

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

**TECHNOLOGY &  
STRATEGIES FOR  
SUPPORTING FAMILIES**

October 29, 2015



**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

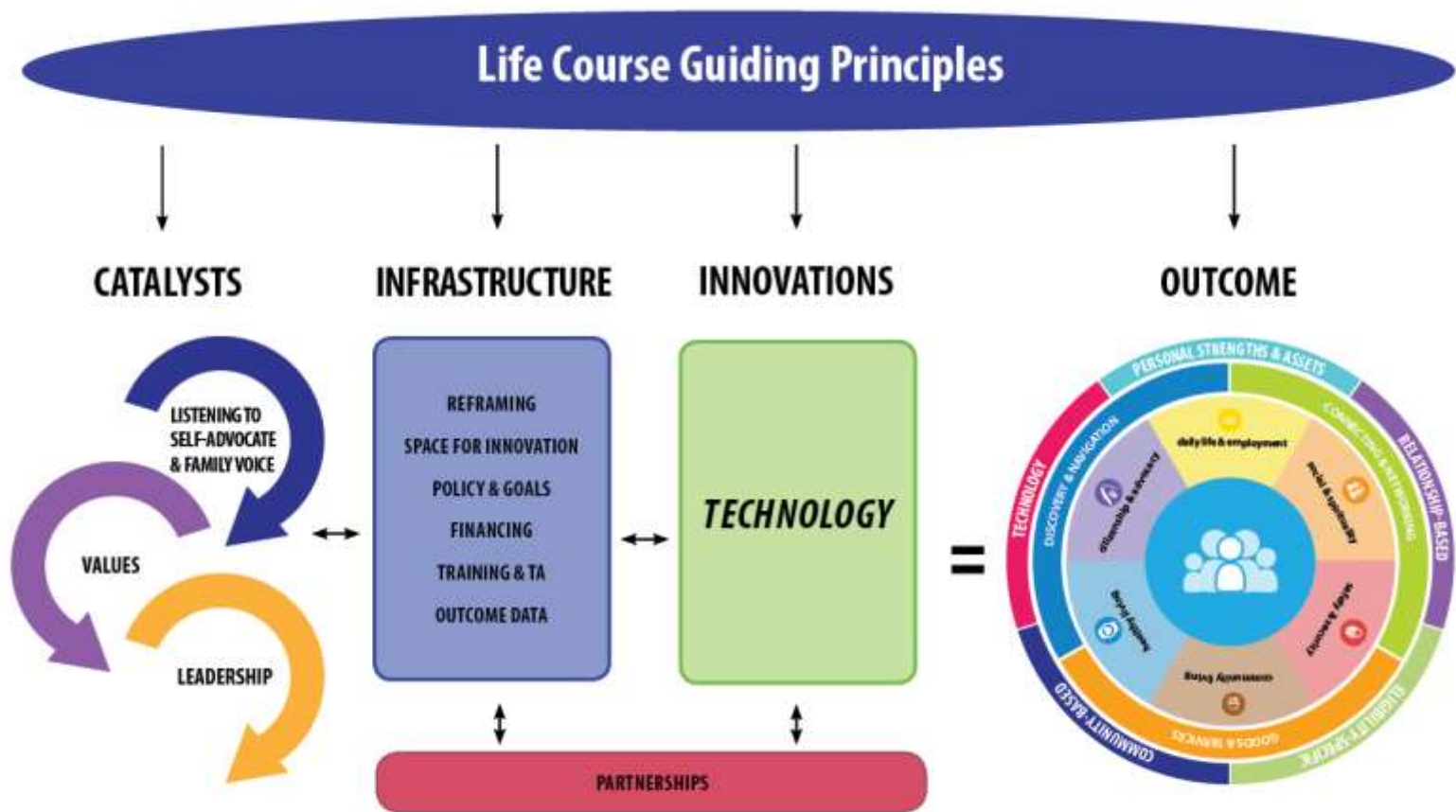
## Project Goal

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

# National CoP for Supporting Families Framework for Systems Change





# THE LIFECOURSE FRAMEWORK



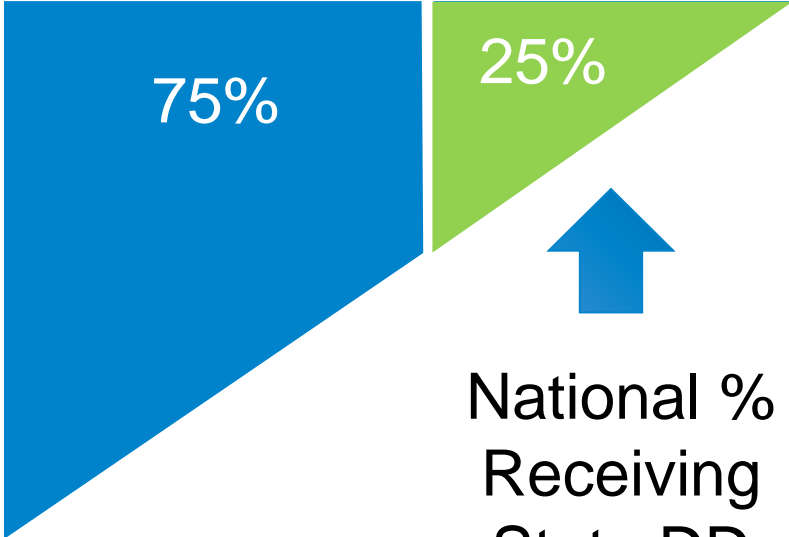
All people have the right to live, love, work, play and pursue their dreams in their community.



# Focus on “ALL”



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 1.49%



# Focusing on Person & Their Family

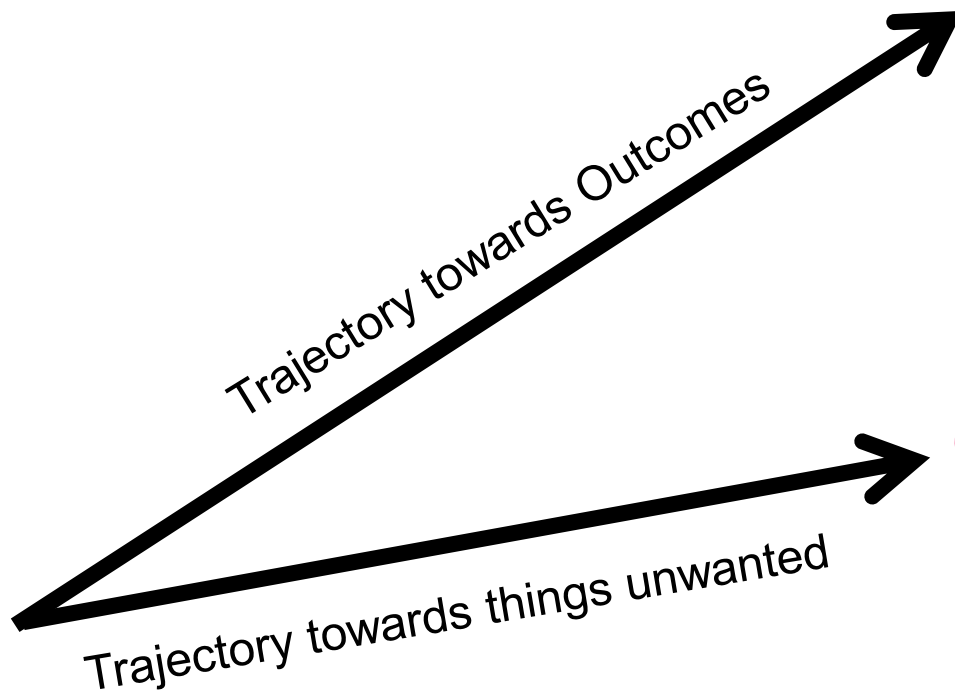


**All individuals live within the  
context of a family.**

*(Regardless of where a person lives)*



# Trajectory towards Life Outcomes



*Friends, family, self-determination, community living, social capital and economic sufficiency*

**Vision of What I Don't Want**

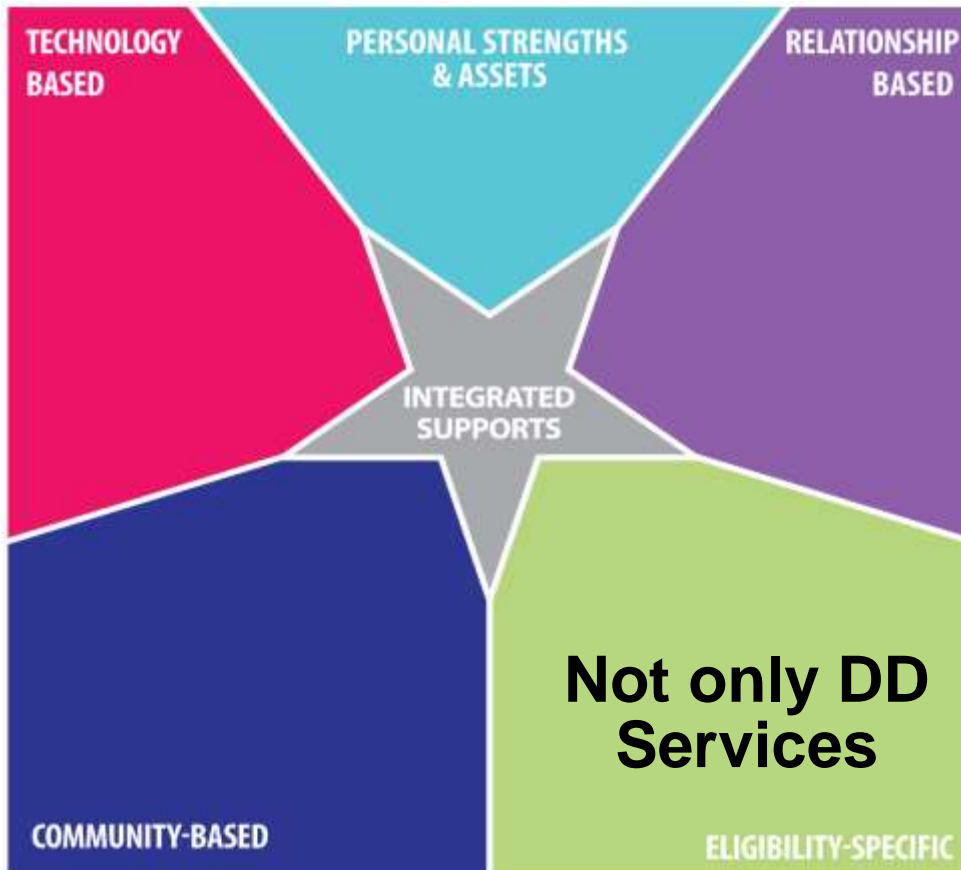


*Both in practice with individuals and in policy changes for systems*





# Identifying Integrated Strategies for Delivery Supports



# Thinking Across All Life Domains



**Daily Life and Employment**  
(school/education, employment, volunteering, routines, life skills)



**Healthy Living**  
(medical, behavioral, nutrition, wellness, affordable care)



**Community Living**  
(housing, living options, home adaptations and modifications, community access, transportation)



**Safety and Security**  
(emergencies, well-being, legal rights & issues, guardianship options & alternatives )

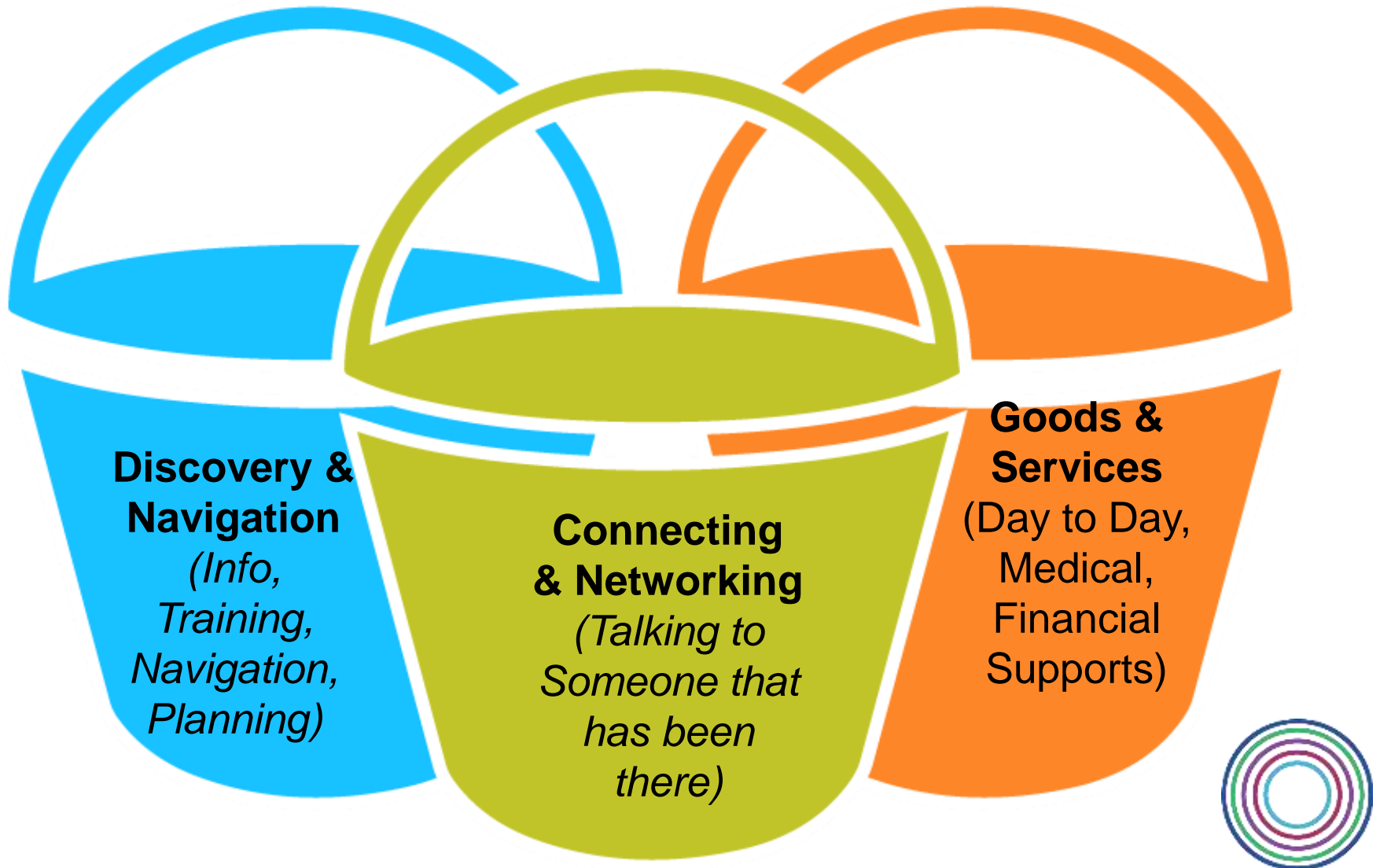


**Social and Spirituality**  
(friends, relationships, leisure activities, personal networks, faith community)



**Citizenship and Advocacy**  
(valued roles, making choices, setting goals, responsibility, leadership, peer support)

# Three Buckets of Supports



# Outcomes for Today's Webinar

- See how to think through the supports you use and how you can incorporate technology to aid independent living or support caregiving
- See examples of technology that benefit people with disabilities and their caregivers
- Hear about a resource that is available in each state to help individuals and families connect with technology that fits their needs





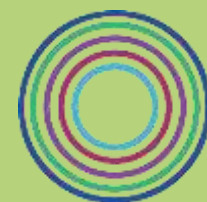
# Technology

and Supporting Families





# Thinking about Technology



# Spectrum of Technology

Technology is the creation and use of devices that allow us to interrelate with society and the environment.

When it comes to people with disabilities, we often talk about assistive technology, but the world is changing and we often now seek mainstream technology first when addressing the barriers people with disabilities face.



# How to decide which technology is right for you

- Focus on the tasks to be accomplished or barrier to be addressed first and the technology second.
- The simpler the technology, the more likely it will be motivating, used and help someone achieve success.
- Talk with others and research technology options.
- Find the assistive technology program in your state and seek them out for information, referral, device loans, demonstrations and funding.

**Ultimately the decision is on the family/individual about what's right for them.**





# Real Stories



Meet Tim

# Tim



Primary concern was caregiver safety getting Tim and his brother in and out of their hydrotherapy tub.

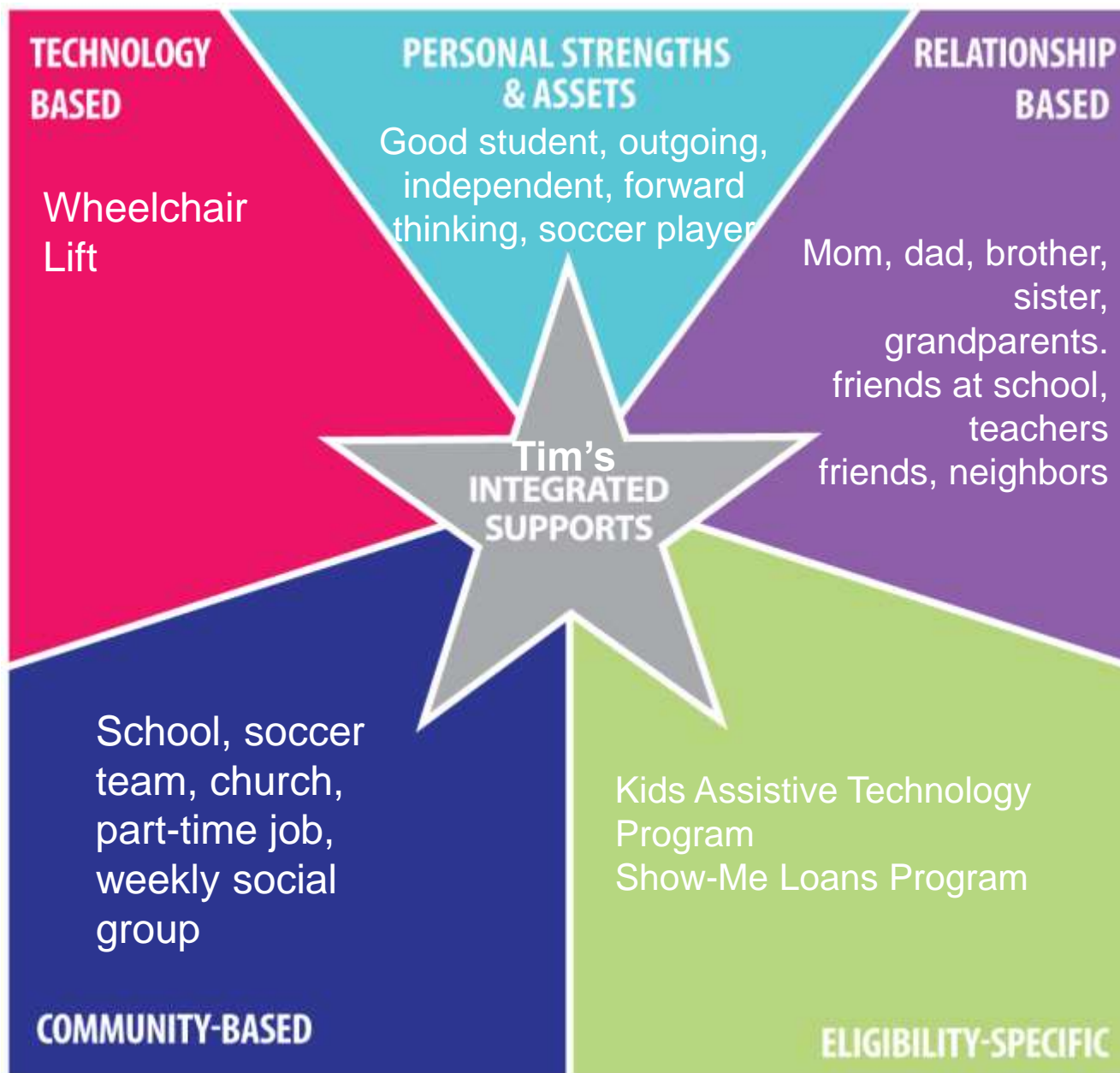
Family was unsure what technology options were available and consulted with other families, OT's and AT Specialists.

Cost was more than family budget allowed, but funds were available through Kids Assistive Technology Program, which family was made aware of via their case manager.

Tim and his brother are now able to stick to their therapy regiment and family care givers aren't fearful of injury to themselves or to either of the boys.



# Tim's Integrated Supports Star





Meet Aaron

# Aaron



Primary concern was development of daily living skills.

Identified barriers Aaron faced when it came to daily living skills.

Parents researched online resources and consulted with staff from Missouri Assistive Technology.

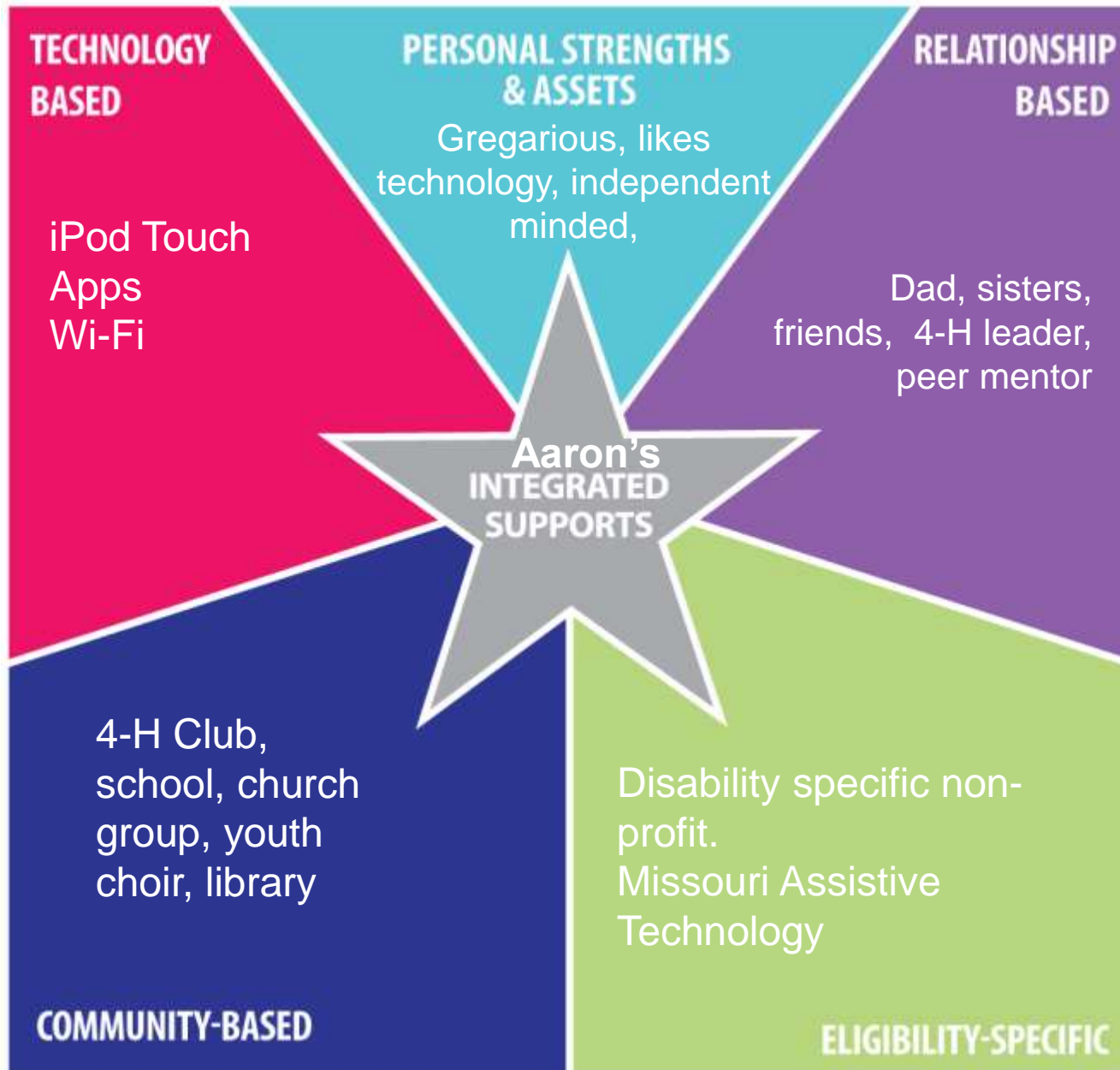
Augmented already existing technology that Aaron had.

Were able to design technology that worked for Aaron without having to seek funding.

Aaron was able to do more for himself independently and dad had more time to focus on other family members and himself.



# Aaron's Integrated Supports Star





Meet Ben



# Ben



Ben is 25 years old and lives at home with his parents.

He had very little experience being by himself.

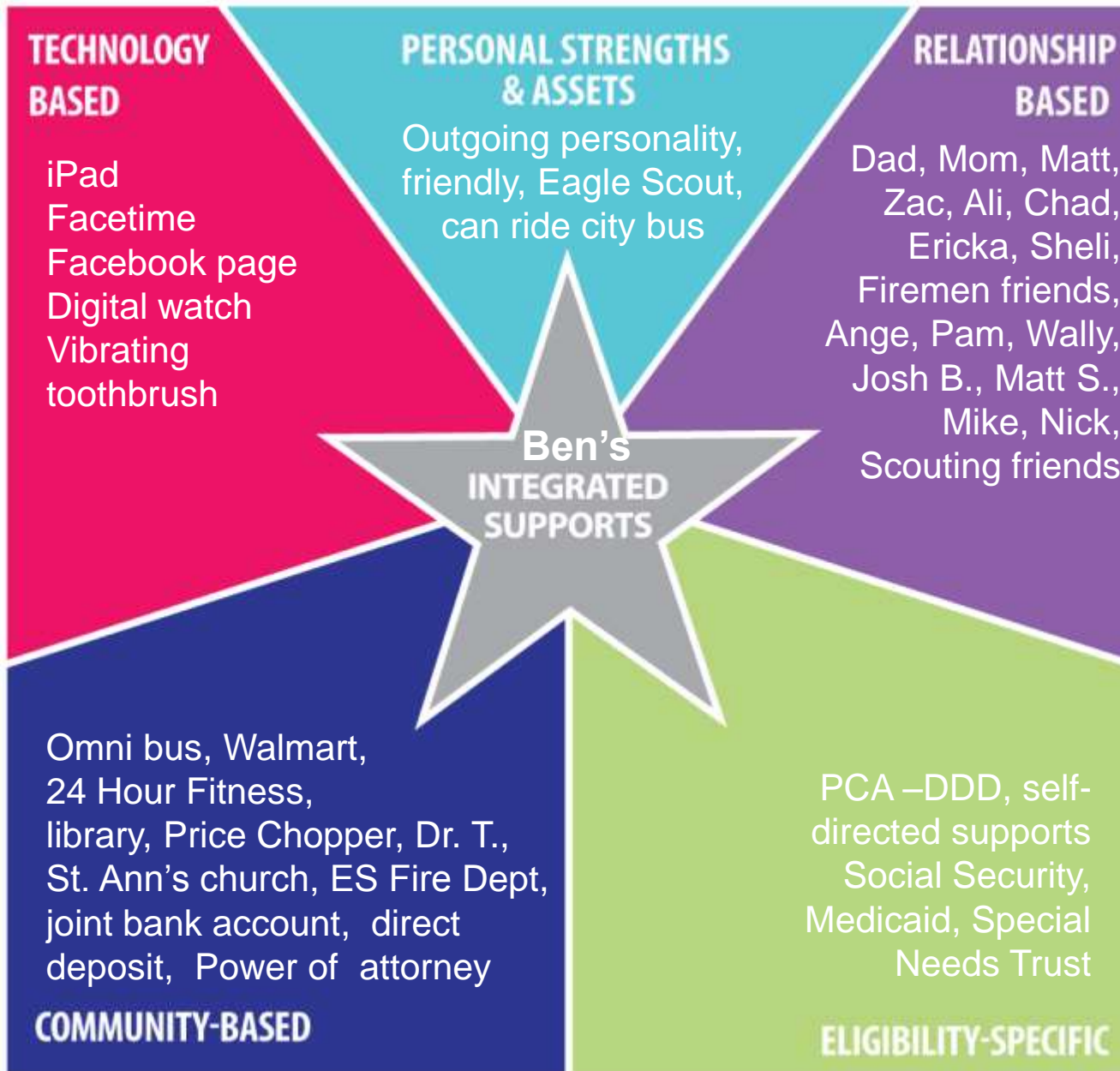
Through the use of his iPad (apps to occupy him as well as FaceTime to communicate with people he trusts) he is able to stay alone for up to an hour now (previously it was only five minutes).

Using technology increased his personal assets & strengths.

Family helped him set up a Facebook page so he can talk to his friends (which increased his relationships).



# Ben's Integrated Supports Star





Sandra

# Sandra



Primary concern was safety & security

Identified problem, reviewed options, talked about with team.

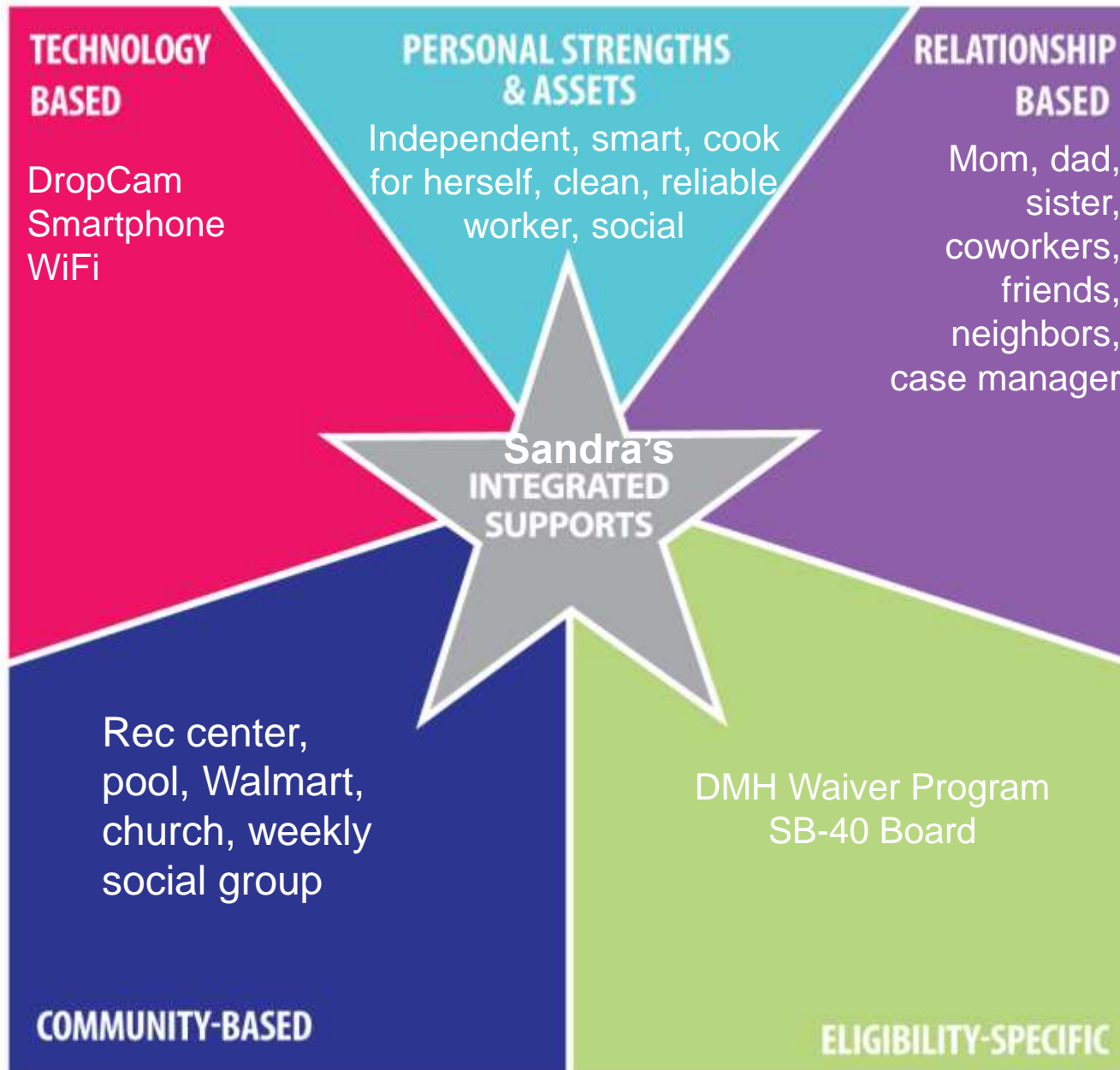
Pursued off-the-shelf solutions

Put together a system that solved issue & is easy to use.

Investigated using waiver program, found funding through local SB40 board.



# Sandra's Integrated Supports Star



# Funding for Technology



# Funding for what?

Funding is needed not only for buying the equipment

Keep in mind the maintenance of the equipment to keep it in working order as well as the training needed to use it to the maximum potential



# How do I pay for technology

Paying for technology can seem challenging and overwhelming, but numerous potential funding sources are available.

## Common Sources:

- Federal and State Programs
- Special Education Programs
- Insurance (Private and Public)
- Vocational Rehabilitation Agencies
- Employers
- Disability Non-Profits
- Philanthropic Groups
- State Assistive Technology Programs





# Assistive Technology Act Programs



# Assistive Technology Programs

Created via the Technology Related Assistance for  
Individuals Act of 1988.

There are 56 State AT Programs with a collective goal of  
helping individuals learn about, select, and acquire  
assistive technology

Association of Assistive Tech Act Programs



# Contact Information

David D. Baker

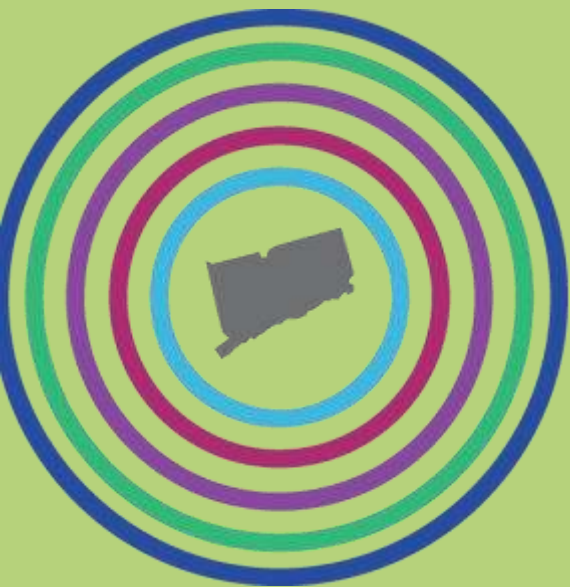
Missouri Assistive Technology

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[www.at.mo.gov](http://www.at.mo.gov)





# CoP Spotlight

Technology in Connecticut

WHAT FAMILIES NEED TO KNOW ABOUT

# assistive technology



## What is Assistive Technology?

Assistive Technology (AT) refers to any item or piece of equipment that is used to increase, maintain or improve the functional capabilities of individuals with disabilities in all aspects of life, including at school, at work, at home and in the community.

Assistive technology ranges on a continuum from low tech to high tech devices or equipment. Low-tech devices are usually less expensive, don't require a lot of training and have less features. High-tech devices tend to be more expensive, may require more in-depth training but will also likely have multiple features and are more adaptable for multiple purposes.



CT Department of Developmental Services  
[ct.gov/ds](http://ct.gov/ds)



CT Council on Developmental Disabilities  
[ct.gov/ctcdd](http://ct.gov/ctcdd)

# Technology in CT

- Partnership with Assistive Technology Program
- Good Life AT Campaign
- Employment iPad Pilot

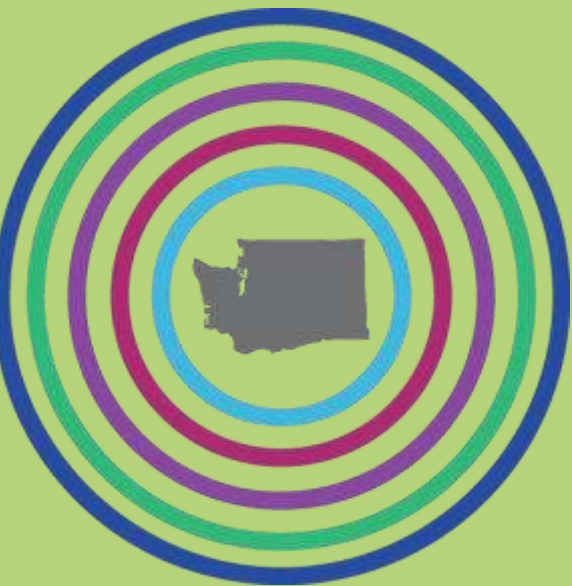


# Contact

Katie Hanley

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# CoP Spotlight

Technology in Washington

# SMART Living Project

How technology can be used to help individuals with disabilities and older families enhance their quality of life by increasing their independence and ability to live in their own home in the community?

Working with the Washington state Developmental Disabilities Administration (DDA) to identify the participants.

The project is taking place as a partnership between the Arc of Washington State, the Washington Developmental Disabilities Council, and the DDA.







NEW

*My Life Plan* is a free online tool to help you and our family member identify interests, strengths and needs at all stages and areas of life. Begin your journey here: [mylifeplan.guide](https://mylifeplan.guide)

# Informing Families

*Today and Tomorrow*

JOIN US

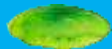
Con  nect



Informing Families Online



News & Information



Resources & Support



Services & Systems Planning for the Future

[INFORMINGFAMILIES.ORG](http://INFORMINGFAMILIES.ORG)

# Contact

Ed Holen

[ed.holen@ddc.wa.gov](mailto:ed.holen@ddc.wa.gov)

1-800-634 4473



# Questions, Reflections & Discussion

# President's Committee for People with Intellectual Disabilities (PCPID) 2015 Report to the President

## Leveling the Playing Field: Improving Technology Access and Design for People with Intellectual Disabilities



# ASSISTIVE TECHNOLOGY DISCUSSION TOOL

oregonisp.org/at/

The screenshot shows the website for the Assistive Technology Discussion Tool. The page is titled "ASSISTIVE TECHNOLOGY DISCUSSION TOOL" and "RESOURCES". It features a sidebar with navigation options and a main content area with five steps and a list of keywords.

**Assistive Technology Resources**  
A resource website and tool to identify assistive technologies, explore and implement them, and evaluate their effectiveness.

OREGON ISP SITE

**BROWSE CATEGORIES**

- Communication devices
- Hardware & accessories
- Information & resources
- Links to product websites
- Safety
- Sensors
- Software & apps
- Switches

**ASSISTIVE TECHNOLOGY DISCUSSION TOOL**

**Step 1: Identify Needs**

- Ask questions to explore areas where the person wants more independence.

**Step 2: Explore Options**

- Assign one or more team members to research available AT that meets the identified need.
- Explore available resources and share your findings.

**Step 3: Make a Decision**

- If the person decides to acquire an AT, define the desired outcome of the chosen AT.

**Step 4: Obtain and Implement**

- Make agreements about how to acquire and implement the AT.

**Step 5: Evaluate Effectiveness**

- Review the results after implementing the AT.
- Ask what is working and not working about the AT and take action where needed.

**DISCUSSION TOOL**

Download a PDF version of the Assistive Technology Discussion Tool (updated 2/5/2015)

Click here to watch our recorded webinar which introduces this discussion tool. (20:33)

**BROWSE KEYWORDS**

AAC adaptive ADL alert bathroom bluetooth choices communication community computer adaptive device education emergency equipment expressive GPS health hygiene independent information ipad iphone/ipod touch wireless entry leisure management medication money monitoring music park button reminders remote monitoring research resource resources safety schedules sensor supervision switches time tracking wheelchair



## Welcome to The Tech Toolbox

The Arc's Tech Toolbox is a place to find, share, rate and review technology for people with intellectual or developmental disabilities (I/DD).

[FIND TOOLS](#)

E-mail address:

Password:

[LOGIN](#)

[I forgot my password](#) | [I need other help to login](#)  
[Don't have an account? Sign-up now.](#)

## ADD TOOLS

New apps, devices and websites are emerging every day. Post descriptions of new technology products, so that others can learn about them.



## REVIEW TOOLS

Decide what technology products might work for you or a person with I/DD in your life, by learning from the reviews, ratings and stories of others.



# Arc's Tech Toolbox

[toolbox.thearc.org](http://toolbox.thearc.org)





# Innovations Webinar Series

## **Next webinar:**

January 28, 2016

Topic TBA

## **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







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- About
- The States
- Resources
- Updates
- Connect

Joining Forces TV coverage in Oklahoma!

### LATEST NEWS

Focusing on the Front Door - LifeCourse Framework Innovations Webinar Series, March 26, 2015



### FUNDED by



### NATIONAL partners



### 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 five 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 Councils of Developmental Disabilities (NACDD).

### MAILINGlist

Get updates about the national project, state teams, and supporting families!

First Name

Last Name

Email Address\*



Visit us online at [supportstofamilies.org](http://supportstofamilies.org)