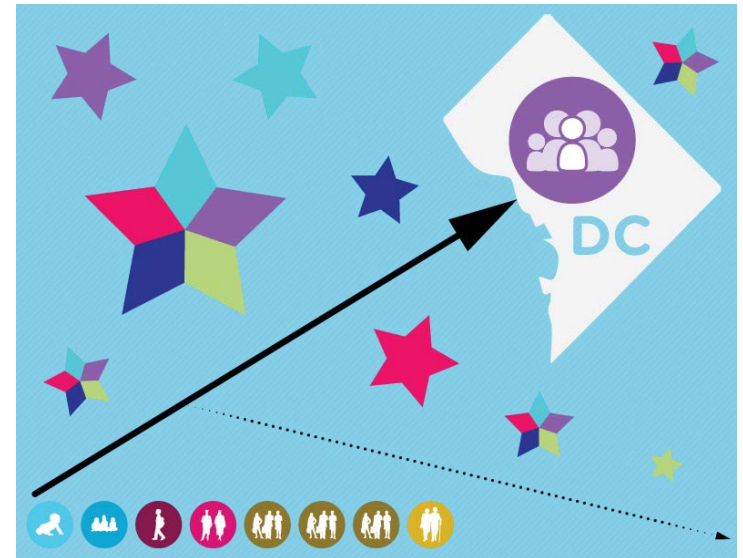


INNOVATIONS IN SUPPORTING FAMILIES
COMMUNITY OF PRACTICE FRAMEWORK FOR SYSTEMS
CHANGE WEBINAR SERIES

LifeCourse
in Action:

Vision for Supported
Families in DC
November 17, 2016



NASDDDS

UMKC
INSTITUTE FOR HUMAN DEVELOPMENT
A University Center for Excellence in Developmental Disabilities (UCEDD)


HSRI



SUPPORTING FAMILIES

of individuals with intellectual & developmental disabilities

THE NATIONAL COMMUNITY OF PRACTICE • FUNDED BY THE ADMINISTRATION ON INTELLECTUAL & DEVELOPMENTAL DISABILITIES

Project Goal

To build capacity through a community of practice across and within States to create policies, practices and systems to better assist and support families than include a member with I/DD across the lifespan.

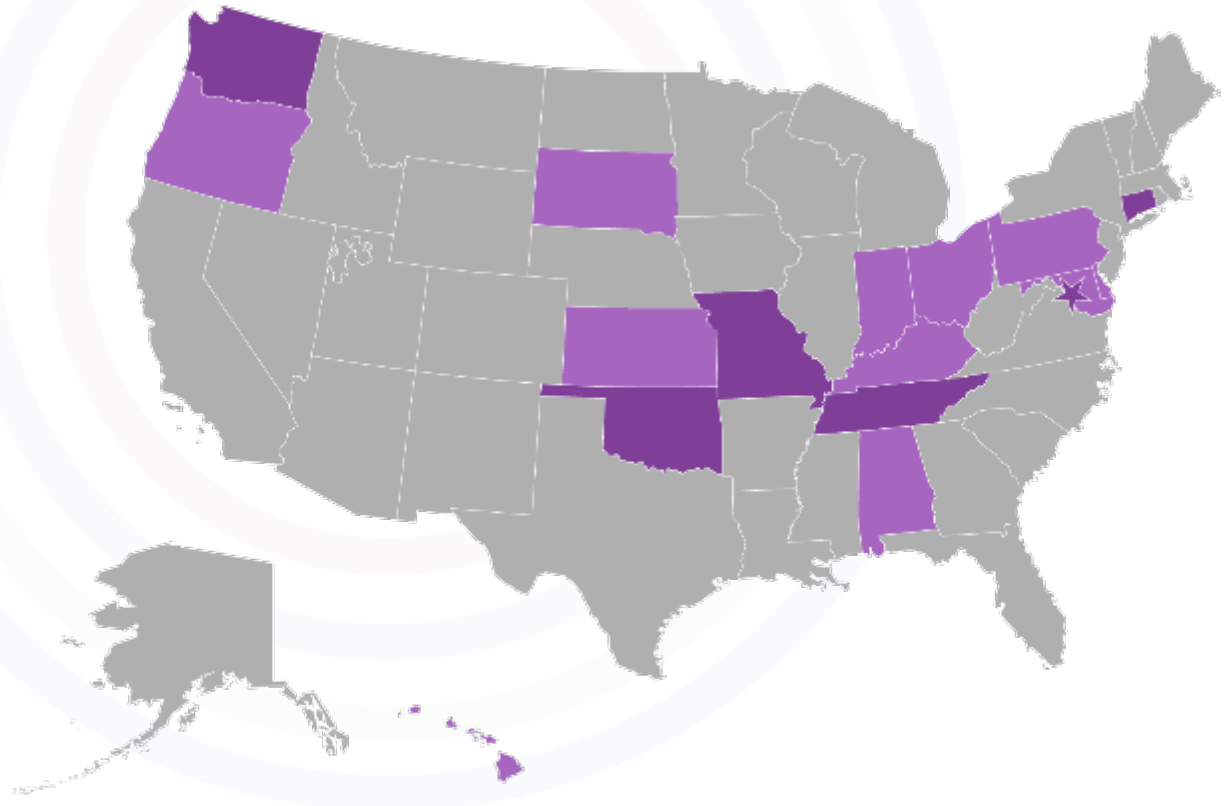


ADMINISTRATION ON
INTELLECTUAL AND
DEVELOPMENTAL
DISABILITIES

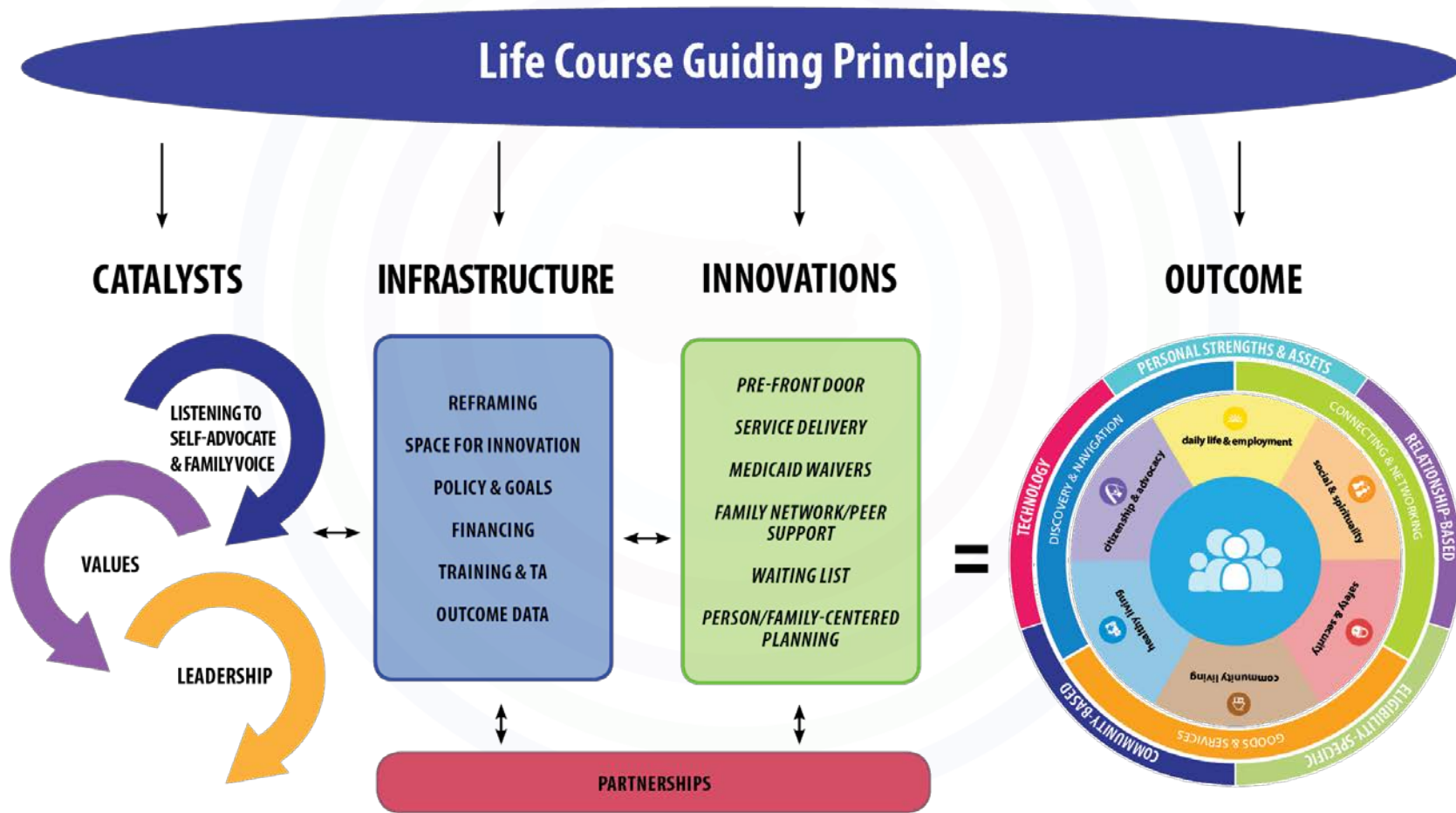


Community of Practice Expansion

11 new states
Began July 2016



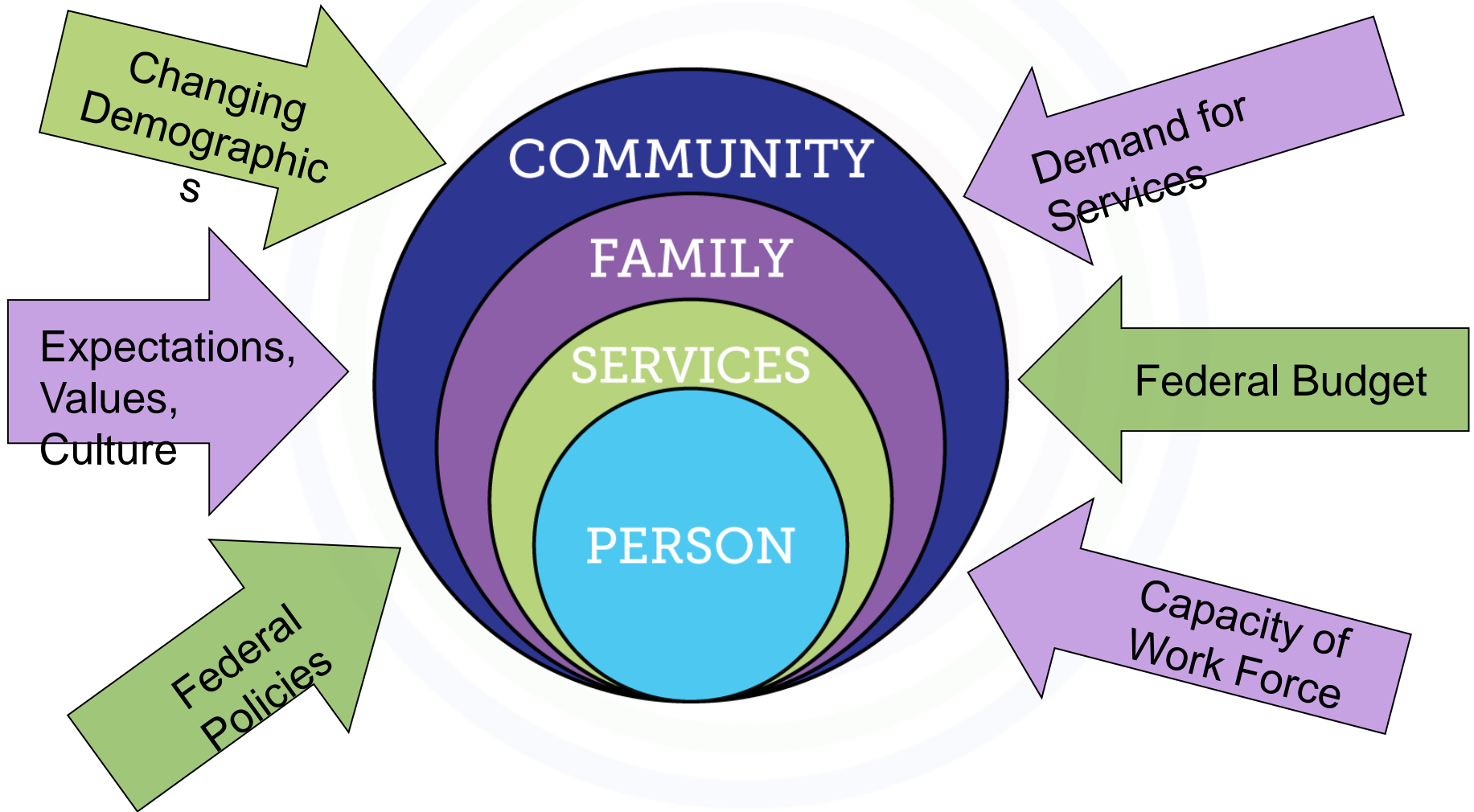
National CoP for Supporting Families Framework for Systems Change



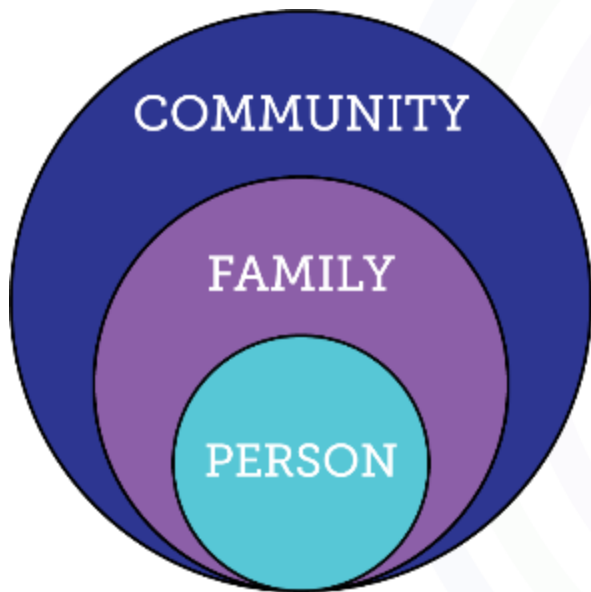
Michelle "Sheli" Reynolds, PhD. UMKC Institute for Human Development, UCEDD. Revised June 2014. Adapted from Hall et al, 2007



Current Reality of Services and Supports



Services and Supports are Evolving



Everyone exists within the context of family and community



Traditional Disability Services



Integrated Services and Supports within context of person, family and community



Type of Change that is Needed

TRANSITIONAL CHANGE

“Retooling” the system and its practices to fit the new model

Mergers, consolidations, reorganizations, revising systematic payment structures,

Creating new services, processes, systems and products to replace the traditional one

TRANSFORMATIONAL CHANGE

Fundamental reordering of thinking, beliefs, culture, relationships, and behavior

Turns assumptions inside out and disrupts familiar rituals and structures

Rejects command and control relationships in favor of co-creative partnerships

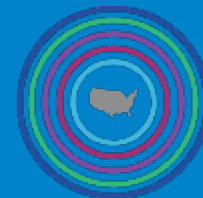
Creating Blue Space, Hanns Meissner, 2013





The LifeCourse Framework

Introduction





All people have the right to live, love, work, play and pursue their dreams in their community.



Focus on “ALL”

1 in 4 Persons with I/DD Receive Formal State DD Services

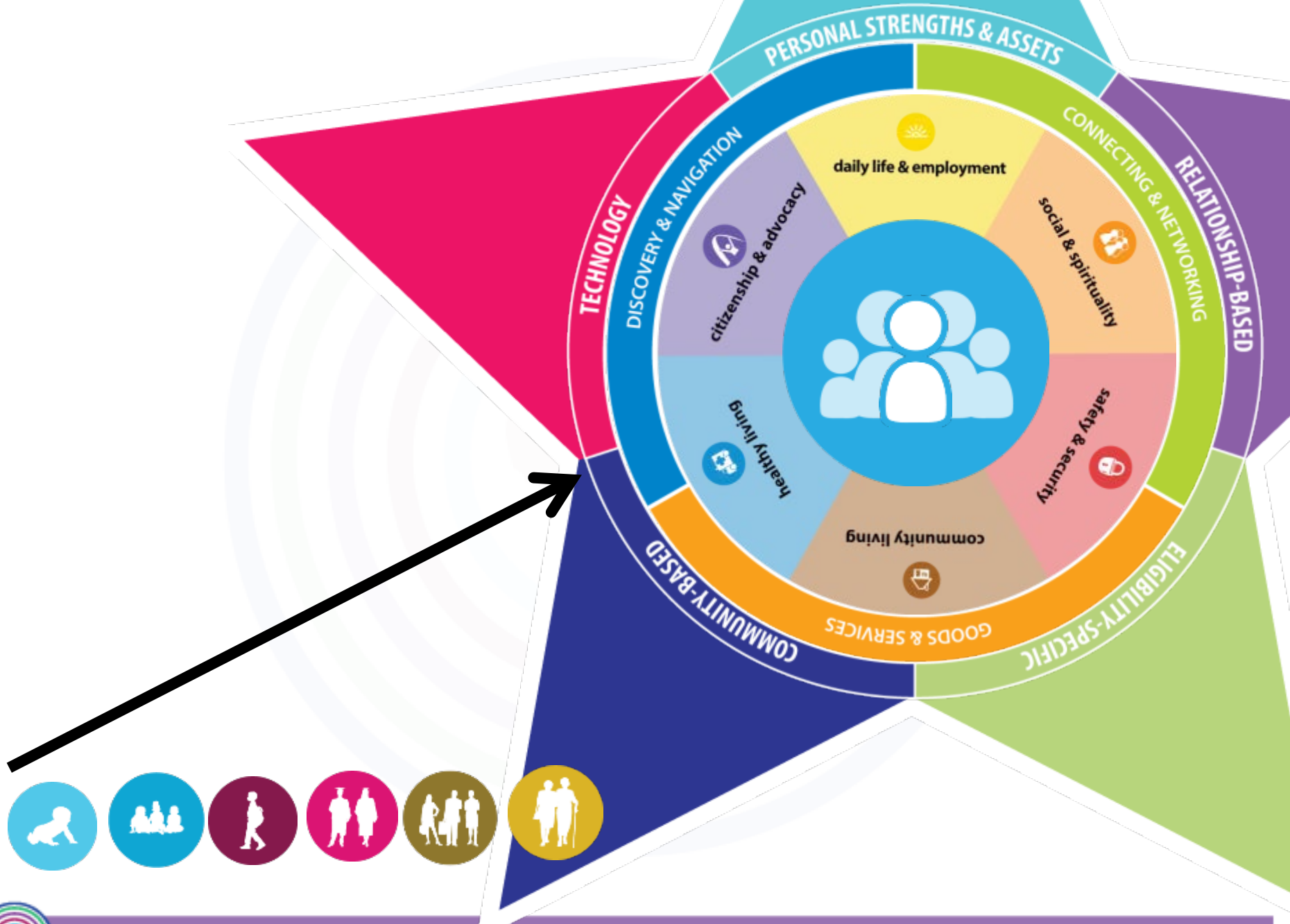


All 4.9 Million people with developmental disabilities

National % Receiving State DD Services

*** Based on national definition of developmental disability with a prevalence rate of 1.55%*





Outcomes for Today's Webinar

1. Understand the principles of the LifeCourse framework,
2. See how the DC Community of Practice worked to enhance supports to individuals with I/DD and their families at the systems level
3. Hear examples of how the DC Community of Practice team is using the LifeCourse to effect change at the grassroots levels with individuals and families





SUPPORTING FAMILIES

of individuals with intellectual & developmental disabilities

THE NATIONAL COMMUNITY OF PRACTICE • FUNDED BY THE ADMINISTRATION ON INTELLECTUAL & DEVELOPMENTAL DISABILITIES

DISTRICT OF COLUMBIA COP

LifeCourse in Action: Vision for Supported Families in DC



Reframing Policies and Practices and
Grassroots Action to Support Families

Innovations Webinar Series

November 17, 2016





About Us



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About Us



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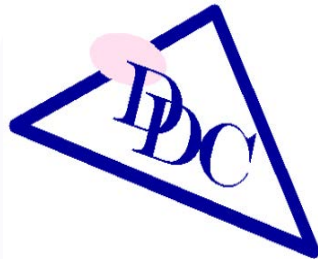


Alison Whyte
DC Department on Disability Services
Program Development Specialist, State Office of Disability
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DC Supporting Families CoP Core Team Members

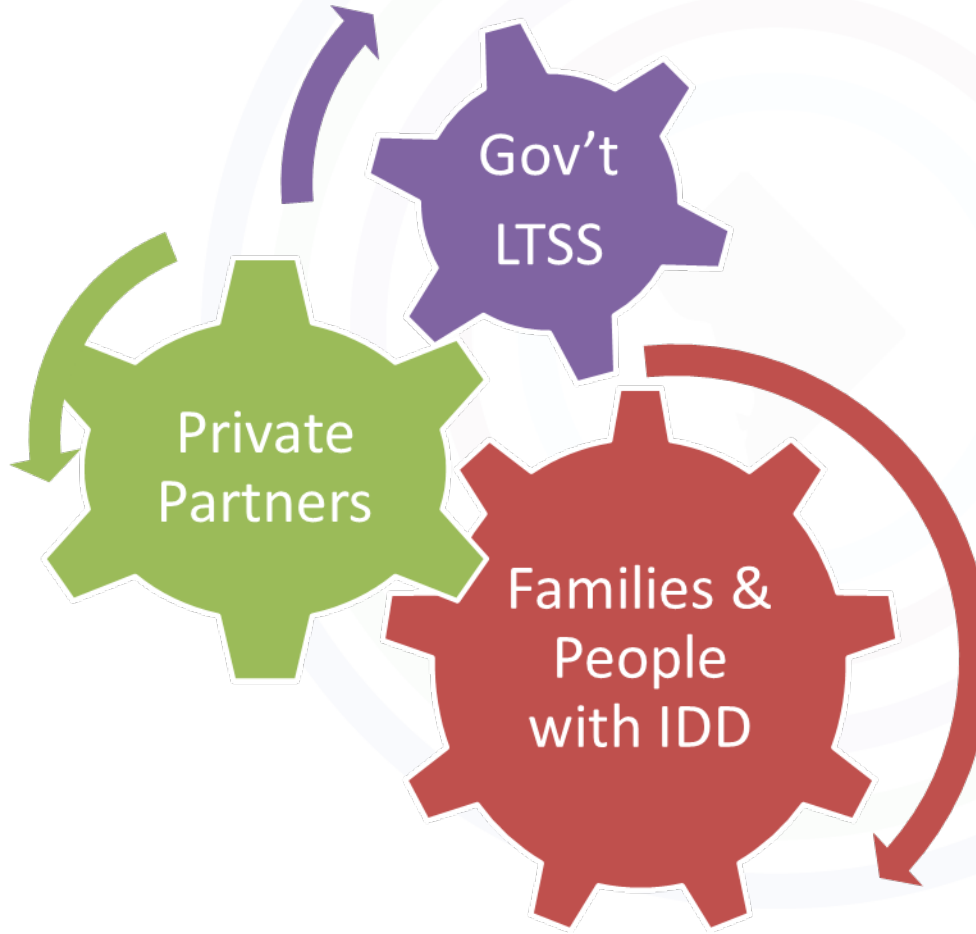


The HSC Health Care System
Health Services for Childrer
with Special Needs, Inc.
(HSCSN)





DC Supporting Families CoP: Not Just a Grant!



Dedicated group coming together to design a system that supports people with intellectual and developmental disabilities and their families across the lifespan.





Timeline for Systems Change





Top 5 DC Supporting Families Priorities

Person and
Family Centered
Supports

Coordinated
Lifespan
Supports

Self-
Determination

Peer Support

Comprehensive
Supports for
People with DD





PCT Training Across LTSS



Commitment to PCT across DC government LTSS

Modified PCT curriculum to include LifeCourse & Cultural Competency .

Through NWD, 6 month PCT blitz:

- Trained more than 200 staff, providers, families, and people with LTSS in PCT; and
- Trained 12 PCT trainers
- Developed 2 mentor trainers





PCT & LifeCourse at Intake

- ◎ Person-Centered Planning starting at intake
 - ★ *Like and Admire* to determine strengths
 - ★ *Working/ Not Working* to identify LTSS needs
 - ★ *Trajectory* to identify goals
 - ★ *Integrated Supports Star* to match to supports
 - ★ Start eligibility for public LTSS, only if needed
- ◎ Aligns with Initial ISP at DDA
- ◎ Will have common elements that map to service planning across LTSS (No Wrong Door)
- ◎ Supporting Families folder with tools and resources

DDA Front Door Tool:
Person-Centered Planning for Supports & Services

Within a business day of receiving an inquiry regarding DDA services, the Community Outreach Specialist will coordinate a visit with the individual and ensure they identify to participate in complete an initial person-centered planning, using this tool:

Person's Name: _____ Date: _____
DDA Intake & Eligibility Determination Link Path: _____
Circle of Support: _____

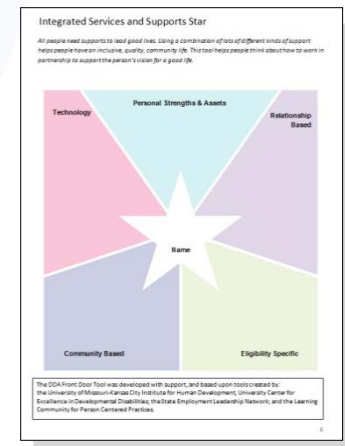
11 Who does the person want to participate in this process? At the present?

| Name | Relationship | Contact Information | Support Type |
|------|--------------|---------------------|--------------|
| | | | |
| | | | |

ii. Summary of Immediate Long Term Services and Supports Needs

For each of us, there are areas of our life that are working well and areas that are not working, that we would like to change. Circle listing a person's needs and not working in their lives as well as a list of important information. We can work to make us understand what really matters to people and to start the change process.

| Perception of the Person | Working | Not Working |
|--|---------|-------------|
| | | |
| Perception of the Family (if applicable) | | |





PCT & LifeCourse in Service Planning

- ⦿ PCT tools at ISP Pre-Planning
- ⦿ Service coordinators explore interest in employment and community integration and develop goals for each
- ⦿ *Discovery Positive Personal Profiles*
- ⦿ Use *Trajectory* to talk about vision for a good life and employment
- ⦿ Use *Integrated Support Star* to identify supports to help achieve goals and meet LTSS needs





PCT in HCBS Waiver & Regulations

- ◎ Service definitions and scope of activities emphasize community exploration, integration, and self-advocacy
- ◎ Provider qualifications require provider executives to attend PCT, Discovery & Supported Decision-Making trainings
- ◎ All day services require:
 - ★ Customized Employment Discovery Positive Personal Profile
 - ★ Job Search and Community Integration Plans
 - ★ Individualized schedules: “All activities must be based upon what is *important to and for* the person as documented in the ISP and reflected in PCT and Discovery tools.”
- ◎ Progress notes and quarterly reports include PCT inquiries
- ◎ Incorporated PCT requirements into HCBS provider certification review protocols





LifeCourse in Waiver & Regulations

- ◎ Changed provider qualifications for our In Home Supports service to allow family members to work as Direct Support Professionals
- ◎ Adding new services based upon feedback from Supporting Families CoP members:
 - ★ Peer to peer support as part of “family training” to recognize that families are the experts
 - ★ Parenting supports for people with IDD, so that we are supporting ALL families
 - ★ Technology service so that we have a flexible funding stream for integrated supports

| Positive Personal Profile | |
|--|---|
| Name: _____ | Date Completed: _____ |
| <i>Dreams and Goals</i> | <i>Interests</i> |
| <i>Talents, Skills and Knowledge</i> | <i>Learning Styles</i> |
| <i>Values</i> | <i>Positive Personality Traits</i> |
| <i>Environmental Preferences</i> | <i>Dislikes, Pet Peeves, Idiosyncrasies</i> |
| <i>Work Experiences</i> | <i>Support System</i> |
| <i>Specific Challenges</i> | <i>Specific Accommodations</i> |
| Given the information on the profile, what ideas do you, the job seeker, and his/her supporters have for potential jobs, job tasks, types of companies, and/or actual businesses you plan to target? | |
| NOTE: If you have already started an active job search, describe what you have done so far: | |





Family Support Council

- ⊙ Authorized through legislation to advise government agencies on how to best support families of people with intellectual and developmental disabilities
- ⊙ Creates “teeth” for the ideas and recommendations that are born and discussed in the CoP
- ⊙ FSC makes formal recommendations to government agencies, requires responses and dialogue with agencies
- ⊙ Topics covered so far: secondary transition, coordination of services and supports, and healthcare

Family Support Council Application

Department of Disability Services
Developmental Disabilities Administration

There is established an advisory group called the "Family Support Council" to provide recommendations and assist and advise the Department of Disability Services and sister agencies on developing person and family-centered systems of support for families throughout the lifespan of their family members with intellectual and developmental disabilities. The Family Support Council will meet at least every other month and meetings will be open to the public. The Family Support Council will have 11 voting members that will serve 2-year terms and may have additional non-voting members.

If you are interested in applying to serve on the Family Support Council, please complete this application and submit it to Alison Whyte at alison_whyte@ddhs.gov. If you have any questions or need support to complete this application, please contact Alison Whyte at the email above or 202.8709640.

Date: _____
Name: _____
Best way to contact you: _____
Membership category (select all that apply):
 Person with an intellectual and/or developmental disability
 Family member of a person with an intellectual and/or developmental disability
 Disability services or advocacy professional (please attach a resume)
 Other, please specify: _____

Please provide answers to the questions on the next page.





Family Support Council

Example of Impact

FSC identified a priority to connect with government agencies to raise up issues families experience in the community.

- ★ Meeting with Medicaid agency about nursing issues





Supporting Families CoP Meetings





Resources Across the Lifespan

Developing resource portal to match people to community-based supports so Service Coordinators have easy way to link people to non-public LTSS (No Wrong Door)



CHARTING the life course

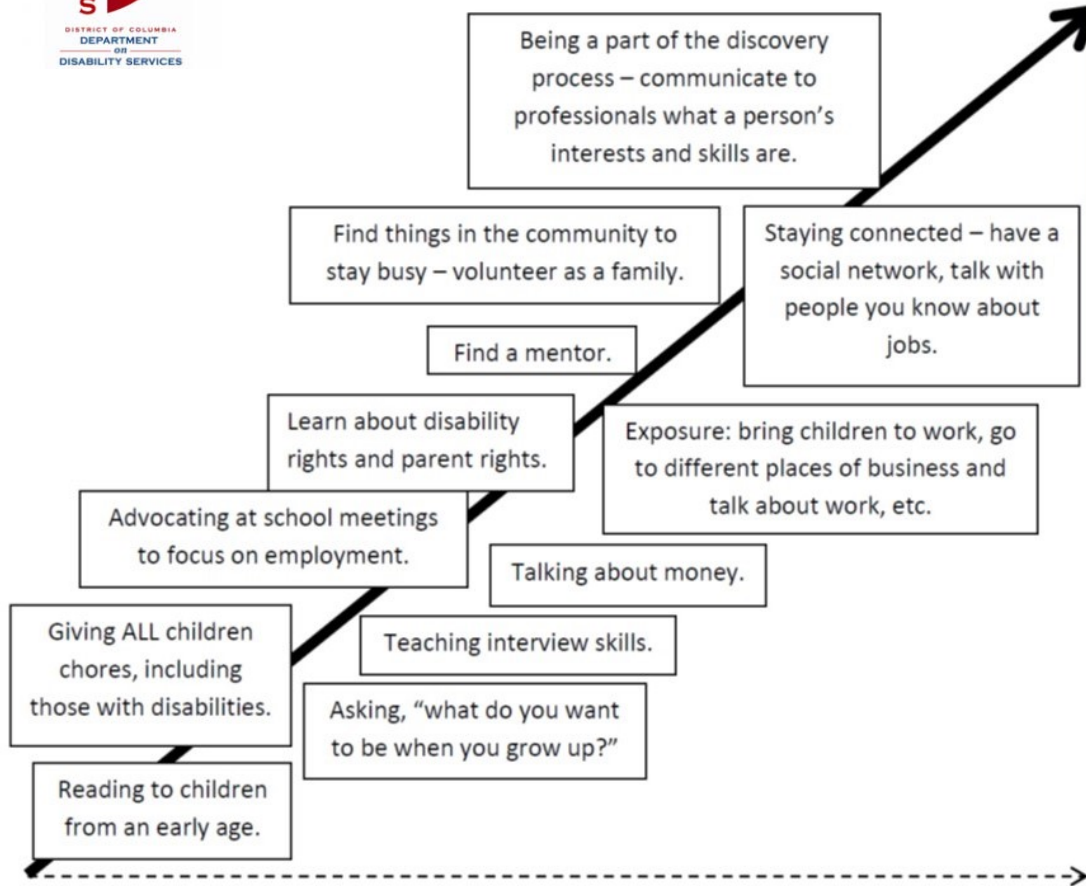


Life Trajectory Worksheet: Family Focus on Employment

Families discussed, what works to support employment?



Believe, Encourage, Be Creative



VISION for the Life I WANT

- Employment – a good job that creates meaning and economic self sufficiency
- Independence – doing as many things independently as possible and as desired
- Self-determination – making one’s own decisions
- To have a mentor- someone to look up to who understands each person’s experience.
- To contribute to other family members

What I DON'T Want

- To be discouraged by professionals
- To give Up Hope
- Boredom
- To not have a social network of friends or employment contacts
- Negativity and low expectations





Engaging with New Communities

- Connecting with Secondary Transition Community of Practice and No Wrong Door goals
 - Secondary Transition CoP using folder
 - Supporting Families CoP members have joined NWD stakeholder groups to
 - Family Workshops will engage with families connected to all NWD partner agencies (aging, mental health, etc.)





Family Workshops

- ⊙ Created workshop series for families
- ⊙ Led by family PCT trainers
- ⊙ Held simultaneously in English & Spanish
- ⊙ Included discussion of impact of culture
- ⊙ Individual follow-up and coaching with family members who completed the course





Family Workshops

- ⦿ Workshop Curriculum included:
 - ★ LifeCourse Framework
 - ★ Person Centered Thinking
 - ★ Culture
 - ★ Supported Decision Making and Self Determination
- ⦿ What we learned
 - ★ Families in different places with like and admire
 - ★ This work is about changing culture and mindsets





Family Workshops Demonstration *Culture*

- ⦿ Culture comes from our family, community, friends, and more.
- ⦿ Culture is values, customs, expected behaviors, and more.
- ⦿ If there isn't a commonality or an understanding and acceptance of differences, then a family may not come to you for support and services.

culture





Family Workshops Demonstration *Culture*

- ⦿ We asked, “who was born outside of DC?” and then “who was born outside of the U.S.?”
- ⦿ Participants were asked to partner with someone who had a different experience and share for two minutes what growing up was like for them.
- ⦿ Participants shared with the group what they learned and common themes developed:
 - ★ We have more in common than we thought
 - ★ We created unity and understanding by sharing these things about ourselves
 - ★ Our major commonality – we all love our family members and people we support and want to create a good life together!





Certificate of Completion



is hereby granted to:

Jane Smith

in recognition of completion of the

Four –Part Workshop Series:

Defining the Basics: Thinking about a Good Life for our Families

March 2016 –May 2016

Erin Leveton, Project Director,

D.C. No Wrong Door &

D.C. Supporting Families Community of Practice

May 10, 2016





Challenges



- ⦿ Building buy-in
- ⦿ Bringing PCT & LifeCourse to scale
- ⦿ Ensuring cultural and linguistic competency – there are still some communities we haven't reached
- ⦿ Sustained family engagement
- ⦿ Navigating competing demands
- ⦿ Reaching the medical community
- ⦿ Truly implementing a lifespan approach





Opportunities



- ⊙ Reaching a wide community of families, particularly families who have never been involved in advocacy
- ⊙ Helping government be aware of the importance of including families voices
- ⊙ Encouraging people to think creatively
- ⊙ Linking activities throughout the lifespan that lead toward the good life
- ⊙ Link various employment related activities to families





From Us to You

Thank you for attending! If you'd like to learn more please visit:

- ◎ DC Supporting Families Community of Practice

<http://dds.dc.gov/page/dc-supporting-families-community-practice>

- DC No Wrong Door

<http://dds.dc.gov/page/no-wrong-door>



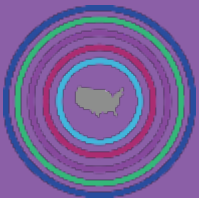
Thank you!!!



Questions?



Q&A



LIFECOURSE TOOLS

LIFECOURSE TOOLS

LIFECOURSE PRINCIPLES

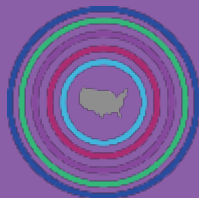
LIFECOURSE IN ACTION

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LifeCourseTools.com



Innovations Webinar Series

Next webinar:

LifeCourse in Action: WASHINGTON STATE, JANUARY 26, 2017

Archived webinars:

- Overview of the LifeCourse Framework
- Focusing on the Front Door of Long Term Services & Supports
- We're All in This Together: Uniting the Movements for a Good Life
- Reframing the Conversation at All Levels: Tools for Change
- Technology & Strategies for Supporting Families
- LifeCourse in Action: Implementation at all Levels in Missouri
- LifeCourse in Action: Reaching the All in Tennessee
- LifeCourse in Action: A Good Life for All in Oklahoma





SUPPORTING FAMILIES

of individuals with intellectual & developmental disabilities

THE NATIONAL COMMUNITY OF PRACTICE • FUNDED BY THE ADMINISTRATION ON INTELLECTUAL & DEVELOPMENTAL DISABILITIES

- Home
- About
- The States
- Resources
- News & Events
- Contact

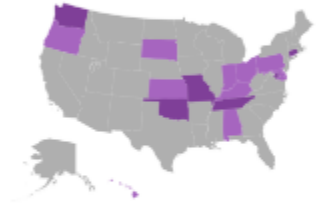
Next #Innovations webinar announced! #LifeCourse Tools in Action

LATEST news



Innovations Webinar 9/29 LifeCourse in Action: Scaling up the LifeCourse at Every Stage in Connecticut

STATE teams



FUNDED by



ADMINISTRATION ON INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

Welcome!

The Community of Practice for Supporting Families of Individuals with Intellectual & Developmental Disabilities involves working with six states to develop systems of support for families throughout the lifespan of their family member with intellectual and developmental disabilities (IDD).

The Supporting Families project is operated under a two year grant awarded to NASDDDS by the Administration on Intellectual and Developmental Disabilities (AIDD) beginning October 2012. Grant partners include University of Missouri/Kansas City-Institute on Human Development (UMKC-IHD), Human Services Research Institute (HSRI) and the National Association of State Directors of Developmental Disabilities Services (NASDDDS).

NATIONAL partners



MAILINGlist

Get updates about the national project, state



Visit us online at supportstofamilies.org