



# Special Needs Planning or Life Care Planning Resources

## **Life Care Plan Benefits**

- Help ensure you are getting the necessary care to support medical, independence and quality of life goals
- Help locate and organize public and private resources to manage long-term financial and medical needs
- Build peace of mind through making well-informed choices based on documented information

One of the greatest challenges for individuals living with a spinal cord injury and their caregivers is understanding and anticipating future needs. Creating and maintaining a Life Care Plan can help you define, organize, prioritize and initiate your health, wellness, safety and quality of life options.

Since care requirements and expenses change over time, a Life Care Plan is designed to be a dynamic document that can be adapted to fit shifting current and future needs. Usually developed with assistance from a life care planning professional, the plan uses published standards of practice, comprehensive assessments, data analysis and research to determine the lifetime needs of an individual with a disability.

Some of the topics addressed in a Life Care Plan include medical care and evaluations, therapies, medical and adaptive equipment, modifications and aids for independent living, medications, home care/facility care, transportation and potential complications. This fact sheet includes links to sources for researching and understanding some of the services and resources available to assist in creating a comprehensive Life Care Plan. Please also see our ABLE Act fact sheet for information on tax-advantaged savings accounts for people with disabilities.

**The following are provided as information sources. The Reeve Foundation does not endorse any products, vendors or services and a listing here is not to be taken as an endorsement.**

### **Websites**

#### **Academy of Special Needs Planners: Special Needs Answers**

<http://www.specialneedsanswers.com/>

3 2<sup>nd</sup> St, Suite 803.

Jersey City, NJ 07302

Phone: 866-296-5509

Special Needs Answers is the consumer Web site of the Academy of Special Needs Planners, a network of qualified attorneys who have demonstrated a commitment to assisting those with special needs and their families. Through this web site and its free monthly e-newsletter, the Academy provides consumers the best Internet information available on planning for people with special needs.

#### **ACT for Life Services**

<https://www.actforlifeservices.org/>

1441 Broadway, 6th Floor

New York, NY 10018-1905 (office visits by appointment only)

Mailing Address: PO Box 340, New Hyde Park NY 11040-0340

Phone: 212-532-6740, 800-995-0066

Email: [info@ACTforlifeservices.org](mailto:info@ACTforlifeservices.org)

A national non-profit organization which helps families plan for the care of a loved one with a disability after they are no longer able and provides direct services to disabled people whose families have left assets for their care. Formerly called Disabled and Alone.

#### **American Association of Nurse Life Care Planners (AANLCP)**

<http://www.aanlcp.org>

299 S. Main St., Suite 1300-91732

Salt Lake City, UT 84111

Phone: 385-429-4532

Nurse life care planners are registered nurses who integrate their nursing experience into developing client-centered life care plans. AANLCP is a membership organization that promotes nurse life care planning as a professional practice. The site includes a searchable database of nurse life care planners.

#### **The Center for Special Needs Trust Administration, Inc.**

<https://www.centertrust.org/>

12425 28<sup>th</sup> St. N., Suite 301

St. Petersburg, FL 33716

*Mailing Address:*

*PO Box 17296*

*Clearwater, FL 33762*

Phone: 877-766-5331

Email: [info@centersmail.com](mailto:info@centersmail.com)

The Center for Special Needs Trust Administration is a not-for-profit corporation that is exclusively focused on the administration of Special Needs Trusts with the sole mission of providing comprehensive services to the entire community of people with disabilities.

### **Help Hope Live (formerly NTAF)**

<https://helphopelive.org/>

Phone: 800-642-8399

Help Hope Live is a nonprofit organization that helps patients and families who are fundraising for uninsured medically related expenses related to transplantation or catastrophic injury. HHL administers the funds that are raised for an individual and pays out the bills decreasing the chances of the individual's Medicaid being affected by fundraising. Individuals should check with their state Medicaid office to ensure that is the case.

### **Lowcountry Farm and Rescue**

[www.lowcountryrescue.org](http://www.lowcountryrescue.org)

8020 Cane Branch Road

Ruffin, SC 29475

Phone: 843-540-9678 or 843-304-2778

Email: [Lowcountryfarmrescue@gmail.com](mailto:Lowcountryfarmrescue@gmail.com)

This farm creates a sanctuary for rescued animals, where individuals with special needs work to discover their strength, capabilities, and connection with the animals and community. Their programs include animal-assisted therapy, inclusive farming, and education and outreach.

### **Midwest Special Needs Trust (MSNT)**

<http://www.midwestspecialneedstrust.org/>

PO Box 7629

Columbia, MO 65205

Phone: 573-256-5055, 877-239-8055 (Toll free)

E-mail: [mftbt@midwestspecialneedstrust.org](mailto:mftbt@midwestspecialneedstrust.org)

MSNT provides trust services for individuals with disabilities who live in Missouri, Arkansas, Illinois, Kansas, Kentucky, Nebraska, Oklahoma and Tennessee.

### **PLAN (Planned Lifetime Advocacy Network)**

<http://www.plan.ca>

101-1001 West Broadway

Vancouver, British Columbia V6H 4E4 Canada

Phone: 604-558-2055

PLAN helps families secure the future for their relative with a disability, in part by helping them cultivate supportive social networks.

### **Protected Tomorrows**

<http://www.protectedtomorrows.com>

103 Schelter Road, Suite 10

Lincolnshire, IL 60069

Phone: 847-522-8086

Protected Tomorrows offers comprehensive life planning process for the benefit of people with special needs. The site includes discussion forums for caregivers and an Articles & Tools library.

### **Special Needs Alliance**

<http://www.specialneedsalliance.org/>

7739 E. Broadway Blvd #362

Tuscan, AZ 85710

Phone: 877-572-8472

The Special Needs Alliance is a membership organization of attorneys who specialize in the practice of disability and public benefits law. The site includes listings of attorneys by state.

### **IRS: Publication 502 (2010), Medical and Dental Expenses**

<http://www.irs.gov/publications/p502/ar02.html>

Information on tax deductions for medical and dental expenses.

## **Articles**

Kitchen, Julie A. “**Interview and Data Collection Process for the Life Care Plan**”. *Topics in Spinal Cord Injury Rehabilitation*. Spring 2002, pp. 69-87.

Includes a sample life care plan with types of rehab services and equipment and costs for these services.

Mondschein, Philip H. “**Planning for the Financial Independence and Security of a Disabled Child.**” *Today’s Caregiver*.

[http://www.caregiver.com/articles/children/planning\\_for\\_disabled\\_child.htm](http://www.caregiver.com/articles/children/planning_for_disabled_child.htm)

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