

Abilities First:

Nothing For Me Without Me

An Intellectual Disabilities Program for Adults

Many adults with intellectual disabilities may not feel heard or that others misunderstand what their needs may be. CBH recognizes that some adults may need help with getting connected to support and services that will enhance their well-being. This program is an all-inclusive approach that can help with access to care.

CBH Complex Care Management Team

A Care Manager will work with members and those involved in their care to help meet their health goals, as well as assist with the following:

- Planning in-person visits or phone calls
- Working with your medical insurance to coordinate care
- Communicating and coordinating with treatment teams and setting up care with doctors and specialists
- Helping to connect with community resources and supports
- Helping you and/or your supports better understand your behavioral health condition(s), medications, and treatment
- Supporting future planning for you and your support system

Interested in referring yourself or someone you know?

**Please call CBH Member Services at
1-888-545-2600**

You are eligible for CBH's Intellectual Disabilities Care Management Program if you are a resident of Philadelphia. If you are unsure whether you are covered through Medical Assistance and CBH, please call the above number.

This specialized case management program is voluntary. Your CBH services will not be affected if you choose not to participate.