Who Can Get Help?

Residents of Durham, Wake, Cumberland and Johnston counties who are age three and older and who experience a severe, lifelong disability which:

- Is the result of a mental or physical disability or a combination of both
- Begins before the age of 22 or is caused by a traumatic brain injury at any age
- Results in significant challenges in completing daily activities
- In young children may be called a developmental delay

Children at least three years old may qualify for services. However, those younger than three may be reviewed only for the Innovations waitlist.
What Do You Need Help With?

Advocacy
Evaluations related to disability or illness
Counseling and behavioral health therapy and treatment
Medications
Relief care for primary caregivers/family
Finding and keeping a job
In-home services and supports
Learning new skills to live in the community
Access to emergency medical and behavioral healthcare
Independent living programs

Each individual and family has unique characteristics. Alliance tries to fully develop options for each person based on eligibility, personal preference and available resources.
Who Pays For the Help I Receive?

Federal, State and Local Funds
Public money is given to each county to pay for services. Alliance’s job is to make sure that money is used to help people who truly need the services and that the services help people meet their goals.

Medicaid
Public health insurance available to people who are disabled and who do not have much money or income.

NC Innovations
An NC Medicaid waiver program for people with I/DD who are at risk for institutional care in an Intermediate Care Facility (ICF-IID), but who can live safely in the community within the resource limits set by Medicaid.

Fee for Service
When people can afford to, they may pay for services themselves.

Limited funding can result in waiting lists for publicly-funded services, but don’t be discouraged from applying. Alliance Health will do its best to connect you to community resources, even if you must go on a waiting list for other services.

AllianceHealthPlan.org
Other Resources

Alliance Consumer and Family Advisory Committee (CFAC)
AllianceHealthPlan.org

Association of Self-Advocates of North Carolina
(919) 449-7969

Brain Injury Association of NC
(919) 833-9634

Carolina Institute for Developmental Disabilities (CIDD)
(919) 966-5171

Child Developmental Services Agency (CDSA)
(919) 662-4600

Council on Developmental Disabilities
(919) 850-2901

Developmental Disabilities Training Institute
(919) 966-5463

Exceptional Children’s Assistance Center
(866) 740-4135

NC Disability Rights
(919) 856-2195

TEACCH/UNC (Autism)
(919) 966-5156

Triangle Down Syndrome Network
(919) 803-0515

Vocational Rehabilitation
(919) 733-7807
How Do I Get Started?

Call the Alliance Health Access and Information Center and ask to speak to an I/DD Access Specialist

(800) 510-9132

Alliance is here to help you find the services and support you need.

Our goal is to help people get the support they need to live as independently as possible with focus on strengths and choice.