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# B.R.I.D.G.E.S.

**B**uilding **R**elationships **I**ntentionally to **D**evelop  
**G**rowth and **E**xemplary **S**ervices

{February 2019}

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## FORECAST

### WELCOME!

This month we are sharing "Some Simple Ways to Support Someone With Depression"

- Support Tip No. 1: Avoid Telling Them to "Just Think Positive"
- Support Tip No. 2: Try Reaching Out First
- Support Tip No. 3: Validate Their Experiences
- Support Tip No. 4: Be Sensitive With What You Talk About
- Support Tip No. 5: Stay In Touch and Check In Regularly

**FYI:** The U.S. Department of Homeland Security published a proposed change to the existing "public charge" policy that would be harmful to people with autism or other disabilities seeking to enter the country lawfully if they may need public services. It would also be harmful to people with autism already in the U.S. if they are trying to become a permanent resident. Under the existing public charge rule, individuals may be considered a public charge if they need cash benefits, like social security or TANF, or if they live or might live in an institution. Under the proposed rule, officials would consider use of additional

programs as qualifying an applicant as a public charge, such as Medicaid, Food Stamps (SNAP), Medicare Part D, and Section 8 housing and Children's Health Insurance Program (CHIP).

**RULE UPDATE:** Grandfathering for Personal Emergency Response Systems and/or Remote monitoring Equipment.

**Agency providers** who are certified for Personal Emergency Response Systems and/or Remote monitoring Equipment with a certification that runs through 1/1/19 will be grandfathered for Assistive Technology Equipment through the end of their span.

**Independent providers** who are certified for Remote Monitoring Equipment will have the certification for the service ended on 12/31/18.

**Agency providers** who are certified for Remote Monitoring with a certification that runs through 1/1/19 will receive Remote Support effective 1/1/19.

**Agency providers** who are certified for Career Planning-Assistive Technology Assessment with a certification span that runs through 1/1/19 will be grandfathered for Assistive Technology Consultation through the end of their span.

**Independent providers** who are certified for Career Planning-Assistive Technology Assessment will have the certification for this service ended on 12/31/18.

**DID YOU KNOW?** Seasonal influenza, also known as the flu, is a viral illness that causes fever, tiredness, cough, sore throat, nasal congestion, body aches, and headaches. It is usually spread from person to person by coughing and sneezing. Most people who get the flu usually recover in one to two weeks, but the flu can be deadly. An estimated 300,000 people are hospitalized with the flu each year in the United States.



## GUIDES



Dan Barda has worked with the Board for 25 years. During that time, he has worked as a Job Coach sub, a bus monitor, a recreation tech, a Habilitation Specialist II, a SASS, and now, a Provider Support Specialist. As a PSS, he especially enjoys doing the training's for Independent and Agency Providers.

During non-working hours Dan enjoys volunteering for the Metro Parks by monitoring owls, birds, and butterflies. He enjoys reading historical fiction books, studying local history, playing various card and board games. Dan also prides himself as being a "Trivia Master"

and visits several downtown establishments that offer trivia challenges.



## LAMPPOST

### Intensive Support Team

The provider support department is piloting a new program, and looking for interested agency providers. The program is intended to provide intensive support to agencies through an individualized and comprehensive assessment that will focus on areas such as: personnel, policies, medical/professional follow-up and documentation, incident report/MUI follow-up and documentation, medication administration, and individual's finances. The results of the assessment will highlight the agency's areas of strengths, identify areas and systems that may be in need of more development, and guide the development process.

Some examples of agencies who may benefit from a more intensive and supportive approach are agencies who have recently experienced growth, or may be expanding services to individuals who require more extensive services. Feel free to express interest if you have a unique situation where this approach may be beneficial.

If interested or have questions, please contact Trisha Harkey at [tharkey@lucasdd.org](mailto:tharkey@lucasdd.org)



## KUDOS

TARGET Curriculum

Teaching- Addults-Respect-Genuineness-Empathy-Trustworthiness

Kudos to **You First by John Grant** for being the first provider to participate in the revival of the once popular and successful TARGET Curriculum. The TARGET Curriculum began in the late 1990's at the Holland Road Adult Services Center and was also at Hill and Telegraph.

The current version of the TARGET Curriculum began on August 1<sup>st</sup>, 2018 with individuals from You First. TARGET is a nine week course consisting of a small group of individuals designed to help them learn successful social and professional behavior. The topics include personal hygiene, work ethic, positive interactions, taking responsibility, and being respectful. The group spends time learning and discussing and then puts their knowledge into practice with the group going out into the community. The instructors are: Brian

Jones, John Priest, and Mark Billups. Coordinators overseeing the project are Erika Fisher and Jennifer Wolfe. The TARGET Club is available to **ALL** providers interested. If interested, you can contact Brian Jones at 419.380.5105



## TRAINING

We are continuing to host the DSPATHS Curriculum sessions for the next couple of months. PATHS is an approved curriculum through DODD which allows Direct Support Professionals to qualify for an increase in pay after accumulating 2 years of experience and 60 hours of approved training. The PATHS trainings do not have to be taken in order. The registration for any PATHS course is through the OADSP website.

**Monday February 4:** PATHS #215 "Supporting Successful Community Living" from 4:00-7:00pm at Friendship Baptist Church (5301 Nebraska Avenue)

**Tuesday February 5:** PATHS #206 "Vocational, Educational, & Career Support" from 9:30am-12:30pm at the LCBDD Training Center (1155 Larc Lane)

**Tuesday February 5:** PATHS #214 "Supporting Successful Community Living" from 1:30-4:30pm at the LCBDD Training Center (1155 Larc Lane)

**Monday February 11:** PATHS #208 "Facilitation of Services" from 4:00-7:00pm at Friendship Baptist Church (5301 Nebraska Avenue)

**Tuesday February 12:** PATHS #217 "Overview of Entitlement Benefits" from 9:30am - 12:30pm at LCBDD Training Center (1155 Larc Lane)

**Monday February 18:** PATHS #206 "Vocational, Educational, & Career Support" from 4:00-7:00pm at Friendship Baptist Church (5301 Nebraska Avenue)

February's Training Calendar can be accessed at this

link: [https://gallery.mailchimp.com/46f9edd74ac726fdf457dfe0f/files/644304eb-dd01-4f6a-92c5-a4d4019ade1f/FEB\\_2019\\_Training\\_Calendar.pdf](https://gallery.mailchimp.com/46f9edd74ac726fdf457dfe0f/files/644304eb-dd01-4f6a-92c5-a4d4019ade1f/FEB_2019_Training_Calendar.pdf)



## FIRST AID STATION

Hypertension, or high blood pressure, is a condition in which the force of the blood against the artery walls is too high. Usually hypertension is defined as blood pressure above 130/80, and is considered severe if the pressure is above 180/120. High blood pressure often has no symptoms. If your blood pressure is extremely high, there may be certain symptoms to look out for, such as severe headache, fatigue or confusion, vision problems, chest pain, difficulty breathing, irregular heartbeat, blood in the urine, or pounding in your chest, neck, or ears. Over time, if untreated, it can cause health conditions, such as heart and artery damage, stroke, kidney damage, vision loss, and hypertensive crisis. Eating a healthier diet with less salt, exercising regularly, and taking medications can help lower blood pressure.



## PATH TO SUCCESS

One Good Life principle that works in assisting us with moving forward on our paths to success is called the "Must Haves". The main idea of the "Must Haves" states that, in most situations, one or more of the following must be available to assist in moving forward when we face a challenge: Time, Space, Positive Words and Tones, Living in their Shoes, and Being Connected and Committed.

When facing certain challenges, many of us simply need time and space to get through them. At other times, for a variety of reasons, we may need to hear some positive feedback from a friend or family member as we go through a particular challenge. Putting ourselves in someone's shoes, as well as keeping ourselves available as needed for them, helps them to feel connected and lets them know that you are committed to the relationship.

Our challenging times can work for our good when we use what we learn to help ourselves and others through future challenges. When practiced, these principals of the "Must Haves" can serve to move us forward on our paths to living successful lives.



## SHOOTING STAR

*"Choose well your words.*

*They will go marching down the years in the lives you touch."*

Wilfred Peterson



## RESOURCES

Across the world people are living longer than they ever have before, and this includes individuals with disabilities. The life expectancy for people with intellectual & developmental disabilities is similar to that of the general population. The number of adults with intellectual & developmental disabilities age 60 years and older is projected to nearly double from 641,860 in 2000 to 1.2 million by 2030. The reasons for the increase in life expectancy can be traced back to better health care, improved medical technology, more pharmaceutical interventions, better sanitation, and better diet and exercise.

**"Aging Gracefully"** is a monthly newsletter providing information regarding the special needs of the elderly with intellectual disabilities. The newsletter is dedicated on supporting people with intellectual & developmental disabilities as

**they grow older. The goal is to offer support and provide tips for service providers & family caregivers.**

**If you are interested in receiving "Aging Gracefully," please contact the Senior Committee and request to be added to the distribution list by email: [seniorcommittee@lucasdd.org](mailto:seniorcommittee@lucasdd.org)**

Helpful provider information is always available at the following websites:

DODD: <http://www.dodd.ohio.gov/Pages/default.aspx#>

Find the Lucas County Board of DD online at [www.lucasdd.org](http://www.lucasdd.org) or [www.facebook.com/LucasCountyDD](https://www.facebook.com/LucasCountyDD)