

Department of Developmental Services (DDS)  
Consumer Advisory Committee (CAC)

Meeting Minutes  
September 15-16, 2009

Members Attended

Amy Jesse	Marilyn Smith
Eugenia Jones	Colleen Deck
Robert Taylor	Nicole Patterson
Cindy White	Kathleen Ozeroff
Tracey Mensch	Carol Risley
Michelle Gordon	Mark Starford
Krisi Franzone	Tammy Evrard
Tommy Michaels	Daniel Meadows
Pattie Simpkins	Victoria King
Sue Ann Hankensiefken	Joaquin Perez
Joseph Flanagan	Timothy Schmitz
Danielle Knight	

Members Absent

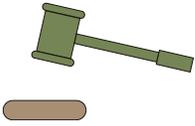
Lisa Krueger  
Sam Durbin

Others Attending

Jesse Padilla  
Jolene Bradford  
Carol Nadeau  
Darcy Jean Foddrill  
Edward White  
Christina Jessee

**September 15, 2009**

1. **CALL TO ORDER**



Cindy White, Vice-Chairperson, called the meeting to order at 9:05 a.m.



- A. Everyone introduced themselves.
- B. General announcements were made.

2. **REVIEW OF THE DAY'S AGENDA**



Mark Starford and the CAC went over the agenda for the day.



3. **WHY IS THE CAC IMPORTANT?**

Mark Starford showed a DVD of Debra Beeter (past member) and Sandy Hansen (facilitator), talking about how being a part of the CAC changed the lives. Debra talked about how she ended up moving out of a group home into her own place after many years of wanting to live independently. Being a part of the CAC helped her learn what she needed to do. Sandy also talked about how she learned more about Debra's rights and what she could do to help Debra get what she wanted and get the supports she needed.

The CAC members talked about why the CAC is important to them and for DDS.

#### 4. **NATURAL SUPPORT**

Robert Taylor and Cindy White talked to the CAC about natural supports. What are natural supports- they are about being around other people who are not paid to do something with you or for you.

- Family
- Neighbors
- Club members
- Relationships with people that may have the same interests as you
- A person that will support you in your goals and dreams.

The CAC talked about how they have or are going to reach out to people as natural supports.

#### 5. **CREATING YOUR OWN COMMUNITY SUPPORT**



Michelle Gordon and Krisi Franzone talked to the CAC about community supports. What are community supports- they are being a part of and connecting with people and agencies in your community. Your community supports can help you with:

- Finding resources and information
  - ❖ Places to live
  - ❖ Finding a job
  - ❖ Fun things to do with other people
- How to get you connected
  - ❖ Meet people at church, social activities, and through your friends and family
  - ❖ Be positive and professional when you meet new people
  - ❖ Share your goals and interests
- Stay connected by:
  - ❖ Call

- ❖ E-mail
- ❖ Get together

There were some examples on how people made connections with people they didn't know and have become great supports.

## 6. **INDIVIDUAL CHOICE BUDGET (ICB)**

Carol Risley and Mark Starford talked about ICB, a new program to help restore services and give consumers and families the ability to direct and control the services needed to meet their needs.

## 7. **YOU ARE IN CHARGE! USING THE LEADERSHIP TOOLS**



Eugenia Jones and Mark Starford talked about several tools to help people take more of a leadership role in their lives:

- Leadership Through Personal Change- this tool can help people work through their goals a step at a time.
- How I Want To Spend My Time- this tool helps people find the right people or services to assist them in getting what they need done to meet a goal.

## 8. **CAPITOL PEOPLE FIRST SETTLEMENT- "MY OWN CHOICES"**

The CAC talked about a new tool called "My Own Choice." This came about through the Capitol People First Settlement Agreement to give people with developmental disabilities more opportunity to make choices about their lives. These are targeted for people who live in large community facilities (more than 16 people living together) and people living in developmental centers. These

individuals will be asked- where and/or how they want to live.

## 9. **MAKING CONNECTION**

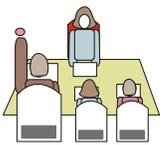
Cindy White talked about the importance of making connections in your community. By getting connected with in your community:

- You will have a new network of people
- Participate in activities
- Learn about new things happening
- Get to know who can help you or if you can help them in an emergency
- Learn about jobs
- Learn about places to volunteer to get experience and help other people

The CAC talked about things what could stop people from going in their community and meeting people:

- Fear of getting hurt
- Fear of not being accepted

## 10. **CAC MEMBERS' CHECK-IN SESSION**



Members met with Carol Risley, Kathleen Ozeroff, and Nicole Patterson.

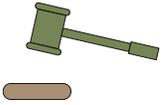
## 11. **FACILITATORS' CHECK-IN SESSION**



Mark Starford met with the facilitators.

The meeting adjourned for the day at 5:05 p.m.

September 16, 2009



## 1. CALL TO ORDER

Cindy White, Vice-Chairperson, called the meeting to order at 8:34 a.m.

- A. General announcements were made.
- B. The agenda was reviewed and no changes were made. **It was moved (Pattie Simpkins), seconded (Amy Jessee), and carried to approve the agenda with no change.**
- C. The minutes of the May 2009, CAC meeting was reviewed. **It was moved (Amy Jessee), seconded (Pattie Simpkins), and carried to approve the minutes as presented.**



## 2. CAC MEMBERS' REPORTS



The following members gave reports on what they have been doing on behalf of the committee and their People First and/or local self-advocacy groups: Amy Jesse, Tommy Michaels, Michelle Gordon, Sue Ann Hankensiefken, Robert Taylor, Joseph Flanagan, Cindy White, Pattie Simpkins, Krisi Franzone, and Eugenia Jones.



### 3. **RESUME WRITING**

Victoria King, DDS, talked to the CAC about basic resume writing. Victoria talked about the importance of a resume, because it can sell you and your talents. She also talked about things that CAC might have skills in and how they would need to word those on a resume in employer language.

She handed out a list of action words to use employer friendly language. Victoria also talked about a format that could be used and the type of writing for a resume.



### 4. **MTA TRANSPORTATION INVESTIGATION**

Robert Taylor talked to the CAC about an investigation of the Los Angeles County transportation system for people with disabilities in his area. The CAC watched a DVD that showed how people with disabilities are being treated while accessing public transportation during an undercover investigation.



### 5. **COORDINATOR OF CONSUMER SERVICES REPORT**

Nicole gave a report on what she has been doing for the past few months:

She has been working on the Feeling Safe, Being Safe project and coordinating training with the certified trainers.

She went to Sierra Vista Developmental Center two days a week for three weeks in the month of July, to interview the residents on what their choices might be when it is

time for them to move due to the closure of Sierra Vista Developmental Center.

She was able to participate Youth Leadership Forum during the last week in July. This forum is for people with disabilities ages 16-18.

She will be going to the Supported Life Conference on October 8-9, 2009 to conduct a training on the Leadership project.



## 6. **BUDGET UPDATE**

Carol Risley talked about the following budget changes:

More services will be added to the MediCal waiver program to bring in more federal money.



- Regional centers will not approve new licensed community care homes that have 16 or more beds, and not buy services from any home with 16 or more beds unless the home can be homelike and bring in federal money for services.



- DDS will close Sierra Vista Community Facility in Yuba City and residents will move to other places based upon their IPP.



- Some building projects at developmental centers will be delayed to save money.



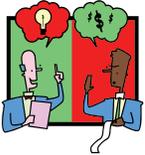
- Some residents of Porterville Developmental Center will move into a new program that can be funded with federal money.



- Regional centers cannot buy treatments or services that are not known to work or be safe for consumers.
- Regional centers must first try to use generic services, like IHSS, MediCal, public school, etc. before buying the same kind of service.



- Consumers and families first try to use their own insurance for services and get turned down before regional centers can buy the same service.



- Regional centers must use the service providers that cost the least and can meet consumers' needs.



- Regional centers will tell consumers and families about the services and cost of those services provided to them each year.

- Regional centers will help consumers use public transportation rather than buy special transportation.



- The cheapest transportation must be used.
- Regional centers must buy services that are closest to the consumers' homes to save money on transportation costs.
- If possible, families need to provide transportation for kids.



- Programs will take the same 14 holidays off each year. This is 4 more days off than before.



- Day programs must develop a new service for consumers over 50 years old. Consumers can choose this new service.



- Day programs must develop a new option to help consumers get jobs, work experience or start their own business.
- Supported living providers must help consumers to get In-Home Supportive Services (IHSS). The amount a SLS provider can be paid to provide these same services is the amount paid to an IHSS provider.



- Rates paid for supported living services (SLS) can be no more than what was paid on July 1, 2008.



- Regional centers are not allowed to pay a consumer's rent unless there is an exception to this rule.

- Consumers living together will use the same SLS provider if possible.



- Little kids will attend local preschools with supports purchased by regional centers if needed.



- Parents will attend group training for parents on behavior interventions instead of the regional center buying some or all of in-home parent training.

- Regional centers can buy Applied Behavior Analysis (ABA) or Behavior Intervention (BI) services if they are shown to make positive changes in consumer's behaviors.



- Parents of children receiving ABA or BI must help with the service plan.

- ABA or BI cannot be used as respite, day care, school or for emergency services.



- When a consumer's goals are met, regional center will stop buying ABA or BI services.
- Regional centers must evaluate ABA or BI services every six months.



- Kids two or more years old who are "at risk" of have a developmental delay are no longer provided early start services. Kids two or more years old with a "developmental delay" must have more delays in their development than before to get early start services.

- Regional centers cannot buy services that are not covered under the federal Early Start program for kids served by the program.

- A new Prevention Program will be started by regional centers to provide supports to families with kids that cannot be served by the Early Start program.



- Parents of children under three years old must use their private insurance to pay for medical services for their children.



- Respite care workers can help consumers with more medical type needs.



- Parents of children under 18 years old living out-of-home will pay a higher monthly fee for the care.



- A new service model will be developed called "Individual Choice Budget". This new service model will give consumers and families the ability to direct and control the services needed to meet their needs much like a self-determination.



- The amount of respite care regional centers can buy is limited and day care cannot be used in place of respite care.
- Regional centers cannot buy social/recreation activities unless they are community-based day programs; camps and travel to them; education services for children; and art, dance, music and other special therapy services.



- A new quality assurance system will be developed by January 1, 2010 and the “Movers Study” of people moving out of state developmental centers and Life Quality Assessments (LQA) will stop.



- Money used for wellness projects and to train doctors about developmental disabilities is not available this year.



- Regional centers will not be evaluating community care facilities once every three years. They will still visit consumers in their homes once every three months.



- Less money is available to help regional centers to get more office space.



- Regional centers got less money to run the centers.

## **7. ADVOCACY AND EXERCISING YOUR RIGHTS**

Daniel Meadows, Disability Rights California was invited by the CAC to talk about the appeal process and the rights of people with developmental disabilities in regard to the budget changes.



## 9. COMMUNITY ASSIGNMENTS

The following assignments were made for the CAC members



### 1. **Leadership DVD and Guide**

Show your program and regional center the Leadership DVD and Guide.



### 2. **Your Community Network**

Make 1 new connection.



### 3. **Natural Support**

Reach out to someone NEW in your community



### 4. **Resumes**

Complete a draft of your resume (using the handout from Victoria King)

## REPORT BACK IN NOVEMBER



### 5. **If You Are Planning to Run For Office**

Start putting together a speech



### 6. **White Elephant Gift Exchange for November Meeting**

Members and staff -start thinking about an item in your home to bring wrapped up in newspaper for the November meeting holiday celebration.



## 10. END OF MEETING

Cindy White, Vice-Chairperson adjourned the meeting at 3:02 p.m.