2022-2023 NCI® **In-Person Survey**

User-Friendly Report

Valley Mountain Regional Center



NCI·IDD NATIONAL CORE INDICATORS PEOPLE DRIVEN DATA

This report tells us:



The services you receive



Satisfaction with the services



Activities in the community

Making Connections – Why is This Important?

Many adults with intellectual and developmental disabilities (IDD) get services and supports through a regional center. In California there are over 140,000 adults who receive at least one service other than case management.

This report summarizes findings from the In-Person Survey (IPS), which is an interview with individuals receiving services. It is important to know if people are getting their needs met. This information can be shared with state officials (like governors or regional centers) and policy makers. If they know when needs are not being met, they can try to find resources to help. This report gives people a way of letting state officials and policy makers know what is working for them and what is not.



Survey Respondents
In this report when we say “survey respondents” we mean the person who is getting services from the regional center and who is 18 years old or older.

Table of Contents

Service Planning 1

- Service Planning Meeting
- Services and Supports

Case Management and Support Staff 3

- Service Coordinator
- Support Staff

Healthcare and Wellness 6

- Access to Healthcare Services
- Wellness

Taking Part in the Community 9

- Going Out

Technology 11

- Access to Technology
- Using Technology

Privacy and Rights 13

- Privacy at Home
- Support at Home
- Rights

Satisfaction and Choices 17

- Satisfaction at Home
- Choices about Daily Life

Demographics 20

- Statewide Demographics

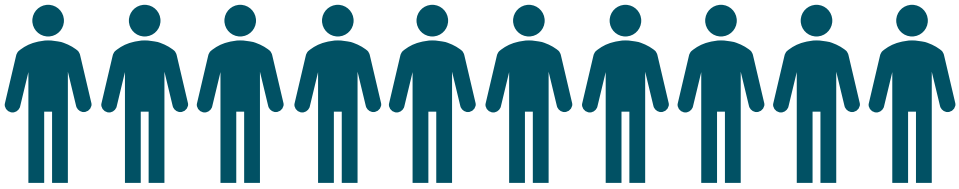
What is NCI? 21

- Resource Links

Service Planning Meeting

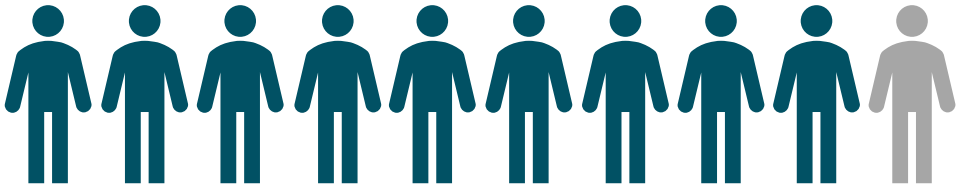
People who get services from a regional center have an individual program plan (IPP). The IPP is a list of services your service coordinator helps you and your family get. You, your family, and your service coordinator decide what to put in your IPP at a service planning meeting.

10 out of **10** survey respondents said **they took part in their last service planning meeting or chose not to.**



✓ Yes

9 out of **10** survey respondents said **their last service planning meeting included the people they wanted there.**

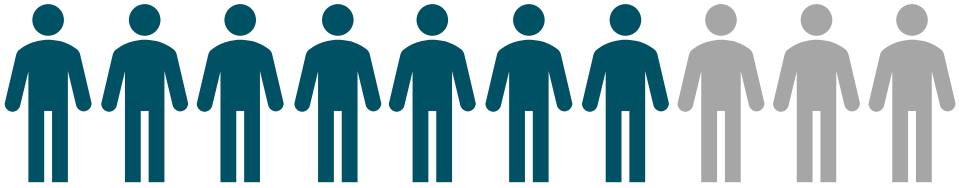


✓ Yes ✗ No

Services and Supports

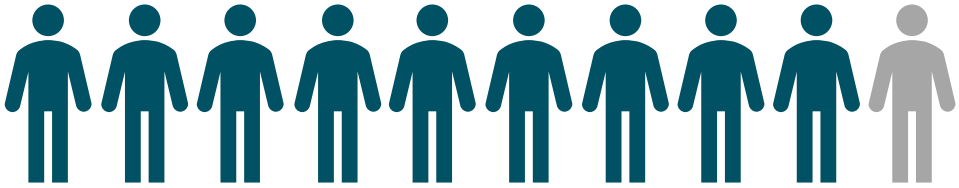
Services and supports are things like getting help in your home or getting a ride to a day program. It is important that you get the different kinds of services and supports you need.

7 out of **10** survey respondents said **they helped make their service plan.**



✓ Yes ✗ No

9 out of **10** survey respondents said **they know who to ask if they want to change something about their services.**

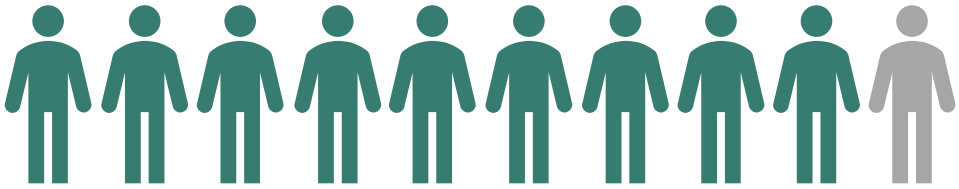


✓ Yes ✗ No

Service Coordinator

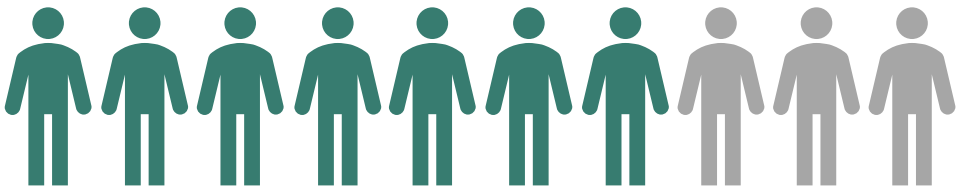
Service coordinators help you and your family find and get the services you need.

9 out of **10** survey respondents said **they had met or spoken to their service coordinator.**



✓ Yes ✗ No

7 out of **10** survey respondents said **they were able to contact their service coordinator when they wanted.**



✓ Yes ✗ No

8 out of **10** survey respondents said **their service coordinator knew what was important to them.**



✓ Yes ✗ No

---

9 out of **10** survey respondents said **they could change their service coordinator if they wanted to.**

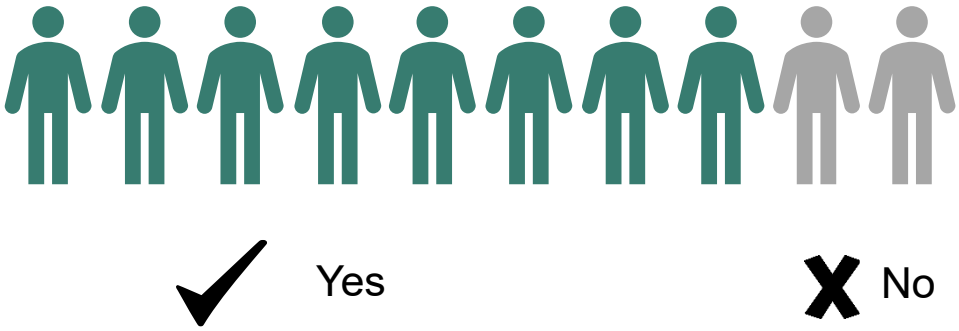


✓ Yes ✗ No

Support Staff

There may be many people who help you and your family. Support staff are paid to help you at home, at work, and at your day program.

8 out of **10** survey respondents said **they could choose their staff.**



Person-Centered Planning

https://www.dds.ca.gov/rc/ipp/

Person-Centered Planning is about what you and your family need and want.

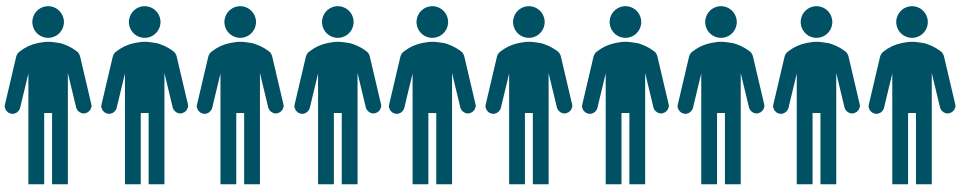
When it's time for your IPP meeting, you and your service coordinator will talk and plan with anyone else you want in the meeting. Together, you'll discuss your goals, desires, and what kinds of support you want to live your life. This information will be used to create or update your IPP.

Learn more about Person-Centered Planning at https://www.dds.ca.gov/rc/ipp/.

Access to Healthcare Services

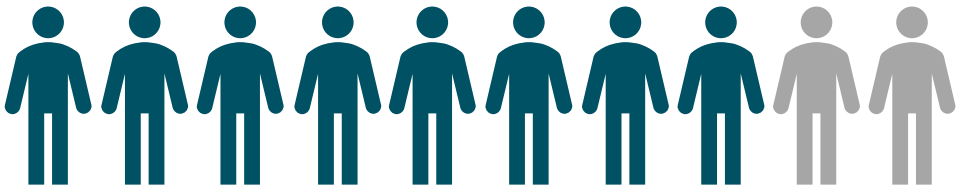
Healthcare professionals are people like doctors, dentists, counselors, and psychologists. It is important to see them so you can stay healthy.

10 out of **10** survey respondents said **they had a primary care doctor or practitioner.**



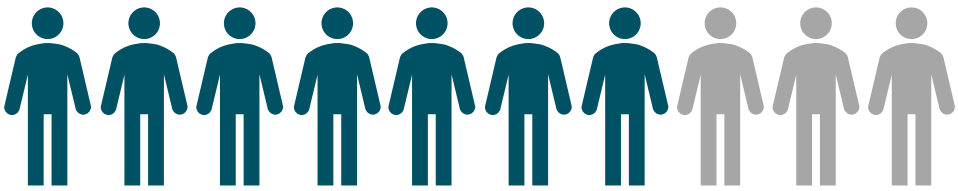
✓ Yes

8 out of **10** survey respondents said **they had an annual physical exam in the past year.**



✓ Yes ✗ No

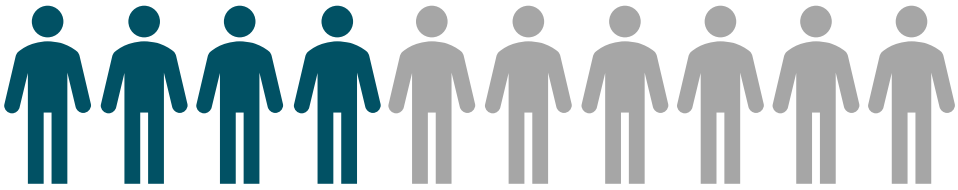
7 out of **10** survey respondents said **they had a routine dental exam in the past year.**



✓ Yes ✗ No

---

4 out of **10** survey respondents said **they had an eye exam or vision screening in the past year.**

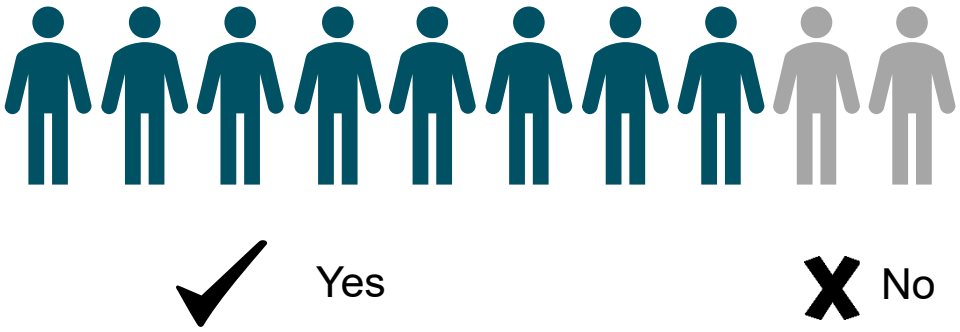


✓ Yes ✗ No

Wellness

Doing things like walking, swimming, and other exercise can help people stay well and get out in their community.

8 out of **10** survey respondents said **they exercised for 10 minutes or more at least once a week.**



Wellness Toolkit

https://www.dds.ca.gov/consumers/wellness-toolkit/

The Wellness Toolkit is a section of the Department's website that provides information and tools related to health and safety. You can find information on many topics like:

Preventing Falls

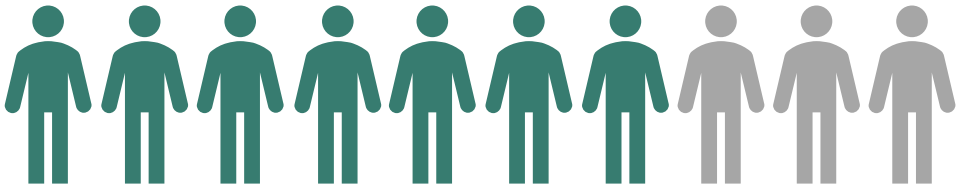
High Blood Pressure

Mental Health

Going Out

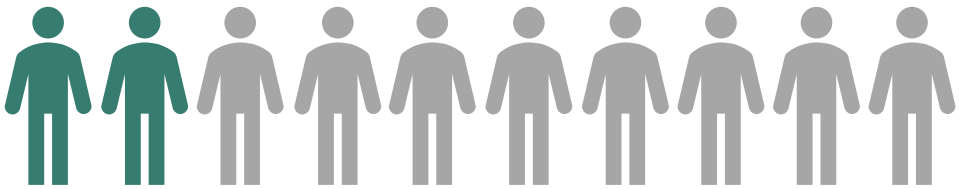
People go out in their community to do many things. You may like to go to the movies, concerts, or play sports. When we ask about community, we mean the places close to home where you and other people go out.

7 out of **10** survey respondents said **they were able to go out and do the things they liked to do in the community as much as they wanted to.**



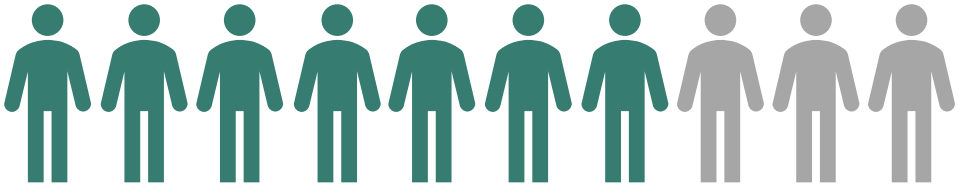
✓ Yes ✗ No

2 out of **10** survey respondents said they **were a part of groups, organizations, and communities.**



✓ Yes ✗ No

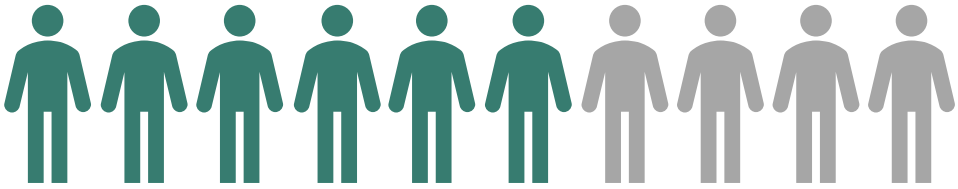
7 out of **10** survey respondents said **they were able to get places when they wanted to do something outside of their home.**



✓ Yes ✗ No

---

6 out of **10** survey respondents said **they went out for entertainment, like going to the movies or going to a sporting event, at least once in the past month.**

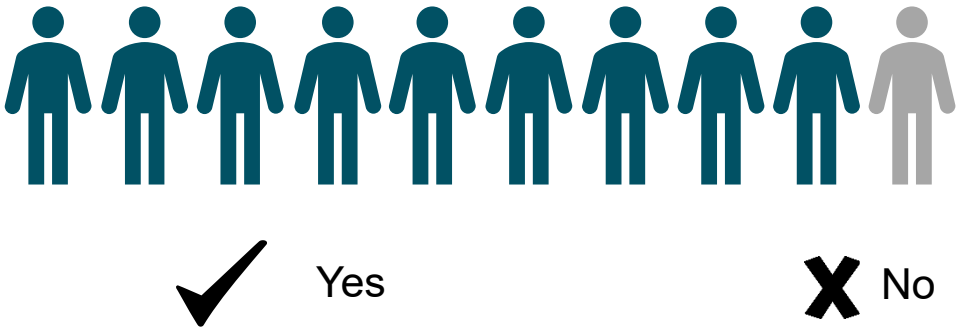


✓ Yes ✗ No

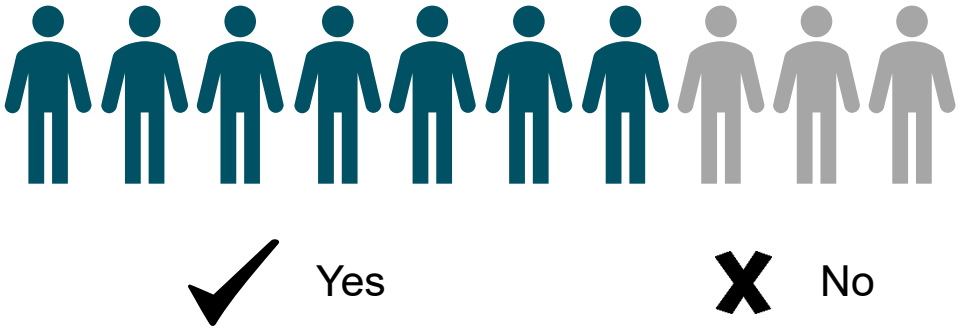
Access to Technology

Having the internet, a cell phone, or a smart phone helps people talk to friends and family even when they cannot meet in person. Technology can also help you share ideas and be part of your community.

9 out of **10** survey respondents said **they had access to the internet.**



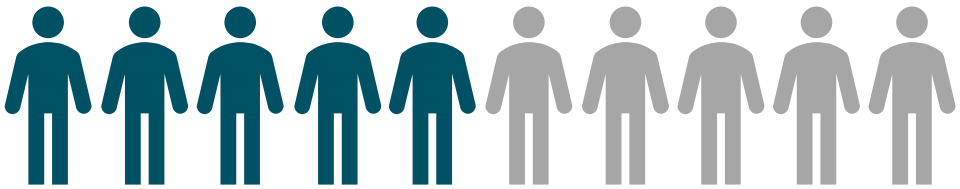
7 out of **10** survey respondents said **they had a cellphone or smart phone.**



Using Technology

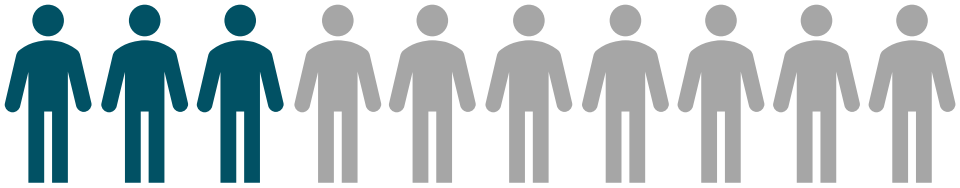
Some people may use technology to talk with their doctor or other support staff online. Technology can also help people do more things on their own.

5 out of **10** survey respondents said **they used the internet to get services and supports through a video call.**



✓ Yes ✗ No

3 out of **10** survey respondents said **they use technology in everyday life to help them do more things on their own.**

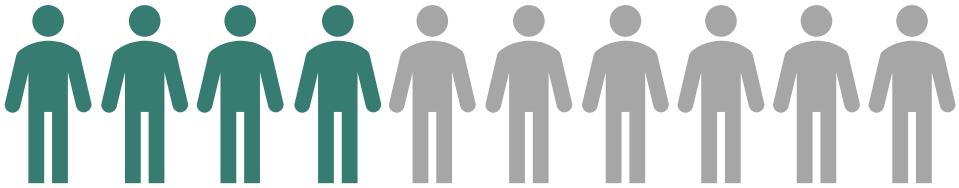


✓ Yes ✗ No

Privacy at Home

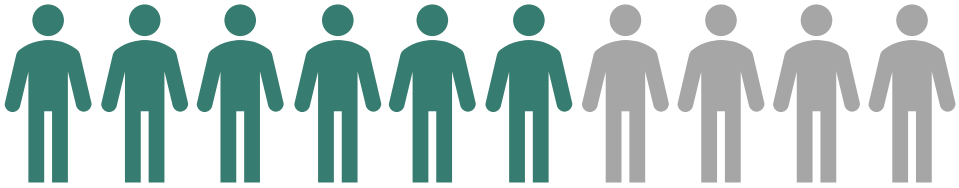
Privacy means having your own space at home. Privacy can include having boundaries, like getting to decide who can enter your space.

4 out of **10** survey respondents said **they had a key to their home.**



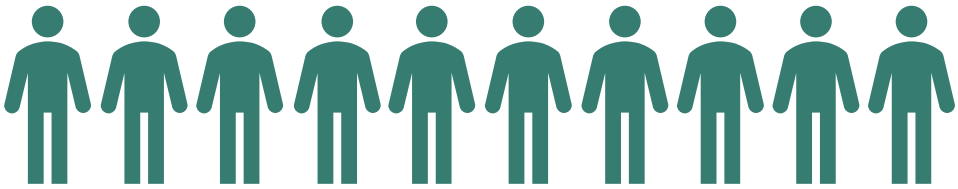
✓ Yes ✗ No

6 out of **10** survey respondents said **they could lock their bedroom door if they wanted to.**



✓ Yes ✗ No

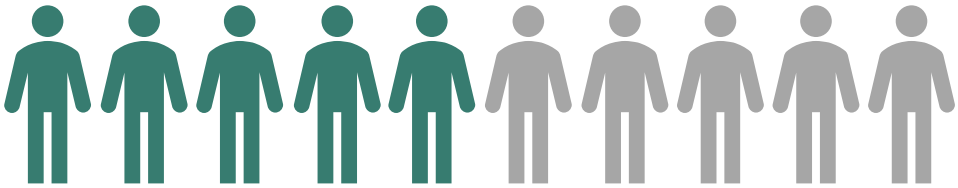
10 out of **10** survey respondents said **they had a place to be alone in their home.**



✓ Yes

---

5 out of **10** survey respondents said **when people in their house went somewhere, they could stay home if they wanted to.**

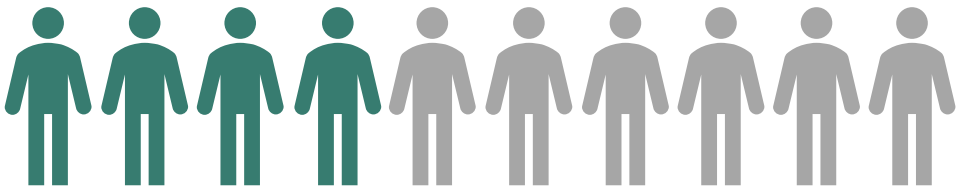


✓ Yes ✗ No

Support at Home

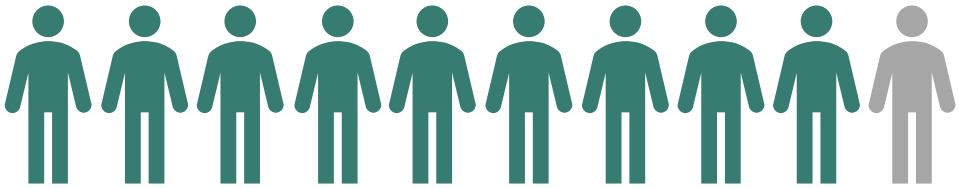
You have the right to feel safe at home. Rules can help your home feel safer.

4 out of **10** survey respondents said **there were rules about having friends or visitors in their home.**



✓ Yes ✗ No

9 out of **10** survey respondents said **if they ever felt afraid, there was someone they could talk to.**

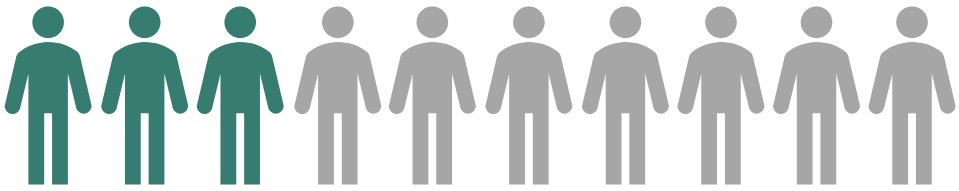


✓ Yes ✗ No

Rights

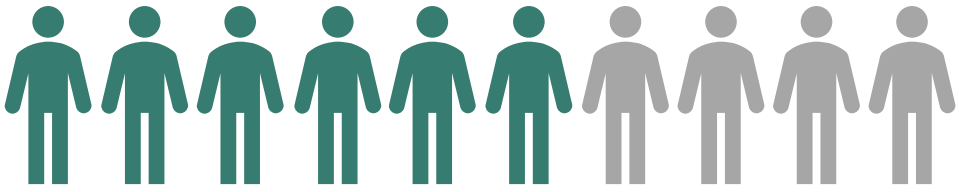
We all have rights, like the right to vote and the right to speak up for ourselves. Using your rights is one way to participate in your community.

3 out of **10** survey respondents said **they had taken part in a self-advocacy meeting, conference, or event or had the chance to participate but chose not to.**



✓ Yes ✗ No

6 out of **10** survey respondents said **they have voted in a local, state, or federal election or had the chance but chose not to.**

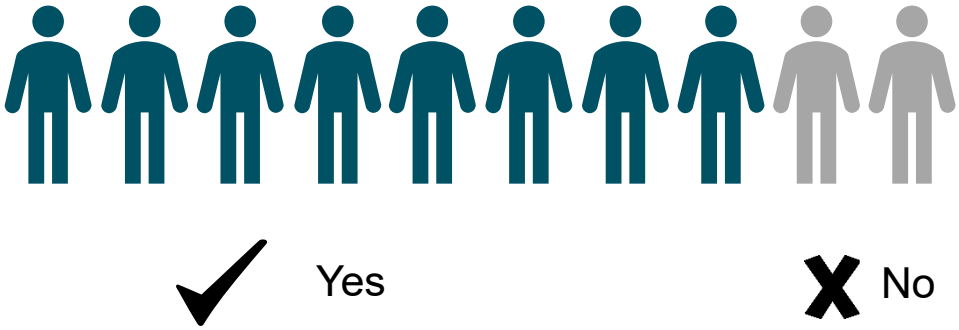


✓ Yes ✗ No

Satisfaction at Home

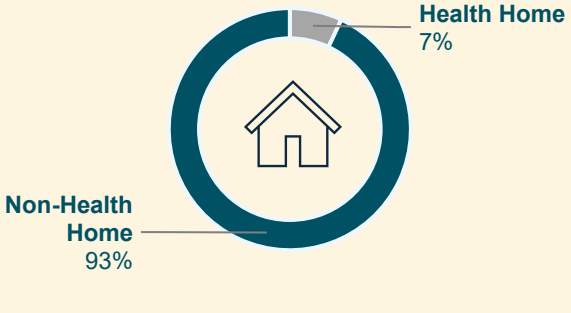
It is important that you are happy with the place where you live.

8 out of **10** survey respondents said **they liked their home or where they lived.**

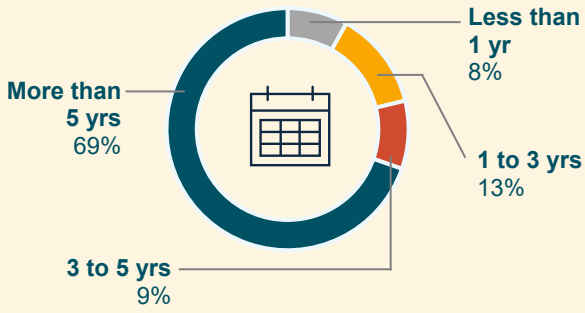


Statewide Demographics

Most survey respondents live in a non-health home, and most have lived in their home for 5 years or more.



Residence Type

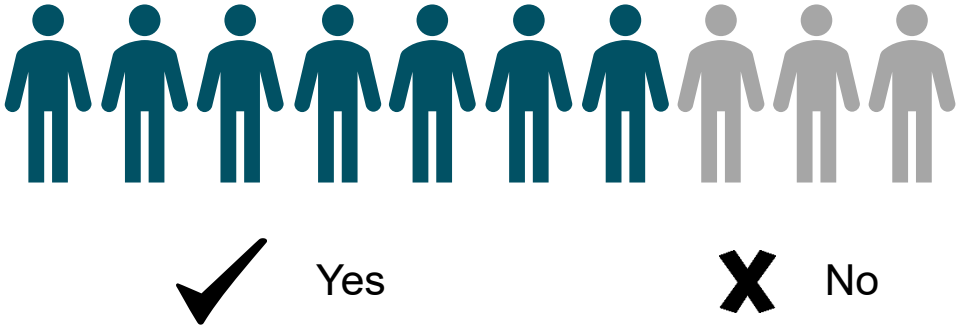


Length of Residence

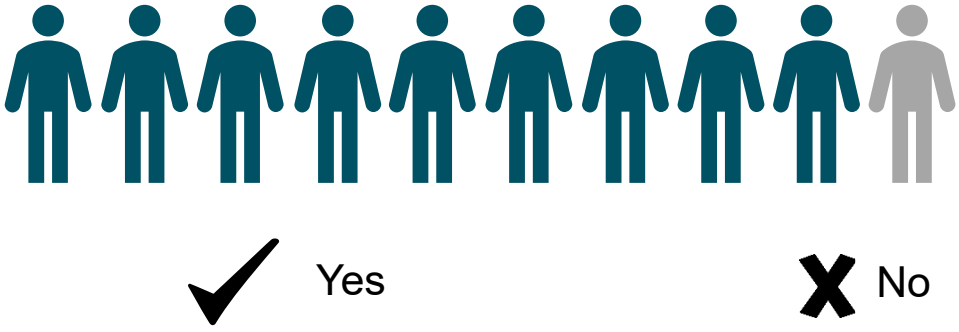
Choices about Daily Life

People make decisions about small things, like what to have for dinner and about big things, like where to live. It is important that you get to make decisions about your life or that you have help with making decisions.

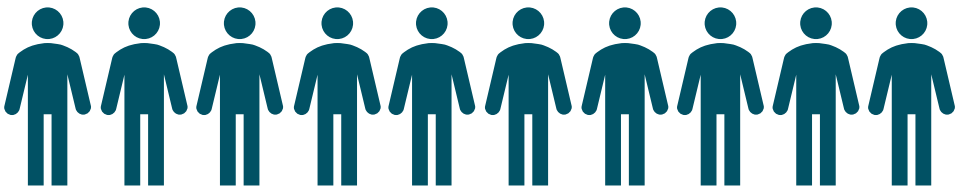
7 out of **10** survey respondents said **they chose or had some input in choosing where they lived.**



9 out of **10** survey respondents said **they decided or had help deciding their daily schedule.**



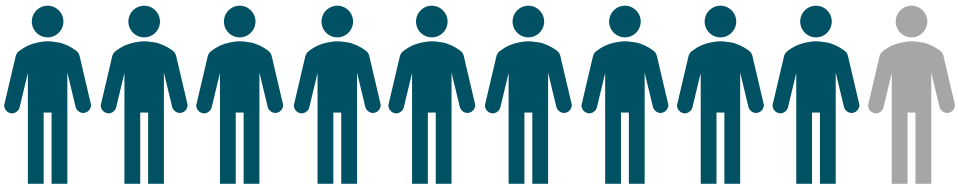
10 out of **10** survey respondents said **they decided or had help deciding how they spent their free time.**



✓ Yes

---

9 out of **10** survey respondents said **they chose or had help choosing what to buy with their spending money.**

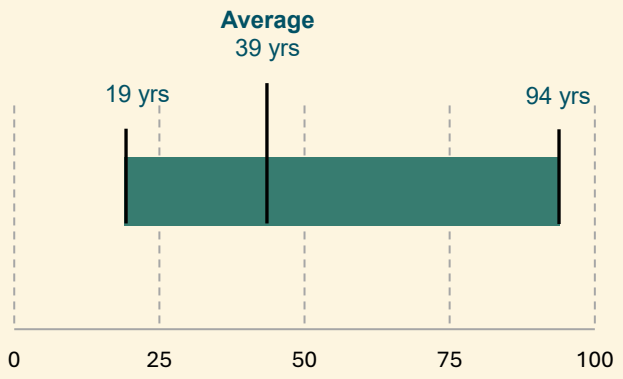


✓ Yes

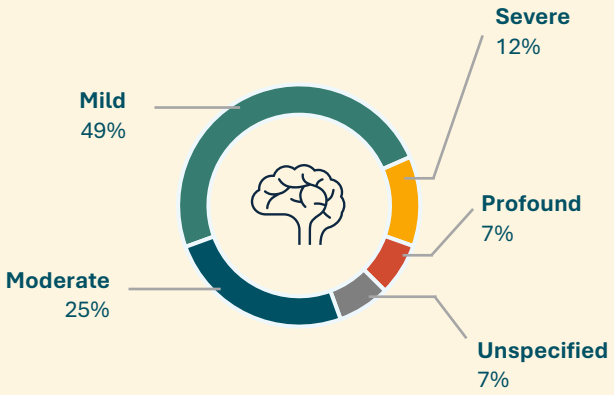
✗ No

Statewide Demographics

Age



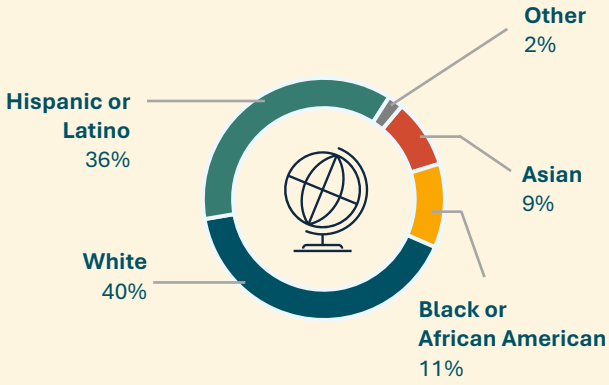
Level of ID



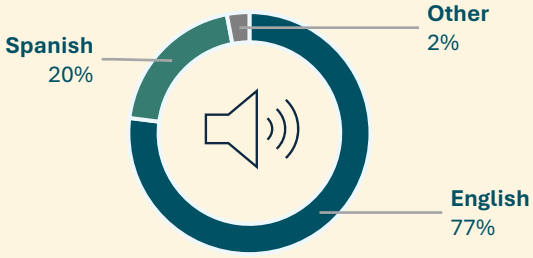
Sex



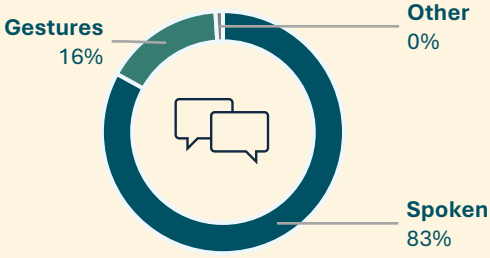
Race/Ethnicity



Preferred Language



Preferred Means of Communication



This page left intentionally blank

What is NCI?

Each year, National Core Indicators (NCI) asks people with intellectual and developmental disabilities (IDD) and their families how they feel about their lives and the services they get. NCI uses surveys so that the same questions can be asked to people in all NCI states.

Who answered questions for this survey?

Questions for this survey are answered by a person who is getting services from the regional center. Sometimes a parent or someone who knows them well helps answer the questions. Information about the person who is getting services, like how old they are or what language they speak, comes from official records.

How is the data shown in this report?

We use words and images to show the number of yes and no answers we got. Some of our survey questions have more than a “yes” or “no” answer. They ask people to choose: "always," "usually," "sometimes," or "seldom/never." For this report, we count all "always" and "usually" answers as a “yes.” All others we count as “no.”

Learn More

View the NCI Interactive Dashboards

https://www.dds.ca.gov/rc/nci

View Self-Advocate Wellness Bulletins

https://www.dds.ca.gov/consumers/wellness-toolkit/self-advocates

Find NCI Regional Center Liaisons

https://www.dds.ca.gov/rc/nci

Find NCI Regional Center Information

https://www.dds.ca.gov/rc

Produced by

UC DAVIS CONTINUING AND PROFESSIONAL EDUCATION Human Services

for the

DDS Department of Developmental Services

SCAN ME

Have questions or comments? Email us at: **ncihelp@dds.ca.gov**