

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

Meeting Minutes
November 6-7, 2018

<u>Members Attended</u>	Angie Romero
	Stephany Baca
Deaka McClain	Keith Nelson
Rick Hodgkins	Barbara McCants
Ryan Nelson	Leah Hollis
Esther Kelsey	Sherry Erickson
Matthew LaGrand	Vickki Williams
Kara Ponton	Timothy Schmitz
Yvonne Kluttz	Rachelle Gomez
Sara Desumala	Ed Plon
Lisa Utsey	Jesse Padilla
Kim Rucker	Michael Viernes
Craig Moorman	Joshua Sudarma
Shawn Costello	Natalie Ortiz
Tim Farrar	Trixie Manansala
Sam Yi	Wendy Smith
	Christine Hager
<u>Others Attended</u>	Marcus Reyes
	Nancy Moorman
Nicole Patterson	Dora Moorman
Jana Chapman-Plon	



November 06, 2018



1. CALL TO ORDER

Deaka McClain, Chairperson, called the meeting to order at 9:03 a.m.

A. Everyone introduced themselves

- During introductions Deaka asked members to answer the question:
 - ✓ What is your favorite holiday tradition?

B. Ryan reviewed the CAC Dress Code

C. Deaka read the Voting Rules

D. The agenda was reviewed and no changes were made.

It was moved (Rick Hodgkins), **seconded** (Kim Rucker), **and carried to approve the agenda.**

E. The minutes of the February 2018 CAC meeting were reviewed. **It was moved** (Rick Hodgkins), **seconded** (Ryan Nelson), **and carried to approve the minutes.**

F. Kara reviewed Meeting Ground Rules

2. SAFETYNET UPDATE



Joshua Sudarma from DDS, and Natalie Ortiz and Trixie Manansala from Mission Analytics, came talk to the CAC about updating the DDS SafetyNet.

- The DDS SafetyNet team is looking at redesigning the SafetyNet website and want to make the website be specific for people who support people with disabilities. Social media will be for individuals and advocates.
- The DDS SafetyNet team is looking at renaming the website and are holding a renaming contest. The CAC gave some of their Ideas for possible names.
- The survey monkeys for renaming the website and for

future topics is running from November 6th to December 31st. The link is:

<https://www.surveymonkey.com/r/KDF9G>.



3. **CAC BY-LAWS**

The CAC members reviewed the CAC by-laws as a refresher for members and to allow our new members to ask questions.



4. **END OF LIFE PLANNING**

Wendy Smith from Home of Guiding Hands did a presentation on the importance of making decisions and having the discussion with people you love about your choices at the end of life.

- PowerPoint: Preparing for End-of-Life Decisions and Discussions
 - ✓ When planning, we must think about the people we are leaving behind and what we want for them.
 - ✓ Be clear about what matters to you.
 - ✓ Think about what you really really want regardless of what advice you get from others.
 - ✓ How do I get others to understand that my decisions are my own, even if it's not what they would choose for me or themselves?
 - ✓ When others are planning for your future in their end-of-life plans, make sure they understand what your wishes are. Ask them to give broad guidelines about how any money can be spent.
 - ✓ Don't ignore emotions as you're going through this process.
 - ✓ Before you can talk to others about your wishes, you have to figure out what they are.

- ✓ People are going to question every decision you make so, to avoid conflicts, you must have clarity on what you want.
- ✓ Because this is an emotional topic, you might want to speak to someone other than those closest to you to help you with these decisions.
- ✓ Start with the things that are simple and the things you're sure about.
- ✓ What do I want and how do I want it to happen?
- ✓ How much do I want people around me?
- ✓ How much do I want to share my thoughts?
- ✓ Do research and talk to people on things you're unsure about.
- ✓ Talking about end-of-life decisions can be difficult. Look for ways to lead into the conversation.
- ✓ Conservatorship is not designed to keep you from making decisions, and participating in your own life.
- ✓ The Conservator's role is to assist and teach you how to make decisions for yourself.
- ✓ Set boundaries and be prepared to say what you've already decided, what you still have questions about, and what you would like opinions about.



November 07, 2018

5. CALL TO ORDER

Deaka McClain, Chairperson, called the meeting to order at 8:35 a.m.

- During introductions, Deaka asked members to answer the question:
 - ✓ In your opinion, what is the one thing that DDS should be working on?



6. CAC MEMBER 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: Rick Hodgkins, Matthew LaGrand, Deaka McClain, Ryan Nelson, Kara Ponton, Yvonne Klutz, Esther Kelsey, Craig Moorman, Kim Rucker, Shawn Costello, and Sara Desumala.



7. GROUND RULES UPDATE

The DDS CAC took time to update their meeting ground rules. The draft updated rules are as follows

- Be positive and respectful of others.
- Be on time for the meeting and when returning from a break.
- Cell phones should be turned off or on silent. If you must take a call, step out.
- Listen quietly when others are speaking. **Whoever has the microphone has the floor.**
- Raise your hand if you want to speak, wait to be called on.
- Stay on track when a topic is being talked about.
- Come prepared and stay on topic.
- No fighting or arguing. Be kind and respectful to everyone at the meeting. **Know when to agree to disagree.**

- The Chairperson is in charge. When the Chair is away, the Vice-Chair is in charge.
- If you have any questions, it's ok to ask your facilitator for help.
- **If facilitators are needed in the room, they should be focused and attentive.**
- **Make sure every member has a chance to contribute to discussions. After members have had a chance to speak, facilitators may be invited to contribute.**



8. **AGENDA ITEMS FOR 2019**

The CAC discussed agenda items for the year 2019.

- Complaints Process
- Renewing the funding source for Medi-Cal
- Bringing back social recreation for everyone
- IPP/UR process
- Updating facilitator agreements
- Have SafetyNet return for updates
- Sports for school-age kids with disabilities
- Oversight for group homes for people with disabilities
- Accommodations for DMV driver's test
- Safety
- Housing
- Employment
- Updates and being involved in the Home and Community Based Services rules
- Presentation by Shawn on running for office

- Voting for people with disabilities who think they can't vote, or that something will happen to them if they do
- What advocacy is (discussion item)
- Have the DDS Director come to the meetings
- Jury Duty: what to do if you receive a summons. What if you want to serve? Accessibility.
- June Meeting: CAC group picture.



9. **HOME AND COMMUNITY BASED SERVICES Q&A**

The CAC discussed and reviewed Home and Community Based Services (HCBS) questions and answers that the HCBS sub-committee selected to be most important to consumers to post on the Consumer Corner. After the CAC reviewed the following questions, the CAC needed more time to review and will talk more about at the February meeting.

- **GENERAL**

- ✓ **Q1. What are the federal home and community-based services rules?**

A. In January 2014, the federal Centers for Medicare & Medicaid Services (CMS) issued final rules, or regulations, as part of the Affordable Care Act. The rules ensure that home and community-based services programs funded through Medicaid - called Medi-Cal in California - provide eligible persons with disabilities full access to the benefits of community living and offer them long-term services and supports in the most integrated settings of their choosing.

✓ **Q2. What do the rules say?**

A. Individuals must receive services in the most integrated settings of their choosing and also have full access to the benefits of community living. Settings where individuals live and receive services must be more about the nature and quality of individuals' experiences than the type of buildings where the services are delivered.

✓ **Q3. What is the federal intent of these rules?**

A. The intent is to ensure that states receiving federal Medicaid funds meet the needs of individuals who choose to get their long-term services and supports in their home or community.

- ❖ For individuals: these new rules are intended to ensure the quality of services.
- ❖ For service providers: services, and the settings where they are provided, must meet the new standards of the rules to be eligible for reimbursement under Medicaid.

✓ **Q4. The Lanterman Act requires that individuals can receive community services if they want, so why does the State need to comply with these federal rules?**

A. A large amount of the services that regional centers provide are currently paid for with Medi-Cal funds. Without this funding the State would pay more for the services now available to individuals with developmental disabilities. If services are provided in settings that don't meet the rules, the State will eventually lose federal funding for them.

- **CONSUMER-RELATED**

- ✓ **Q1. I am a regional center consumer. How do these federal rules affect me?**

A. The rules give you a chance to access the benefits of community living, including regional center services and supports, in integrated settings that meet your needs and choices.

- ✓ **Q2. Do the home and community-based setting rules apply to the family home where I live?**

A. The Centers for Medicare & Medicaid Services (CMS) has assured states that the homes of individuals, or their relatives, meet the requirements of the new rules.

- ✓ **Q3. I live in a community care facility with three other residents. I like it here. Will I have to move because of the new rules?**

A. If the facility doesn't meet all the requirements of the federal rules, they have until March 2022, to make any needed changes.

- ✓ **Q4. What is the meaning of a "private unit in a residential setting?" Does this mean that an individual must have the option of a private bedroom regardless of the individual's financial resources?**

A. The federal rules acknowledge that an individual may need to share a room due to limited financial means, or may choose to share a room for other reasons. However, when a room is shared, the individual should have a choice of roommate.

- ✓ **Q5. What happens when one of the rules puts an individual at risk, such as having unlimited access to food, or the freedom to leave anytime?**

A. The federal rules allow for some of the requirements to be changed if:

- ❖ There is an identified need for the change.
- ❖ The change is documented and included in the Individual Program Plan.
- ❖ The change must have a regular review period that is consistent and document.



10. **TRAVEL CLAIM PAPERWORK**

Nicole Patterson took some time to talk to the group about travel paperwork.

- Room receipts: make sure you get a room receipt with a \$0 balance at the bottom. If you have a roommate, please write their name on the receipt.
- Parking receipts need to be for the least expensive lot, and DDS will check and make sure that you parked in the least expensive option.
- Rental cars: Need rental car agreement (pink paperwork) and a receipt when you return the vehicle. If you don't have both of these papers you will owe money.
- Support claim: This is how facilitators get paid for providing support for the member. You have to put in dates, what you worked on, and where you met. You are approved for 2 hours per month. You must get pre-approved by Nicole if you will need more than 2 hours per month of support time.
- Shuttle: If the hotel offers a free shuttle you must use the free hotel shuttle. The only exception is if you need accessible transportation.

- Get an envelope to mail in the paperwork and receipts.

11. **COMMUNITY ASSIGNMENTS**

CAC members were asked to work on the following:



1. **Networking**

Do one presentation in your area on any of the CAC publications.



2. **End-of-Life**

Use the Decision cards in your packet to have a conversation with someone you trust on what's most important to you.

- Decision Cards:
 - ❖ 3 piles:
 - ✓ 1st pile: Must haves (non-negotiables). No more than 10 cards
 - ✓ 2nd pile: It would be nice, but it's negotiable
 - ✓ 3rd pile: Not important



3. **SafetyNet**

- Go to the website at <http://www.ddssafety.net> and look around
- Keep in mind the idea that the website revision is going to focus on supporters, and social media will be for individuals
 - ❖ Do you think this is a good idea?
 - ❖ Do you think social media will meet the needs of individuals?



4. **Email additional 2019 agenda items to Nicole**

5. HCBS Rules Questions

- Look at these again and give feedback to Nicole
- We will talk about it again at the February meeting



12. **END MEETING**

Deaka McClain, Chairperson, adjourned the meeting at 2:49pm

**Next CAC meeting will be February 20, 2019 10-12
Conference Call**