

ONE Community

Spring 2011 Newsletter



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Will Humble - Chairman, Director Arizona Department of Health Services

Karla Phillips - Vice-Chair, Education Policy Advisor, Office of the Governor

John Black - Operations and Compliance Monitor, Arizona Health Care Cost Containment System/Arizona Long Term Care System

Barbara Brent - Assistant Director, Department of Economic Security, Division of Developmental Disabilities

Susie Cannata - Attorney, LaSota & Peters

Richard Carroll - Executive Director, Institute for Human Development, Northern Arizona University

Colette Chapman - Deputy Associate, Superintendent, Department of Education

Leslie Cohen - Director, Sonoran University Center of Excellence on Developmental Disabilities, University of Arizona

Monica Cooper - Self Advocate, Self Advocacy Coalition of Arizona

David Copins - Self Advocate

David Cutty - President and Chief Operating Officer, The Centers for Habilitation

Greg Devorce - Self Advocate

John Eckhardt - Public Member

Joyce Millard Hoie - Executive Director, Raising Special Kids, Inc.

Tim Martin - Chief Executive Officer, Special Olympics Arizona

Matt McMahon - Parent/Consumer, Outback Steakhouse

Edward Myers - Deputy Executive Director, Arizona Center for Disability Law

Charles Ryan - Director, Department of Corrections

Elmer Saufkie - Self Advocate

Rosemarie Strout - Parent/Family Member

Rhonda Webb - Community Work Incentives Coordinator, Arizona Bridge to Independent Living

THE ONE COMMUNITY NEWSLETTER

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This publication is the first edition of the *One Community Newsletter*, a new communication tool that will be produced on a quarterly basis and made available in both an electronic and printed format. The *Newsletter* will serve as a forum for important issues that center on the principles of self-advocacy, inclusion and community supports, and emerging issues that are relevant to persons with developmental disabilities and their families. We encourage your response in any form, including positive commentary, criticisms and ideas for future content. To submit your comments, please email us at lclausen@azdes.gov.

GOVERNOR APPOINTS NEW COUNCIL CHAIR



Will Humble, Director of the Arizona Department of Health Services and the parent of a child with developmental disabilities, was appointed as Chairperson to the Council in January, 2011. The appointment followed the departure of Steve Tully, who had served as Chairperson since September 2009, when Governor Janice K. Brewer created the new Council by Executive Order. Mr. Humble had no difficulties in expressing his enthusiasm for his new role, recognizing the strong core of Council members with combined expertise and experience in working in the developmental disabilities community. He noted that the entire Council is committed to supporting persons with developmental disabilities in seeking inclusion in all facets of community life. Mr. Humble's experience in public policy and parenting will be a key to the ongoing success of the Council.

ONE Community Working Together

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NATIVE AMERICAN DISABILITY LAW CENTER Northern Arizona Accessible Housing Project



The Native American Disability Law Center, Inc. (Law Center) is a nonprofit organization that provides free legal assistance, advocacy and education to Native Americans with disabilities. Our clients live on or near the Navajo and Hopi nations in northern Arizona, northern New Mexico, and southern Utah. Law Center staff provides advice and representation in areas that include civil rights, special education, housing, health care, employment, rights to services, guardianship and rights in care facilities. We also conduct extensive community education

and training for individuals with disabilities, their families, caregivers and service professionals. Our services empower Native Americans with disabilities to live independent lives in their own communities.

The Arizona Developmental Disabilities Planning Council awarded the Law Center a grant to allow the Law Center to address the housing needs of Native Americans with developmental disabilities in Northern Arizona. The project's goal is to ensure that Native Americans with developmental disabilities have better access to affordable and accessible housing. **Our first objective is improving the Navajo Housing Authority's (NHA) policies, procedures and application process to make their programs and services easier to access. Our second objective is educating individuals with developmental disabilities and their families about Northern Arizona's affordable and accessible housing options, and the services and supports available to help people live independently in their own communities.**

To address these objectives, the Law Center has been working with
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MAGELLAN HEALTH SERVICES OF ARIZONA Innovative Programs



Magellan Youth Leaders Inspiring Future Empowerment (MY LIFE)

(MY LIFE) gives youth an opportunity to use their experience, talents and voice to make positive changes in their lives while helping others to do the same. Through regular meetings, local and national workshops, presentations and artistic performances the group empowers youth by giving them a voice in helping to improve youth and young adult programs and services in their communities. The nationally recognized program was one of six regional finalists for a 2009 Council of State Governments Innovations Award.

Learn more at:
Magellan Health Services of Arizona
(602) 652-5820 (x85820)
4129 E. Van Buren St.
Ste. 110, Phoenix, AZ 85008
www.MagellanofAZ.com

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the NHA to improve its policies and procedures as they relate to people with disabilities. Specifically, the Law Center is working with NHA to streamline its application process, establish a tracking system so that the NHA knows how many of its customers have disabilities, and increase the number of people with developmental disabilities who receive NHA assistance. As part of this project, the Law Center also researched the tribal, state, federal supports and services available to people with disabilities to help them obtain and maintain affordable and accessible housing in Northern Arizona. Once our research is complete, we will develop and distribute a Guide to Housing Supports and Services for Navajo and Hopi People with Disabilities.

The Law Center is collaborating with the Navajo Nation Advisory Council on Disabilities, DNA-People's Legal Services, and ASSIST! to Independence to implement this project. Representatives of the Advisory Council have been meeting with the Law Center and NHA to provide input on changes needed at NHA. DNA and ASSIST! will help to distribute the housing guide and refer clients with housing needs to the Law Center for assistance.

VALLEY METRO MOBILITY CENTER

In March, Valley Metro opened a new, state-of-the-art, regional Mobility Center. The Center will provide an opportunity to receive several types of important services for current and prospective passengers who have special mobility needs:

- Customer-focused in-person interviews and ADA certification
- Access to the new ADA bus and light rail pass (starting in July 2011)
- Transit travel training
- Information on alternative travel programs
- Securement loop installation and training for mobility devices used by persons with disabilities

Valley Metro will transition to a new process for ADA eligibility determinations. The new in-person process includes a confidential interview with skilled, experienced staff and an opportunity to take part in a transit mobility assessment. This allows for the most fair and accurate consideration of customers, who have special mobility challenges, with an opportunity to navigate a mock streetscape and transit system. The Mobility Center has been modeled after similar programs around the country, but incorporates the look of our local Valley neighborhoods.

What is the address and phone number of the new Mobility Center?

4600 E. Washington, Suite 102
Phoenix, AZ 85034
602.716.2100

What are the Center's Hours?

Monday – Friday, 8am – 5pm

How do I get to there?

Light rail station: 44th St and E Washington

Local bus routes: 1, 3, and 44
Phoenix Dial-A-Ride



SONORAN UCEDD AGING-RELATED RESEARCH AND PROJECTS



Eva Hamant (left) is a mother and caregiver of a daughter with a disability. She participated in the Sonoran UCEDD caregiver study and has been attending the "AZ Community Living Now" educational housing training program.

The Sonoran University Center of Excellence on Developmental Disabilities (UCEDD) Aging and Transitions project includes a research project designed to better understand how older caregivers in Arizona plan for the future of a family member with a developmental disability (DD) when they are no longer available. Research in this area is

especially relevant because persons with DD are living longer. A plan can better assure that the needs and wishes of the individual are understood and respected especially if the individual's primary caregiver is no longer able to provide the care and support needed. Family caregivers such as parents, grandparents, or siblings usually shoulder the responsibility of future planning. It is helpful for persons who support individuals with DD and their families to understand future planning as a process and anticipate the emotions that can be triggered by the planning process.

The UCEDD study confirmed existing research that a large percentage of families do not have a formal plan in place for the individual with a disability. Family caregivers recognize the need to have a plan but the planning process is often difficult and complicated. Planning is difficult because it involves decisions about all or some of the following: guardianship, finances or trusts, living arrangements, family roles, roommates, health care, service and support needs. Decision-making and planning can be overwhelming. The planning process involves service providers and systems that change often. Family caregivers have to spend a lot of time and energy looking for appropriate services and support staff, finding solutions to housing needs, and addressing daily care issues. Caregivers need help breaking down tasks into more manageable pieces and receiving

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SPOTLIGHT ON STAFF Intern Brings IT Expertise to Council



John Radovich began working with the Council in January 2011,

in cooperation with the Arizona Interns in Action Program. He has assisted in the management and development of the Council website along with creating a social network site for the Council on Facebook. John, who has been deaf since birth, has demonstrated that hearing loss is not an obstacle to creativity, teamwork and meeting rigid timelines. John brings with him a wealth of experience and skills, including being a previous owner/operator of an over the road trucking business and a skilled machinist and welder. John is working towards completion of his Associates Degree in Information Technology in 2012 with a goal of attaining his Bachelor's Degree.

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information and resources that facilitate decision-making. There are tools and training programs that have been designed to help facilitate the future care planning process. One example is a caregiver roadmap that is available on the Sonoran UCEDD website under Projects at <http://sonoranucedd.fcm.arizona.edu/>.

The process for planning for the future can trigger a wide range of emotional experiences for caregivers. These emotions include feelings of loss, sadness, frustration, despair, and helplessness. Recognizing the unique aspects of the caregiver role will allow support providers and family members to identify what may be a barrier to planning and what parts of the plan can be addressed first. To facilitate the process, it is important to support the caregivers by listening to their needs and concerns, recognize the unique aspects of their lifelong caregiving experience, and create opportunities for individuals with DD and their families to network and share information.

Two additional Sonoran UCEDD projects, designed to meet the growing needs of an aging population and to support future planning of adults with DD, include a current housing training program and a future end-of-life care study. To address the issue of housing, the Sonoran UCEDD with support from the Arizona Developmental Disabilities Planning Council, developed a six-part training program on housing-related topics. The goal of the training series, called AZ Community Living Now, is to provide persons with disabilities, their families, and service providers with information and networking opportunities to create affordable and accessible community living situations that promote independence, integration, and inclusion. Each of the two-hour training sessions is broadcast live via interactive video streaming to five county sites in Arizona. Anyone can access the video along with its transcripts and resources at <http://sonoranucedd.fcm.arizona.edu/azcommunitylivingnow>.

In the near future, the Sonoran UCEDD will conduct a research project on end-of-life care and palliative care for persons with DD. There is a growing interest and need for research in this area. Evidence suggests a clear need for training health care professions and developing mechanisms to facilitate communication between persons with DD and their health care team. Any questions and suggestions about projects related to aging, employment, person-centered planning and health can be directed to ucedd@email.arizona.edu or 520-626-0442.



*Lani St. Cyr, Fiscal Manager
Shelly Adams, Executive Secretary
Larry Clausen, Executive Director
Marcella Crane, Contracts Manager*

MEET THE ADDPC STAFF

Greetings from the Council Staff

We would like to introduce ourselves as the support staff for the Council. With the goal of being liaisons between the Council and consumers, family members, policy makers and other interested persons, we'd like to encourage your calls, e-mails and office visits. Please don't hesitate to use us as a resource for questions and concerns – we're here to serve!

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