



Special Needs Planning or Life Care Planning Resources

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.

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

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

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

Academy of Special Needs Planners: Special Needs Answers

150 Chestnut St.

4th Floor, Box 15

Providence, RI 02903

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.

<http://www.aanlcp.org>

American Association of Nurse Life Care Planners (AANLCP)

3267 East 3300 South #309

Salt Lake City, UT 84109

Phone: 801-274-1184

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.

<http://centersweb.com/SNT/>

The Center for Special Needs Trust Administration, Inc.

4912 Creekside Drive

Clearwater, FL 33760

Phone: 877-766-5331

Email: 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.

<http://www.disabledandalone.org>

Disabled and Alone/Life Services for the Handicapped Inc.

1440 Broadway, 23rd Floor

New York, NY 10018-2326

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

Email: info@disabledandalone.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.

<http://www.FinancialPlanningForSpecialNeeds.com>

The Gifted Learning Project

10E 135TH ST #481551

Kansas City, MO 64148-1551

Phone: 816-200-0457

Email: theglp@theglp.org

The Gifted Learning Project sells a DVD called Financial Planning for Special Needs

<http://www.helphopelive.org/services/catastrophic-injury-patients/>

HelpHOPELive (formerly NTAF)

Phone: 800-642-8399

HelpHOPELive is a nonprofit organization that helps patients and families fundraise for uninsured medically related expenses related to transplantation or catastrophic injury.

<http://www.metlife.com>

MetLife

http://www.metlife.com/individual/planning/special-needs/index.html?WT.ac=GN_individual_planning_special-needs#resources

MetLife: Special Needs Planning

Phone: 877-METDESK (877-638-3375)

The MetLife Center for Special Needs PlanningSM provides information and resources to assist families with dependents with special needs in planning for the future.

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

Midwest Special Needs Trust (MSNT)

PO Box 7629

Columbia, MO 65205

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

E-mail: mftbt@midwestspecialneedstrust.org

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

<http://www.plan.ca>

PLAN (Planned Lifetime Advocacy Network)

Suite 260 – 3665 Kingsway

Vancouver, B.C. V5R 5W2 Canada

Phone: 604-439-9566

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

<http://www.protectedtomorrows.com>

Protected Tomorrows

103 Schelter Road

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.

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

Special Needs Alliance

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.

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

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

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.
 - <http://www.kidsource.com/kidsource/content4/estate.dis.all.3.3.html>
Fee, Richard W. “**The Special Needs Trust**”. KidSource Online
 - http://www.caregiver.com/articles/children/planning_for_disabled_child.htm
Mondschein, Philip H. “**Planning for the Financial Independence and Security of a Disabled Child**.” *Today's Caregiver*.
 - <http://www.life123.com/career-money/wealth-management/trusts/setting-up-a-special-needs-trust.shtml>
Hagen, Kevin. “**Creating a Special Needs Trust**.” *Life 123*.
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