



Caring and Sharing

A special addition to the March Caring and Sharing Newsletter

Contributors: Becky Cale and Glenda Alcock

Artistic Design: Anna North

Graphics by Ohio Public Images

"Celebrating Developmental Disabilities Awareness Month-March 2010"



During the month of March, Eastpointe and other organizations have celebrated Developmental Disabilities Awareness Month. We hope that our efforts have increased positive awareness of the many abilities people have, regardless of disability. Just remember- everyone has something to offer, and people with disabilities are **just like you!**

What is a Developmental Disability?

A developmental disability appears before the age of 22 and is likely to last throughout life. It causes the individual to be limited in what he/she can do, and may affect the individual in the following areas:

- Ability to take care of one's personal needs
- Ability to understand what others are saying, or express oneself
- Ability to live independently
- Ability to learn

- Ability to walk
- Ability to be in charge of one's own life

Some Developmental Disabilities are:

- Autism
- Cerebral Palsy
- Down Syndrome
- Epilepsy
- Fetal Alcohol Syndrome
- Mental Retardation
- Spina Bifida

In North Carolina, individuals with Traumatic Brain Injury (TBI) are also considered to be in this category.



Mental Retardation and Mental Illness: What's the Difference?

Many people have heard the terms "mental retardation" and "mental illness", but may not know the difference between the two. Here is a brief description:

- Mental Retardation refers to below average intellectual functioning; mental illness has nothing to do with intelligence. It is a medical condition that causes the individual to have less ability to cope with ordinary demands of life. Mental illness may interfere with a person's thinking, feelings, mood and/or daily functioning.
- An individual who has mental retardation may lack social skills; an individual who has mental illness may have odd social skills.
- 3% of the general population has mental retardation or other developmental disabilities; 6% of Americans have a serious mental illness.
- Mental retardation is present at birth or occurs during early childhood; mental illness can affect individuals at any age.
- Mental retardation can be expected to be lifelong; mental illness is treatable and most people can experience relief from and manage their symptoms by actively participating in a treatment plan developed specifically for them.
- People with mental retardation can also have a mental illness with symptoms such as hallucinations or severe depression.

- Individuals with mental retardation and individuals with mental illness can receive supports and services from private providers.
- Serious mental illnesses include:
 - Major Depression
 - Schizophrenia
 - Bipolar Disorder
 - Obsessive Compulsive Disorder (OCD)
 - Panic Disorder
 - Post Traumatic Stress Disorder (PTSD)
 - Borderline Personality Disorder

Community Alternatives Program for Persons with MR/DD **(CAP-MR/DD)**

The Community Alternatives Program for Persons with Mental Retardation/ Developmental Disabilities (CAP-MR/DD) is a special Medicaid program started in 1983 to serve individuals who would otherwise require care in an intermediate care facility for people with the mental retardation/developmental disabilities (ICF/MR). It allows these individuals the opportunity to be served in the community instead of residing in an institutional or group home setting.



CAP-MR/DD operates under a Medicaid home and community-based services waiver granted by the Health Care Financing Administration (HCFA). HCFA approves the services, the number of individuals that may participate, and other aspects of the program. Eastpointe receives a limited number of "slots" and an individual must have "slot" in order to receive CAP-MR/DD services.

Currently in North Carolina, there are two CAP-MR/DD Waivers: The Supports Waiver and the Comprehensive Waiver. Both waivers are for individuals with autism, developmental disabilities, or intellectual disabilities/mental retardation. The cost limit for both waivers

is based on individual's needs, but the Supports Waiver has a maximum cost limit of \$17,500 per year and the Comprehensive Waiver has a maximum cost limit of \$135,000. Both waivers include a wide array of services, but the Supports Waiver does not include 2 services: Residential Supports and Home Supports.

CAP-MR/DD Services and Supports are:

Personal Care (Enhanced, Nursing)	Long Term Vocational Support
Home and Community Support	Individual Caregiver Training and Education
Respite (Enhanced, Nursing, Crisis)	Supported Employment
Residential Support	Personal Emergency Response System
Home Supports	Specialized Consultative Services
Crisis Services	Specialized Equipment and Supplies
Behavior Consultant II, III	Transportation
Adult Day Health	Vehicle Adaptations
Day Supports	Home Modifications
Transitional Work Services	Augmentative Communication

Other Services for Individuals with Developmental Disabilities

Not all individuals who have a developmental disability have a CAP-MR/DD slot. There are still services available for these individuals. These services include:

- ✓ Case Management for Individuals with Developmental Disabilities
- ✓ Developmental Therapy
- ✓ Personal Assistance
- ✓ Respite
- ✓ Adult Developmental Vocational Program
- ✓ Residential/Group Living

Case Management- designed to assess an individual's needs and to make referrals to services to address those needs. This is done with the individual the legal guardian and any others they wish to participate. Monitoring of services is also a part of case management.

Developmental Therapy - focuses on skills training based on the strengths and needs of the individual receiving the service. For children, the service may include

training in activities of self help, language and intellectual development, and social skills. For adults, the training may include activities of self care, mobility, social skills, independent living skills, and self advocacy and rights.

Personal Assistance - a support service which assists an individual so they can engage in activities that they may otherwise be limited or excluded because of his/her disability. The assistance includes personal or regular living activities in the individual's home, skill development, and support of the individual in community activities.

Respite - a service that provides temporary relief from caregiving for a family. Respite may be provided in the individual's home or in a facility in the community.

Adult Developmental Vocational Program (ADVP) - a day program for adults that provides organized activities to prepare the individual to live and work as independently as a possible.

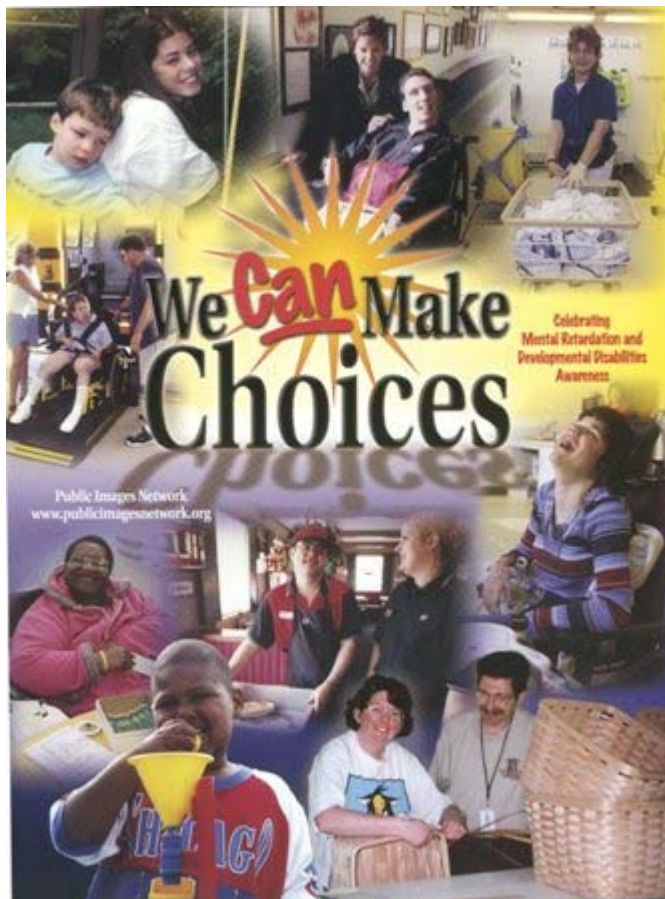
Residential/Group Living -provides care and supervision in a home-like environment to enable the individual to participate in community activities and social activities in the group home.



Resources for Individuals with Developmental Disabilities and their Families

The following are examples of resources available to individuals with developmental disabilities and their families. The resources listed offer services to individuals and/or advocate for individuals with disabilities.

Association of Self Advocates of North Carolina- a statewide advocacy organization for people with developmental disabilities <http://www.asa-nc.org>
Phone: (919) 420-7995



Autism Society of North Carolina- provides advocacy for individuals with autism and their families
<http://www.autismsociety-nc.org/>
Phone: 1-800 442-2762

Center for Development and Learning, Carolina Institute for Developmental Disabilities, UNC at Chapel Hill- offers a wide selection of clinical services for children and adults with developmental disabilities and their families
<http://www.cdl.unc.edu/>
Phone: (919) 966-5171

Disability Rights North Carolina- disability advocacy organization serving all persons with disabilities
<http://www.disabilityrightsncc.org/>
Phone: (877) 235-4210

Exceptional Children's Assistance Center- provides information and support on educational issues to parents and families of children with disabilities
<http://www.ecac-parentcenter.org/> Phone: 1-800-962-6817

Family Support Network of North Carolina- provides support for families with children who have special needs <http://www.fsnc.org/> Phone: (919) 966-2841

First in Families of North Carolina- provides support to individuals with developmental disabilities and their families <http://www.firstinfamiliesofnc.org/> Phone: 919-251-8368

North Carolina Council on Developmental Disabilities- 34 member Council with 60% of the members being people with developmental disabilities or family members; provides funding for projects and advocacy for system changes <http://www.nccdd.org/> Phone: (800)-357-6916 (voice/tdd)



Few words...many accomplishments

By Glenda Alcock, Eastpointe IPRS UM Care Manager

Hardy Day is a quiet, friendly, hardworking man. Those close to him will say that Hardy is brief and "to the point" during conversations. No one would have predicted 30 years ago that he would live in his own apartment, work and retire. His patience, perseverance and willingness to learn, along with guidance from local mental health support have facilitated this.

The 71-year-old man has had a developmental disability since birth and has successfully transitioned from institutional life to living independently in the community.

Looking Back

Hardy recalls that he lived in the Hickory area and went to school. He attended public school briefly, but in the 40s resources were not available to meet his needs. "I was a little boy when I went to Caswell (Center) to live." While living at Caswell Center, Hardy learned many life skills needed to live on his own. Prior to moving into the community, he lived in a house on Pecan Lane on the Caswell campus. Caswell staff supported him in job placement and moving into his first house in the mid-eighties.

Making a living

Hardy worked at a local glass company for over 18 years. When the company closed, he was re-trained at Neuse Enterprises and employed at Barnett until his retirement. He is a dependable and conscientious worker. Hardy was recognized by the Mayor's Committee for People with Disabilities for Outstanding Achievement in Non-Supported Employment in 1997. He has chosen to come out of retirement to work part-time with a cleaning company.

Independence.....and responsibility

When asked what is important to him, Hardy responds "I like to go shopping, watch movies and go to parties." As the weather grows warmer, he plans to go to the

beach and fish. He lives in an apartment, which is immaculate. Hardy prefers keeping a well-organized home. Due to his trustworthiness, he was appointed a trustee of his apartment complex. He has been given the responsibility of assisting other residents when minor problems arise. Several years ago, Hardy was recognized by the Kinston Fire Department for his quick-response in preventing the potential loss of life and property.

Adjusting to the future

As Hardy grows older, he has learned that some changes are necessary. He has several health issues that require him to eat differently and walk regularly. Additional support is needed to cook and go to medical appointments. Eagerness to learn and his good sense of humor will enable Hardy to make future life changes and continue living independently.

Access to Services for Individuals with Developmental Disabilities

If you or your family member has been diagnosed with a developmental disability, and needs services, please contact Eastpointe at **1-800-913-6109**. Access to Care services is available Monday through Friday, 8:00 a.m. to 5:00 p.m. and Crisis Services are available for emergencies at all times.

Service Providers

A listing of Eastpointe providers can be found on the Eastpointe website at www.eastpointe.net

- Go to "For Consumers"
- Click on "Provider Choice Database"
- You may view all providers or search for providers based on county location of the provider's office, service categories, or payer sources