

Direct Connection

MISSOURI DIVISION OF
DEVELOPMENTAL
DISABILITIES



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Transitioning and Planning for a Good Life

With schools back in session, many students who are juniors and seniors in high school, alongside their teachers, families, and planning teams, are actively creating their transition plans and preparing for life after graduation. There are many avenues and directions to consider and at times, the process can seem overwhelming. In order to assist students and ease that overwhelming feeling, various organizations recently came together at the Rolla Technical Institute (RTI) to participate in Transition Fair 2017. Students receiving transition services through an Individualized Education Plan (IEP) or 504 Plan from surrounding area schools were identified to participate in the informational fair.

Students received materials from a variety of participating vendors and were encouraged to share them with their teachers and families in order to help them begin planning for their futures. The students also received information and planning materials from presenters during interactive breakout sessions around anti-bullying, planning for a good life, dressing for success, being self-determined, and learning about community healthcare.

Speakers from the Rolla Satellite Office and the Division of Developmental Disabilities (DD) participated in the Transition Fair and provided the students with an interactive presentation geared toward planning for life after high school. Using Charting the LifeCourse materials, the presenters focused on planning in several domains including maintaining and building relationships, accessing community services, preparing for employment, considering health and safety factors, and being self-determined.

Although the target audience for Transition Fair 2017 was primarily students and teaching staff, families are also an integral part of their students' transition experiences. Therefore, it is important that families also have access to up-to-date planning materials and an understanding of what they can do to better support their students to successfully transition into the adult world. Parents and caregivers should equip themselves with information, resources, and materials that enhance their own understanding of the transition process their son or daughter is going through.

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**CONNECTING WITH THE
DIVISION OF
DEVELOPMENTAL
DISABILITIES**

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Mental Health

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Disabilities

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How to Subscribe to DD’s Email Blasts

The Division of Developmental Disabilities (DD) is continually looking for ways to improve its outreach in an effort to ensure that individuals and families who may benefit from services and information provided by DD are getting it. Information is currently disseminated via email blasts (to those that subscribe) as well as via Facebook and Twitter.

To further increase outreach, DD is asking individuals, families, partner agencies, and organizations to promote and encourage others to subscribe to DD’s [Email Blast](#).

Additionally, DD asks organizations that currently have LISTSERV or other means of disseminating information to their stakeholders to consider sharing DD’s email blasts that align with their target audiences.

Families, individuals, and stakeholders are also encouraged to like and follow the DMH Facebook and Twitter pages, where pertinent information about Mental Health and DD services is shared on a regular basis.

To follow DMH on Facebook, go to [DMH Facebook](#).

To follow DMH on Twitter, go to [DMH Twitter](#).

Resources in Missouri Targeting Transitioning

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Missouri Department of Elementary and Special Education

<https://dese.mo.gov/special-education>

Missouri Parent’s Act (MPACT)

<http://www.missouriparentsact.org/6-14-17-parent-tips-on-transition/>

<http://www.missouriparentsact.org/transition-to-adulthood/>

<http://www.missouriparentsact.org/training/trainings-that-we-offer/>

Missouri Family-to-Family Charting the LifeCourse

<http://mofamilytofamily.org/materials/>

<http://lifecoursetools.com/wp-content/uploads/LC-EXPERIENCES-BOOKLET-updated-9-2016.pdf>

<http://lifecoursetools.com/wp-content/uploads/Charting-the-LifeCourse-Focus-on-Transition-4pager-june-2016.pdf>

Data from the National Core Indicators (NCI)

DID YOU KNOW...

- 80% of respondents indicated that there are community resources that their family can use that are not provided by the Intellectual/Developmental Disabilities (I/DD) agency.
- 23% of respondents indicated that their family participates in a family-to-family network.
- 95% of respondents said that services and supports have made a positive difference in the life of their family.
- 92% of respondents feel that family supports have improved their ability to care for their child.
- 95% of respondents report that services and supports help their family member to live a good life.

Source: NCI 2015-16 Adult Family Survey and Child Family Survey





National Caregivers Month

November is designated as National Family Caregivers Month whereby family caregivers across the country are recognized and honored for their efforts and time spent providing oversight and/or care to a family member who lives with a developmental disability, has significant on-going health and physical disabilities, or has caregiving needs related to the aging process.

Often caregivers do not give enough attention to themselves, as they are focused on the person or family member they provide support and assistance to instead. Caregivers need access to current information and resources that can assist them in not only providing quality care, but also in caring for and focusing on themselves. The Caregiver Action Network (CAN) is a web-based resource offering caregivers information including videos, shared stories, forums to connect with others, and other assistance for specific needs such as dealing with caregiver depression, record keeping, and using technology.

The Caregiver Action Network advises caregivers to:

1. Seek support from other caregivers
2. Take care of their own health
3. Accept offers of help
4. Communicate with physicians effectively
5. Take breaks
6. Seek professional help, when needed
7. Explore technology to help in providing care
8. Organize important information
9. Keep legal documents in order
10. Give themselves credit

More information is available at the following websites.

- <http://caregiveraction.org/resources/10-tips-family-caregivers>
- <https://www.caregiver.org/>
- <https://www.helpguide.org/articles/parenting-family/family-caregiving.htm>
- <https://www.aarp.org/home-family/caregiving/>
- <http://mofamilytofamily.org/for-families/>

Be kind, for everyone you meet is fighting a hard battle.

Ian MacLaren



Charting the LifeCourse Respite Tools for Families

Being a caregiver can be one of the most rewarding and most challenging times someone may face. In order to continue to care for family members who require additional support, caregivers must remember to also take time and care for themselves as well. That often includes taking a break from the activities involved in providing care and oversight.

Staff at Missouri Family-to-Family, in partnership with ARCH National Respite Network and Resource Center, created Charting the LifeCourse respite tools and resources for caregivers through the Charting the LifeCourse project. The respite materials were developed to help caregivers and those who support them: understand the meaning and importance of respite/short breaks; see real life examples; understand the possibilities and options that exist for respite within and outside the formal, paid service system; and, create a successful plan that uses these short breaks to enhance the lives of all family members.

More information about the respite tools and resources is available on:

<http://www.lifecoursetools.com/respite/>



RAISE Family Caregivers Act Passes Senate

FROM THE NATIONAL ASSOCIATION OF STATE DIRECTORS OF DEVELOPMENTAL DISABILITIES SERVICES: FEDERAL NEWS BRIEFS (OCTOBER 13, 2017)

The U.S. Senate has unanimously approved the Recognize, Assist, Include, Support and Engage (RAISE) Family Caregivers Act. The legislation now goes to the House of Representatives.

The bill would direct the Secretary of Health and Human Services (HHS) to create and implement a national plan to “recognize and support family caregivers” that incorporates recommended steps that can be undertaken at the federal, state, and local level. In addition, the bill calls for the secretary to convene a family caregiving advisory council comprised of federal officials and stakeholders in the community to weigh in on what the government can do to assist an estimated 40 million family caregivers nationally.

More information is available at: <https://www.congress.gov/bill/115th-congress/senate-bill/1028>.

Missouri Division of Developmental Disabilities – Quality Advisory Council

The Division of Developmental Disabilities (DD) supports and facilitates a Quality Advisory Council (QAC) whereby members provide an avenue for valuable feedback and input along with recommendations to the Director of DD about the development and enhancement of DD systems and services. The QAC is made up primarily of self-advocates and family members of individuals who receive DD services. Members are also responsible for sharing information obtained at QAC meetings from the Division with their respective organizations for which they participate and represent. Therefore, a feedback loop is used to help in reciprocal communication. The QAC meets quarterly for one-day meetings in Jefferson City.

The QAC actively seeks the following representatives to serve:

- Individuals or family members from the Missouri DD Council;
- Individuals from People First;
- Individuals or family members from Missouri Parent’s Act (MPACT);
- Family members of individuals residing in one of the Division’s state level Habilitation Centers;
- Family members or individuals representing the Missouri Autism Projects;
- Individuals or family members belonging to the MO Head Injury Council;
- Individuals or family members belonging to a Missouri Chapter of Arc;
- Individuals or family members representing Independent Living Centers;
- Members of Regional Advisory Councils (past or present) who are self-advocates or family members;
- Family members and self-advocates who can serve as members at large; and
- Representatives from the Missouri Association of Public Administrators.

Persons interested in learning more information about the QAC should contact Shirley Hodges, DD Quality Enhancement Unit, at 573-751-8237.



Community Calendar

March 14 - 15, 2018 – The St. Charles Coalition of Service Providers Direct Support Professionals Conference. Registration information will be available on: <http://stcharlescoalition.org/>

April 19 - 20, 2018 – Charting the LifeCourse Showcase, Sheraton Crown Center, Kansas City, Missouri
The Save-the-Date Flyer is available on: [Save-the-Date Flyer](#)

June 19, 2018 – Save the Date – 2018 Missouri Mental Health Champions Banquet, Capitol Plaza Hotel, Jefferson City, Missouri
More information will be available in the coming months on: http://www.missourimhf.org/?page_id=353

June 25 - 28, 2018 – National American Association of Intellectual and Developmental Disabilities (AAIDD) Annual Meeting, Hyatt Regency at the Arch Hotel, St. Louis, Missouri
More information is available on: http://aaidd.org/education/annual-conference#_W3pXAFiovcg

September 7 - 8, 2018 – The National Alliance for Direct Support Professionals Annual Meeting and Conference, St. Louis, Missouri
More information is available on: <https://nadsp.org/annual-conference/>

MISSOURI DIVISION OF
DEVELOPMENTAL
DISABILITIES



Improving lives THROUGH
supports and services
THAT FOSTER self-determination.

DIVISION OF
DEVELOPMENTAL
DISABILITIES

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Fostering Self-determination



Supporting Families



Facilitating Individualized Services and Supports



Developing Accessible Housing



Promoting Employment First

www.dmh.mo.gov/dd/

MISSOURI DEPARTMENT OF MENTAL HEALTH