

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

utah department of  
**human services**  
SERVICES FOR PEOPLE WITH DISABILITIES



September 9, 2020

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# Housekeeping

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



## RESOURCES

Self-Advocate and Family Informational Gatherings

Find a Support Coordinator

Find a Provider

Find a Community Engagement Resource

Emergency Preparedness

# 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.



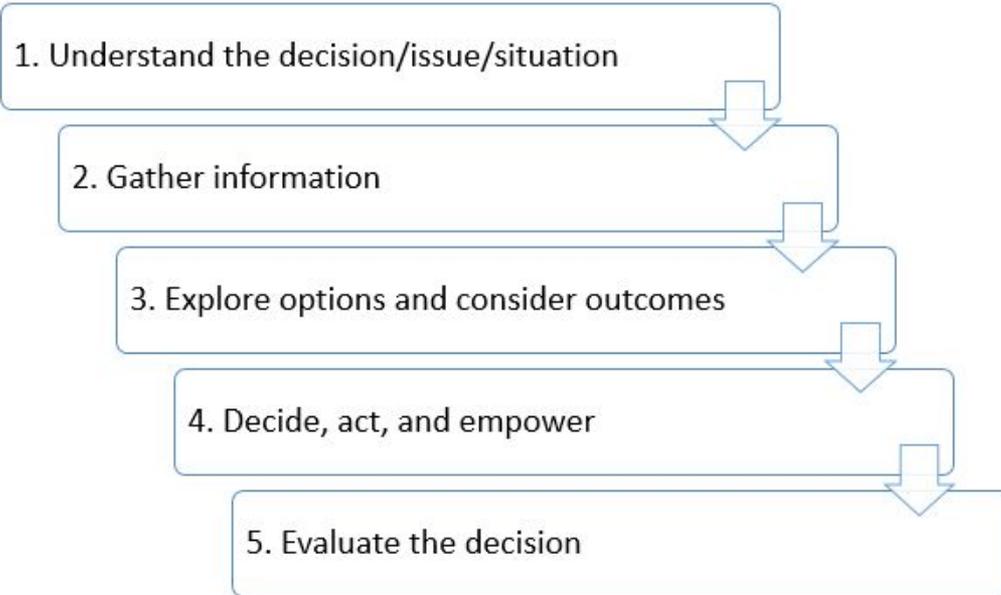
**Informed Choice**

# 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



- 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?

# Exploring Decision-Making Supports Tool

- Charting the LifeCourse Tool

- <https://www.lifecoursetools.com/>



## CHARTING THE LIFECOURSE | EXPLORING DECISION-MAKING SUPPORTS

This tool was designed to assist individuals and supporters with exploring decision making support needs for each life domain.

Name of Individual: \_\_\_\_\_

Name of person completing this form: \_\_\_\_\_

Relationship to individual (circle one): Self   Family   Friend   Guardian   Other: \_\_\_\_\_

How long have you known the individual? \_\_\_\_\_

For each question below, mark the level of support you need when making and communicating decisions and choices in the Charting the LifeCourse life domains.



### Daily Life & Employment

Can I decide if or where I want to work?			
Can I look for and find a job? (read ads, apply, use personal contacts)			
Do I plan what my day will look like?			
Do I decide if I want to learn something new and how to best go about that?			
Can I make big decisions about money? (open bank account, make big purchases)			
Do I make everyday purchases? (food, personal items, recreation)			
Do I pay my bills on time? (rent, cell, electric, internet)			
Do I keep a budget so I know how much money I have to spend?			
Am I able to manage the eligibility benefits I receive?			
Do I make sure no one is taking my money or using it for themselves?			

# 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/>

# 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](#)



**A New Day Video Series: Stay at Home Photography...**  
22 views • 1 month ago

**A New Day Video Series: Tips on Keeping Your Sanity (Tom)**  
24 views • 2 months ago

**A New Day Video Series: Kelly's Kitchen**  
20 views • 2 months ago

**A New Day Video Series: Diabetes "TRACK" Your...**  
15 views • 3 months ago

**A New Day: Trains of Colorado (Eric)**  
46 views • 4 months ago

**A New Day: Reading is Great! Fablehaven Book Series...**  
30 views • 4 months ago

**A New Day Video Series: Beginning Tips on Training...**  
38 views • 4 months ago

**A New Day Video Series: Tips to Keep Yourself Safe (Kayci)**  
34 views • 4 months ago

**A New Day Video Series: My Top Ten Favorite Movies...**  
32 views • 4 months ago

# 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/>



▶ Letters Sent to Individuals and Families

▶ Individual and Family Meetings

▶ Guidance for Individuals and Families

▶ Resources for Self-Advocates

# 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

# Legislative Special Session Updates cont.

- 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](https://dspd.utah.gov/wlcares)

# Q&A

- Type into chat or email

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