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Moving to a New State

A checklist for families of a child or adult with a disability. Every state runs its own Medicaid, disability services and early intervention, so some things go with you and some start over.

Goes with you
- IEP rights: comparable services at the new school
- SSI and SSDI (report your new address)
- Medicare
- Your ABLE account
- ADA and Section 504 rights

Starts over
- Medicaid
- Developmental disability services and eligibility
- Waiver services and waiting lists
- Early intervention (under 3)
- SNAP food benefits
- Guardianship (needs a court transfer)

Before you leave

- [ ] Ask the school for copies of the current IEP or 504 plan, the latest evaluation, progress reports and Prior Written Notices.
- [ ] Ask each doctor and therapist for records, a medication list and referral letters. Refill prescriptions so they last until you find new providers.
- [ ] Get a letter from your developmental disability agency showing eligibility and the current service plan.
- [ ] Plan the Medicaid switch. Medicaid doesn't transfer: you end it in the old state and apply in the new one. Ask both states about timing so there's no gap.
- [ ] Report the move to Social Security. For SSI, call or visit the field office by the 10th of the month after you move.
- [ ] If you're a guardian, talk with an attorney about moving the guardianship. It doesn't carry over by itself.
- [ ] Cancel SNAP in the old state, and update the address on any ABLE account or special needs trust.

When you arrive

- [ ] Apply for Medicaid in the new state as soon as you have an address there.
- [ ] Apply to the new state's developmental disability agency right away. Ask if there's a waiting list and how to get on it.
- [ ] Enroll in school and hand over the IEP. The new school must give services comparable to the old IEP until it adopts it or writes a new one (federal law, 34 CFR 300.323(f)).
- [ ] Under 3: contact the new state's early intervention program for an evaluation and a new IFSP.
- [ ] Find new doctors, therapists and a pharmacy, and check that they take your insurance.
- [ ] Contact the state's parent center and Protection & Advocacy agency. Their help is free.

Documents to carry with you (not in the moving truck)

- [ ] Birth certificate and Social Security card
- [ ] Insurance and Medicaid cards, and recent Medicaid letters
- [ ] Diagnosis and evaluation reports
- [ ] Current IEP, 504 plan or IFSP, plus progress reports
- [ ] Developmental disability agency eligibility letter and service plan
- [ ] Medication list, prescriptions and immunization records
- [ ] Names and numbers of doctors, therapists and case managers
- [ ] Social Security award letters (SSI or SSDI)
- [ ] Guardianship, conservatorship or power of attorney papers
- [ ] ABLE account and special needs trust papers

Find help in your new state: parent center (school help): parentcenterhub.org · free legal help (Protection & Advocacy): ndrn.org · early intervention (birth to 3): ectacenter.org · developmental disability agency: nasddds.org · compare two states step by step: AskALLE app, Tools, Moving to a New State.