

Family Support

Being a parent of a child with a developmental disability poses unique challenges. Sorting through the available information, services, and how to pay for them can be confusing and overwhelming. To help alleviate some of those stressors, Northern Human Services (NHS), through the Family Support program, helps families understand and navigate community and agency resources that can help families remain as the primary source of support for an individual.

What is Family Support?

Family Support services are designed to assist families intact and prevent the need for more intrusive, restrictive and costly care. Families are assigned to a family support coordinators who will guide them in connecting with specific organizations to help and support each family's unique needs. Coordinators offer in-person support related to specific resources and assist with emergency financial assistance as needed. Family support coordinators provides these services in collaboration with other area agencies.

All Family Support Services are tailored to the individual and their family according to their interests, preferences, competencies and needs. Collaboration with other service providers such as the individual's school system, the local community, and the Family Support Council help families to get the most out of these services.

Is my family eligible?

The state of New Hampshire has established criteria to determine who is eligible for Family Support Services. According to the HeM-503, families who have a relative residing with them who has a developmental disability with specific characteristics will be eligible for Family Support Services. For details on these specifics please refer to He-M 519 regulations, available at, http://www.gencourt.state.nh.us/rules/state_agencies/he-m500.html.

Applications for Family Support Services are handled by a family support coordinator, and an eligibility decision will be made by Northern Human Services.

What are some of the services and programs offered through Family Support?

Our family support coordinators are committed to providing support both through NHS programs and in connection with other state/local programs. Services and programs offered are:

Advocacy
Coordination of supports
Discretionary Funding
Education and training

Family Support Conference
Family Support Council
Future planning/Transition
Home or auto modifications

Information
NH Family Ties
Referrals
Respite

Respite

Northern Human Services recognizes that common stressors in life are often amplified for families who care for individuals with developmental disabilities. NHS provides respite funds to allow for a short-term break for these families. In the case of family support respite, our focus is on ensuring that families can choose a respite provider that they know and trust with their child.

Respite services may be used for day, evening or overnight care. These services may be used in case of special occasions, emergency situations, or whenever the family chooses. Northern Human Services reimburses families at a fixed hourly rate for respite provider services.



Transition Services

Transition services are one of the most frequently-used services NHS offers. These services are offered to individuals with developmental/intellectual disabilities between the ages of 16 and 22 to ease the process from high school to adulthood. Transition coordinators meet with individuals in this age range and their parents to ensure a smooth transition into adult services including future planning and budget development.

NHS is committed to finding “the right match” for all individuals we serve, and will consider all factors before making a decision on which supports are best for you and your family.

In-Home Support

In-Home Supports are an array of services provided to individuals under 22 whose needs are intensive. These supports are provided both in-home, and out in the community to supplement and enhance care provided by the individual’s family. In order to be eligible, the individual must live at home and be eligible for services through Northern Human Services/Medicaid.

Who do I contact for more information?

Northern Human Services has three family support coordinators, covering specific geographical areas. Please reach out to the coordinator in your local area.

Coos County - Berlin/Gorham/Groveton/Colebrook

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