

Building the Future Together: Living the Life *YOU* Choose



The Attorney General's
Office: DREAM BIGGER
SUMMIT

Albuquerque, New Mexico
Oct. 28, 2019



Outcomes

- Receive an update on the CMS Final Rule and the Know Your Rights Campaign
- Learn about person centered thinking and planning and what it means to you
- Understand how providers and advocates work together
- Identify how direct support professionals play a valuable role in supporting advocates
- Learn how you can be a part of changing the culture

How do you get what you need to live the life you want? **PANEL**

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How do you get what you need to live the life you want?

- Know your rights
- Gain skills for greater independence
- Get the right supports at the right time and place

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Important Rights Highlighted in CMS Final Rule

- choose where you live
- privacy, respect and dignity
- decorate your room the way you want
- have access to all areas of your home
- have freedom and support to control your schedule



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Important Rights Highlighted in CMS Final Rule

- choose your roommate
- have visitors
- choose your providers and change them if you're not happy with them
- have friendships and romantic relationships
- have food when you want in your home
- be respected and staff should not talk about you as if you were not there
- you (and your guardian) have the right to make decisions about your health

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Advocate and Family Themes from the 2018 Town Halls

- **Real** Person-Centered Planning
- **Real** Choices
- Increase **skill-building** for advocates to become more independent with supports
- **Dignity of Risk/Person Centered Planning** and health/safety issues
- Need to **respect** and **listen** to people on the waivers who communicate differently (“non-verbal”)

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Person centered planning- **Panel Discussion**

- What does this really mean?
- How do we do this in real life?
- What is the role of the person-centered plan? (ISP/SSP)
- What is the role of the person in services?
- What is the role of the providers and direct support professionals?

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Who is an advocate? What does this mean?

- PANEL

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Everyone is an advocate

- People in services
- Providers and direct support professionals
- Families and guardians
- Friends
- State staff
- Advocacy organizations
- Unpaid supports

*Everyone here has a role in working together to create a person centered system.

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What are the qualities of a staff person that support being person centered?

- PANEL

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What are the qualities of a staff person that support being person centered?

Helpful

- Staff who listens
- Staff who teach you how to do things
- Staff who let you try new things and make mistakes
- Staff who give you choices and allow you to make decisions
- Staff who allow you to plan your day based on what is meaningful to you

Not helpful

- Staff who does not listen
- Staff who do things for you
- Staff who don't let you fail or make mistakes
- Staff who make decisions for you
- Staff who plan your day for you

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Provider Perspective: Support that makes a difference. **PANEL**

- How do you engage the people you support to be an advocate in their planning?
- In your opinion, what are barriers to people being heard in their meetings?
- If you could tell the team something to improve person centered planning, what would it be?
- Are you supported to be an advocate for the people you support?
- How do you help build independence for the people you support?
- What do you do when you disagree with the person's wishes or think it's a bad decision?

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Get Involved!!

- *Sign up for NM Allies for Advocacy distribution list*
- *Get info on the DDPC/CSA Advocate Leadership Academy*
- *Sign up to receive the DDPC newsletter and e-blast*
- *Visit the DDSD websites*
- *Read the DDSD quarterly newsletter*
- *Join the ABQ People First chapter*

- *Please complete the evaluation and health survey*

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Questions?



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Thank You!!!