

*The Arc of New Jersey
Family Institute*

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The Arc of New Jersey Family Institute

Provides families with the necessary resources and education to access the appropriate supports and services for their loved one with an intellectual and developmental disability.



Our Program

The Arc of New Jersey Family Institute provides families with the information they need to stay informed to better advocate on behalf of their loved one through:

Information:

- Email updates about important issues and action alerts for upcoming legislation
- Fact sheets, Go Bags, Navigation at a Clip, County Roadmaps
- Monthly e-newsletters
- Resource and referrals

Individuals and Systems Advocacy

- Creating changes on the local and state level that will benefit people with IDD and their families
- Providing one to one assistance to help families with NJ service systems and special education

Engagement

- Facebook- @thearcofnjfamilyinstitute
- Twitter & Instagram- @The ArcNJFI
- Attendance at resource fairs

Training & Education

- Webinars
- Podcasts
- Workshops and Presentations
- College Tours



Our Newsletter

The Family Advocate provides updates regarding important state issues that directly impact individuals with intellectual and developmental disabilities, and their families. Our newsletter is for families, professionals and caring citizens.

- ✓ Monthly governmental affairs update
- ✓ Education
- ✓ Kids Corner
- ✓ Chapter highlights
- ✓ https://www.thearcfamilyinstitute.org/what_we_do/archive.html



What Makes Our Website So Special?

<http://www.thearcfamilyinstitute.org>

- ✓ User Friendly
- ✓ Comprehensive (We like to archive)
- ✓ Up to date information
- ✓ Versatile learning tools
- ✓ Several different outlets
- ✓ Relevant and original content
- ✓ Website tools (stuff that just makes your website better)



What's In Your Go Bag?

The Go Bag was created to help you be the best ADVOCATE you can be for your loved one with IDD. A Go Bag is a simple collection of necessary resources about a specific topics.

Topics include:

ABLE Accounts
Advance Care Planning
Assistive Technology
DVRS
Early Intervention
Guardianship and Alternative Options
Health Care
IEP
College Options
Public Policy
Respite
Step by Step Process to DDD Eligibility
Special Needs Trust
Support Coordination
And I recently added a new one: Transportation!



County Roadmaps

This roadmap is great for:

• This roadmap is great for:

- ✓ Individuals
- ✓ Family Members
- ✓ Professionals
- ✓ School Personnel
- ✓ <https://bit.ly/2m1MkWJ>



Fireside Chats

FI's Fireside Chat Series

- ✓ A series of chats during the Fall and Winter seasons with experts in their field as it relates to individuals with intellectual and developmental disabilities.

Some examples:

- Series with Ombudsman
- Planning for Adult Life
- Division of Disability Services
- PLAN/NJ
- Catastrophic Illness in Children Relief Fund



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FI Calendars

FI's Tips Topics and Interests

30 DRIVER TRAINING RESOURCES FOR INDIVIDUALS WITH IDD
SEPTEMBER 2013



MON	TUE	WED	THU	FRI	SAT	SUN
				1 Urban High School Graduation	2 In the Driver's Seat: People with Disabilities Behind the Wheel	3 Social Media
4 Driving and Disability	5 Developmental Disabilities	6 Needs Assessment: How to Help Your Child with Disabilities Get the Most Out of Their Education	7 Evaluating & Implementing Driving Instruction with the Support of Community Partners	8 Writing and Communication Strategies for Young Adults With Disabilities	9 Learning to Drive with Disabilities	10 From ID to a Driver's License
11 Special needs and the driving license	12 Integrating driving with academics	13 Intervise the Individual With a "Specialized" Disability	14 Can You Drive With a Disability?	15 Advanced Driver's License	16 "Key" skills: Confidence, Safety, Training, and Independence with ID	17 January 2013: Governor Christie's Budget
18 Advanced Driving Strategies for Individuals with Disabilities	19 Writing Resources	20 Drivers and Disabilities: How to Get Your Child Ready?	21 Driving With Confidence: On the Road to Independence	22 Writing and Learning Goals	23 Driver Rehabilitation: What's the Future?	24 Driving with Autism
25 Driver Services by Language & Culture	26 Parents: How to Support Adult Drivers	27 Advocating for the Driver: How to Get the Most Out of Training	28 How To Deal a "Disability" Driving Instructor	29 Driving with Autism: Training	30 One to One: How to Support the Individual with Disabilities	



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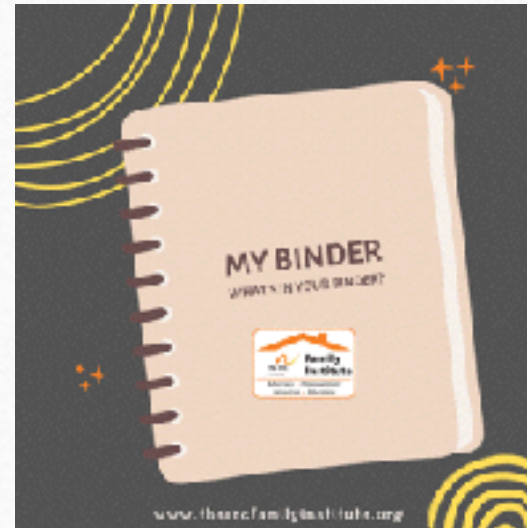
Advocacy • Empowerment
Resources • Education

My Binder

My Binder is a helpful virtual tool to keep you organized. This tool provides easy access to pertinent information.

We have a Binder for :

- ✓ DDD Documents
- ✓ DVRS Documents
- ✓ IEP Documents
- ✓ PerformCare Documents
- ✓ SSI Documents



Quick Notes

Keeping your records organized and keeping track of important numbers and contact information, can be challenging.

- ✓ Quick Notes are agency specific forms: These forms keep all pertinent information together
- ✓ **Some examples:** Division of Vocational and Rehabilitation Services, Division of Developmental Disabilities, IEP Meeting, Children's System of Care
- ✓ A Quick Note helps you record critical information needed to navigate the system. Additionally, each Quick Note comes with a Call Log to help you record phone conversations.
- ✓ <https://bit.ly/2N20UsC>



Family Advisory Committee

The Family Advisory Committee is a vital part of The Arc of New Jersey Family Institute. We meet 3 to 4 times a year to discuss a variety of topics, share information and broaden understanding of the many issues affecting families caring for a loved one with IDD.

The purpose of this committee is to:

- ✓ Identify common needs and goals among families
- ✓ Develop strategies to increase the efficiency and effectiveness of The Arc of New Jersey Family Institute
- ✓ Provide feedback
- ✓ Let us know about emerging issues expressed by families
- ✓ Serve as an advisory committee that makes recommendations and provide feedback



Children's Advocacy

Provides individual and systems advocacy related to services and supports for children with intellectual and developmental disabilities and their families, specifically in:

- ✓ Early Intervention (EI)
- ✓ The Children's System of Care (CSOC)
- ✓ Special Education- Education Advocate
- ✓ Systems Advocacy

Adara Heilmann- Director of Children's Advocacy

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Request an Advocate



The Arc of New Jersey Family Institute is happy to assist families with children who receive special education and related services. We provide information, education, and advocacy for families who are experiencing difficulties with their child's school district.

We can:

- ✓ Attend IEP meetings
- ✓ Review the IEP with a family
- ✓ Create an Outline to use at their child's IEP meeting
- ✓ Advocate on their behalf with the school district




DDD Funded Services Available Through Supports Program- Fact Sheets

COMMUNITY BASED SUPPORTS

Community Based Supports provides direct support and assistance for participants, with or without caregiver present, in or out of the individual's residence, to achieve and maintain the outcomes of increased independence, productivity, enhanced family functioning, and inclusion in the community.



Examples of Community Based Supports	Community Based Supports and In-Home Assistance	Why Community Based Supports?
<ul style="list-style-type: none"> Request from staff to enable an individual to attend an event or take a class. Support from staff to assist an individual participating in activities such as: <ul style="list-style-type: none"> Assistance with daily living skills Cleaning of home Meal making/meal prep Learning basic cooking skills Laundry skills Travelling Travel training Accessing activities in the community 	<ul style="list-style-type: none"> Community Based Supports can help with job site assistance in: <ul style="list-style-type: none"> basic self-care social skills activities of daily living Community Based Supports can be used in addition to but cannot replace Supported Employment Services (such as job coaching). 	<p>People with intellectual and developmental disabilities (IDD) often need community-based supports to support their need to live as independently as possible.</p> <p>This includes support with daily living skills, such as:</p> <ul style="list-style-type: none"> Getting dressed Taking medication Preparing meals Job coaching Residential supports Managing money 

Service Limits and DDD


Self-directed employees providing Community Based Support services may be members of a participant's family except provided that the family member has met the same standards as providers who are unrelated to the individual.

For more information about Community Based Supports visit: bit.ly/2W60T0M

OCCUPATIONAL THERAPY (OT)

Occupational Therapy is the work professional's role to enable people across the lifespan to do the things they want and need to do through the therapeutic use of many activities. Occupational therapy practitioners create programs of activities to help people to live life to its fullest by helping them promote health, and prevent or live better with injury, illness, or disability.



Examples of Occupational Therapy Goals	OT Interventions	Steps to Access Occupational Therapy through the Division of Developmental Disabilities
<ul style="list-style-type: none"> Independent dressing Coffing Grooming Using utensils/eating Understanding tasks like writing, coloring, and cutting with scissors Understanding boundaries and personal space Body awareness 	<p>Diverse occupational therapy interventions can include:</p> <ul style="list-style-type: none"> Helping children with disabilities to participate fully in school and social situations Helping people regain functional skills and providing supports for older adults experiencing physical and cognitive changes 	<p>Eligibility:</p> <ul style="list-style-type: none"> A Service Support Coordinator (SSC) will assess the OT to show an indication that OT is needed. The person or family member will need to provide a medical prescription for OT from an appropriate health care professional. If the primary insurer (MCO) approves the OT, the person will access the service through their primary insurer (MCO). If the primary insurer of the person will require an Explanation of Benefits (EOB), the SSC will coordinate income with the Support Coordinator and then the SSC will help the person identify providers of OT and make sure to add OT to the person's insurance coverage (see www.nj.gov/education). <p>Access:</p> <ul style="list-style-type: none"> A Service Support Coordinator will assess the OT to show an indication that OT is needed. The Support Coordinator will include Occupational Therapy in the Individualized Service Plan (ISP). 

Occupational Therapy Services

- An initial assessment will be conducted by the person, family and occupational therapist determine the person's goals
- Customized intervention to improve the person's ability to perform daily activities and reach their goals
- An outcomes evaluation to ensure that the goals are being met and/or make changes to the intervention plan.



Questions

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