

FHF of GNO Family Checklist

This checklist is designed to help individuals with disabilities and their families identify important services, supports, resources, and milestones throughout every stage of life. Use it as a guide to navigate available programs, advocate effectively, and plan for the future.

All Ages

Learn About Families Helping Families of Greater New Orleans

- ☐ Received the FHF of GNO [Welcome Booklet](#)
- ☐ Visited FHF of GNO website fhfogn.org
- ☐ Visited FHF of GNO [Training/Events Calendar](#)
- ☐ Subscribed to [Exceptional Times](#), Louisiana Digital Magazine
- ☐ Joined [LAdisABILITY Talk](#) Facebook Group
- ☐ Followed FHF of GNO on [Facebook](#), [Instagram](#), and [YouTube](#)
- ☐ Requested disability-specific [resources](#) and [support groups](#) information

Infant/Preschool 0-5

- ☐ Attended FHF training on Early Intervention Services (EarlySteps)
- ☐ Contacted EarlySteps for Referral | Date _____
 - ☐ EarlySteps for Evaluation | Date _____
 - ☐ EarlySteps Determination | Date _____
 - ☐ Attended Individual Family Support Plan (IFSP) meeting, if applicable
Date _____
 - ☐ Attended IFSP transition meeting, if applicable | Date _____
 - ☐ Signed the Consent form for school district evaluation |
Date _____
- ☐ Explore Louisiana's Childcare Assistance Program
- ☐ Contacted the Social Security Administration to apply for SSI
- ☐ Explored state Medicaid options (TEFRA, Family Opportunity Act, Waivers, LaCHIP, etc.)
 - ☐ Applied for Medicaid | Date _____
 - ☐ Determined Eligible for Medicaid option _____ |
Date _____
 - ☐ Determined eligibility for Early Periodic Screening & Diagnostic Testing (EPSDT), applicable if you qualify for one of the Medicaid programs above
- ☐ Attended FHF Training on Education Rights and Community Supports
- ☐ Contacted Child Search to refer my child for educational evaluation, if it was not done by EarlySteps | Date _____
 - ☐ Signed a consent form for the school district to do an evaluation (Child Search), if it was not done in EarlySteps | Date _____

- ☐ Obtained school district evaluation and determination (1508 Evaluation)
- ☐ Attended Individualized Education Plan (IEP) or 504 Meeting
- ☐ Contacted local Human Services District/Authority: Developmental Disability Services
 - ☐ Determined Medicaid Waiver Eligibility (Home & Community Based Services)
 - ☐ Applied for Flexible Family Fund | Date_____
- ☐ Explored Behavioral Supports and Services, if applicable

Elementary/ Middle School/ High School Age 6-21

- ☐ Attend FHF training on Educational Rights and Community Supports
- ☐ Obtained a copy of FHF's "It's a Good IDEA Louisiana."
- ☐ Evaluated for a communication device, if needed
 - ☐ Obtained a communication device if needed
- ☐ If you haven't done so, contact your local Human Services District/Authority: Developmental Disability Services
 - ☐ Determined Medicaid Waiver Eligibility (Home & Community Based Services)
- ☐ Attended FHF training on financial issues/estate planning (Special Needs Trust)
- ☐ Attended FHF training on Transition During/After High School
- ☐ Attended FHF training on Age of Majority issues: Continuing Tutorship, Supported Decision Making
- ☐ Talk to your youth about what they want to do after high school
- ☐ Working on Self-Advocacy Skills with my youth
- ☐ Contacted Louisiana Rehabilitation Services (LRS) about employment training and supports, pre-employment services, and work readiness skills
- ☐ Contacted Work Incentives Planning and Assistance (WIPA) Program.
- ☐ Explored post-secondary education options
- ☐ Obtained resources on driving with a disability
- ☐ Explored Mental and Behavioral Health Services, if applicable
- ☐ Talked with medical professionals about transitioning from Pediatrics to Adult Healthcare
- ☐ Obtained a copy of FHF's Independent Living toolkit

Adulthood 18 & Above

- ☐ Reapplied for SSI (18 years old)
- ☐ Explored Personal Care Services and Waiver Options
- ☐ Explored health insurance options
- ☐ Determined readiness for post-secondary education
- ☐ Obtained list of Day Habilitation Programs, if applicable