

Department of Developmental Services (DDS)  
Consumer Advisory Committee (CAC)

Meeting Minutes  
May 12-13, 2009

Members Attended

Amy Jesse  
Eugenia Jones  
Sam Durbin  
Robert Taylor  
Cindy White  
Tracey Mensch  
Michelle Gordon  
Krisi Franzone  
Lisa Krueger  
Tommy Michaels  
Pattie Simpkins  
Sue Ann Hankensiefken  
Joseph Flanagan  
Danielle Knight

John Orland  
Madeline Thompson  
John Graber  
Jesse Padilla  
Kim Rucker  
Chris Pratt  
Jolene Bradford  
Edward White  
Carol Risley  
Tammy Evrard  
Mark Starford  
Beth Rubenstein  
Linda Thompson  
Terri Delgadillo  
Bethany Howard

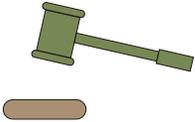
Others Attended

Nyron Battles  
Ellen Lewis  
Carol Lopes  
Lori Sloan  
Darcy Jean Foddrill  
Marcia Trowbridge  
Charlene Jones  
Barbara Mayer

Sharon Fallis  
Marilyn Smith  
Sandy Hansen  
Christina Jessee  
Tommy Mestmaker  
Leslie Levine  
Kathleen Ozeroff  
Christopher Green  
Brian Marsh

**May 12, 2009**

1. **CALL TO ORDER**



Sam Durbin, Chairperson, called the meeting to order at 9:10 a.m.



- A. Everyone introduced themselves.
- B. General announcements were made.

2. **REVIEW OF THE DAY'S AGENDA**



Mark Starford and the CAC went over the agenda for the day. Mark talked about how the three year leadership project development phase has come to an end. The work will continue because the members are now the professionals to go out and teach others using the newly developed materials.



3. **TRIBUTE TO TERRI DELGADILLO**

The CAC and Board Resource Center (BRC) team wanted to make sure that Terri Delgadillo knew how much it meant to be able to do this leadership project not only for themselves, but for people with developmental disabilities all over California. The CAC is proud to be a part of another project that will give people one more tool to help people with developmental disabilities to continue to have the life they want.

Terri received two gifts marking the completion of the materials for the Leadership Project. The first gift was a book with the pictures and mission statements from all the people that were a part of the project at some point during the past three years. The second gift was a DVD honoring her leadership as the Director by showcasing several valuable projects that happened across the state under her leadership for people with developmental disabilities.

Terri presented certificates to all the leadership project participants that completed the full three years.



#### 4. **CAC LEADERSHIP PROJECT DVD & GUIDES**

Mark and the CAC went over the final leadership project materials because they are a little different than the original plan. The project is now designed as paperless; it includes one DVD with the 15 stories and a facilitation video, a CD with the 15 guides that people can fill out on the computer and print to go with the 15 stories on the DVD. It also has a small instruction booklet.

#### 5. **ACKNOWLEDGEMENTS**



The BRC team and the CAC took time to show their appreciation to the people that had a large part in making the project happen.

They showed their appreciation to Carol Risley because the group knows without her advocacy for the CAC they would not be where they are today.

The next person acknowledged was Mark Starford who worked with the CAC on several projects while believing in

the CAC's vision. The CAC also thanked the BRC staff for all their hard work and support on the project.



## 6. **CAC MEMBERS' REPORTS**

The following members gave reports on what they have been doing on behalf of the Committee, their People First and/or local self-advocacy groups: Lori Sloan, Kim Rucker, Nyron Battles, John Graber, Dan Dawkins, and Debra Beeter.

## 7. **HEALTHY LIVING TIPS**

Beth Rubenstein talked about three important tips on living and staying healthy:

One: Moving

- Slow down, breathe
- Find an exercise that you like
- Exercise should not hurt
- Use daily life as exercise
- Take the stairs, if you can
- Get off the bus one stop earlier

Two: Good Food

- Stop eating when you are not hungry, not when you are stuffed
- Drink water
- Eat your favorite food; change the recipe to make it healthier
- Put more veggies on your plate than meat, potatoes, or pasta
- If you crave sweet, have fruit

### Three: Good Thoughts

Stay positive

Think about how good it feels to be healthy

Remember, nothing tastes as good as looking good and feeling healthy

Slow down, plan your meals

Don't allow yourself to get hungry between mealtimes

Beth told them if they remember the three tips that they will be able to continue a healthy life.

## 8. **LEADERSHIP TIPS**

Four CAC members shared some tips on what they learned during the leadership project:

### Lori Sloan: Leading My IPP Meeting Tips

Write down what you want to talk about

Tell your support person how you want them to help you

Make your own ground rules to help you run your meeting

### Debra Beeter: Organizing and Planning

Be prepared ahead of time so you are confident

Use professional tools like a datebook, notebook, and pen

Make a special place for your papers

### Sam Durbin and Kim Rucker: Having a Mentor

A mentor is someone that can help you with your goals. They already do what you are interested in  
Remember to interview the person and share your goal  
Be professional and prepared for each meeting with your mentor

## 9. TIPS TO MOVE FORWARD WITH LEADERSHIP

Brian Marsh shared tips on what the next steps the CAC members could use for coaching others:

### ` What a Coach Does

Asks questions and listens  
Is honest with people  
Doesn't "tell" people what to do, think or feel  
Draws out what is important to the person  
Supports people to create their own plan  
Helps people be accountable  
Does not judge

### Be a Coach for Others

Create a partnership  
Be interested in what is important to them  
Share what worked for you, but let them experiment with what works for them  
Failure is not really failure if you learn something from the experience

### Reach Out

Be a neighbor: reach out to others

Don't wait for them, make the first move  
Take a chance, ask questions, be open and get to know them  
Let them get to know you  
Be smart, trust your instinct

### Give Back

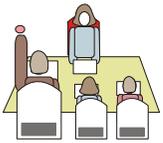
Get involved in neighborhood activities  
Find ways to be a volunteer  
Think about what matters to you and get involved  
Don't assume you don't have something to offer others

## 10. **LEADERSHIP REFLECTIONS**

The CAC took time to think over the full leadership project and to reflect on where members were in their lives at the start of the project three years ago, and how the project has changed them into the person they are today.

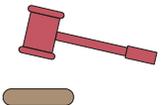
The CAC talked about how important it is to continue the work of sharing this project with others.

## 11. **CAC MEMBERS' CHECK-IN SESSION**



Members met with Carol Risley, Kathleen Ozeroff, and Nicole Patterson.

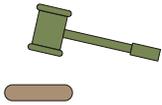
## 12. **FACILITATORS' CHECK-IN SESSION**



Mark Starford met with the facilitators.

The meeting adjourned for the day at 5:05 p.m.

May 13, 2009



1. CALL TO ORDER

Sam Durbin, Chairperson, called the meeting to order at 8:34 a.m.

- A. General announcements were made.
- B. The agenda was reviewed and no changes were made. **It was moved (Pattie Simpkins), seconded (Danielle Knight), and carried to approve the agenda with no change.**
- C. The minutes of the February 2009, CAC meeting was reviewed. **It was moved (Robert Taylor), seconded (Pattie Simpkins), and carried to approve the minutes as presented.**



2. COORDINATOR OF CONSUMER SERVICES REPORT



Nicole gave a report on what she has been doing for the past few months:

Nicole has been working on the Feeling Safe, Being Safe project and coordinating training with the certified trainers.

She went to the Supported Living Network Conference on April 16-17, 2009 with Mark Starford and did training on the leadership project.

She went to Central Valley Regional Center on May 7, 2009, and did a training on the Feeling Safe, Being Safe materials.

### 3. WHEN I'M NOT ALONE

The CAC watched a mini-documentary on the life of Sam Durbin, Chairperson of the CAC. The movie touched on some sensitive subjects. After the movie, the CAC members discussed their feelings about the movie.

### 4. SSDI/SSI & WORK

Madeline Thompson from Crossroads Employment Services talked to the CAC members about how working and getting benefits like SSDI and/or SSI can affect their income.



### 5. CAC MEMBERS' REPORTS

The following members gave reports on what they have been doing on behalf of the committee, their People First and/or local self-advocacy groups: Amy Jesse, Tommy Michaels, Michelle Gordon, Sue Ann Hankensiefken, Lisa Krueger, Robert Taylor, and Joseph Flanagan

### 6. BUDGET UPDATE



Carol Risley talked about the following budget proposals to save \$100 million in the regional centers budget:

#### Transportation (Savings \$16.9 million)



Do not pay for special transportation when a consumer can use public transportation.

Buy the cheapest transportation that meets the need.

Buy services close to consumers' homes to save on transportation costs.

Do not buy transportation for children living with their families unless the families cannot provide it.

### Holidays (Savings \$16.3 million)

All day programs, look-alike day programs and work activity programs will take the same 14 holidays off each year. Currently most programs take about 10 holidays each year, this will add 4 more days that consumers will not attend programs.

### New Service for Older Consumers (Savings \$1 million)



Make new programs for older consumers who don't want to go to a regular day program. Less staff would be needed to support the consumers.

### New Employment Program (Savings \$ 12.7 million)



A program to allow consumers the help to get a job, volunteer, or own their own business.

### In-Home Supportive Services (IHSS) (Savings \$1.3 million)

Supported living providers will have to help consumers get IHSS within five days of moving into supported living. While consumer is waiting for IHSS services, the supported living provider will only be paid the IHSS rate for IHSS type of services for the consumer.

### Supported Living Services (SLS) (Savings \$6.9 million)





Regional center will work with SLS providers on rates of payment that are cost effective, include reasonable administrative costs, and can be no higher than the rate was on July 1, 2008.

Control if and when a regional center can help consumers to pay for rent.

Use the same SLS provider for SLS consumers living together.



### Neighborhood Preschools (Savings \$8.9 million)

Use local preschools to service infants with developmental disabilities rather than special centers.

### Private Insurance for Early Start Services (Savings \$6.5 million)



Make parents use private insurance to pay for medical, evaluation and assessment, and services for children with developmental disabilities under three years old, unless they are told services will not be covered by the insurance company.

### Access to Early Start Services (Savings \$15.5 million)



Limit services to infants and toddlers over two years old to only those with the most needs based upon their developmental delay(s).

### In-Home Respite Agency Worker (Savings \$ 3 million)



Allow respite workers to provide some services such as assisting consumers with inhalation devices, colostomies/ileostomies, catheters, insulin, and care of wounds and pressure sores.

### Reduce Regional Center Operations (Savings \$3.5 million)



Take some money away from regional centers that is used to expand or move offices.

Eliminate a Quality Assurance Review Process (Savings \$1.0 million)



Stop the regional center quality assurance reviews of community care facilities that are done once every three years.

Parental Fee Program (Savings \$900,000)



Update the fees that parents pay when their children, under 18 years old, live in community care facilities.

Quality Assessments (Savings \$2 million)



Stop doing Life Quality Assessments (LQA) and the evaluation of people with developmental disabilities moving from developmental centers into the community (Movers Study), and start a new quality assessment program using a national tool.

Behavioral Services Training for Parents (Savings \$6.4 million)



Require parents to attend group training on behavioral interventions so they can support behavioral services provided to their children.



## **7. FSBS CERTIFIED TRAINERS' REPORTS**

The following members gave reports on what training they have done on behalf of being certified trainers for the emergency preparedness Feeling Safe Being Safe materials: Robert Taylor, Sam Durbin, Krisi Franzone, Pattie Simpkins, and Eugenia Jones.



## 8. **CAC MEMBERS' REPORTS**

The following members gave reports on what they have been doing on behalf of the committee, their People First and/or local self-advocacy groups: Sam Durbin, Cindy White, Pattie Simpkins, and Krisi Franzone, Eugenia Jones and Danielle Knight.



## 9. **COMMUNITY ASSIGNMENTS**

The following assignments were made for the CAC members

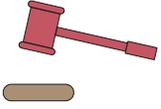
Personal Goals:

- a. Think about ways you can meet new people in the community to help you with your goals.
- b. Pick something in your life you want to change and start steps toward that change.

Advocacy:

- a. Make a report to your regional center consumer advisory committee and/or advocacy groups about CAC's work.
- b. Review and practice using the Leadership Project DVD and CD so you can be ready to do trainings.

c. Start thinking about places you can do trainings on the Leadership Project in your community.



10. **END OF MEETING**

Sam Durbin, Chairperson adjourned the meeting at 3:02 p.m.