

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

Meeting Minutes
November 18-19, 2014

Members Attended

Rene Rodriguez
Kara Ponton
Sara Desumala
Rick Hodgkins
Matthew LaGrand
Esther Kelsey
Lisa Utsey
Kathy Jaques

Michael Cornejo
Eduardo A. Zapata
David Oster
Marcia Dinkelspiel
Eugenia Jones

Member Absent

Yvonne Kluttz

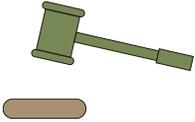
Others Attending

Gina Delao
Ashley Draper
Robin Rhoades
Bruce Beland
Carie Powell

Nicole Patterson
Etienne Argoud
Kathleen Ozeroff
Jesse Padilla
Ryan Duncanwood
Christine Hager
Rosa Zapata
Heather McDavid
Yvonne McCuistion
Debra Ponton
Luci Strangegroth
Giancarlo Brunetto
Rick Paulson
Cecilia Herrera
Jorge Fernandez
Thomas Hamlett
Dianne Person
Tejinder Brar
Jenny Huff
Rachelle Gomez
Katie Hornberger
Sam Durbin
Twila Chisum
Cindy Holley
Stephanie Johnson
David Lopez
Joe Meadour

Limited Probate
November 18, 2014

1. **CALL TO ORDER**



Rene Rodriguez, Chairperson, called the meeting to order at 9:02 am.



- a. Everyone introduced themselves.
- b. The agenda was reviewed and no changes were made. **It was moved (Rick Hodgkins), seconded (Michael Cornejo), and carried to approve the agenda with no changes.**
- c. The minutes of the May 2013, CAC meeting were reviewed. **It was moved (Rick Hodgkins), seconded (Eugenia Jones), and carried to approve the minutes with no changes.**

2. **DISABILITY/ SENSITIVITY TRAINING**

Katie Hornberger from the Office of Clients' Rights and Advocacy Services came and gave a three part presentation on the Disability Movement.

✓ History of the Disability Movement

- 3500 BC the Queen of India was in battle. She lost her leg. They made her a prosthetic leg and she went back into battle and fought some more. There's a poem written about her.
- 218 BC Marcus, a Roman General, is injured 23 times. His right arm is amputated. They made him a prosthetic arm to hold his shield and he went back into war. Then he wanted to

become a priest when the war was over and they wouldn't let him because he didn't have both arms.

- 1755 First school for the deaf started in Germany.
- 1817 US opens first school for deaf in Connecticut.
- 1829 Louis Braille invented braille.
- Civil War and lots of people lost arms and legs because of the war. Disability Rights movement starts.
- 1927 Lanterman Developmental Center opens.
- 1929 Depression, economy goes bad. There was a sit-in/protest because people with disabilities weren't getting jobs.
- Late 1930's-early 40's World War 2 and the Holocaust happens. Lots of people with disabilities were sent to concentration camps too.
- Late 1960's-early 70's Civil Rights movement. Laws were created to reduce discrimination. Examples: Lanterman Act, Independent Living Centers opened, Ed Roberts group started. Really good laws were created.
- 1965 Bureau for Office of Special Education opens
- 1986 Airline laws were created
- 1990 ADA
- 1999 Protection and Advocacy starts
- 2010 video accessibility act passed

✓ Language

- We don't say handicapped, It's degrading and insulting. It comes from a time in history when

people with disabilities were begging on the streets.

- Think about the language you use, because you don't know who may take it personal.
- Protection and Advocacy Inc. changed their name to Disability Rights California because they didn't see protecting as their role.
- People First Language is about the person first and the disability as something they live with- but not something that defines them.

✓ Stigma

- Attitudes can make you fear or reject people and treat people differently.
- What do you think about when you hear things on the media?
- Self-stigma is when we believe the negative things we hear and then we don't feel good about ourselves and then we don't do or try new things.

3. **ARCA CONSUMER BOARD REPORT**

Rene gave a report on the last ARCA meeting in Sacramento. They talked about voting, and doing a ARCA Facebook page with stories from some of the regional centers. They will be putting some videos on YouTube about their advocacy projects, which includes 42 members and 21 regional centers. They are working on being better board members. The board is planning to attend 2015 grassroots day in February in Sacramento.

4. **MOTIVATIONAL SPEECH "Great, Big, Beautiful Heart"**

Sam Durbin came to talk to the CAC about what he learned about himself during his time as a member on the

CAC, which helped write his second book called Great Big Beautiful Heart. This book was written for people to realize the importance of the following things to keep their life happy and healthy.

- ✓ Making choices and the consequences of those choices can be good or bad
- ✓ Follow your dreams, never give up
- ✓ You make a difference
- ✓ Find a circle of support, make it strong—it can be anyone you want
- ✓ Lift yourself up, don't sit on the pity pot
- ✓ Love unconditionally
- ✓ Your feelings are important
- ✓ Your peers are the most important people in our life, they live the same life you do
- ✓ Reach for your dreams and dream big
- ✓ No one can tell you how to live your life!



5. **EMPLOYMENT FIRST COMMITTEE REPORT**

Ricks Hodgkins gave report that covered the June and Sept 2014 meetings

- ✓ The Employment First Committee developed an Employment First Policy flyer helping people understand what the committee does
- ✓ They are updating the Employment Data Dashboard- this is a place where people can get current statewide information on employment of people with disabilities.
- ✓ State Council on Developmental Disabilities and the committee have developed a Sheltered Work and Subminimum Wage Policy. You can find online at <http://www.scdd.ca.gov/EmploymentFirstCommittee.htm>



6. COORDINATOR OF CONSUMER SERVICES REPORT

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

- ✓ She has been supporting CAC members for the Developmental Center Task Force meetings and the National Core Indicator CAC Sub-Committee Meetings.
- ✓ She has been participating in the Self-Determination Stakeholders Committee Meeting. The group is working the Federal application for self-determination to be submitted by the end of December 2014.
- ✓ She is a member of Statewide Self-Advocacy Network (SSAN) has put together two workgroups, one for Employment First and one for Self Determination. She is a member of both work groups. The next Statewide Self-Advocacy Network meeting will be in December.



7. BULLYING PRESENTATION

David Lopez, from Alta California Regional Center was asked to come and do a presentation on bullying. He talked about:

- ✓ What is bullying?
 - Behavior that is intended to do harm; aggressive behavior that is hurtful, threatening and persistent
- ✓ Types of bullying:
 - Teasing
 - Pointing/staring
 - Name calling
 - Taking or damaging belongings of another person
 - Spreading rumors
 - Threatening words
- ✓ Bullying can happen anywhere:

- School
 - Work
 - Day program
 - Home
 - Internet/email/social media
- ✓ Victims are people who have disabilities, are overweight, dress differently, different race or religion, anyone can be a victim of bullying.
 - ✓ Identifying bullying behaviors: most people are able to identify when they are being bullied by their peers; sometimes, people with disabilities do not always realize when they are being targeted; they may believe they have a new friend when the person is actually making fun of them or taking advantage of them.
 - ✓ Effects of being bullied:
 - Fear
 - Depression
 - Loneliness
 - Anxiety
 - Low self-esteem
 - Physical illness
 - Feelings of isolation
 - Feeling not worthy of having friends
 - ✓ How you can respond to bullying:
 - If the bully is:
 - A stranger, ignore them and BE SAFE
 - An employee in a store, tell the supervisor
 - Someone you know, tell them you don't like what they are saying or doing
 - Staff, tell them you don't like what they are saying or doing and talk to their supervisor

- ✓ How to overcome bullying with advocacy skills:
 - Stand up for yourself with confidence
 - Work with members of your team to problem-solve and find ways to address the bullying. Make sure you have a circle of support to help you stay positive.

Remember if you don't speak up for yourself others will not know how you feel.



8. **PUBLIC QUESTIONS OR COMMENTS**

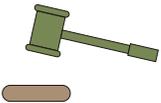
- ✓ Ryan Duncanwood from Self Advocacy Becoming Empowered (SABE) gave a report on what SABE has been doing.
- ✓ Kara and her facilitator shared Cal EMA—Citizens Voice, Safety Out kit with us.
- ✓ IDEA for FUTURE: create an education kit for the media on language and stigma

9. **CAC MEMBERS' CHECK-IN SESSION**

Members met with Nicole Patterson.

10. **FACILITATORS' CHECK-IN SESSION**

Facilitators met with the Kathleen Ozeroff



- 9. The meeting adjourned for the day at 5:05 p.m. by Rene Rodriguez

November 19, 2014

1. CALL TO ORDER

Rene Rodriguez, Chairperson, called the meeting to order at 8:30 a.m.

- a. General announcements were made.

2. CAC MEMBERS' MEETING AND FACILIATORS' MEETING REPORTS

Each group had a member give a brief report to the whole group on their break-out meetings from the previous day.

3. NCI CAC SUBCOMMITTEE REPORT

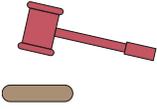
Eugenia gave a report to the CAC about the NCI subcommittee and what they have been doing.

- ✓ She talked about the user-friendly guide and how it can help you understand the data and how this data can help you advocate for services.
- ✓ The CAC watched a video of Tracey Mensch (former CAC Member) in Baltimore giving presentation at the NCI National Conference.
- ✓ If someone would like to be an NCI interviewer contact your Area Board.

4. PEOPLE FIRST OF CALIFORNIA PRESENTATION

Joe Meadours came to do a presentation on the history of People First of California Board and what they are currently doing.

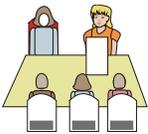
- ✓ History of People First has its roots in the civil rights movement
- ✓ In 1982-1984 the group disbanded but local chapters kept meeting. In 1990 they held a conference and self-



advocates decided to start People First again. They became a non-profit Advocate Agency.

- ✓ People First is now struggling and looking for members from areas that are not currently represented.
- ✓ They follow 5 principles: run by and for people with disabilities; contribute to the community; speak up for yourself; know your rights and responsibilities; solve problems and make decisions for ourselves
- ✓ The board meets 2 times a year. They need representatives from regions 3, 6, 7 9, 10, 11, and 12 to join the People First board.
- ✓ The next People First Conference is June 12-14 in Fresno. They are looking for speakers on sessions. The theme is Advocacy is a Path...You choose the direction!
- ✓ They want sessions on health, happiness, relationships and belief systems.
- ✓ Registration is \$260 and the hotel is \$102

Contact Joe at 916-552-6625 or email joe@peoplefirstca.org for information about the conference.



5. **CAC MEMBERS' REPORTS**

The following members gave reports on what they have been doing on behalf of the committee and their People First and/or local self-advocacy groups: Rene Rodriguez, Eugenia Jones, Eduardo Zapata, Michael Cornejo, Kara Ponton, David Oster, Marcia Dinkelspiel, Rick Hodgkins, Matthew LaGrand, Esther Kelsey and Lisa Utsey.

6. **DIFFERENCE BETWEEN PAYEES AND CONSERVATORS**

Bruce Beland, an attorney from DDS, was asked by the CAC to speak to them about the difference between payees and conservators. He told the members:

- ✓ The Social Security Administration prefers payees who know and see the client often. They look for people to be payees who are responsible, have good character, and care for the client.
- ✓ Payees are responsible to Social Security for the accounting of the money and reporting any changes of the client's finances to them.
- ✓ The relationship should be beneficial to both the client and the payee.
- ✓ What does a payee do? They assist the client in using their SSI to pay for food, shelter, medical care, clothing, recreational activities, and assistive devices. If there is money left over after expenses, it must be saved in an interest bearing account.
- ✓ Payees have to be aware of other benefits coming in to the client.
- ✓ Conservatorship of a person is a legal proceeding and is decided by the court.
- ✓ There are 3 types of conservatorship: general, LPS and Limited Probate.
- ✓ DDS seeks Limited Probate.
- ✓ They are 7 areas affected in Limited Probate: residence, confidential records, marriage, contracting, medical consent, social/sexual relationships and training/education.
- ✓ Limited Probate conservatorships are monitored by the court every 2 years.

6. **SELF- DETERMINATION PROGRAM (SDP) CAC INPUT**

Yvonne McCuiston, Gina deLaO, Ashley Draper and Carie Powell from DDS came and spoke to the members about the Self Determination proposed services definitions for services and get input from the members.



- ✓ SDP Supports
 - Independent Facilitator- A person who helps you get services you need that are in your IPP. Your case manager can be your Independent Facilitator or you can hire someone of your own choosing.
 - Financial Management Services- this person will help you with managing your budget, will help you deal with paperwork for hiring staff and background checks.
- ✓ Community Living Services
 - Advocacy Services - Helps you to understand your rights and how to use them to get what is needed to live your life.
 - Community Living Supports - Helps you live in the community.
 - Live in Caregiver – Pays for rent and food for a live-in caregiver that is not related to you. This service is offered to people who live in their own home.
 - Respite Services – Someone who can care for you when your regular caregiver is not available.
 - Participant-Directed Goods and Services - Services in your IPP that are needed to help you and cannot be paid for by you, or any other service, or agency.
 - Transition/Set-Up Expenses -These services are offered to help you move out of an institution.
 - Homemaker - A homemaker can help with cooking and cleaning if you need it in your home.

- Behavioral Intervention Services -Teaches you how to socialize and helps you with getting use to changes in your life.
- Crisis Intervention and Supports – If you are stressed or have a medical emergency, Crisis Intervention and Support can help you be less stressed and healthy. There are supports to help you 24 hours a day.
- ✓ Health and Clinical Services
 - Home Health Aide - A Home Health Aide is a person that comes to your house and helps you to live a healthier life.
 - Integrative Therapies -
 - ❖ Acupuncture
 - ❖ Chiropractor
 - ❖ Massage Therapy
 - Nutritional Consultation - A person who talks to you about your special food that will keep you healthy if you have a medical condition.
 - Psychology Services – Counseling
 - Skilled Nursing – a registered, professional nurse.
 - Specialized Therapeutic Services -
 - ❖ Counseling
 - ❖ Physical Therapy
 - ❖ Speech Therapy
 - ❖ Nursing Services
 - Speech, hearing and Language Services -This service provides a professional person to help you with speech, hearing and language.
 - Dental Services - This Service helps you if you need to go to the dentist for dental work that is not paid for by Medi-Cal.

- ✓ Employment and Day Services-
 - Community Integration or Employment Supports- These services help you to have daily activities, have a job or your own business.
- ✓ Training Supports
 - Individual Training and Education - You can learn how to be a better self-advocate in all areas of your life. (employer, finding and having friends, problem solving)
 - Training and Counseling Services for Unpaid Caregivers - An unpaid caregiver is a friend or neighbor who helps to take care of you. This person could receive counseling services to help them learn to take better care of you.
- ✓ Environmental and Medical Supports
 - Environmental Accessibility Adaptations - This service can help you get equipment you need to help you safely get around in your home.
 - ❖ Like a wheelchair, ramp, grab bars or widening doorways in your house.
 - Optometric Optician - This service pays for eye exams when Medi-Cal does not pay for it.
 - Lenses and Frames - A service that will help you get prescription glasses that are not paid for by Medi-Cal.
 - Specialized Medical Equipment and Supplies - If you require special equipment to make your life better this service can help.
 - If needed you can get things like a Med-Alert bracelet or special equipment that will make your home safer.
 - Vehicle Modifications and Adaptations - This service helps to make changes to your car to make it easier for you to drive.

- Technology - Some items like a cell phone or a laptop can help you improve your life and work in the community.
- Communication Support -These services help you to talk to people in ways that are best for you. Here are some examples:
 - ❖ Facilitator
 - ❖ Interpreter
 - ❖ Translator
 - ❖ Reader
 - ❖ Computer technology
- ✓ Transportation
 - Transportation services - are offered to help you get to activities, appointments and services in the community.

7. COMMUNITY ASSIGNMENTS



1. **Leadership DVD and Guide**
 - a. Do one presentation in your area on any of the CAC publications



2. **Feeling Safe Being Safe (FSBS)**
 - a. Take some time and get familiar with the new FSBS Website Training.
 - b. Start using the FSBS Website Training to do your FSBS presentations. The link is:
<https://dds.ca.gov/ConsumerCorner/fsbs/>



3. **Groups in your Areas**
 - a. Share with others what you learned about Disability/Sensitivity and the information on Conservatorship and Payee responsibilities.

- b. Talk to groups that you represent and ask them, what topics they would like to see the CAC do a publication on next.



4. Self Determination

- a. Share the information about service definitions and get input, get information back to Nicole as soon as possible.
- b. Find out what concerns people have about Self Determination.

11. END OF MEETING

Rene Rodriguez, Chairperson, adjourned the meeting at 3:00 p.m.