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?  

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

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
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")

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?
Who is an advocate? What does this mean?

• PANEL

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

• Panel

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 do 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
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?

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
Questions?

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Thank You!!!