

## Inside this issue:

[Transition Services Review](#)

[Make a Plan](#)

[Shopping With Sarah](#)

[Transition Numbers](#)

Issue 29, January 2015

# TM COMMUNICATOR Special Edition

## Transition Services Review

Transition services are one-time set-up expenses for the individuals that are on the Idaho Home Choice program; they are funds that should be used to meet the needs that are barriers to transition. Transition services are furnished only to the extent that the person is unable to meet such expenses or when the support cannot be obtained from other sources.

## Make a plan

It is important to make a plan. I have always stressed that communication is key to this program and this is very true when trying to figure out what the participant needs to make a successful transition into the community. Remember that there isn't a formula to the transitions and each participant is different so each transition is unique; just because you needed to purchase a kitchen set up for one person doesn't mean that that is what the next person needs. Sit down with the person and:

1. Identify possible barriers.
2. Create a list of medical supplies and equipment. Will Medicaid cover these items?
3. List housing needs. What type of furniture do they need? Do they need kitchen supplies? Do they need towels?
4. Shop around. The internet is a great tool and you can do some quick shopping for deals in a matter a minutes. Thrift stores are your friend but they don't always have the best deal so make sure to take a moment and compare.
5. If you need to, solicit donations. There are plenty of places and people that have household items that they are happy to give.
6. Get volunteers. There are groups out there that need volunteer hours. Boy Scouts and AmeriCorps come to mind.
7. Make sure that your participant is involved. If you can, take them with you.
8. Follow the plan. Sometimes when you are shopping it may seem like a participant may need something that is not on their list and you feel compelled to purchase it, don't. Stick to the plan and then revisit it if you need to.

## Shopping With Sarah - Walmart

I have been curious about what I would spend if I was to go shopping for a participant; below are some items that are frequently purchased. Typically, I would check out a few stores to get the best deals but during my first round of shopping I wanted to hit a store that everyone has access to. Please take a look at this and see that you can purchase needed items at a very reasonable cost; I was able to get a good portion of the household items (supplies, furniture & appliances) for under \$500.

	Item	Description	Price
<b>Kitchen Supplies</b>	Silverware	Mainstay flatware 48 piece set	\$9.97
	Dishes	Mainstay 16 piece dinner set	\$26.88
	Glasses	4 Aristocrat glasses @ 88 cents each	\$3.52
	Hot Pads	Mainstay 5 piece set	\$5.00
	Kitchen towels		
	Pots & pans	Mainstay 10 piece set	\$29.97
	Cooking Utensils	Mainstay 21 piece kitchen tool & caddy set	\$9.94
	Trash Can	Sterilite w/lid	\$7.88

	Item	Description	Price
<b>Bathroom Supplies</b>	Shower Curtain	Mainstay (lots to choose from)	\$7.88
	Curtain Rod	Mainstay white	\$10.96
	Curtain Rings	Mainstay rings	\$0.97
	Trash Can	Mainstay trash can, tooth brush holder, soap dish and bath-room cup in a packaged deal	\$4.88
	Tooth Brush Holder		
	Soap Dish		
	4 Bath towels	Mainstay reg. \$2.97 each	\$11.88
	4 hand towels	Mainstay value 97 cents a piece	\$3.88
	4 wash cloths	Mainstay value 47 cents a piece	\$1.88
	1 bath mat	Mainstay value 17x24	\$3.47

	Item	Description	Price
<b>Bedroom Supplies</b>	2 sets of sheets	1 set in bed in bag, 1 set mainstay full	\$14.97
	2 pillows	Standard Mainstay \$2.37 a piece	\$4.74
	blanket	Better Home velvet plush throw	\$8.88
	1 comforter	Mainstay bed in bag comes with set of sheets	\$29.96

	Item	Description	Price
<b>Additional Items</b>	living room lamp	Mainstay floor lamp	\$8.57
	bedroom lamp	Mainstay base @ \$5.88 Mainstay shade @ \$4.88	\$10.76
	1 clock	Mainstay wall clock	\$3.88
	1 alarm clock	Sharp with battery back-up	\$5.88
	Vacuum	Bissell Power Force	\$47.48
	Microwave	Westbend .9 cub. sq. (red or black)	\$59.00
	Kitchen Table	Mainstay 5 piece table & chairs	\$109.00
	End Table	Mainstay side/end table	\$12.94
	Coffee maker	Rival 12 cup	\$8.96
	Toaster	Rival	\$6.44

As of 1/20/15  
We have transitioned...

238



[Back to the Top](#)

