

INvision

Indiana Division of Disability & Rehabilitative Services Newsletter

HOPE NOTES

A message from Director Kylee Hope

A year in review

A new year always brings time for reflection, resolutions and a renewed energy. As we dive into 2019, I would like to take the time to share just a few successes from 2018 and opportunities for the future.

- **1102 Taskforce:** I was pleased to be a part of this opportunity, led by Indiana's Lt. Governor, to hear families and individuals with disabilities share their stories and visions for their good life. The recommendations of the taskforce were developed from their feedback and included many items for DDRS to focus on. I am excited to bring policies and services that will be meaningful and worthwhile to the community and individuals we serve.
- **Statewide Transition Plan:** Launching a new and meaningful person-centered plan process not only helped to support the design of effective supports and services to get individuals closer to their definitions of a good life, but established a foundation for our plan to meet federal requirements to ensure opportunities for community integration and participation.
- **Pre-Employment Transition Services** continue to expand across the state and are bringing services to students with disabilities that ensure access to meaningful career planning to help with the seamless movement from high school to employment or post-secondary training.
- **Vocational Rehabilitation's Business and Community Engagement team** continues their efforts to identify and connect resources around disability hiring to businesses. VR has continued to build upon a great working relationship with Indiana's Department of Workforce Development and has begun sharing employer data through DWD's customer relationship management system for business tracking.
- **The Building Bridges meetings** have brought thoughtful and worthwhile conversations around the state between families, self-advocates and BDDS leadership. These opportunities have been critical in continuously informing efforts throughout the Division to ensure they are relevant and meaningful.
- **For the first time, First Steps** kicked off a statewide conference that provided personnel, service providers and families with an opportunity to share, learn and network with each other. National speakers provided critical information about implicit bias in early intervention and how trauma in early childhood impacts brain development. First Steps continues to work on strengthening evidence-based home visiting practices through coaching and routines-based intervention training.
- **Living Well Grant:** Indiana, along with four other states, was awarded funding through the Administration for Community Living to increase community integration and independence of individuals with intellectual and developmental disabilities and to improve the quality of home and community-based services. DDRS will engage and empower self-advocates, families and other key stakeholders to build the capacity of innovative community supports while renovating and enhancing the current system for monitoring safety, health and well-being of individuals with I/DD.
- **Of course,** I would be remiss to not mention this newsletter, which has been an excellent vehicle to inform and engage with you. I hope you are enjoying it as much as I am.

I look forward to collaborating with you and continuing to create systems and services that support you, your family and your community in living your best life. Happy New Year—here is to a wonderful 2019!

Kylee B. Hope

FEBRUARY 2019
ISSUE 1, VOLUME 2

STORIES IN THIS NEWSLETTER

- **Bureau Bits:** Updates from your First Steps, Bureau of Developmental Disabilities and Vocational Rehabilitation teams
- **Featured Story:** A Center for Independent Living is a community-based, nonresidential private nonprofit agency that provides services that empower people with disabilities to be their own best advocates and be active and engaged members of their communities
- **Making the LifeCourse Work for You:** Exploring the life domain of citizenship and advocacy
- **News You Can Use:** A list and description of family organizations that can provide you a helping hand
- **Events You Don't Want to Miss:** The quarterly Building Bridges events create direct avenues for individuals and families to share their feedback

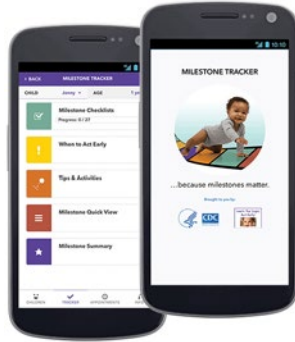
First Steps early intervention program

The Centers for Disease Control offers a FREE app to track your child's development! The Milestone Tracker App is available to download to any IOS or Android phone/device through Google Play or the App Store. The app is also available in Spanish.

Some features include:

- An interactive milestone checklist for children 2 months through 5 years
- Tips and activities to help children learn and grow
- The ability to create a personal profile of your child's development that can be shared with the doctor and other care providers
- Information on when to "act early" and talk to a doctor about possible developmental delays
- Reminders of appointments and developmental screenings

For more information and helpful Indiana resources, please visit www.actearlyindiana.org.



Bureau of Developmental Disabilities Services

One part of the eligibility criteria for an individual to receive a waiver is that the individual must obtain/maintain a compatible Medicaid State Health Plan. For children under 18 years, parental income is disregarded when determining eligibility for Medicaid. When the child turns 18 years old, they MUST apply for and be approved for Social Security Income or Social Security Disability Income by the Social Security Administration. This is due to the transition in 2014 where Indiana became a "1634 state." 1634 is a section of the Social Security Act which aligns a state's Medicaid agency definition of disability with the Social Security Administration to determine eligibility. Because of this rule, individuals who are 18 years and older must apply for a Social Security program to maintain their Medicaid eligibility status. If an individual over the age of 18 years applies and is denied by the Social Security Administration, they may appeal the decision. Individuals will maintain their Medicaid during the appeals process. To learn more about disability benefits from the Social Security Administration and for information on how to apply, visit <https://www.ssa.gov/benefits/disability/>.

Your child's waiver case manager can answer any questions and guide you through this process.

Vocational Rehabilitation Services

BEP selects Dennis Manning to operate a coffee shop in the Indiana Veterans' Home—first of its kind in the nation

On Dec. 11, 2018, the Business Enterprise Program hosted a grand opening for the coffee shop in the Indiana Veterans' Home in Lafayette. Dennis Manning, a graduate of the BEP, was selected to run the operation. For Dennis, the morning was filled with celebration, ribbon cutting and recognition. The partnership between the Indiana Veterans' Home and the BEP is the first of its kind.

For many, owning their own business is part of the American dream, but can be more challenging for an individual who is blind or visually impaired. Dennis, who has been legally blind since birth, earned an associate's degree in business administration from Vincennes University and a bachelor's degree from IUPUI-Fort Wayne. In 1999, he enrolled in the BEP and graduated in November of 2000. The coffee shop is an expansion of Manning's Munchies, a small business that sells snacks



and sodas out of vending machines at the rest stop just past the Wolcott exit off Interstate 65. The Business Enterprise Program helped Dennis achieve his goals through training, licensing and equipping him to work in many types of merchandising venues throughout the state.

Business Enterprise Program

The Indiana Business Enterprise Program, as part of the Randolph-Sheppard Act, provides people who are blind with access to rewarding and profitable entrepreneurial ventures, broadens their economic opportunities, and dispels misconceptions about people who are blind by showcasing their abilities and assisting them in becoming self-supporting. The Randolph-Sheppard Act was signed into law on June 20, 1936, by President Franklin D. Roosevelt.

Over the years, it has changed dramatically from single vendor-managed concessions and newsstands to large military food service contracts, kiosks, convenience stores, laundry facilities, restaurants, snack bars, automated vending machine operations (including vending routes), highway rest area vending and much more. The focus has changed from employment to creating true entrepreneurial opportunities. [Click here](#) for more information on the Business Enterprise Program.

Independent Living

An empowering way of life

People with disabilities do not see themselves as problems to be solved and ask only for the same human and civil rights enjoyed by others. Remarkably, this viewpoint is still not generally accepted in society today. Stigma, prejudice and discrimination continues to impact people with disabilities on a daily basis. Born out of the civil rights movement in the 1960s, the Independent Living movement was created by and for people with disabilities. Independent Living views disability as a beautiful, natural part of the human existence. It is not an unfortunate circumstance or condition, nor is it something to “overcome.” Disability is NOT the obstacle to living fully integrated in the community.

And part of why the Independent Living movement came to be was to combat the environmental and societal barriers that prevent people with disabilities from becoming fully integrated in communities. The movement is expressed and promoted through the Independent Living philosophy, which is implemented by Centers for Independent Living and the State Independent Living Council. The Independent Living philosophy believes every person with a disability (regardless of type and significance of disability) has the potential and the right to self-determination, freedom and the same choices and opportunities as people without disabilities. It means living life employed in a job of one’s own choice that is truly suitable to one’s abilities, living life where and with whom one chooses, and living life by pursuing social and recreational activities in the community of one’s own choosing. It means people with disabilities have the right to fail without persecution and learn from their decisions and have the right to think and **#BeTheVoice** for themselves.

Independence is not about being able to do things by yourself or having the physical, mental or cognitive ability to live by yourself. Independence is really about interdependence and being in control of and directing one’s own life. The reality is, we all rely on others in some way, shape or form to get through our days, disability or not. It’s important to note that Independent Living believes people with disabilities should reside integrated in their communities in the setting of their choice where they can take part in and contribute crucial and valuable perspective to society. As a result, Centers for Independent Living are NOT residential facilities for people with disabilities or senior living communities.

So—what are Centers for Independent Living? A Center for Independent Living is a community-based, nonresidential private nonprofit agency that provides services that empower people with disabilities to be their own best advocates and be active and engaged members of their communities. CILs are incredibly successful at doing this because CILs are designed, operated and controlled by people with disabilities.



CILs provide people with disabilities with the tools necessary to lead the charge of ensuring inclusion and foster a community of acceptance and respect. The result: communities are more diversified, enriched and culturally competent through the full participation of ALL PEOPLE.

Indiana’s 10 Centers for Independent Living all provide the same core services:

- Information and referral
- Peer support (from peers with disabilities)
- Independent Living skills training
- Individual and systemic advocacy
- Youth transition services
- Transition/diversion from institutional-type settings (e.g., nursing home, assisted living or group home)

Additional services beyond these core services are also provided by the CILs but vary from center to center based on the needs of the

people with disabilities in the communities they serve. All CIL services are provided free of charge.

CILs are unique in that they are advocacy organizations, not social service organizations, that utilize peer support as their cornerstone to provide services differently than any other disability-related organization or program. CILs have no “menu” of services; rather, they work directly with and beside people with disabilities at their direction to aid in the accomplishment of the goals, dreams and desires of their choosing.

Through advocacy and peer-support, CILs empower people with disabilities to:

- Make informed decisions about their own lives
- Be active in their communities
- Develop and bolster the skills needed to direct their own lives to further their integration and inclusion within their community
- Actively choose, get and keep supports and services they need at home, work or in the community
- Make ongoing, informed choices while controlling their supports and services
- Request and utilize information, financial resources and relevant and appropriate referrals
- Expect equal access to social, economic and political opportunities
- Never settle for low expectations
- How to be their own best advocate and use their voice

To find your local CIL, visit www.in.gov/fssa/ddrs/2762.htm.

—Contributed by Amber O’Haver

LIFE DOMAINS AND STAGES

Making the LifeCourse work for you

Exploring the life domain of citizenship and advocacy

Being known and valued in one's community gives a person a sense of worth and of being a contributor and a good citizen, not just someone who needs assistance. Learning to make choices and set goals, and knowing how to speak up for wants and needs leads to being more self-determined in life and is essential to becoming an advocate for yourself or others. No matter what life stage the person with a disability is in, there are opportunities to grow and foster their citizenship and advocacy skills. For example, giving children choices throughout their day and



honoring their choices builds advocacy skills. Helping school-age children to be an expert on themselves and answer questions from professionals leads to self-direction. Adults and children should be a part of the discussions and decisions being made that involve them. Decisions and discussions such as IEP case conferences, doctor appointments, guardianship meetings and applying for services should include an opportunity for them to express their wants, needs and vision for a good life. For more information and ideas visit the [Experiences and Questions Booklet](#).



Daily Life and Employment: What a person does as part of everyday life—school, employment, volunteering, communication, routines and life skills.



Community Living: Where and how someone lives—housing and living options, community access, transportation, home adaptation and modification.



Safety and Security: Staying safe and secure—finances, emergencies, well-being, decision making supports, legal rights and issues.



Healthy Living: Managing and accessing health care and staying well—medical, mental health, behavior, developmental, wellness and nutrition.



Social and Spirituality: Building friendships and relationships, leisure activities, personal networks and faith community.



Citizenship and Advocacy: Building valued roles, making choices, setting goals, assuming responsibility and driving how one's own life is lived.

For more information on the LifeCourse framework and principles, visit: www.lifecoursetools.com.

NEWS YOU CAN USE

Navigating supports and services

Family organizations that assist you in achieving your vision of a good life

Navigating supports and services when you have a disability or are caring for a loved one with a disability can feel overwhelming and confusing. Having someone to guide you who understands and has been through similar experiences can be very valuable. Following is a list and description of family organizations that can provide you a helping hand:

Family Voices Indiana, www.fvindiana.org, 844-323-4636

Family-staffed organization that provides information, training and one-on-one support to families of children and youth with special health care needs. Currently serves as Indiana's Family-to-Family Health Information Center, helping families navigate the complicated maze of systems and services associated with having a child with special health care needs.

About Special Kids, www.aboutspecialkids.org, 800-964-4746

"Parent-to-Parent" organization that works to answer questions and provide support, information, resources and training for families of children with special needs. We are parents and family members of children with special needs and we help families and professionals understand the various systems that are encountered related to raising a child with a disability or chronic illness.

Arc of Indiana, www.arcind.org, 800-382-9100

Programs and services include: The Arc Advocacy Network, providing information, referral, advocacy and support regarding government

programs, employment, health insurance, guardianship and alternatives and community living options; The Arc Master Trust, offering special needs trusts administration for families and people with disabilities; and The Arc of Indiana Foundation, working to create employment opportunities for people with disabilities, including opportunities through its vocational training program, Erskine Green Training Institute.

IN*SOURCE, www.insource.org, 800-332-4433

IN*SOURCE is here to help families with special needs who have educational concerns. We take the often complicated and overwhelming task of understanding special education law and break it down to help families apply it to their own unique and individual situation, with the hope of improving outcomes for children.

Self-Advocates of Indiana, www.saind.org, 317-977-2375

A statewide network of self-advocates working together to empower themselves and others and affect positive change in their community.

This list is intended to connect you to organizations that may be able to assist you in achieving your vision of a good life. The list includes organizations that serve the entire state of Indiana and people with disabilities. It is not to be considered an exhaustive list nor is it an endorsement of any particular organization. Please check directly with the organizations for up-to-date information regarding their services.



Division of Disability and Rehabilitative Services

Indiana Family and Social Services Administration
Division of Disability and Rehabilitative Services
402 W. Washington St., W453/MS 26
Indianapolis, IN 46204

You can sign up to receive this newsletter by [clicking here](#).

You can receive other updates from DDRS by visiting [here](#).

The Division of Disability and Rehabilitative Services is a program of the Indiana Family & Social Services Administration. If you have questions about DDRS programs and services, [visit us online](#).

EVENTS YOU DON'T WANT TO MISS



Quarterly Building Bridges events

These sessions create avenues for individuals and families to share their feedback

Don't miss the upcoming quarterly Building Bridges events! These meetings are an opportunity for families and self-advocates to meet and speak with the Bureau of Developmental Disabilities Services state staff. These sessions are an important part of the bureau's efforts to create direct avenues for individuals and families to share their feedback. These meetings are solely

for families and individuals with disabilities to provide a forum for constructive and valuable conversations on successes or concerns, as well as suggestions or input regarding BDDS programs and services. All meetings are held from 6–8 p.m. local time.

April 3, 2019
Putnam County Public Library,
103 E. Poplar St.,
Greencastle

April 10, 2019
Anderson Public Library,
Miami Room,
111 E. 12th St.,
Anderson

April 16, 2019
Franklin County Public Library,
919 Main St.,
Brookville

INSILC upcoming meeting

The Indiana Statewide Independent Living Council provides oversight of the Indiana State Plan for Independent Living and assists the Centers for Independent Living with the SPIL's implementation and coordination of services. In addition, INSILC works to promote and raise awareness of the Independent Living philosophy throughout the state and conducts outreach to educate and inform individuals and entities about issues impacting Hoosiers with disabilities. INSILC's ultimate goal is to use its platform to advocate for meaningful change within the disability community and provide opportunities to empower its peers with disabilities to #BeTheVoice and lead and control their own lives.

INSILC March public meeting & INSILC listening session for people with disabilities

Date: Wednesday, March 13, 2019

Location: The League, Center for Independent Living
5821 S. Anthony Blvd., Fort Wayne

Time: INSILC public meeting, 1 p.m.;
INSILC listening session, 4–6 p.m.



LifeCourse framework event

Sessions provide info about how to use the principles and tools in everyday life

SAVE THE DATE: May 17, 2019. The Division of Disability and Rehabilitative Services, with support from the Governor's Council for People with Disabilities, is hosting a day-long event specifically for individuals and families caring for someone with a disability. The sessions will provide you with information about the LifeCourse Framework, as well as how to use the principles and tools in your everyday life, including topics such as health care financing, transition to adulthood, supported decision making and special education.