



Vermont

When a family or individual is faced with a progressive condition such as DM1 or DM2 they are often presented with additional financial expenses as well as loss of a steady income. This section attempts to gather financial resources that are available on a state level for persons living in the United States. By no means is this section complete; we invite you to share with us any resources you've identified.

This is an on-going project. We will add more resources as we gather them; please send us resources you know of that are not currently listed.

Please be advised that each organization has its own eligibility and application requirements. None of these organizations are affiliated with Myotonic. We hope you will share your experiences with us – let us know if you are successful in finding a good resource to help your family.

Caregivers

Attendant Services Program: ASP supports personal care services for adults with a “severe and permanent disability” who need physical assistance with activities of daily living (such as bathing, getting dressed and eating) to remain in their homes.

<https://asd.vermont.gov/services/attendant-services-program>

The Bridge Program and Family Managed Respite (FMR): FMR provides family caregivers a break in ongoing care for children and young adults, under age 21, who have an identified mental health condition or developmental disability. Respite can be used as needed, either planned or in response to a crisis. It can also be used to create a break for the normal routine for the child with a disability. <https://ddsd.vermont.gov/bridge-program-and-family-managedrespite>

Older Americans Act (OAA) Services: OAA services support Vermonters age 60 and older and are designed to help older Vermonters remain as independent as possible and to experience a high quality of life. OAA services are provided through Vermont's five Area Agencies on Aging (AAA) and include case management; nutrition services and programs; health promotion and disease prevention; information, referral and assistance; legal assistance; and family caregiver support. <https://asd.vermont.gov/services/aaa-oaa-services>



Employment

Linking Learning to Careers (LLC): LLC is an exciting new opportunity to improve career and college readiness for Vermont high school students with disabilities. This 5-year statewide initiative builds on effective pre-employment transition services already provided to students and engages them in additional experiences to help them to successfully transition from high school into adulthood.

<https://vocrehab.vermont.gov/linking-learning-careers-llc>

Supported Employment Program: The Vermont Supported Employment Program provides a full range of services which enable people with disabilities to access and succeed in competitive employment. The program goal is to provide full access to employment through the provision of individual support services for people who have historically been excluded from employment. Supported Employment involves a wide range of services, including person centered employment planning, job search assistance, assistance in negotiating job accommodation or modification, on the job training, follow along services for duration of employment, career enhancement supports, and advocacy skills. <https://ddsd.vermont.gov/supported-employment-program>

Work 4 Kids: Work4Kids helps parents to find and keep good paying jobs so they can meet their child support obligations. Work4Kids helps participants to gain work skills and knowledge, find new or better jobs, resolve issues that may be keeping them from steady work (e.g., criminal record, mental health issue, substance abuse disorder, no reliable transportation, unstable housing and lack of education/training), access supports such as work clothes, transportation and training, get personal counseling if they need it to stay employed, and modify their child support orders based on their ability to pay.

<https://dcf.vermont.gov/ocs/work4kids>

Financial Resources

Community Action Agencies (CAAs): CAAs are non-governmental agencies that can provide assistance such as financial help with residential utility bills, if the utility has issued a disconnection notice. If you have received a disconnection notice and need help, contact the CAA nearest to where you live. <https://dcf.vermont.gov/partners/caps>



Emergency/General Assistance: Emergency / General Assistance helps individuals and families to meet their emergency basic needs. This may include help paying for personal needs and incidentals, housing (e.g., mortgage, rent, room rent, temporary housing), fuel & utilities, medical, dental, prescriptions, medical supplies/equipment, and burial costs. <https://dcf.vermont.gov/benefits/EA-GA>

Flexible Family Funding (FFF): FFF is provided to eligible families of individuals with developmental disabilities to help pay for any legal good or activity that the family chooses such as respite, assistive technology, home modification, individual and household needs or recreational activities. <https://ddsd.vermont.gov/flexible-family-funding>
Vermont 211: Vermont 211 is the statewide referral agency that provides listings of financial and other assistance agencies by county. Consumers can find out what agencies in their area provide financial help with paying utility bills, or other needs, by calling "211" or by visiting the Vermont 211 website. <http://www.vermont211.org/>

Food/Nutrition

Child and Adult Care Food (CACFP): CACFP is a federal program that provides healthy meals and snacks to children and adults receiving day care services. In addition to daycare, CACFP helps make afterschool programs more appealing to at-risk youth. <https://education.vermont.gov/student-support/nutrition/child-and-adult-care-food>

Free and Reduced School Meals: Unless a school provides meals to all students at no charge, schools must permit households to apply for free and reduced-price meals. <https://education.vermont.gov/student-support/nutrition/school-programs/free-and-reducedmeals>

WIC: WIC is the USDA Special Supplemental Nutrition Program for Women, Infants and Children. WIC gives you access to healthy foods, nutrition education and counseling, and breastfeeding support. <https://www.healthvermont.gov/family/wic>

3SquaresVT: 3SquaresVT can help you stretch your food budget so you can put three healthy meals on your table every day. <https://dcf.vermont.gov/benefits/3SquaresVT>

Housing

ASSIST - Down Payment and Closing Cost Assistance: ASSIST is a no-cost loan to help first-time homebuyers. It is available to first-time homebuyers who have never owned a home. <https://www.vhfa.org/homebuyers/loanprograms>



HOME Program: Vermont Housing and Conservation Board administers the federal HOME Investment Partnership Program for the State of Vermont. Developments with HOME funds serve low- and very low-income Vermonters, increasing affordability in rental housing developments. <https://www.vhcb.org/our-programs/housing/home-program>

Housing Resources Links: <https://accd.vermont.gov/housing/resources-rules/links>

Vermont Housing Finance Agency (VHFA): VHFA's mission is to finance and promote affordable, safe, and decent housing opportunities for low- and moderate-income Vermonters. <https://www.vhfa.org/about/vhfa-overview>

Living with a Disability/Elderly

Adult Day Centers: Adult Day Centers provide services for older adults and adults with disabilities. These facilities help these populations stay as independent as possible in their own homes. Adult day services provide daytime programs including entertainment, activities, social interaction, nutritious meals, health screening and monitoring, personal care, and transportation. <https://asd.vermont.gov/services/adult-day-services>

Assisted Living Facilities: Assisted Living Facilities are state licensed residences that combine housing, health, and supportive services to support resident independence and aging in place. <https://dlp.vermont.gov/assisted-living-directory>

Children with Special Health Needs: CSHN supports Vermont children and youth with special health needs by ensuring comprehensive, culturally sensitive, community-based and family centered services. <https://www.healthvermont.gov/family/special-health-needs>

Choices For Care Program (CFC): CFC provides a package of long-term services and supports to Vermonters who are age 18 years and over and need nursing home level of care. Eligible people choose where to receive their services: in their home, in their family's home, an Adult Family Care home, Enhanced Residential Care or nursing facility. <https://asd.vermont.gov/services/choices-for-care-program>



Developmental Disabilities Services: There are 15 private non-profit developmental disabilities services providers in Vermont, contracted by DAIL, who offer a variety of services to people with developmental disabilities. Supports include service coordination/case management, home supports, employment services, community supports, family and respite supports, clinical intervention, and crisis services.

<https://ddsd.vermont.gov/services-providers/providers>

Essential Person Program: The Essential Person program helps older and disabled Vermonters to stay in their own homes by contributing to the cost of having someone live with them and provide essential care. <https://dcf.vermont.gov/benefits/essential-person>

Medical/Health Related

Medicaid for the Aged, Blind, or Disabled: <https://www.greenmountaincare.org/mabd>

Prescription Assistance: Vermont offers prescription assistance to uninsured Vermonters and those enrolled in Medicare. <https://www.greenmountaincare.org/prescription>

Vermont Health Connect: Vermont Health Connect is a way to choose a health plan that fits your needs and your budget. <https://info.healthconnect.vermont.gov/>

You First: You First removes financial barriers that prevent many women from being screened for breast and cervical cancer and heart disease.

<https://www.healthvermont.gov/wellness/you-first-providers/you-first-servicesproviders>

Additional Resources

COVID-19 Recovery Resource Center: <https://accd.vermont.gov/covid-19>

Muscular Dystrophy Association (MDA) Care Centers in Vermont:

<https://www.mda.org/care/care-center-list?province=VT>