

### Guardianship vs. Power of Attorney

Information about guardianship and conservatorship provided through Nebraska Supreme Court

1. <https://supremecourt.nebraska.gov/programs-services/guardianship-conservatorship>

Additional information available

2. <https://www.guardianship.org/what-is-guardianship/>

ARC of Frederick Co Maryland

3. <https://www.arcfc.org/what-we-do/future-planning.html>

### Letter of Intent Examples

ARC of Frederick Co Maryland – why do a letter of intent? **Example**

4. [https://www.arcfc.org/file\\_download/fd53a1ff-217e-4907-9ae1-8fc77f523f1f](https://www.arcfc.org/file_download/fd53a1ff-217e-4907-9ae1-8fc77f523f1f)

ARC of Frederick Co Maryland –Word Document Template - **Example**

5. [https://www.arcfc.org/file\\_download/be556e54-a064-4a02-bf37-aad7d79680c2](https://www.arcfc.org/file_download/be556e54-a064-4a02-bf37-aad7d79680c2)

Littman Crooks LLP – **Example – Most Detailed**

6. <https://www.littmankrooks.com/wp-content/uploads/2015/06/Letter-of-Intent-Special-Needs-2015.pdf>

From the Movie Mimi and Dona – **Example – has a letter already written**

7. [http://www.mimianddonamovie.com/pdfs/Writing Letter of Intent FORM-April%202014.pdf](http://www.mimianddonamovie.com/pdfs/Writing%20Letter%20of%20Intent%20FORM-April%202014.pdf)

### **Financial**

Special Needs Trust

8. <https://www.specialneedsalliance.org/the-voice/two-different-types-of-special-needs-trusts/> **Example**
9. <https://www.autismspeaks.org/tool-kit-excerpt/special-needs-trusts> **Example**

ABLE Accounts

10. ENABLE Account of Nebraska <https://www.enablesavings.com/> **Handouts**
11. National ABLE <http://www.ablenrc.org/>
12. How do I enroll/comparisons: <http://www.ablenrc.org/get-started/how-do-i-enroll-in-a-program/>

## Government Benefits

### Medicaid

13. <https://autisticadvocacy.org/policy/toolkits/medicaid/> **Example**

### Social Security:

14. <https://www.ssa.gov/redbook/eng/overview-disability.htm>

15. <https://www.ssa.gov/pubs/EN-05-10026.pdf> **Example**

16. <https://www.ssa.gov/planners/disability/qualify.html#anchor7>

### Other Resources:

#### The ARC Center for Future Planning

17. <https://futureplanning.thearc.org/>

18. <https://futureplanning.thearc.org/pages/learn/future-planning-101>

19. Where to Start <https://futureplanning.thearc.org/pages/learn/where-to-start/expressing-wishes-for-the-future>

20. <https://thearc.org/get-involved/siblings/>

#### National Down Syndrome Society

Alzheimer's Disease & Down syndrome: A Practical Guidebook for Caregivers - **Example**

21. [https://www.ndss.org/wp-content/uploads/2018/12/NDSS\\_Guidebook\\_FINAL.pdf](https://www.ndss.org/wp-content/uploads/2018/12/NDSS_Guidebook_FINAL.pdf)

Aging and Down Syndrome: A Health & Well-being Guidebook - **Example**

22. <http://www.ndss.org/wp-content/uploads/2017/11/Aging-and-Down-Syndrome.pdf>

Books in Spanish

23. <https://www.ndss.org/about-down-syndrome/publications/>

Other NDSS

24. <https://www.ndss.org/about-down-syndrome/down-syndrome-through-the-lifespan/>

25. <https://www.ndss.org/about-down-syndrome/publications/caregiver-guide-order-form/>

26. <https://www.ndss.org/about-down-syndrome/publications/>

#### National Down Syndrome Congress - Adult Sibling Program

27. <https://www.ndsccenter.org/programs-resources/adult-siblings/> - **Example**

## **Autism Speaks for individuals 22+**

28. <https://www.autismspeaks.org/adults-22>

## **Autism - Society –**

29. <https://www.autism-society.org/living-with-autism/autism-through-the-lifespan/adulthood/>

## **Autism Self Advocate Network ASAN**

30. <https://autisticadvocacy.org/resources/>

## **Alzheimer's and Dementia**

### **Intellectual Disabilities and Dementia: A Caregiver's Resource Guide for Nebraskans**

31. <https://www.unmc.edu/mmi/community-resources/lifespan-resources/adult-NE-caregiver-resource-guide.pdf> Example

### **DSA of Midlands – link to May, 2019 by Dr. Seth Keller on Aging and Decline**

32. <https://www.dsamidlands.org/resources/education-series-speaker-supplements/dr-keller.html> Example

### **National Task Force on Intellectual Disabilities and Dementia Practice**

33. <http://aadmd.org/ntf>

## **Siblings**

### ***The Sibling Survival Guide* edited by Don Meyer & Emily Holl**

34. <https://www.woodbinehouse.com/product/sibling-survival-guide-indispensable-information-brothers-sisters-adults-disabilities/>

## **Sibling Leadership Network**

35. <https://siblingleadership.org/>

36. <https://siblingleadership.org/services-and-supports/adult-sibs/>

37. <https://thearc.org/get-involved/siblings/>

## **Upcoming Series**

**Tuesday November 12, 2019 – 6:30 to 8:30 UNO Community Center  
Community Options for Adults with I/DD – age 21 and older**

**Tuesday January 28, 2020 – 6:30 to 8:30 UNO Community Center  
Housing Options for Adults**

**Tuesday April 7, 2020 – 6:30 to 8:30 UNO Community Center  
Planning for Adult Healthcare**

