

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

LifeCourse in Action:

Scaling up the
LifeCourse at Every
Stage in Connecticut



NASDDDS

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





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.

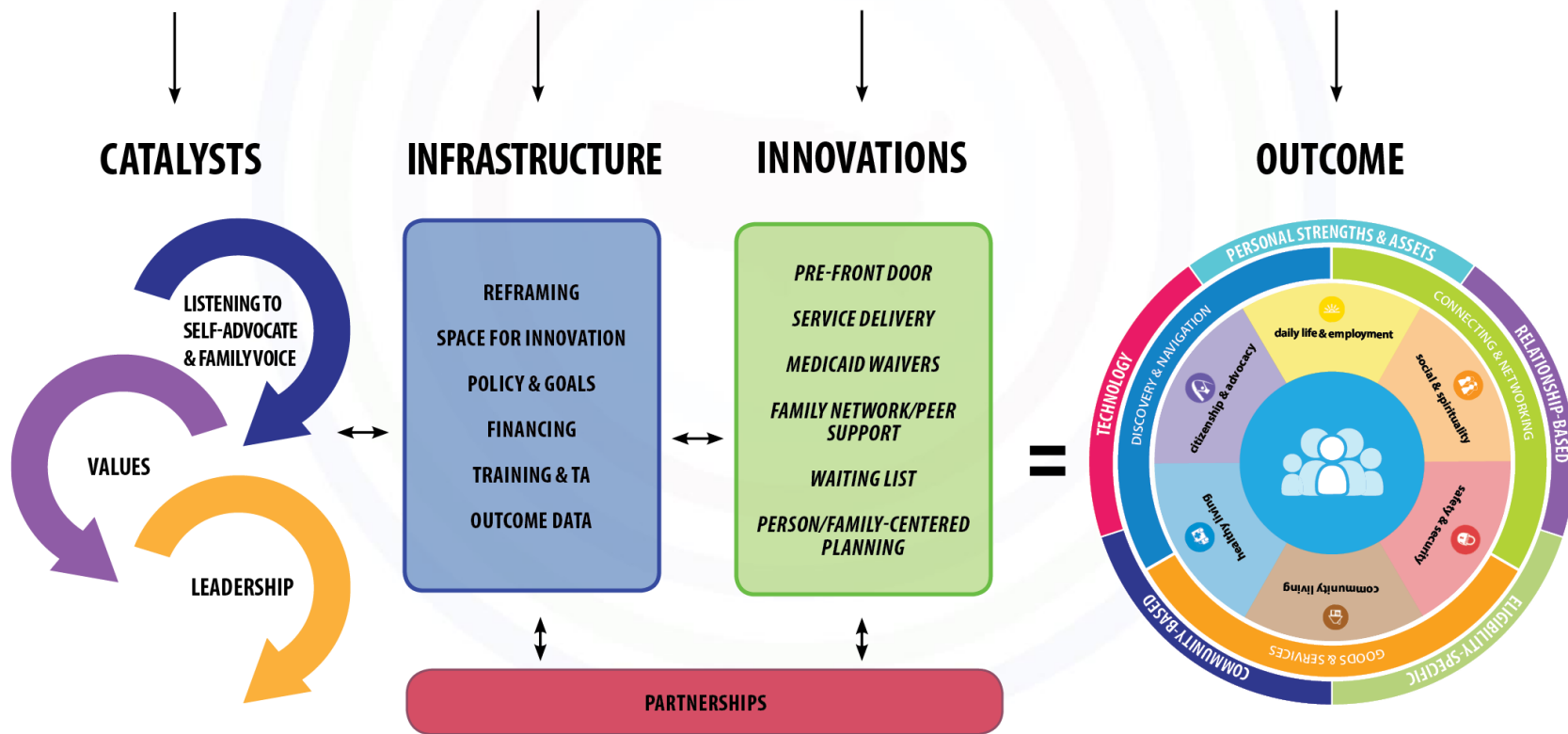


ADMINISTRATION ON
INTELLECTUAL AND
DEVELOPMENTAL
DISABILITIES



National CoP for Supporting Families Framework for Systems Change

Life Course Guiding Principles



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





The LifeCourse Framework

Introduction

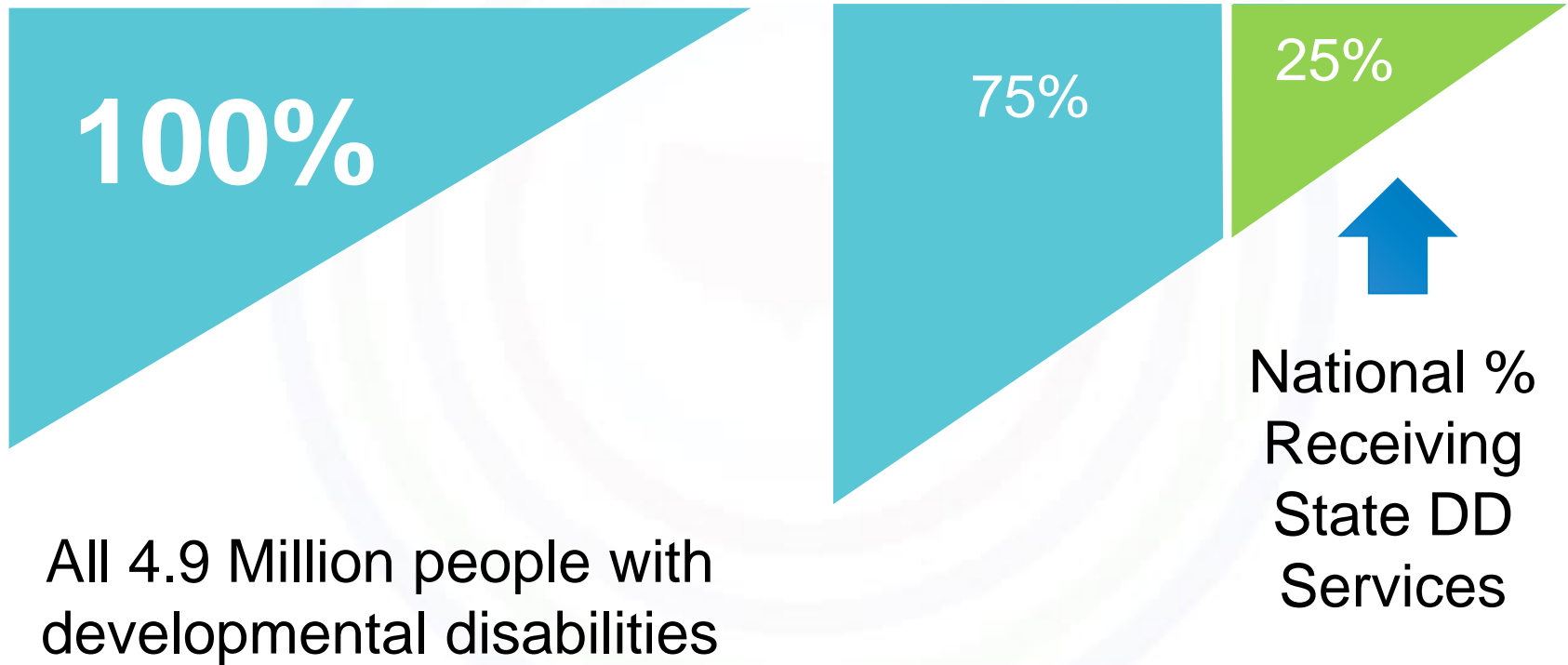




All people have the right to live, love, work, play and pursue their dreams in their community.



Focus on “ALL”



*** Based on national definition of developmental disability with a prevalence rate of 1.49%*



LifeCourse Framework



LifeCourse Framework



LifeCourse Framework



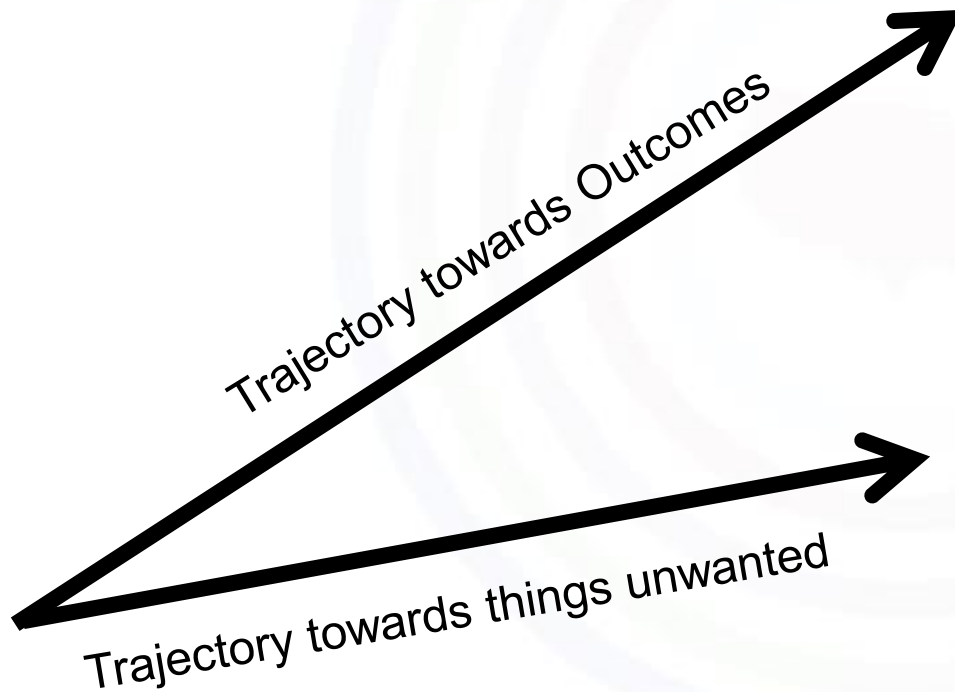
LifeCourse Framework



LifeCourse Framework



Trajectory towards Life Outcomes



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

Vision of What I Don't Want

A pink thought bubble with a white question mark inside, representing a vision of what is not wanted.

Both in practice with individuals and in policy changes for systems



Identifying Integrated Strategies for Delivery of Supports



**Not only
DD Services**



Outcomes for Today's Webinar

1. Understand the principles of the LifeCourse framework,
2. See concrete examples of how the LifeCourse framework and tools are being used to support individuals throughout the entire lifespan
3. Hear how the Connecticut Community of Practice team is incorporating Life Course principles and practices across the state









LAND OF STEADY HABITS

Connecticut



Re-evaluating Current Services – How many could we serve?

Type of Service	Cost per Person	Cost to Serve the Waiting List 122,870	People Served with \$5 M
ICF/MR	\$128,275 CT \$383,316	\$15,761,114,925	 39 CT 13
Non-family HCBS	\$70,133 CT \$140,199	\$8,617,241,710	 71 CT 36
Host Family	\$44,122 CT \$51,687	\$5,421,270,140	 113 CT 97
Own Family	\$25,072 CT \$30,390	\$3,080,596,640	 200 CT 165

Data Source: Lakin, K.C. MSIS and NCI data from 4 states (1,240 Individuals)

National Association of State Directors of Developmental Disabilities Services (NASDDDS)



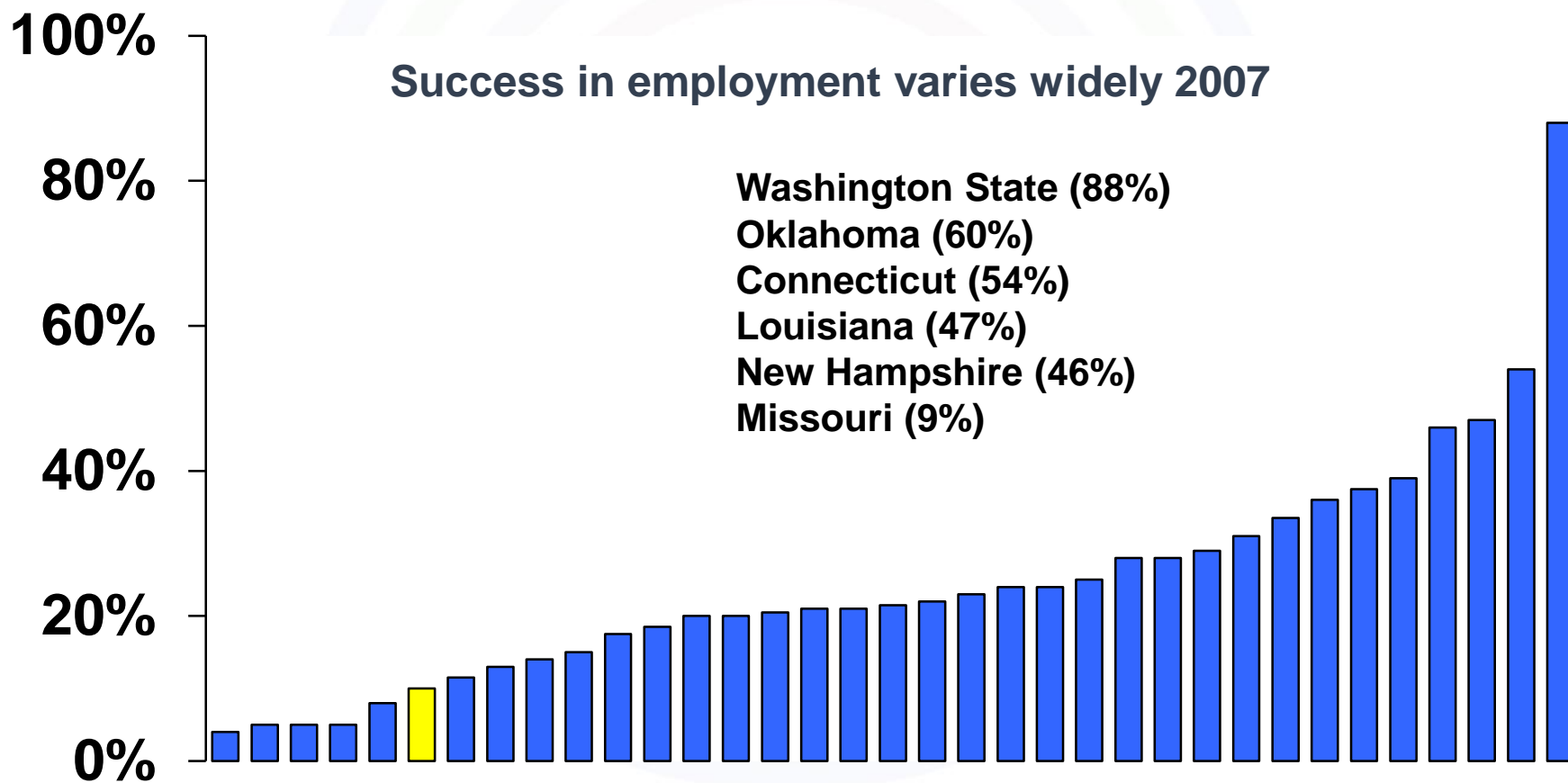
Thinking for the Long Term

Type of Service	Cost per Person	20 yrs. Cost	30 yrs. Cost
ICF/MR Institution	\$128,275	\$2,565,600	#3,848,250
HCBS 24hr staffed Residential	\$70,133	\$1,402,660	\$2,103,990
Shared Living (Adult Foster Care)	\$44,122	\$882,440	\$1,323,660
Supports in Own or Family Home	\$25,072	\$502,440	\$752,160

National Association of State Directors of Developmental Disabilities Services (NASDDDS)



What People Do During the Day



Source: 2009 –UMass Boston ICI ID/DD Agency Survey

National Association of State Directors of Developmental Disabilities Services (NASDDDS)



What has “Caught On” in CT



+ Life Span Partnerships



+ PCP/Life Course Planning



+ Expanded vision of Family Supports



CONNECTICUT COMMUNITY OF PRACTICE FOR SUPPORTING FAMILIES

DDS



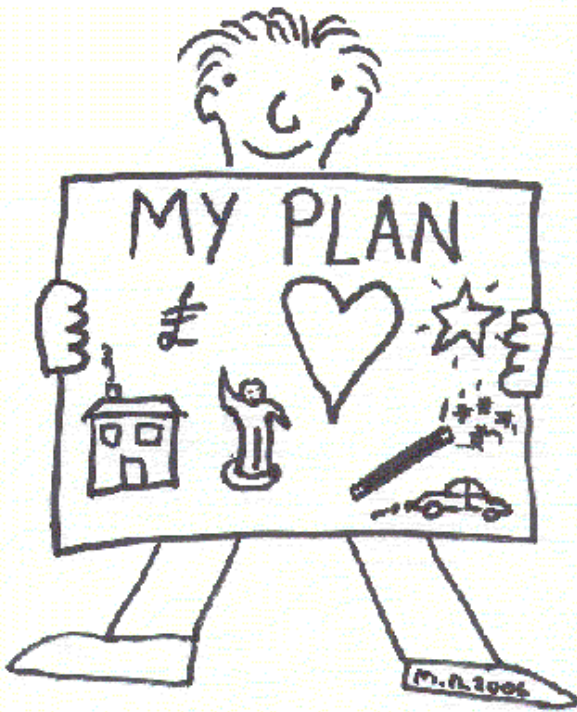
PATH
Parent-to-Parent
Family Voices
of Connecticut



Building a **Life Span Partnership** for Supporting Families with a
Member with Intellectual and Developmental Disabilities



PCP & Life Course Planning



Person-Centered Planning



Life Course Planning





Community of Practice for Supporting Families of Individuals with Intellectual & Developmental Disabilities

Mapping Strategies for Supporting Families Across the LifeCourse

Discovery & Navigation:
Helping families find and understand the information they need to better support their child



Goods & Services:
Helping families get the supports they need for their child

Connecting & Networking
Helping families connect to other families for support & mentoring



Planning Tools

Open Romblad 's ONE-PAGE PROFILE

I am hilarious, Quick witted, Treat others nicely, Sweet and kind, Competitive. Really good at video games, Entertaining.

Family, Friends, Milo my dog, Ziggy my guinea pig, Getting things right the first time, Free running, Exercise, Staying organized, Time. People ask me what I want to do. Drawing

How to Best Support ME

Extra Time
Organizers
Gentle reminders

_____ 's ONE-PAGE PROFILE

What people like & admire about me

What's Important to ME

How to Best Support ME



Planning Tools

FAMILY-CENTERED VISION OF THE FUTURE

CHARTING the life course

Life Trajectory Worksheet: Family

Describe what you would like the future to look like for all the people who are important to you. Use the guidelines below to help you think about the future and what you would like to see. To get started, think about the things that you would like to see.

VISION for a GOOD LIFE

What I DON'T Want

Icons: A group of people, a person with a speech bubble, a person with a gear, a person with a heart, a person with a star, a person with a lightbulb.

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PERSON-CENTERED VISION OF THE FUTURE

CHARTING the life course

Life Trajectory Worksheet: Individual

Describe what you would like the future to look like for you. Use the guidelines below to help you think about the future and what you would like to see. To get started, think about the things that you would like to see.

VISION for a GOOD LIFE

What I DON'T Want

Icons: A group of people, a person with a speech bubble, a person with a gear, a person with a heart, a person with a star, a person with a lightbulb.

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Planning Tools



CHARTING the life course

Integrated Services and Supports

People need supports to lead good lives. Using a combination of lots of different kinds of support helps get a long way toward an inclusive, quality, community life. The school and family partners and other specialists also have to work in partnership to support their vision for a good life.

Personal Strengths and Assets	Relationship-Based Supports	Technology	Community Resources	Eligibility-Based Supports
<p>Asset Development: There is growing emphasis on helping people with disabilities see how they can grow personal assets. The assumption is that as individuals with disabilities develop assets, they will be able to move out of poverty and live better lives.</p> <p>The website below provides information on how to save and invest money, to increase assets through education and employment and sites on how to help people with disabilities use personal strengths to help build a better life.</p> <p>Assets Development</p> <ul style="list-style-type: none"> ABLE Act: The ABLE Act is federal legislation that permits state-based investment vehicles for individuals with disabilities by making tax-free savings accounts available to cover qualified expenses such as education, housing and transportation. http://www.ableact.org/ Assets for Independence Resource Centers: ABC is a one-stop resource for information on the Assets for Independence Program and on federal Developmental Accounts (DA). http://www.resourcesforlife.org/ 	<p>Relationship-Based Supports: Healthy relationships are a vital component of health and well-being. There is growing evidence that strong relationships contribute to a long, healthy, and happy life. Helping people with disabilities to enhance personal relationships helps ensure a better life.</p> <p>The website below provides information on how people with disabilities and their families can use extended and voluntary personal relationships as a source of support for building a better life.</p> <p>Advocacy Groups/Organizations</p> <ul style="list-style-type: none"> ARC: http://www.ahc.org/ CT Council on Developmental Disabilities: http://www.ct.gov/ctportal/portal/ctportal.ct.gov/2014/07/22 CT Down Syndrome Program: http://www.ct.gov/downsyndrome/ CT Family Support Council: http://www.ct.gov/fsc/portal/ctportal.ct.gov/2014/07/22 CT Parent Advocacy Center (EPAC): http://www.epac.org/ CT Open Disability Alliance: http://ctofa.org/ 	<p>Technology: There is growing movement toward recognizing that people with cognitive disabilities have equal access to technology and information. Access to technology is deemed key to helping people with disabilities realize a full and equal participation in society.</p> <p>The website below provides information on how people with IDD can use technology to play sports, to learn, to gain more independence, and to live an empowered life.</p> <ul style="list-style-type: none"> CT Tech-Act Project: Assessment, Development of Sites, Funding Ideas Lapse Programs, Training http://www.techact.com/#about-us Center on Technology and Disabilities: Assistive and Instructional Technology: Supporting People with Learning Disabilities http://www.ct.gov/ctportal/portal/ctportal.ct.gov/2014/07/22 Standard Technology Tools Checklist For Middle and High School: http://www.nctd.org/112-18-147-middle_and_high.htm 	<p>Community: The Americans with Disabilities Act (ADA) has helped people with disabilities become more independent and involved in their communities. Working, learning, and being engaged in a community is an essential way to help people with disabilities live better lives.</p> <p>The website below provides information on ways to help make a community more accessible for people with IDD and gives key information on accessible community-based social activities.</p> <ul style="list-style-type: none"> CT Able: Knowledge of the ADA can be used to help communities become more accessible. http://www.ct.gov/ctportal/portal/ctportal.ct.gov/2014/07/22 Connect Kids: Special Needs Fun Stuff http://www.ct.gov/ctportal/portal/ctportal.ct.gov/2014/07/22 Fun Things to Do in CT: http://www.visitconnecticut.com/activities/ctfunthings.html B-S Day Care Pre-Heads: Office of Early Childhood (OEC) Outreach and Camp Information http://www.ct.gov/ctportal/portal/ctportal.ct.gov/2014/07/22 	<p>Help for These Title IX Topics: There are more state agencies and other federal and state funded organizations that provide support for people with disabilities who are at risk for the services provided. These services are designed to help people with disabilities live better lives.</p> <p>The website below is a list of the organizations providing eligibility-based services. It is important that families are provided information about these supports.</p> <p>General Information</p> <ul style="list-style-type: none"> 21C: A one-stop center on local services, from adult day services, food, housing, child care, after school programs, elder care, job services and much more. http://www.21c.org/ Connecticut Association for Human Services: Federal, state and local programs that help people in CT. http://www.cahts.org/programs.html Connecticut Developmental Disabilities: A Division for Schools and Community Organizations Serving People With Children Who Have Disabilities. http://www.ct.gov/ctportal/portal/ctportal.ct.gov/2014/07/22 CT Department of Social Services: Programs for people with disabilities. http://www.ct.gov/dss/portal/ctportal.ct.gov/2014/07/22

MAY 2014





Changes Across the Life Span

Life Span Approach



Bucket Thinking

Mapping Strategies for Supporting Families Across the LifeCourse



PCP/LifeCourse Planning

PCP & Life Course Planning



Person-Centered Planning



Life Course Planning



A STEP AHEAD
Leading Families in Progress for Transitions Across the Lifespan

OUR MISSION
"The Americans with Intellectual and Developmental Disabilities (I/DD), the Developmental Disabilities Assistance and Bill of Rights Act (DD Act) provides for the protection and support of the fundamental rights afforded to all U.S. citizens. As a nation, it is our responsibility to not only recognize those rights but to transform our communities so that this is a reality in the everyday lives of individuals with I/DD. This requires the systems that support individuals with I/DD to transform the way they provide services and to recognize the family as a critical source of support that ensures these rights."
Reposition Report

OUR VISION
All Connecticut citizens with intellectual and developmental disabilities are valued contributors to their communities as family members, friends, neighbors, students, employees, volunteers, members of civic and religious associations, voters and advocates.

OUR GOALS

- Individuals**
Will achieve self-determination, interdependence, productivity, integration, and inclusion in all facets of community life.
- Families**
Will be supported in ways that maximize their capacity, strengths, and unique abilities to best nurture, love, and support the individual to achieve their goal.

Developed in accordance with I/DD policies by the Center for Innovation and the National University of Public Health for Community Practice.

A Good Life



Integrated Supports

QUALITY OF LIFE CORE AREAS

- VISION & VALUES**
Vision for the future of an amenable life
- CONNECTIONS & RELATIONSHIPS**
Social circles, personal networks, and links to opportunities
- RESPONSIBILITY & SELF-DETERMINATION**
Control of and responsibility of life
- STRENGTHS & CONTRIBUTIONS**
Having valued roles and giving back



Prenatal & Infancy



- DDS Central Office Life Span Coordinator
- B3 Provider as a PCP/LifeCourse Ambassador



PCP & Life Course Planning



Person-Centered Planning



Life Course Planning





Prenatal & Infancy Family Partnerships

Mapping Strategies for Supporting Families Across the LifeCourse



The screenshot shows a slide with a red heart containing 'M...Y...' and the acronym 'SELF' with icons for Sleep, Eat, Love Your Body, and Play. Below the acronym is a long line of 'M' characters. The title 'CAREGIVER SUPPORTS' is at the bottom.





Early Childhood

B3 move to OEC

Great Expectations

Independence & Respite



Connecticut Office of
Early Childhood

Great Expectations:
Preparing Your Child with Developmental Disabilities
for Employment Success

September 2011

What families are saying...

What I need the most is... Respite

The best respite is intentional, regular, and a little extra help.

Respite is not a luxury, it's a vital necessity.

DBS Department of Developmental Services



PCP & Life Course Planning

MY PLAN

Person-Centered Planning

Life Course Planning





Early Childhood Positive Behavior Supports

What families are saying....

What do we have to do to support more people applying for services? We want to see more people who are interested in services, but we don't have the resources to support more people. We want to see more people who are interested in services, but we don't have the resources to support more people. We want to see more people who are interested in services, but we don't have the resources to support more people. We want to see more people who are interested in services, but we don't have the resources to support more people.

What do you do if you have a child who is having trouble? We want to see more people who are interested in services, but we don't have the resources to support more people. We want to see more people who are interested in services, but we don't have the resources to support more people. We want to see more people who are interested in services, but we don't have the resources to support more people. We want to see more people who are interested in services, but we don't have the resources to support more people.

Who Can Author Positive Behavior Support Plans and Provide Consultation?

People who write Positive Behavior Support plans and offer consultation to families should have appropriate training and supervision providing behavior support to people with developmental disabilities. This includes education, work experience, and a valid Connecticut license in Early Childhood Special Education, Special Education, or Special Education Teacher. People who write Positive Behavior Support plans should also have appropriate training and supervision providing behavior support to people with developmental disabilities. This includes education, work experience, and a valid Connecticut license in Early Childhood Special Education, Special Education, or Special Education Teacher.

Positive Behavior Support Resources:

FOR MORE INFORMATION:
 860.424.3232
 860.424.3232

If you are interested in being a Positive Behavior Support consultant, please contact us at:

DBS
 CT Department of Developmental Services

CT Department of Developmental Services
 Connecticut

The product was developed through the National Community of Practice for Supporting Families of Individuals with I/DD. More at: supportstofamilies.org

Children's Behavioral Health Plan
 General Assembly Public Act 13-178

plan4children.org

About | Final Plan | Implementation | CT Opistol Response | Provide Input | News | Contact Us

The State of Connecticut developed a plan to improve children's behavioral health services and systems across the state.

In developing this plan, we sought input from parents, community members, mental health experts, and other interested people who offered ideas and shared their experiences related to children's behavioral health issues. The completed plan will guide the State's efforts to build a comprehensive and integrated behavioral health system that benefits all of Connecticut's children.





School Age

Get Your FUTURE Started
FOCUS ON TRANSITION
 CONNECTICUT TRANSITION TIMELINE

- Birth to Five
- Elementary
- Middle School
- High School
- Post-Secondary

The Connecticut Transition Timeline provides information beginning at birth, and continues throughout the school age years.

The Connecticut Transition Timeline provides a list of programs, services and activities to help your child or young adult prepare for the future.

The Connecticut Transition Timeline provides resources and information on post-secondary educational and employment opportunities.

The Connecticut Transition Timeline provides families, students, educators and community members opportunities to empower and promote a "great life" for all!

SERC STATE EDUCATION RESOURCES CENTER

HOME ABOUT BUDGET NEWS STATE RELEASES SERVICES EQUIPMENT LINKS CONTACT US

Teacher Professional Learning Opportunities

READ

Parent Leadership Training Grant

SDE Transition Timeline

PCP/LifeCourse Teacher Training

PCP & Life Course Planning

Person-Centered Planning + Life Course Planning





School Age Information Dissemination



Charting the LifeCourse
Experiences and Questions Booklet
A Guide for Individuals, Families, and Professionals

Throughout our lives, we face questions and search for answers that will help us in our journey to a full and meaningful life. This is true for everyone, especially when you or someone you care about experiences a disability or special health care need.

Charting the LifeCourse is a tool to assist you in creating a vision for the future. It is designed to help you think about the questions to ask as well as the choices, options and life experiences to consider as you "plot a course" to a full and meaningful life. It is intended to be a starting point no matter where you are in your life journey.

We hope this LifeCourse Experiences and Questions booklet helps you realize that even when your child is very young, and wherever you are on the journey as he or she ages and grows into adulthood, their life experiences and environment can shape how they will live life in the future.

CONNECTICUT COMMUNITY OF PRACTICE FOR SUPPORTING FAMILIES

Charting the LifeCourse

Daily Life & Employment

Before you know it, school will be ending and adult life beginning. Transition is a time to think about what adult life will look like and explore what you will be doing as part of daily life when the school bus stops coming! You will likely make choices based on what you like and what you want to do. This guide is designed to help you and your family think about questions to ask, things to do, and resources to lead you to a job, career, volunteering, college or continuing education, and ultimately, the life you want.

LIFE DOMAIN
Daily Life & Employment (What a person does as part of everyday life - school, employment, volunteering, concentration, routines, etc.)

LIFE STAGE
Transition (moving from school to adulthood (14-21))

To find out more about how to use the LifeCourse employment materials please contact:
Connecticut Family Support Networks (CTFSN) ctfn.org
1-877-458-DAVE (1-877-375-3229)
or
PATH Parent to Parent/Family Voice of Connecticut ctpfv.org
1-800-89-8000 (1-203-254-9900)

CONNECTICUT COMMUNITY OF PRACTICE FOR SUPPORTING FAMILIES

State of Connecticut
DEPARTMENT OF DEVELOPMENTAL SERVICES
DDS
Individual and Family Support Resources
and
HELPLINE Information

Providing assistance to individuals who are eligible for DDS services and reside at home with families

***Eligibility Unit**



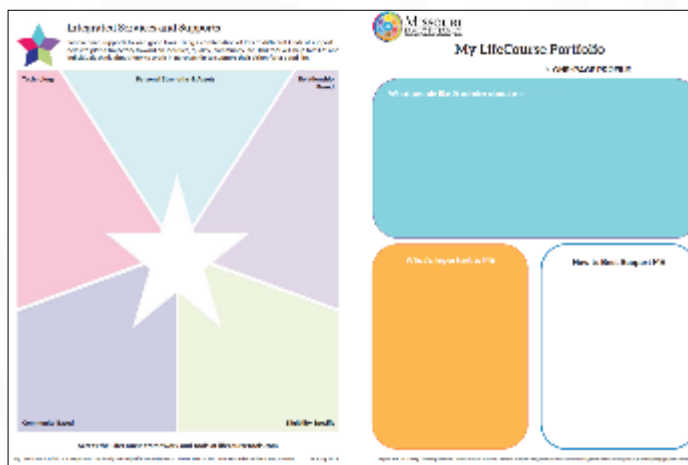


Transition

WIOA LEVEL UP



LifeCourse Profiles



DDS

DDS Regional Transition Advisors



PCP & Life Course Planning





Transition



Technology

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 from a cane to a low-tech device or equipment. Low-tech devices are usually less expensive, don't require a lot of training and have few 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.



Community First Choice

State of Connecticut
Department of Social Services
Community First Choice

Revision date 2/4/16

My Service Planning Tool Kit





Adulthood



PRAT Allocation



PCP LifeCourse Ambassadors





Adulthood

Mapping Strategies for Supporting Families Across the LifeCourse



Department of Developmental Services

Home About Us Topics A - Z Contact Us

SELF ADVOCACY **Parents with Intellectual Disability**

EMPLOYMENT "Parents with a Voice" –Support and Advocacy Groups

TRANSPORTATION North - [North Region Parents with a Voice Advocacy Group](#)
South - [Norwich Area Support Group for Parents with ID and Their Children](#)
West - [Parents with a Voice Advocacy Group](#)

MY VOTE MATTERS!

DDS SAFETY NET

LEISURE RESOURCES **Resources:**
[Norwich Area Support Group for Parents with ID and Their Children \(PDF, 241 KB\)](#)
[The ARC Resources](#)

RESOURCES **Happenings in Connecticut:**

COMMITTEES **2015 – 2016 Partners in Policymaking Class- Brochure and Application**
NEW

EMERGENCY PREPAREDNESS [Norwich Area Support Group for Parents with ID \(children welcome\) celebrates its 2 year anniversary!](#)

PARENTS WITH INTELLECTUAL DISABILITIES [North Region Parents with a Voice Advocacy Group](#)

Select Language Translation Disclaimer

CALENDAR [PWID 2nd Annual Family Picnic – May 31, 2014 \(PDF, KB\)](#)
[Previous Picnic \(PDF, 273 KB\)](#)

DBS Department of Developmental Services
Content Last Modified on 11/20/2015 11:00:12 AM

Parenting Support Services

Peer²Peer

PEER SUPPORT

Getting support from people I trust!
"If I Can Do it, SO CAN YOU!"

Peer to Peer

Peer Supports



Shared Living Supports





Aging



[Home](#)

[About The Technical Assistance Exchange \(TAE\)](#)

[No Wrong Door \(NWD\)](#)

[All Resources](#)

Search

[Go!](#)

Information on assistance in your community for seniors and/or persons with a disability.

Welcome To The No Wrong Door Website

PCP & Life Course Planning



Person-Centered Planning



Life Course Planning





Aging

Mapping Strategies for Supporting Families Across the LifeCourse



Money Follows the Person



Expanding Partnerships



Youth



Providers

****Are you an adult sibling of an individual with disabilities?***

**The Connecticut Sibling Connection
Invites You
To The First Sibling Connection Meeting!**

Thursday, June 9, 2016
6 - 8 PM
Allied Community Services, Inc.
Three Pearson Way
Enfield, CT 06082


The Connecticut Sibling Connection is an organization with the mission to support siblings of individuals with disabilities in the State of Connecticut by providing the information, tools, and community to enrich their lives and the lives of their siblings.

Please join us at our first networking and information meeting to learn:

- Overview of Who We Are and What We Hope to Achieve
- Meet Other Siblings of Individuals with Disabilities in the State of Connecticut
- Learn How You Can Join CT Sibs and Create a Network of Support

For more information, please visit cfsibs.org or contact Mary at mary@cfsibs.org or 860-266-4428.
RSVP is not required, but appreciated for planning purposes.

CONNECTICUT SIBLING CONNECTION
cfsibs.org



ALLIED COMMUNITY SERVICES

Siblings



Q&A



LIFECOURSE TOOLS

LIFECOURSE TOOLS

LIFECOURSE PRINCIPLES

LIFECOURSE IN ACTION ▾

CONNECT ▾

ABOUT



LifeCourseTools.com





Innovations Webinar Series

Next webinar:

LifeCourse in Action: District of Columbia (DC) – 11/17/2016

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

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- 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 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 State Directors of Developmental Disabilities Services (NASDDDS).

NATIONAL partners



MAILINGlist

Get updates about the national project, state



Visit us online at supportstofamilies.org