

# HELPING RESTORE ABILITY

Helping Restore Ability was originally named "Arlington Handicapped Association" (AHA) and was founded in Arlington, Texas in 1977 by Sam Provence along with John Dycus and friends. As a 501(c) (3) non-profit agency, HRA provides through its programs thousands of hours of services per year to clients with severe physical disabilities in Dallas, Tarrant and nine surrounding counties.

**Our mission: "Educate and advocate, while enriching and enabling persons with disabilities"**

***Whether a person holds a job or is simply able to live life more fully on a daily basis...quality of life is the issue.***

**CLIENT MANAGED PERSONAL ATTENDANT SERVICES (CMPAS)** - is a personal care assistant program administered through Helping Restore Ability (HRA) & offered to adults with various disabilities. The CMPAS program is funded through a renewable grant from the Texas Department of Human Services (TDHS) to serve Tarrant County, Dallas County and the nine surrounding counties.

**CONSUMER DIRECTED SERVICES (CDS)** - is the result of Senate Bill 1586, passed by the 76th Texas Legislature to provide a '**voucher payment option**' for children & adults with disabilities. The program empowers consumers to make personal decisions related to the delivery of Personal Assistance Services and Respite Services within his or her current home. CDS (**formerly the VFI Option**) is available to participants in the Consumer Managed Personal Assistance (CMPAS), Community Living Support Services (CLASS), and Deaf-Blind Multiple Disabilities (DBMD) Programs. Referrals are received through the Texas Department of Human Services.

**HOME HEALTH SERVICES** – At the direction of your doctor, home health services may include but is not limited to:

- Skilled Nursing Care provided by qualified Registered Nurses following the physician's plan of care.
- Physical Therapy, Occupational Therapy and Speech Therapy are provided by qualified therapists.
- Medical Social Services (by qualified & caring social workers) provide direct services and help patients and their families with emotional, social and environmental difficulties which may hinder the patient's recovery.
- Home Health Aide Services are provided by home health aides to assist with the patient's personal care and activities of daily living.

**PRIMARY HOME CARE PROGRAM** – The PHC program has three types of services available:

- Community Attendant (CA) services provide an in-home attendant for **adults** with a medical need for specific tasks.
- Primary Home Care Program (PHC) is a non-technical, medically related personal care service prescribed by a physician as part of a client's plan of care. PHC is available to eligible **adults and children** whose health problems cause them to be functionally limited in performing activities of daily living. PHC services are provided by an attendant and may require the supervision of a registered nurse.
- Family Care (FC) is a non-skilled, non-technical service provided to eligible **adults** who are functionally limited in performing daily activities.