Division of Services for People with Disabilities (DSPD) Individual and Family Quarterly Informational Gathering

September 9, 2020
Housekeeping

- This meeting is being recorded
- Questions? Type into chat or email dspdinfo@utah.gov
- Recording and PowerPoint will be available early next week on the DSPD website
Agenda

• Learning to Make Informed Choices
• Settings Rule Update
• Staying Connected to Your Community
• COVID-19 Resources
• Legislative Updates
• Q&A
Informed Choice

- Informed choice is the process of choosing from options based on accurate information, knowledge, and experiences.

  **Options:** people must have more than one option to choose from.

  **Information:** people must have information on each of the options.

  **Experience:** people must have experience of each of the options.
Informed Choice (cont.)

- Core principles of informed choice:
  - Everyone is capable of making choices
  - Choices are not unlimited
  - Choices have consequences
  - All choices aren’t equal
Informed Decision Making Process

1. Understand the decision/issue/situation
2. Gather information
3. Explore options and consider outcomes
4. Decide, act, and empower
5. Evaluate the decision

- What kind of decision is being made?
- Has the individual made a decision like this before?
- Has the individual been assisted to understand the risks and benefits?
  How big is the impact of this decision on the individual’s life?
- How long would the individual live with the decision? How hard would it be to undo?

Credit to the National Alliance for Direct Support Professionals (NADSP)
Exploring Decision-Making Supports Tool

- Charting the LifeCourse Tool

- [https://www.lifecoursetools.com/](https://www.lifecoursetools.com/)
Settings Rule Updates: Timeline Extension

• The Settings Rule is a set of rules that providers, support coordinators, and the state must follow.

• CMS will allow states until **March 17, 2023** (previously 2022) to come into compliance with the Settings Rule.

• Stakeholder update flyer:  
  [https://medicaid.utah.gov/ltc/hcbstransition/](https://medicaid.utah.gov/ltc/hcbstransition/)
Settings Rule: Community Integration

- Community integration is the ultimate goal of the Settings Rule
  - Integration means that individuals with disabilities have the same chance to be an included member of their community as someone without disabilities
  - COVID-19: Exploring different ways to connect with the community
Staying Connected to Your Community

• Keep in touch with your friends and family through technology
• Join a self-advocacy group and make new friends!
  – Utah Developmental Disabilities Council (UDDC)
• Take online or in-person classes and learn new skills and hobbies
  – Statewide Independent Living Centers (ILC’s)
• Explore different job opportunities
• Look up virtual events/topics of interest in your local area
  – Now Playing Utah, ABC4
A New Day Video Series

- Advocates as Leaders Speakers' Network Youtube Channel
Families - Connecting with Loved Ones

• Dropping off care packages that include some of your loved one’s favorite items
• “Visits” through a glass window or a parade of cars
• Visuals to express care such as planting flowers outside or outdoor banners and posters to show support

Credit to the Centers for Disease Control and Prevention (CDC)
Virtual DSPD Services

Support Approach:

• Day Services
• Employment
• Supported Living

➔ Services remain individually based
➔ All services should be live sessions

Examples of Virtual Services:

• Join online discussion or training,
• Model/observe workplace performance through device
• Support to follow an online tutorial,
• Join existing online community events.
Resources:
https://dspd.utah.gov/covid-19-information/
Legislative Special Session Updates

FY21 State General Fund Allocations Retained:

- $400,000 for a new limited supports waiver that will provide a limited array of ongoing services, focused on supporting people with more narrow sets of needs.

- $5,950,000 to meet the increasing needs of people currently receiving services and for youth transitioning from the Divisions of Child and Family Services and Juvenile Justice Services
COVID-19 related funding items continued:

- Caregiver Compensation
- Assistive Technology purchases
- Additional funds for those unable to attend summer programs
Wait List C.A.R.E.S. Act Services

- Temporary caregiver compensation and/or one-time respite services; limited availability based on the greatest need
- Masks, gloves, and hand sanitizer
- Assistive technology like tablets for telehealth and social online visits
- Meals on Wheels

Request services by **Sept. 13** at: [dspd.utah.gov/wlcares](dspd.utah.gov/wlcares)
Q&A

• Type into chat or email
dspdinfo@utah.gov