

Moving to North Carolina?



Our state is growing fast – bringing new economic development and opportunities.

The Arc of North Carolina often receives inquiries from families with a loved one with intellectual and developmental disabilities (I/DD) who want to move to North Carolina to pursue new opportunities.



We've put together a quick list of things that you should know about I/DD supports in North Carolina.

The Arc of North Carolina offers many services including advocacy, care management, supported employment, and housing. If you have questions about our supports and services, feel free to reach out to us at info@arcnc.org or call 919-782-4632.



North Carolina Innovations Waiver: This allows a person with I/DD to receive services in their home or community in order to become as independent as possible. If you currently have a waiver from another state, know that it WILL NOT transfer to North Carolina (or any other state). Many services and supports that people with disabilities need to live in the community of their choosing will require the NC Innovations Waiver, and currently there is a 10+ year waiting list to receive a slot. You can [learn more here](#). If an individual is Medicaid eligible and has a verifiable intellectual/developmental disability, they may be eligible for some limited services, sometimes with little or no wait. These services are limited in scope and differ per region.

Medicaid Eligibility: Medicaid programs are federally funded but administered by individual states. If you or your loved one is Medicaid-eligible in another state, you will need to reapply once you move to NC. Before a person turns 18, Medicaid eligibility is based on parent income (unless they are approved for a waiver slot). After the age of 18, determination for Medicaid includes the diagnosis of the person with the disability. Please note that North Carolina has expanded Medicaid and [Tailored Plans will launch on July 1, 2024](#) to integrate medical services under managed care with long-term supports and services.

Other Entitlements: Social Security (SSI/SSDI) is federal program and a monthly benefit will not be affected by the state in which you reside. Simply update your address with the Social Security Administration directly. If you or your loved one needs SNAP (Supplemental Nutrition Assistance Program) services or transportation services, the local social services agency (called DSS or the [Department of Social Services in North Carolina](#)) can assist.

Local Management Entities/Managed Care Organizations (LME/MCOs): A person who is Medicaid-eligible and in need of any behavioral health services will receive these services through the LME-MCO and a contracted local service provider. The current [list of LME/MCOs in North Carolina is here](#).

Education: North Carolina is known for excellent schools and a full continuum of services for people with disabilities. Each LEA (Local Education Agency) has a different structure and resources available. [Check out and bookmark this site](#) as a resource as you choose a county/region to live. In North Carolina we use the term 'Exceptional Children' (or EC) to define students who need special education services. North Carolina's school calendar is different from many southern states because of our tourism industry; school always ends the second week in June and begins the last week of August.

Employment for People with Disabilities: The Division of Vocational Rehabilitation Services provides services, training and job placement opportunities for people with I/DD, and contracts with supported employment providers throughout the state. You can [find more information here](#).

Advocacy and Support Groups: When moving to a new area, it's great to find professionals and other families with shared challenges with which you can build relationships. Our [network at The Arc of North Carolina](#) includes 20 chapters across the state, and hopefully there is one in the area you choose to live.

Other Information: The Arc of North Carolina offers an array of supports and services that might fit your needs including: advocacy, a chapter network, supported employment and [care management](#).