

# INvision

## Indiana Division of Disability & Rehabilitative Services Newsletter

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### May 2018, Issue 2, Volume 1

## Hope Notes: A message from Director Kylee Hope



### Why LifeCourse?

As a sibling of an adult brother with autism and as someone who has worked with individuals with disabilities for my entire career, I, along with many of you, am deeply committed to enhancing the way in which supports and services are explained to individuals and families so that their needs, aspirations and opportunities for the achievement of self-determination, independence, productivity, integration and inclusion in all facets of community life can be identified and explored.

As the director of the Division of Disability and Rehabilitative Services, I recognize that in order to evolve our current systems and strive to develop greater capacity to value and support people to be a part of their community, it is critical to keep individuals and their families at the forefront of any change. It is this recognition that has motivated DDRS' endorsement and use of the LifeCourse Framework and Principles in shaping these changes and conversations. Here are my top three reasons for "[Why LifeCourse:](#)"

1. **It's Simple and Easy to Understand** – It is critical that we use common language when helping families and individuals design support plans. The LifeCourse tools are free from unnecessary jargon and acronyms. It is as simple as outlining your dreams and goals and can be used in developing a variety of plans such as an individualized family support plan, individualized

education program, person-centered individualized support plan and an individualized plan for employment.

2. **Active Participation is Key** – Families and individuals need to be in the driver’s seat when possible. Oftentimes the complexities of systems make families and individuals passive participants, rather than the active participant to lead the process in designing the supports and services needed for their life.
3. **Focus on Designing a Good Life** – Services and supports (both paid and unpaid) should be person-centered, holistic and ensure meaningful access to an individual’s home and community. The LifeCourse framework provides an avenue to identify various supports to ensure an individual has a good life and not just a “service life.”

For the entire system and community, it is my aspiration that, collectively, we can use these efforts to fulfill long-time advocate Betty Williams’ vision that Hoosiers with disabilities are “supported in having friends, contributing to the community, in giving back and being viewed as more than [their] disability.”

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## Introducing the Person-Centered Individualized Service Plan

One way the Bureau of Developmental Disabilities Services has embraced the LifeCourse Framework is by enhancing the individualized service plan for individuals on a waiver. In years past these plans were always person-centered but, by including the ideas and tools from the LifeCourse Framework, the plans will now be inclusive of all aspects of a person’s life, consider their vision for a good life and promote greater opportunities for choice and self-determination.

The person-centered individualized plan should chart a path for your individualized service team to follow so that they can best support you or your loved one in achieving YOUR vision for a good life. It should clearly articulate your hopes, desires and needs as well as describe your life circumstance.

The PCISP will look at the Life Domains that are important to a good life. It recognizes the interconnectedness of everyday life so you can work to make your life as complete and fulfilling as possible. Those domains are: Daily Life and Employment, Community Living, Safety and Security, Healthy Living, Social and Spirituality and Citizenship and Advocacy.

Betty Williams, self-advocate, recently developed her PCISP. She shares her experience:



*Hello! My name is Betty Williams and I was part of a committee to help redesign the Person-Centered ISP process for people with intellectual and developmental disabilities in Indiana. It was exciting to be a part of this because I was able to help make the planning process more person-centered and self-directed. As a person who has recently received the CIH waiver, I was one of the first people to try out the new PCISP process and was able to use the Life Course tools to create a vision for my life.*

*Using the new process was exciting, because the Life Course tools really helped me design a broader vision for my life, based on my strengths and skills and the supports available to me. The tools focused on many different areas of my life, including daily life and employment. But also community living, safety and security, healthy living, social and spiritual life, citizenship and advocacy, and any other areas of importance to my life. Working with these tools and my case manager, it helped me identify my goals and supports I need to succeed in each of these areas of my life. I now feel that I have a better idea of what I want my life to look like and a plan to make my services and supports work for me.*

*As Indiana continues to roll out this new process, more people will have the chance to use these new tools. I am excited for this opportunity for individuals with disabilities in Indiana to be empowered to create the life that they envision.*

You should start receiving your or your child's PCISP via email or mail, so make sure your case manager has your updated email address. BDDS hopes that this new process allows you and your family to create a plan that is meaningful and supports you in your journey of pursuing your dreams while living, loving, working, learning, playing and participating in your community.

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## Life Domains and Stages

People lead whole lives made up of specific, connected and integrated life domains that are important to a good quality of life. The Life Domains represent what everyone, including families and people with disabilities or special health care needs, experience. The domains are the different aspects and experiences of life that we all consider as we age, grow and develop.



**Daily Life and Employment:** What a person does as part of everyday life – school, employment, volunteering, communication, routines and life skills.



**Community Living:** Where and how someone lives – housing and living options, community access, transportation, home adaptation and modification.



**Safety and Security:** Staying safe and secure – finances, emergencies, well-being, decision making supports, legal rights and issues.



**Healthy Living:** Managing and accessing health care and staying well – medical, mental health, behavior, developmental, wellness and nutrition.



**Social and Spirituality:** Building friendships and relationships, leisure activities, personal networks and faith community.



**Citizenship and Advocacy:** Building valued roles, making choices, setting goals, assuming responsibility and driving how one's own life is lived.

For more information on the LifeCourse framework and principles, visit: [www.lifecoursetools.com](http://www.lifecoursetools.com)

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## Bureau Bits

### Bureau of Developmental Disabilities Services (BDDS)

Did you know that Caregiver Support Services provides temporary assistance for families caring for eligible children and adults with intellectual or developmental disabilities who are residing with the family or legal guardian? This service allows caregivers to take a break from their caregiving duties while a qualified trained caregiver cares for their loved one. Call your local BDDS office for more information or visit our [frequently asked questions](#). Applications may also be made [online at our consumer information page](#).

### Vocational Rehabilitation

#### Pre-employment Transition Services

Pre-employment transition services are mandated by the Workforce Innovation and Opportunity Act of 2014. Under WIOA, Indiana Vocational Rehabilitation is required to make the five required activities of pre-ETS available to students with disabilities statewide.

#### Pre-ETS Required Activities:

1. Job exploration counseling may include, but is not limited to, interest inventories, reviewing career websites and identification of career pathways of interest.
2. Work-based learning experiences may include, but is not limited to, paid or non-paid work experiences in the community, volunteer work, job shadows, short- or long-term internships and employer mentoring activities.
3. Counseling on opportunities for enrollment in postsecondary education may include, but is not limited to, exploration of career pathways, counseling on postsecondary training opportunities and counseling to

support a smooth transition from high school to post-secondary education.

4. Workplace readiness may include, but is not limited to, training on soft-skills, employability skills, social/interpersonal skills and independent living skills.
5. Instruction in self-advocacy may include, but is not limited to, instruction in self-awareness, disability disclosure, requesting accommodations, understanding rights and responsibilities and mentoring (including peer mentoring).

**Eligibility:** Pre-ETS is available to students with disabilities aged 14 to 22 who are eligible or potentially eligible for VR. Documentation of disability may include an IEP or 504 plan. NOTE: If a student with a disability applies for and is found ineligible for VR services, that individual may not receive or continue to receive pre-ETS.

**Availability:** Pre-employment transition services are expanding rapidly across the state. To determine if pre-ETS are available in your county and school, and whom to contact, please [visit the DDRS web page](#).

Further information: please email [fssa.pre-ets@fssa.in.gov](mailto:fssa.pre-ets@fssa.in.gov) for questions, comments or concerns.

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## News You Can Use: INvestABLE Indiana



There's no limit to what people with disabilities can do. Now that includes saving, too. With the



INvestABLE Indiana, you can save for qualified disability expenses without losing your eligibility for certain assistance programs, like Supplemental Security Income and Medicaid. With the INvestABLE Indiana, you can save for qualified disability expenses without losing your eligibility for certain assistance programs, like SSI and Medicaid.

Eligible individuals can open the account for themselves, or an authorized individual can open an account on their behalf. There are a few requirements that individuals with disabilities must meet to be able to have an account.

You're eligible if:

- Your disability was present before the age of 26; and
- One of the following is true:
  - > You are eligible for SSI or Social Security Disability Income because of a disability.
  - > You experience blindness as determined by the Social Security Act; OR
  - > You have a similarly severe disability with a written diagnosis from a licensed physician that can be produced if requested.

For more information, visit

<https://savewithable.com/in/home.html>.

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## Events You Don't Want to Miss

The Task Force for Assessment of Services and Supports for People with Intellectual and Developmental Disabilities meets around the state for the purpose of gathering input and preparing a comprehensive plan for implementation of community-based services to people



with intellectual and developmental disabilities. This is YOUR chance to share your story. The task force wants to hear from families and individuals with disabilities. This is an opportunity to share what services are working well, what barriers you are facing, ideas you have for improvements and what you would like services to look like. Every comment is appreciated and taken into advisement when the task force develops a plan for implementation of services. Due to time constraints, comments are limited to two minutes. Here are a few tips to sharing your story:

- **Prepare ahead of time.** This will help you to organize your thoughts and ensure that you don't forget anything.
- **Use your own style.** You may choose to read something you wrote, you may choose to have highlights on note cards as a reference, or you may choose to just speak from the heart.
- **Breathe and relax.** Your story is important and sharing it provides valuable information to the task force.

The dates, times and locations of the next two meetings are:

### **Wednesday, June 27, 2018**

10 a.m. – 2 p.m. (CDT)

Porter County Community Foundation

1401 Calumet Ave.

Valparaiso, Ind.

### **Wednesday, July 18, 2018**

11 a.m. – 3 p.m. (EDT)

Indiana Government Center South

Conference Rooms 1 and 2

402 W. Washington Street

Indianapolis, Ind.

Written comments are always accepted and encouraged.  
Written comments can be emailed to  
[Kristina.Blankenship@fssa.in.gov](mailto:Kristina.Blankenship@fssa.in.gov) or mailed to:

**Division of Disability and Rehabilitative Services**

402 W. Washington Street  
IGCS/W453/MS 26  
Indianapolis, Ind.  
Attention: Kristina Blankenship

If you have a disability and require a reasonable accommodation to fully participate in the task force meetings, please submit your request to Kristina Blankenship via email at [Kristina.Blankenship@fssa.in.gov](mailto:Kristina.Blankenship@fssa.in.gov) or by phone at 800-545-7763, at least 48 hours in advance.

For more information about the task force, please visit  
<http://www.in.gov/fssa/ddrs/5455.htm>.

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**You can sign up to receive this newsletter and other updates from DDRS by visiting [www.fssa.in.gov/ddrs](http://www.fssa.in.gov/ddrs).**

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The Division of Disability and Rehabilitative Services (DDRS) is a program of the Indiana Family & Social Services Administration. If you have questions about DDRS programs and services, visit us online at [www.DDRS.In.gov](http://www.DDRS.In.gov)

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