



## Are you new to Maryland or thinking about moving? Here's a checklist to help!

### **Change is Hard.**

\_\_\_\_\_ As you already know: Routines are critical for children – and adults! For anyone who struggles with changes in routine, pack their rooms last before leaving, and unpack them first upon arriving.

### **Add Your Info to DSAmD's Database.**

\_\_\_\_\_ If not already done, complete our "membership" form: <https://bit.ly/dsamdmembership>

\_\_\_\_\_ Feel free to ask for connections – we're here to help. [info@DSAmD.org](mailto:info@DSAmD.org) / call or text: 410-321-5434

\_\_\_\_\_ There are more localized Down syndrome supports in Maryland, too – let us know if you need a connection.

### **Medical Providers and Transitioning.**

\_\_\_\_\_ Get copies off all medical records sent to you (digital format is easiest). This can be time consuming as often there are several specialists to request records from. While your new offices can request them, it's often easier to have copies because therapists/schools/etc. will also want copies.

\_\_\_\_\_ Contact your pediatrician/primary care provider from the area you are leaving and request new prescriptions

\_\_\_\_\_ Contact your pediatrician/primary care provider from the area you are leaving and request referrals as necessary for all therapies that your child is currently receiving.

NOTES: You will need prescriptions and referrals to switch providers. Getting them ahead of time will eliminate you having to establish care first in the new community before you can begin needed therapies. With referrals and scripts, you can also get on waitlist prior to moving which will help reduce some of the wait times once you have moved.

\_\_\_\_\_ Flip over your insurance card and call the number or use an online form to identify providers covered in your new area.

\_\_\_\_\_ If you are on any government assistance programs, whether they be federal or local: contact your servicing office from the state you are leaving and ask about transferring services seamlessly to Maryland

\_\_\_\_\_ Get local recommendations of doctors -- Cross reference the list from your insurance to the top providers recommended by DSAmd families for Doctors' Day at: <https://bit.ly/dsamdtopdocs>

\_\_\_\_\_ Enroll with new pediatrician/dentist/specialists/etc. Remember new client visits for pediatricians, specialist, dentist, etc. can all be longer waits than normal so be sure to allow extra time in advance when making these appointments.

\_\_\_\_\_ Update your insurance information

### **Childcare and Schools.**

\_\_\_\_\_ Research childcare if you are using. Reach out DSAmd for connections to other families in your new area if needed.

\_\_\_\_\_ Call county school program to change / move / begin IEP or IFSP

\_\_\_\_\_ Contact DSAmd, we have parent mentors who do 30-minute IEP strategic coaching sessions with families. We host these events on Zoom about once per month.

### **Safety.**

\_\_\_\_\_ Consider if you want to call your local police department and let them know an individual with Down syndrome lives at the new address. Many believe they can support your family better if they know about and prioritize individuals with disabilities.

\_\_\_\_\_ Consider a meeting place in case you get separated in your new neighborhood. Consider how to keep your loved one with Down syndrome safe in case they sometimes exit your home.

### **Funding Resources in Maryland.**

\_\_\_\_\_ Connect with your local ARC. Some have grant programs available.

\_\_\_\_\_ Maryland has a lottery grant program for families and individuals with intellectual or developmental disabilities. It is called LISS Funding – Low Intensity Support Services. Read more here and consider applying up to twice/year for \$2,000 in support for respite, therapies, equipment, and more: <https://health.maryland.gov/dda/Pages/liss.aspx>

### **Research**

\_\_\_\_\_ Consider this time as a reminder/reason to get in touch with DS-Connect, the NIH's Down syndrome database. Signing up means your family will stay up-to-date on the latest Ds research and research opportunities. Visit: <https://dsconnect.nih.gov/>