronic conditions. It is a workshop given two and a half hours, once a week, for six weeks that focus on self management. For more information about the topics this session covers, visit <https://chfs.ky.gov/agencies/dail/Pages/cdsmp.aspx>

County Listings for Mental Health Services and Services for Individuals with an Intellectual Disability: <http://dbhdid.ky.gov/cmhc/default.aspx>

Division of Member and Provider Services: assists Medicaid beneficiaries and providers with any questions they may have. For information about programs and service offered as well as a list of managed care organizations (MCOs), visit <https://chfs.ky.gov/agencies/dms/dmps/Pages/default.aspx>

Family Planning Information: <https://chfs.ky.gov/agencies/dph/dwh/Pages/familyplanning.aspx>

Health Access Nurturing Development Services (HANDS): provides support throughout a woman's pregnancy and the first two years over her baby's life. HANDS supports families as they build healthy, safe environments for the optimal growth and development of children. <https://chfs.ky.gov/agencies/dph/dmch/ecdb/Pages/hands.aspx>

Kentucky Children’s Health Insurance Program (KCHIP): is free health insurance for children younger than 19 without health insurance. Children in families with incomes less than 213 percent of the federal poverty level are eligible.

<https://kidshealth.ky.gov/Pages/index.aspx>

Kentucky Prescription Assistance Program (KPAP): helps Kentuckians locate free or reduced-cost prescription drugs.

<https://chfs.ky.gov/agencies/dph/dpqi/hcab/Pages/kpap.aspx>

KY Integrated Health Insurance Premium Payment (KI- HIPP) Program: helps eligible Kentuckians pay employer-sponsored insurance premiums, the amount paid to your health insurance company for coverage.

<https://chfs.ky.gov/agencies/dms/member/Pages/kihipp.aspx>

Medicaid: Kentucky Medicaid provides health care for eligible low-income residents including children, families, pregnant women, the aged, and people living with disabilities. Eligibility is determined by family size, income, and the federal poverty level. For more information, visit <https://chfs.ky.gov/agencies/dms/Pages/default.aspx>

Medicare: Offers services to those who are 65 years or older, or younger than 65 but have a disability or permanent kidney failure. <https://www.medicare.gov/>

Newborn Screening: provides screening for newborns to determine if a baby has certain health conditions. Specific conditions can lead to slow growth or other poor newborn outcomes. <https://chfs.ky.gov/agencies/dph/dmch/cfhib/Pages/newbornscreening.aspx>

Prenatal Program: assures access to basic prenatal services through the LHD directly or by referral for those women who meet the following eligibility guidelines: income at or below 185 percent federal poverty level who are uninsured.

<https://chfs.ky.gov/agencies/dph/dmch/cfhib/Pages/prenatal.aspx>

## **Additional Resources**

Muscular Dystrophy Association (MDA) Kentucky Clinics:

<https://www.mda.org/care/care-center-list?province=KY>