

# The Arc in Jefferson County Community Connections



## The Arc proposes Self Determination Project to DDRC

Executive Director Todd Lowther presented a Model Self Determination Project to the board of directors of Developmental Disabilities Resource Center on January 28. His presentation was in response to DDRC's invitation for The Arc's participation in the process of how to use the new funds available from the recent passage of the *Campaign to Help* mill election in Jefferson County.

Lowther described the project as "visionary" to an audience of DDRC board members, DDRC staff and members of The Arc. He called upon the staff of DDRC to add substance to the proposal. But he urged the board not to overlook this unique opportunity to show the community that DDRC can positively address an age-old issue—the Comprehensive Waiting List.

The proposal called for the creation of a model project, where ten individuals would be selected from the Waiting List, those who have rejected a comprehensive resource, for one reason or another, in the past. These ten individuals would need to agree with the Self Determination concept and be willing to direct their services in some manner. Because these are locally-generated dollars, individual plans could be designed without the strings that are attached to traditional funding, and participants could develop plans based on needs, dreams and desires instead of available resources.

Self Determination is a concept that has been gaining greater attention throughout the country over the last decade. In Colorado, Fred DeCrescentis, new state director of the Division of Developmental Disabilities (DDD) has unveiled his desire that Self Determination be available to the extent possible or desired in all programs. He recently published a list of 21 Principles and Parameters to Construct a Self-Determination Process [see page 2].

Lowther will be meeting with key staff from DDRC, including Art Hogling, Bob Arnold, Beverly Winters and Pat Jefferson to "flesh out the details" prior to the project's consideration for funding by the DDRC board.

Lowther estimated that 10 individuals could be served by the project for a total cost of between \$250,000 to \$400,000 annually. "While that may seem like a great deal of money for 10 people, it's actually more than \$100,000 less than what 10 comprehensive slots would cost," Lowther said. "Plus, DDRC will be seen as a visionary leader in the Self-Determination movement by creating a model that has the potential of replication by other CCBs or by the state."

## Winter 2004

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*The newsletter of The Arc in Jefferson County, a local unit of The Arc of the United States and the Arc of Colorado, supporting persons living in Jefferson, Clear Creek and Gilpin counties with cognitive developmental disabilities.*

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**Principles and Parameters to Construct a Self-Determination Process  
Outlined by Fred DeCrecentis, Colorado Division of Developmental Disabilities  
January 30, 2004**

- 1. The process must be consistent with providing reasonable assurances or safeguards regarding the health and safety of individuals participating;**
- 2. All individuals/guardians will be able to participate in self-determination, to the degree they choose;**
- 3. Individuals/guardians participating in the self-determination process will have their choice of state approved fiscal intermediaries;**
- 4. Where appropriate, family members can be paid to provide services and supports;**
- 5. Individuals/guardians should be supported to do long-term resource planning;**
- 6. Individuals/guardians are expected to be cost effective and will not be penalized for underutilizing their resource through no fault of their own;**
- 7. Systemically, there will be a means to manage fluctuations in service level needs and emergencies at the local level;**
- 8. Self-determination will be available to the extent possible/desired in all programs;**
- 9. Once a self-determination process has been finalized, materials will be developed to enhance the consistency and understanding of the developmental disabilities system;**
- 10. Training will be provided to individuals, guardians, families, community centered boards, providers and advocates;**
- 11. The responsibilities of all parties participating in self-determination will be explained, acknowledged and formalized;**
- 12. CCB's will continue to be the single entry point for the developmental disabilities system;**
- 13. DDD will retain the overall responsibility for fiscal and Program Quality reviews;**
- 14. DDD will solicit ongoing input from its constituency regarding the implementation and effectiveness of the self-determination process;**
- 15. Key definitions of self-determination terminology will be established;**
- 16. A consistent, statewide system of "transparency" will be developed;**
- 17. Community contribution will be an integral component of the self-determination process;**
- 18. Informed choice is a central theme to self-determination;**
- 19. DDD will implement the self-determination process in a thoughtful and reasonable manner to enhance its success systemically;**
- 20. The self-determination process must be consistent with Core Values of the Department of Human Services and the Division for Developmental Disabilities; and**
- 21. The self-determination process must be consistent with Medicaid requirements.**

# WHAT'S NEW WITH DDRC'S SUPPORTED LIVING SERVICES?

When the Resource Allocation Committee's (RAC) decision is sent to the individual and/or guardian, take careful note of the revised dispute resolution process change effective 8-25-03. The timelines are **quite short**, especially upon initial receipt of the written notice of the RAC decision.

## DDRC Supported Living Services Dispute Resolution Process

Listed below you will find the steps you take when you are not happy with decisions or service provided through the SLS Program. These steps are a short version of DDRC Procedure #3600. If at anytime you need help with this process, please contact your Resource Coordinator (RC).

1. You may initiate an appeal by filing a **written request** indicating that you wish to appeal the decision and the reasons why. Please send the letter to the SLS Director within **10 days** of the notice of the decision. *This would be 10 days from the date the letter is written. Save the envelope with the postmark date for further reference! Be sure to clarify the impact that the reduction in funding will have upon the individual, specify what exactly you are appealing, and how it all relates to the individual's disability. Health and safety continues to be the priority for funding for services.*

-- OR --

If you are receiving **Medicaid services** you have the option of appealing through Medicaid by sending your letter within **15 days** of the decision to the Division of Administrative Hearings. They will contact you to schedule a meeting.

2. The next step, **Informal Negotiation**, is to meet with your team to discuss your concerns and attempt to resolve them to

your satisfaction. The SLS Director or their designee will be present to assist in reaching a solution. You may invite others if you like. You may also choose to request "mediation services" as part of the informal negotiation process. *This route for appeal will not be through DDRC or the Department of Human Services.*

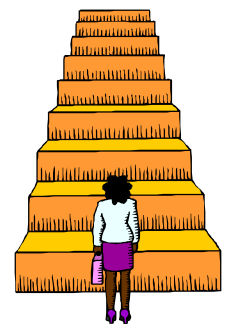
3. When informal efforts are not successful, you may request a **Formal Hearing**. DDRC will appoint an impartial decision-maker. A meeting will be arranged so that you and other involved parties have the opportunity to present information. This meeting is typically audio taped. You may invite whomever you want to assist you in this process. The impartial decision maker has **15 days** to respond to you with a written decision.
4. If you are not satisfied with the outcome of the formal hearing you have **15 days** to send a written request for **DDRC Executive Review**. Please direct this request to the Associate Executive Director of DDRC.
5. If you are not satisfied with the Executive Decision, you have **15 days** to write a letter requesting a review of the outcome of your appeal to the Executive Director of the **Department of Human Services**.

Talk to your RC regarding options available to you for assistance with this process.

Please know that if you have any questions about this process change, SLS/CES program questions, or would like assistance with filing an appeal, please contact The Arc in Jefferson County. We will be happy to discuss this with you.



**Jeanne Weis**  
Director of Adult Supports





**Robin Zaborek** is pictured below left being presented with her *Sparc Award* by The ArcJC board members **Barbara Young** and **Marilyn Broughton**. Mrs. Zaborek is the parent of two children with Down Syndrome and provides parent visitation and outreach to other families as a staff member of Mile High Down Syndrome Association.

2003 *Sparc Award* recipient, **Donna Nash**, pictured bottom far right was nominated for the award because of her more than twenty year commitment in working with adults and children with developmental disabilities. Ms. Nash is an

The 2003 Annual Meeting was held on November 18, 2003 at the Lookout Mountain Community Church. The event featured the election of new board members with the highlight being the presentation of the new *Sparc Awards* to members of the community who have shown exceptional interest in promoting the wellbeing of persons with disabilities.

The keynote speaker for the evening was **Fred L. De Crescentis**, Director of the Division for Developmental Disabilities, State of Colorado. Mr. De Crescentis presented an overview and update on the Colorado Self-Determination



Employment Consultant at DDRRC and child care coordinator for the children whose parents attend the Mobilizing trainings sponsored by The ArcJC.

Two recipients of *Sparc Awards* are not pictured on these pages. **Kay Cessna** was nominated for her determination to improve education for students in Jefferson County Schools while employed in the Intervention Services department. Mrs. Cessna set a tone and implemented programs and positions that put R-1 schools in the forefront in fulfilling its obligations under, "*No Child Left Behind.*"

Project. Mr. De Crescentis is pictured at top being introduced by **Todd Lowther**, Executive Director of The ArcJC.

Mr. Lowther is shown above right with **Senator Maryanne "Moe" Keller** and **Joan Jurann**, volunteer. Sen. Keller was presented with a *Sparc Award* for her commitment to keeping budget reductions at a minimal level for those with the greatest needs.



# 2003 Annual

Another recipient of a *2003 Sparc Award* was **Dr. Chip Stark**, Medical Director for the Hospice of Boulder County. Dr. Stark was nominated for having worked closely with a young man for whom The ArcJC is guardian. Dr. Stark presented this case at the Harvard School of Medicine for educational and consultative purposes and has brought the director of the San Diego Hospice to meet the gentleman.

For over twenty years, **Joyce and Bob Clark** have been active in advocating for the rights of people with cognitive and physical challenges.



County Schools and in this position she has assisted with modifying and adapting the curriculum and tests for students with developmental disabilities.

**Marilyn Broughton** is pictured below presenting a *2003 Sparc Award* to **Linda Mullen** for her volunteerism for The ArcJC.

Because Ms. Mullen firmly believes that, "membership in The ArcJC is empowerment," she happily spent countless hours calling potential members to encourage them to join the organization.

Bob, far right above, and Joyce, center, have been involved in trainings and committees for The ArcJC; committees for the Developmental Disabilities Resource Center; and each year they ride their motorcycles collecting pledges to help the Muscular Dystrophy Association. The ArcJC is proud to present them with a *2003 Sparc Award*

**Janet Brown**, shown above, receiving a *2003 Sparc Award* from The ArcJC board member, **Barbara Young**, is recognized for her dedication to students with special needs.

Mrs. Brown is a Para Educator for Jefferson



**Jan Beckett** is pictured left with her *2003 Sparc Award*, for volunteerism in the community. She is a member of the Developmental Disabilities Resource Center board of directors and has provided presentations as a self-advocate for the past two years at the Training for Transition weekends sponsored by The ArcJC and Easter Seals Colorado.

With her presentations at these workshops, Jan has impacted and empowered over 400 individuals with developmental disabilities and their family members.



# ArcJC Meeting

# You Should Know!

## HAVE YOU STARTED PLANNING FOR THE FUTURE?



Everyone should plan carefully for the future, but planning is especially critical when a family member has a disability. Unfortunately, some families have not made estate plans and we hear horror stories of people no longer qualifying for services because they inherited money or received a settlement.

*Money often can be set aside if planning is done early and it is done correctly.* If you are just getting started, attend an overview of Planning for the Future. What do you want to see happen for the person with a disability ten, twenty or even fifty years in the future? Outline a letter of intent. Learn about special needs trusts. Find out about housing options including homeownership by people with disabilities.

**Wednesday, February 18, 2004  
5 to 6:30 p.m.**

**Public forum follows at 7 p.m.  
DDRC**

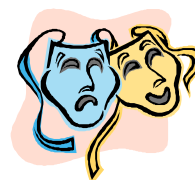
**11177 W. 8th Avenue, Lakewood  
Dianne Hitchingham will present!  
Please RSVP by calling 303-233-3363!**

Other topics to be covered in February and March include: Guardianship and Advance Directives; Special Needs Trusts; and Financial Planning and Trustee Responsibilities.

## A SPECIAL THANK YOU TO TOM AND HELEN STROUD.

The Arc in Jefferson County wishes to express its sincere appreciation to the Stroud's for the very kind letter they wrote to the editor of the *Arvada Sentinel* last November expressing their gratitude that the voters had passed the mill levy to support people in Jefferson County with developmental disabilities.

Thank you Mr. and Mrs. Stroud for your thoughtful letter and also for mentioning The Arc in Jefferson County in that letter as advocates for individuals with developmental disabilities.



## SPIRIT AND SOUL, THE TOUR

...a musical production from **Magic Moments, Inc.** providing persons with physical and developmental disabilities the opportunity to participate in and gain exposure to the arts.

Performances are scheduled for March 18th and 19th at 7:30 p.m.; March 20th at 2:00 and 7:30 p.m. and March 21st at 2:00 p.m. All performances are at Littleton High School, Littleton Blvd. and Broadway. The cost is \$15 per person; students and seniors are \$12.00.

For more information, call Jill Persichetti at 303-979-5730 or go to [www.magicmomentsinc.org](http://www.magicmomentsinc.org).



# You Should Know!

## VOLUNTEER INCOME TAX ASSISTANCE (VITA) AND TAX COUNSELING

Call for free tax help locations in your neighborhood at 1-800-829-1040.

VITA sites assist low-income, non-English speaking, individuals with disabilities and senior citizens with free income tax preparation. Generally, you must make less than \$35,000 to qualify, however, income limitations will vary by site. Forms and schedules that may be completed are limited to the volunteer's training level. Many sites offer free IRS *e-file* (electronic filing), free bank accounts, financial education, and bilingual assistance.

## **What You Should Bring To A Free Tax Preparation Location...**

- This year's tax package
- Social Security cards for all family members
- All forms W-2 and 1099 for you and your spouse and any other income documents
- Information for deductions and credits
- IRS letter indicating any Advance Child Tax Credit Refund for 2003
- Your spouse if filing jointly
- A copy of last year's tax return



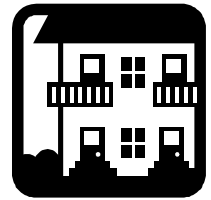
## DO YOU NEED PAL?

PAL is a nonprofit organization that rents apartments to adults with developmental disabilities. PAL tenants must be able to live semi-independently without regular supervision, but must receive support services to enable them to live as independently as possible. Tenants must pay their own expenses including rent, utilities, food and support services.

Supported Living Services (SLS) funding usually pays for support services for tenants who qualify through their local developmental disabilities service agency such as DDRC, Developmental Pathways, Inc., North Metro Community Services, Denver Options.

Rents average around \$350-\$400 per month. To be eligible, tenants must have low incomes under federal guidelines. A \$500 damage/security deposit is required. All apartments have two bedrooms and are rented to two people per apartment. Some units have a washer and dryer. PAL provides microwave ovens in all units and maintains all appliances in high quality operating conditions. The apartments are inspected twice each month and the maintenance contractor is always on call for repairs.

For more information, call 303-422-5345 or email [persaff@aol.com](mailto:persaff@aol.com). Visit the website at [www.palcolorado.org](http://www.palcolorado.org).



# You Should Know!

## COLORADO FUND FOR PEOPLE WITH DISABILITIES

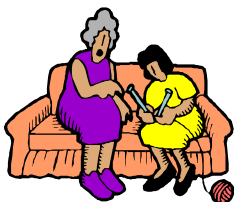


The Colorado fund for People with Disabilities, a state wide supplemental needs pooled trust now has a website. The address is [www.codisabilitytrust.org](http://www.codisabilitytrust.org)

The Colorado Fund for People with Disabilities (CFPD) is a trust fund designed to protect a person's public benefits, such as Supplemental Security Income and Medicaid, should they receive a sum of money that would otherwise make them ineligible. Funds in CFPD are seen as unavailable assets for eligibility determination. These funds could come from, but are not limited to, a back payment from Social Security, personal injury settlement, an inheritance or the proceeds from the sale of a house.

For more information, visit the website or contact CFPD at 303-733-2867.

## GOT AN INTEREST IN NEEDLEPOINT OR KNITTING?



Two self advocates would like to team up with individuals who want to either learn needlepoint or knitting or simply enjoy the art of creating with others. If interested, please call Louise at 303-232-1338x207 or more information.



## UNIQUE CLOTHING ADAPTATIONS FOR YOUNG AND OLD WITH SPECIAL NEEDS.

Alternate closures, additional zippers or openings. All custom made, comfortable and fashionable for infant through senior. For more information, call Karen (nurse/seamstress) at 303-692-8259, Mon-Fri from 8 to 5.



## PARENTS OF ADULT CHILDREN GROUP HAS A NEW TIME

Parents of "adult children" who are over the age of 18 are invited to monthly gatherings on the fourth Thursday of each month at The Arc in Jefferson County. **The new time is 4:30 to 6:00 p.m.** This is a great time to share experiences, joys and issues with one another.

Please RSVP twenty-four hours in advance to Louise at 303-232-1338x207. Light refreshments will be available along with lively discussions. We hope to see you at our new time!

# You Should Know!

## ELIZABETH M. ERICKSON MEMORIAL

*In Honor of Lynelle Whitlock*

*Mrs. Dorothy Smith*

## IN MEMORY OF MICKEY JENKINS

*Mrs. Bea Adams*

## IN MEMORY OF TOM FOX

*Raejean Stotler*

## GOLD CONTRIBUTION

*Mr. & Mrs. Richard Billings  
Ann Cornick  
William Hall*

*Marcia Hughes & James Terrell  
Paul Phillips & Susan Zimmerman  
Todd & Paula Lowther  
Elaine & Dennis Angelo  
Dar & Elaine Vriesman  
Jack & Marilyn Broughton  
Craig Trindle*

## SILVER CONTRIBUTION

*Carl & Karin Hohman  
James & Audrey Wilson  
Kari Szynskie*

## CONTRIBUTIONS

*Chris & Kathy Hull  
Peg Long  
Susan Haas*

## WELCOME, NEW MEMBERS

*Molly Balmes  
Robert Hollis  
Theresa Gonzales  
Karry Urbalejo  
David Osborne  
Leandrea Pfuger  
Diann Manes  
Robert & Barbara Thompson  
Gene & Arlene Gillespie  
John Gartling  
Nancy Millarch  
Kari Szynskie  
Amy Hollis  
Jennifer & Aaron DeViller  
Jay & Sharon Sanders  
Mark & Sharon Edelen  
Don & Kathryn Fossett  
Debra Hyland  
Gloria Alderete  
Jeff Alexander  
Jacque Clevenger  
David Bender  
Summer Ingersoll  
Deborah Just  
Selna Lujan  
Ginger Plymessenger  
Louise Weech  
Brook Wiggins  
Andrea Clark  
Joe Greisen*

**Mission**  
Providing leadership in addressing the choices and the needs of individuals with developmental disabilities and their families.

### **The Arc Board**

Robert Cherryhomes  
President

Sherri Potter  
Vice President

Beth Lidvall  
Secretary

Barbara Young  
Treasurer

John Ratz  
Director

Diane Jurann  
Director

Sandy Russalesi  
Director

Marilyn Broughton  
Director

Josi Berman  
Director

Diann Maness  
Director

Mark Hoefler  
Director

Elaine Angelo  
Past President

### **The Arc Staff**

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Jo Lynn Osborne  
Assistant Executive  
Director

Jeanne Weis  
Director of Adult  
Advocacy

Louise Todd  
Director of Individual  
& Family Supports

Ian Watlington  
Director of  
Educational Support

Ann Moulton  
Administrative Manager  
& Editor

Carole Turre  
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## Community Connections

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# What's New with Training for Transition in 2004?

In 2004, **Training for Transition** is going to be offered at no charge in the Denver Metro Area.

- Who: Parents and professionals using the transitional IEP process. (no childcare or self-advocacy sessions during this seminar.)
- What: A weekend conference to gather information, learn about resources and share with one another
- When: Friday, March 5 through Sunday, March 7. Friday session starts at 5 p.m. and Sunday session ends at 1 p.m.
- Where: Lakewood Holiday Inn, 7390 W. Hampden (near Wadsworth)
- Cost: No final cost to registrants! All costs are being covered by the Colorado Department of Education. To secure your registration, a \$10 per person refundable registration fee is required.



**In addition, Training for Transition will still be offered at Rocky Mountain Village on February 20-23 and April 16-18.**

**During these two weekends, the training is open to the entire family.**

**To register or for more information on these upcoming training opportunities, call 303-233-1666, ext. 222 or visit [www.arcjc.org/transition.htm](http://www.arcjc.org/transition.htm).**