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The Power of One!

"Advocacy to health and wellness activities for people with disabilities is a key element for bridging equity gaps and achieving self-direction among people with IDD," according to Beth Marks, RN, PhD, Disability and Human Development, University of Illinois at Chicago, Chicago, IL and co-author of Health Matters, The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities.



The Health Matters Education Program offered a Train the Trainer project in collaboration with ARCA in Albuquerque, NM in the Spring of 2013. Kim Tafoya, Life Skills Trainer at EnSueños y Los Angelitos Development Center (ELADC) in Taos has single handedly taken on the challenge of empowering individuals with IDD in that agency to "Take Charge of their Health," by using the training that she received to get individuals to exercise more, eat more vegetables, and drink more water. She has tracked their individual progress month by month and has documented evidence that shows weight loss, smaller waistlines, and overall healthier eating habits in consumers at ELADC.



As part of the 12 week Health Matters Program, Kim, organized an exercise/nutrition education program there three times a week. She has motivated individuals to bring more vegetables in their lunches and to include more vegetable choices when an activity involves eating out. Additionally, she has motivated the agency to commit resources to purchase exercise equipment such as exercise bands, weights and mats for participants in this project.

Although the project is organized for only 12 weeks, Kim indicates that because this is her passion, she organizes the event every quarter so that it is on-going and new participants can join in when they are ready.

Participants in this quarter's program will receive Certificates of Achievement for individual accomplishments in early March 2015. She has even inspired co-workers to participate in the exercise program and track changes to their diet and water consumption levels. It's amazing what the power of one can do. Way to go, Kim!



*Contributor: Carolyn Lavadie,
 Community Inclusion Coordinator*

End of Life Planning

DDSD contracts with the University of New Mexico and one of the contracts involves working with the Continuum of Care (CoC) around “End of Life Planning.”

DDSD will be highlighting individual topics on End of Life through email, our newsletters; ACT NM website and CoC websites, etc. Experts through the CoC will identify and present each topic on a monthly basis.

People have the right to make their own decisions around their care and end of life planning. It is a right of every American to request medical treatment be withdrawn or withheld.

End of life planning requires understanding, comfort and dignity.

The number of options and considerations that are available is overwhelming. End of life planning is critical to avoid having to learn what is available and to make decisions in a time of crisis when you and loved ones are the most vulnerable. Once you decide to explore these topics and plan for the future, you do not have to do it alone.

The CoC offers compassionate experts to help you navigate through information, options and tools. Due to the sensitive nature of this topic, the CoC provides personal guidance to assist you in addressing fears, values and beliefs.

More about the CoC:

The mission of Continuum of Care is to improve and sustain the quality of health and healthcare for all people with intellectual and/or developmental disabilities in New Mexico.

People with disabilities often encounter more challenges than others in the way health care is delivered to them, how they access it and the level of support services they need to stay healthy within the community. Continuum of Care addresses these challenges by providing consultations to New Mexicans with developmental disabilities; training medical students, doctors, nurses, social workers and others; and by assisting persons with developmental disabilities in a variety of other ways. The staff at the Continuum of Care have extensive experience in and a deep commitment to improving the delivery of health care to individuals with developmental disabilities in New Mexico.

The Continuum of Care project grew out of the idea that health care services should be available and delivered in a comprehensive and coordinated manner from infancy to adulthood, assuring people with disabilities access to the full array of health services from a multidisciplinary approach. We promote health care professionals becoming more knowledgeable and competent in dealing with developmental disabilities and in delivering services in a culturally sensitive way that respects individuals' preferences, honors personal values and promotes quality of life.

What does this project offer?

- Consultation with experts
- Continuing nursing and social worker education
- Access to relevant research
- Networking opportunities
- Information and referrals
- Client Health Updated Medical Summary (CHUMS)
- Educational opportunities and materials
- Specialty clinics

Contact Information:

Continuum of Care Project
 Health Sciences Center -
 UNM School of Medicine
 2350 Alamo Avenue SE, Suite 160
 Albuquerque, NM 87106
 Main: (505) 925-2350
 Fax: (505)925-2389
 Toll free 1-877-684-5259
continuum@salud.unm.edu

Contributor: Jennifer Rodriguez , DD Waiver Program Manager

Disability Etiquette: “Say what?”

Many of us may not be aware that there is some disability etiquette that should be followed in work, social and community settings as we interact with people with all types of disabilities. Much of it is just common sense, but here is some basic Disability Etiquette that the United Spinal Association has put together in a booklet for anyone to use as a resource. Use this link to get the full pdf document: <http://www.unitedspinal.org/>.

The Basics

Ask Before you help

Just because someone has a disability, don't assume she needs help. If the setting is accessible, people with disabilities can usually get around fine. Adults with disabilities want to be treated as independent people. Offer assistance only if the person appears to need it. A person with a disability will oftentimes communicate when she needs help. And if she does want help, ask how before you act.

Be Sensitive About Physical Contact

Some people with disabilities depend on their arms for balance. Grabbing them, even if your intention is to assist, could knock them off balance.

Avoid patting a person on the head or touching his wheelchair, scooter or cane. People with disabilities consider their equipment part of their personal space.

Think Before You Speak

Always speak directly to the person with a disability, not to his companion, aide or sign language interpreter. Making small talk with a person who has a disability is great; just talk to him as you would with anyone else. Respect his privacy. If you ask about his disability, he may feel like you are treating him as a disability, not as a human being. However, many people with disabilities are comfortable with questions about their disability after getting to know someone. A simple “I don't feel comfortable sharing that” by the person with a disability can set the tone if it is not something that he/she is willing to share.

Don't Make Assumptions

People with disabilities are the best judge of what they can or cannot do. Don't make decisions for them about participating in any activity. Depending on the situation, it could be a violation of the ADA to exclude people because of a presumption about their limitations.

Respond Graciously to Requests

When people who have disabilities ask for an accommodation at your business, it is not a complaint. It shows they feel comfortable enough in your establishment to ask for what they need. And if they get a positive response, they will probably come back again and tell their friends about the good service they received.

TERMINOLOGY TIPS

Put the Person First. Say “person with a disability” rather than “disabled person.” Say “people with disabilities” rather than “the disabled.” For Specific disabilities, saying “person with Tourette syndrome” or “person who has cerebral palsy” is usually a safe bet. Still, individuals do have their own preferences. If you are not sure what words to use, ask.

Avoid outdated terms like “handicapped,” “crippled,” or “retarded.” Be aware that many people with disabilities dislike jargon, euphemistic terms like “physically challenged” and “differently abled.” Say “person who uses a wheelchair” rather than “confined to a wheelchair” or “wheelchair bound.” The wheelchair is what enables the person to get around and participate in society; it's liberating, not confining.



Speak directly to a person with a disability, not to his companion or sign language interpreter.



Contributor: Carolyn Lavadie, Community Inclusion Coordinator

Early Learning NM website is launched!!

Through the Race To the Top – Early Learning Challenge grant funding we have developed and launched a new website www.earlylearningnm.org.

The website is a joint effort of the Public Education Department, Children Youth and Families Department and the Department of Health and will be one of the core ways in which we communicate to internal and external partners on the exciting work being conducted under the Race To the Top – Early Learning Challenge in New Mexico. You'll see that the website includes a way for folks to sign up to receive ongoing e-newsletters and e-mail communications regarding the RTT-ELC work. The site includes a CMS (Content Management System) component whereby we'll be able to easily and timely update and add content.

The design of the website also includes information on the NM Early Learning Advisory Council and provides information about each of the early learning programs in New Mexico that serve children birth to age 5, including the FIT Program, and how families can access those services. Once the Early Childhood Integrated Data System is built we'll add a search engine that will enable families to search for early learning programs in their community that can include filtering by distance, star level, languages spoken, etc.

Enjoy exploring the site and learning about the work we are doing to increase access to quality early learning services for young children and their families here in New Mexico!

For more information contact Andy Gomm at andrew.gomm@state.nm.us or at 1.877.696.1472

Contributor: Andrew Gomm, FIT Program Manager



The FIT program for the fifth year in a row co-sponsored the NM Association For the Education of Young Children conference –where over 900 early childhood professionals came together for 2 days of workshops and presentations, as well as sharing and fun! The FIT Program booth was popular and our tote bags and other materials were a big hit!! Thanks to Jonetta Pacias (seen here with her daughter Amanda) for her many hours of work on the conference committee and Yvette Dominguez (seen here celebrating with colleagues!) who presented a workshop with Clarissa Franco (La Vida Felicidad) on inclusive practices.

Community Resource Column

There are some wonderful resources for individuals with disabilities and their families in New Mexico. This regular column will continue to provide information regarding these organizations. Additionally, there are Community Resource Booklets available at the DDSD Regional Offices to assist people looking for resources in their community.

The ARC of New Mexico

3655 Carlisle Blvd NE,
Albuquerque, NM 87110
(505) 883-4630

Center for Self-Advocacy

625 Silver Ave SW, Suite 100
Albuquerque, NM 87104
877-725-7770 toll-free
(505)242-1222

Disability Rights New Mexico

1720 Louisiana Blvd. NE Suite 204
Albuquerque, NM 87110
(800) 432-4682 Toll Free
(505) 256-3100

Governor's Commission on Disability

491 Old Santa Fe Trail, Lamy Building
Rm 117, Santa Fe, NM 87505
(877) 696-1470 Toll Free
(505) 476-0412, www.gcd.state.nm.us

NM Autism Society

3701 Carlisle Blvd NE
Unitarian Universalist Church - Workshop
Albuquerque, NM 87107,
(505) 332-0306

Parents Reaching Out (PRO)

1920 B Columbia Dr. SE Albuquerque,
NM 87106 (505) 247-1345 FAX
(505) 247-0192 Service/Intake
<http://www.parentsreachingout.org>
info@parentsreachingout.org

Many of these organizations have offices in other parts of New Mexico– ask about groups in your area.

Contributor: Lisa Storti, DDSD Office of Constituent Support



***"You can cut all the flowers
but you cannot keep spring
from coming."***

-- Pablo Neruda

Qualis Health

As of March 1, 2015, Qualis Health will provide Third Party Assessor (TPA) and utilization (UR) review services to the State of New Mexico Human Services Department/Medical Assistance Division (HSD/MAD). Qualis Health's regional office is located in Albuquerque, NM. Qualis Health strives to improve and advance the efficiency, economy, effectiveness and quality of healthcare services provided to New Mexico Medicaid recipients.



As the TPA, Qualis Health will:

- Contract with HSD/MAD for select Home and Community Based Services (HCBS) waiver reviews, including initial and annual Levels of Care (LOC) and Individual Service Plan or Service and Support Plan and budgets.
- Answer clinical and technical questions related to waiver authorizations and processes.
- Offer telephonic and onsite provider education.
- Provide resource accessibility on our webpage.

Qualis Health will provide reviews for these HCBS Waivers:

- Mi Via Waiver 
- Medically Fragile Waiver
- Developmental Disabilities Waiver (DDW)

TPA functions will also include LOC reviews for:

- Intermediate Care Facility for Individuals with Intellectual Disabilities (ICF/IID)
- Program of All-Inclusive Care for the Elderly (PACE)

Look out for an invitation to join Qualis Health for an Open House at their Albuquerque office coming soon!

Qualis Health

PO Box 20910

Albuquerque, NM 87154-0910

Customer Service Line: (866) 962-2180 (Toll free)

Mi Via Waiver Fax Line: (800) 251-9993 (Toll free)

DD Waiver & Medically Fragile Waiver Fax Line: (877) 575-8309 (Toll free)

PACE & ICF/IID Fax Line: (877) 834-5591 (Toll free)

DD Waiver Renewal

The current DDW approved by the Centers for Medicare and Medicaid Services (CMS) to provide home and community based services and supports to individuals with developmental disabilities in New Mexico expires June 2016. The Department of Health, Developmental Disabilities Supports Division (DDSD) in partnership with the Medical Assistance Division of the Human Services Department will work with communities across the state, the Advisory Council on Quality Supports for Individuals with Developmental Disabilities and Their Families (ACQ) and the DDW Renewal Subcommittee to receive input and feedback on proposed changes to the current waiver system.

GUIDING PRINCIPLES: Recommendations and decisions for changes to the current DDW home and community based system will be based on and guided by the following principles:

- People with IDD have rights and responsibilities
- People with IDD will be afforded dignity of risk (living and learning: succeeding and not succeeding)
- Inclusion and access to the community
- Services in the most integrated setting
- People with IDD are active and productive members of communities
- Person Centered
- Promote choice, self-determination and self-direction
- Promote and increase independence
- Promote and increase opportunity for competitive employment
- Promote skill building and decrease dependence on care giving
- Focus on natural supports and decrease dependence on paid services
- Equitable distribution of resources
- Streamline and simplify DDW system and service delivery
- Commitment to national best practices
- Support people with IDD to live the life they prefer in their community
- Commitment to continuous quality improvement
- System sustainability



<http://www.actnewmexico.org/>

DDSD in collaboration with the Human Services Department (HSD) will begin work on this process by obtaining stakeholder input and feedback on proposed changes. In the near future a schedule of public meetings will be posted for interested parties to attend on the ACT New Mexico website and HSD's website.

Contributor: Jennifer Rodriguez, DD Waiver Program Manager

New DD Waiver Provider

We would like to welcome a new provider this quarter. Her name is **Stacy Black Physical Therapy** and she will be providing Physical Therapy in the entire Metro Region.

Contributor: Tammy M. Barth, Provider Enrollment Unit



Mission Statements:

The Mission of the New Mexico Department of Health is to promote health and wellness, improve health outcomes, and assure safety net services for all people in New Mexico.

The Mission of the Developmental Disabilities Supports Division is to effectively administer a system of person-centered community supports and services that promotes positive outcomes for all stakeholders with a primary focus on assisting individuals with developmental disabilities and their families to exercise their right to make choices, grow and contribute to their community.

ABOUT US:

The New Mexico Developmental Disabilities Supports Division is located at 810 San Mateo PO Box 26110 Santa Fe, New Mexico 87502-6110. Our website:

www.nmhealth.org/ddsd

For Information Call: (505) 476-8973 or Toll Free: 1-877-696-1472 or email us at SANTAFEmailbox.ddsd@state.nm.us

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If you would like to write an article for the next issue of the DDSD Newsletter, have suggestions or comments, please contact Jason Lavy, DDSD Newsletter Assistant Editor at 505-841-5585 or Jason.Lavy@state.nm.us

Mi Via Waiver Renewal

The Mi Via Waiver continues to progress through the waiver renewal process. Requests for waiver extensions have been submitted to the Centers for Medicare and Medicaid Services (CMS). These extensions have been approved in order to continue Waiver services through the renewal process. At this time, the Department of Health and Human Services Department are working collaboratively to respond to information requests from CMS.

Contributor: Christine Wester, LBSW, MPA, Mi Via Waiver Program Manager

DDSD Personnel Changes

Steve Schan began as a Management Analyst with the Bureau of Systems Improvement in Albuquerque on February 2, 2015.

Gina Blair transferred to the ASB Bureau on March 2, 2015. Gina is a Financial Specialist in Santa Fe.

Nancy Laney accepted a position as a Social & Community Service Coordinator with the CSI (Community Services Integration) team in Las Cruces. Nancy started on March 2, 2015.

Chris Futey returned to DDSD as Bureau Chief for the Bureau of Systems Improvement on March 2, 2015.

Patricia Anello is a Registered Nurse-Advanced with the Clinical Services Bureau in Santa Fe. Patricia started on March 2, 2015.

Mario Quezada is an Intake and Eligibility Worker in Roswell Southeast Regional Office. Mario started March 5, 2015.

Sally Karringada became CPR Staff Manager in Metro Regional Office on January 3, 2015.

