Robert Wood Johnson Foundation

When You Live Freely

Matthew F. - Birmingham, Alabama

That's Medicaid *shares stories of people covered by Medicaid at critical points in their lives, underscoring the importance of stable health insurance coverage in building a Culture of Health.*

Matthew was born with Down syndrome, a condition that could have hindered him from being able to live independently. He did not, however, let his disability dictate his life.

Alabama's Medicaid program provides him home- and community-based assistance and the freedom to hire his own care team. It has also given him the opportunity to enjoy his favorite activities, like attending art and dance classes, and maintain his job at a family restaurant, where he has worked for more than two decades.

With his own independence in place, Matthew spends his free time with others who have disabilities.

"I try and help people in the community, to teach them how I've been able to live, how to get a job, and how I spend my days successfully," he says.

With the support of Medicaid, his personal coach, and his family, Matthew lives a full life, and he wants to be able to share that with others.

"I want to help other people who have disabilities," he says. "I want people to be positive with the things they can do in life."