

STAY HEALTHY AT HOME WEBINAR SERIES WILL BEGIN AT 2 PM

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Stay  
**HEALTHY**  
at Home

# NEW JERSEY SELF-ADVOCACY PROJECT



## YOU AND ME, THE DSP:

A CONVERSATION  
WITH DSPs & THE  
PEOPLE THEY SUPPORT

STAY HEALTHY AT HOME WEBINAR SERIES  
SEPTEMBER 15, 2020 FROM 2 - 3 PM

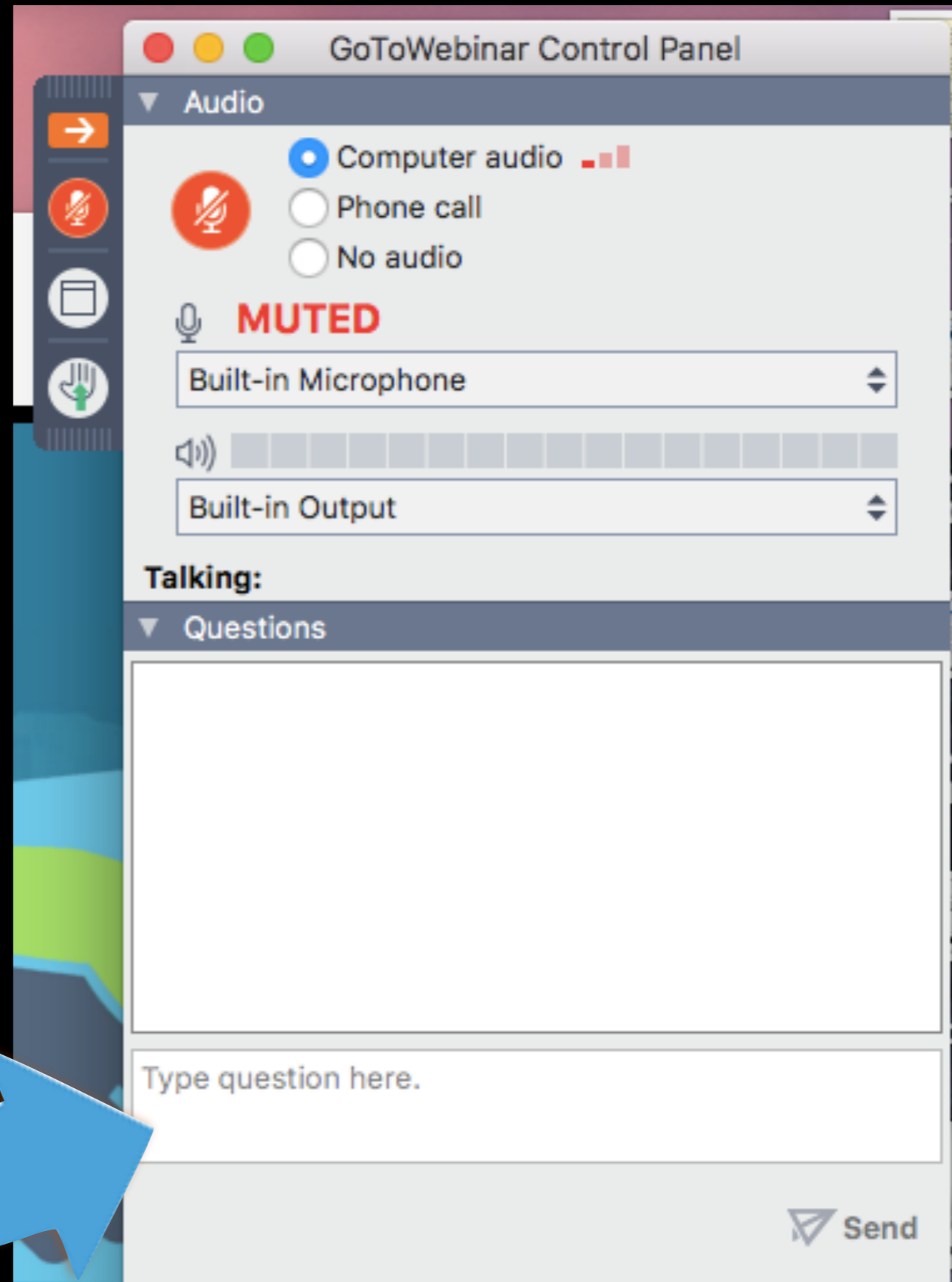
# INTRODUCTION

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- ▶ Ashley Ritchey, MSW, LSW and Director of the [\*\*New Jersey Self-Advocacy Project \(NJSAP\)\*\*](#)
- ▶ NJSAP has been a Division-funded program of The Arc of New Jersey since 1983
- ▶ NJSAP supports the state's largest network of individual self-advocates and self-advocacy groups
- ▶ NJSAP provides comprehensive training and resources to self-advocates, Direct Support Professionals, and agency personnel



TYPE YOUR  
QUESTIONS,  
COMMENTS,  
FEEDBACK  
IN THE  
**QUESTIONS  
BOX**



# TODAY, WE WILL DISCUSS:

- Direct Support Professional Recognition Week!
- Best practices in providing person-centered, holistic supports to people with I/DD
- How to build and maintain healthy bonds and boundaries with the people you support





# STAY HEALTHY AT HOME SERIES



## Webinars



Register [here](#).

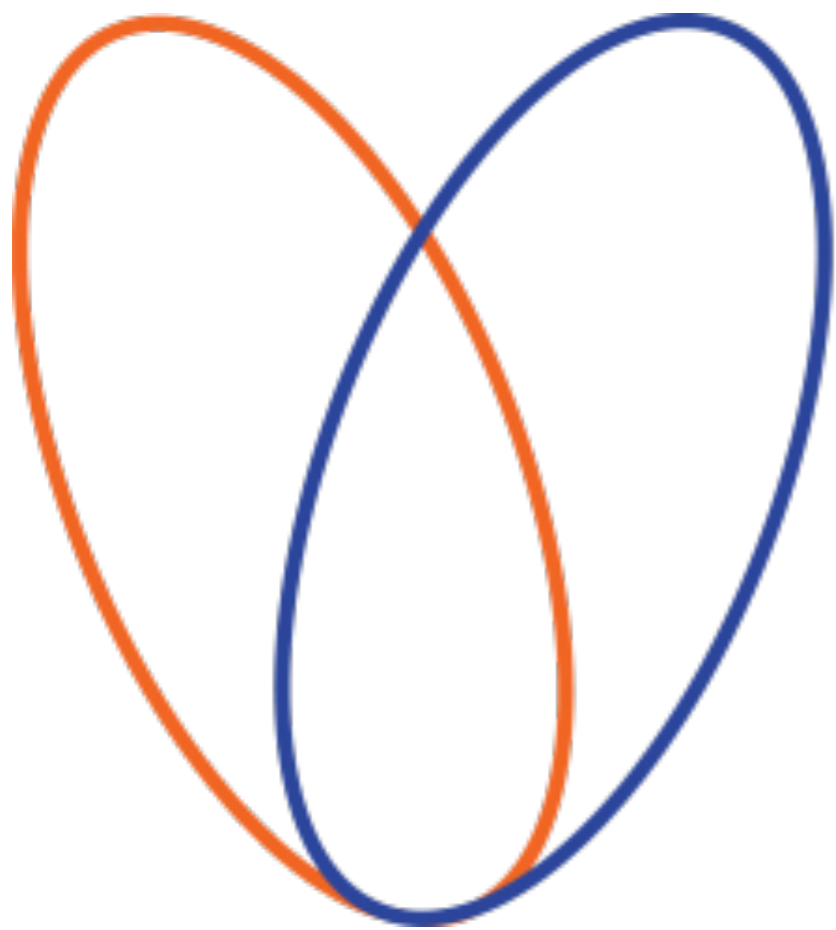
**FREE  
TRAININGS  
FOR ADULTS  
WITH  
DISABILITIES**



**\*NEW\*** Request a training on the  
**NJSAP homepage:**

[https://www.arcnj.org/programs/njsap/  
trainings.html](https://www.arcnj.org/programs/njsap/trainings.html)





Direct Support Professional  
**RECOGNITION WEEK**



- **September 2015:** Congress reaffirmed a resolution to define National Direct Support Professionals Recognition Week as the second week of September in 2015 and 2016 (Source: [congress.gov](https://www.congress.gov))
- Feel free to tag [@NJSAP](https://twitter.com/NJSAP) on social media to share photos of your agency's celebrations or virtual campaigns!

# # DSP Recognition Week



Direct Support Professionals should be recognized because...

@NJSAP / NewJerseySAP  
@TheArcofNJ

# CELEBRATING DIRECT SUPPORT PROFESSIONAL RECOGNITION WEEK

## Ideas for Recognizing DSPs Who are Making a Difference in Your Community

In the market for creative ideas for celebrating DSP Recognition Week? Here are some ideas to get the creative juices flowing!

- Collect 30-second videos from the individuals you support, their family members, your other colleagues and more with messages about the difference your agency's DSPs are making in the lives of the people they support.
- Put together a gift bag for each DSP at your agency that includes their favorite candy, a small gift card and one or two items from the [DSP Recognition Week Store](#). Then, assemble a team to do a non-contact delivery to places where your DSPs work.
- Host a virtual party and/or happy hour for your agency's DSPs! Assemble family members, coworkers and friends for a virtual chat and opportunity to for those who love them to hear how valued they are. Also spice it up by telling funny stories about the DSP and/or putting together a small game of trivia!
- Reach out to your mayor and ask that they issue a proclamation declaring September 13-19, 2020, as DSP Recognition Week in your town or city. Then, ask the mayor to record a short 'thank you' message to share with DSPs who have been working to help the most vulnerable among us navigate the COVID-19 pandemic.

## Share Your Celebrations!



# NADSP'S VIRTUAL EVENTS

## Ongoing Staff Development in Disability Services

Date: September 15, 2020

Time: 3 - 4 PM

Location: Via [Zoom](#)

## The DSP Living Through History

Date: September 17, 2020

Time: 1 - 2 PM

Location: Via [Zoom](#)

community living



crisis prevention



household tasks



advocacy



managing finances



Let's discuss the...

Role of a DSP

health and safety



networking



communication



personal care



transportation



# RESEARCH ON DIRECT SUPPORT

The variety of tasks performed by DSPs are not only **labor intensive** but also require a **complex balance of competencies** and “substantial improvements in the public’s understanding, awareness, and *appreciation of the important roles*” performed by Direct Support Professionals also need to occur.

[\(Hewitt & Lakin, 2001\)](#)

**“We found DSP continuity is central to quality of life of people, including human security, community, relationships, choice, and goals.”**

[\(Friedman, 2018\)](#)

“Since the field has moved from the low expectations of simply meeting health and safety needs, to **promoting the self-determination and community access** of the people they support, DSPs are now being asked to do much more than they have ever been. The tasks of serving as a **community connector**, supporting people to build relationships and foster a sense of belonging within communities, takes skill and time.”

[\(Johnson, 2019\)](#)

# SELF-ADVOCATES & DSPs FEATURED IN THIS WEBINAR:



- Andrew Sharick, Self-Advocate
- Carinne Buzzuto, Direct Support Professional and Agency Trainer
- Jessica Lax, MSW, LSW, Adult Transition Facilitator and Self-Advocate
- Onica Clarke, Direct Support Professional and Self-Advocacy Group Advisor
- Richard Malmberg, Self-Advocate

# SELF-ADVOCATES ON THE ROLE OF A DSP

Talking: Ashley Ritchey

**“You guys help with as much as I need help with.”**

**“To help people live as satisfying a life as they can.”**

Richard Malmberg, Self-Advocate

Andrew Sharick, Self-Advocate



# THE GOLDEN RULE



Jessica Lax, MSW, LSW

**"...SUPPORTING THE PERSON IN THEIR  
WHOLE LIFE."**



Carinne Buzzuto, DSP

**"COME IN WITH AN OPEN MIND."**



Onica Clarke, DSP

# The Arc of the United States' Position Statement on Individual Supports

- People with intellectual and/or developmental disabilities must have access to the supports necessary to lead a *meaningful life* in the community. These supports should be provided based upon functional needs and choice.
- Supports should lead to opportunities for community involvement and development of *individual interests*.
- Supports must be *individually planned and applied* according to the principles of person-centered planning, self-determination and individual outcomes, flexible funding, and team collaboration.
- The individual supports must be independently and regularly monitored for quality, safety, and effectiveness.



**"TREAT US WITH RESPECT." - RICHARD**

**"ADULTHOOD ONLY HAPPENS ONCE."**



Jessica Lax, MSW, LSW

# THE ROLE OF DSPs IN PERSON-CENTERED PLANNING



Carinne Buzzuto, DSP

# DISCUSSING CHALLENGES: PERCEPTIONS & BIAS



Onica Clarke, DSP



# DISCUSSING CHALLENGES



Jessica Lax, MSW, LSW

# ESTABLISHING BOUNDARIES



Carinne Buzzuto, DSP

# PERSON FIRST VS. IDENTITY FIRST LANGUAGE



Jessica Lax, MSW, LSW

# IS *CONSENT* AN IMPORTANT PART OF A SUPPORT RELATIONSHIP?



Onica Clarke, DSP

# BOUNDARIES, CONSENT & BODILY AUTONOMY



Jessica Lax, MSW, LSW

# ASKING THE RIGHT QUESTIONS



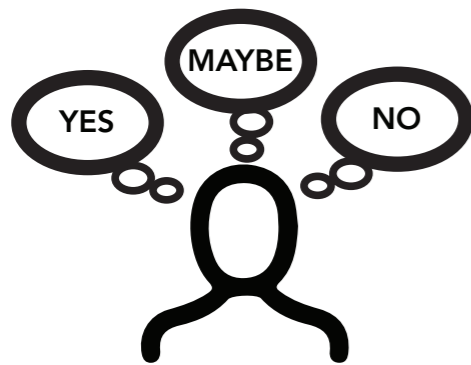
Carinne Buzzuto, DSP

# ACTIVATING IDEAS & GOAL SETTING

The Arc's Center for Future Planning



## Decision-making



Everybody makes big and little decisions about their life. We sometimes need or want help to make these decisions.

Many people get advice from people to make decisions. Some people may receive other help or support to make a decision.

We find people to give us the help we need to make these decisions. We call this supported decision-making.



Here are some things to think about as you make a future plan.

- What decisions do you want help with?
- What type of help do you want with these decisions?
- Who do you trust and want to help you?



There is no right or wrong answer. You can get any type of help you want. You can ask one or many people for help.

Make sure the people you ask know that you are the decision-maker. They give you the help you want, but you make your decisions.



Sometimes, we ask someone else to make decision for us. This is called giving someone a power of attorney.

Sometimes, a court decides people cannot make decisions for themselves. The court assigns a guardian. A guardian should involve you in decisions. They should ask your opinion. They should help you build skills and be more independent.



Contact your protection and advocacy organization:

- if you have a guardian who is not listening to you
- if you need help with making decisions

You can find your protection and advocacy organization online at [www.ndrn.org/en/ndrn-member-agencies.html](http://www.ndrn.org/en/ndrn-member-agencies.html).

You can also call 202-408-9514 to get the contact information.

Contact us if you need more help.

[futureplanning@thearc.org](mailto:futureplanning@thearc.org)  
202-617-3268



# ADVOCACY PRIORITY: SECURING A LIVING WAGE

Talking: Hillside Group Home



Richard Malmberg, Self-Advocate



Andrew Sharick, Self-Advocate





“If **quality assurance** is to enhance the quality of services to people with disabilities it makes no sense to ignore the **skills and stability** of the people who provide these services.” (Hewitt & Lakin, 2001)

# FINAL THOUGHTS ON THE SUPPORT RELATIONSHIP



Onica Clarke, DSP

# GROWING & LEARNING TOGETHER



Jessica Lax, MSW, LSW



Click [here](#) to  
join the NJ  
Self-Advocacy  
Project's  
email list.

# Questions?

# Comments?



Healthy  
Lifestyles  
Project  
**LIVE** 

Live Healthy,  
Together



    
Foundation for New Jersey

Register [here](#).

# EVERYTHING IS AVAILABLE ON:



[www.arcnj.org/programs/njsap/videos.html](http://www.arcnj.org/programs/njsap/videos.html)



<https://www.instagram.com/newjerseysap/>



<https://www.facebook.com/NewJerseySAP/>



<http://www.twitter.com/njsap>

# DAILY VIRTUAL ACTIVITIES

**Meditation Monday:** Enjoy a guided meditation to start your week off right! Available on NJSAP's Instagram and Facebook.

**Training Tuesdays from 2 - 3 PM:** Stay Healthy at Home webinar series. **Click here** for a full list of webinar dates, to register for an upcoming session, and to review archived webinars.

## Wednesdays

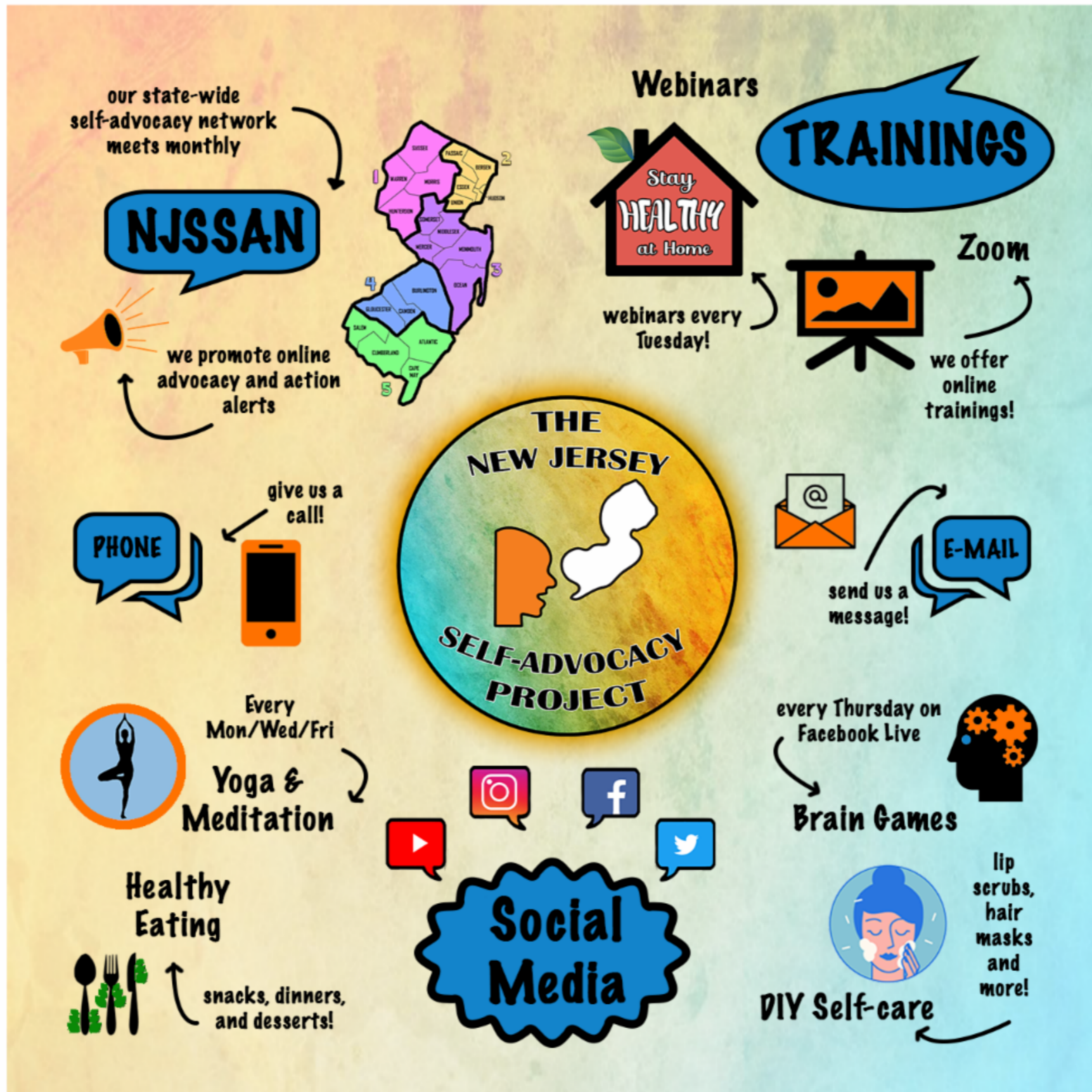
- Adaptive yoga & fitness videos are posted every Wednesday on NJSAP's Instagram and Facebook
- *Healthy Lifestyles Project LIVE!* Wednesdays at 11 AM

**Brain Games on Thursdays at 1 PM:** Join the NJSAP team for a free, fun, and brain teasing activity every Thursday at 1 PM. The game changes each week so check the NJSAP Facebook page for this week's game and how to join in.

**Healthy Snacking Friday:** You can view recent healthy snacking tutorial videos on Instagram, Facebook, and Twitter.



# NJSAP IS STILL HERE FOR YOU!



# RESOURCES FROM WEBINAR RECORDED ON SEPTEMBER 15, 2020

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**The Arc of New Jersey:** <https://www.arcnj.org/>

**The Arc of the United States:** Position Statement on Individual Supports- [https://thearc.org/wp-content/uploads/forchapters/2013PositionStatement\\_IndividualSupports.pdf](https://thearc.org/wp-content/uploads/forchapters/2013PositionStatement_IndividualSupports.pdf)

**The Arc's Center of Future Planning Decision-making guide:** [https://futureplanning.thearc.org/assets/SDM\\_PL-Decision-Making-4daa99b8c0e770db58281e71b338ad3e61ef5bb6d7b10327c335a4f5e45dc5ac.pdf](https://futureplanning.thearc.org/assets/SDM_PL-Decision-Making-4daa99b8c0e770db58281e71b338ad3e61ef5bb6d7b10327c335a4f5e45dc5ac.pdf)

**Future Planning website:** [https://futureplanning.thearc.org/pages/learn/where-to-start/supporting-daily-and-major-life-decisions?utm\\_source=cc&utm\\_medium=email&utm\\_campaign=cfp](https://futureplanning.thearc.org/pages/learn/where-to-start/supporting-daily-and-major-life-decisions?utm_source=cc&utm_medium=email&utm_campaign=cfp)

**New Jersey Self-Advocacy Project:** <http://njselfadvocacyproject.org>

**Join the NJSAP email list:** [https://visitorr20.constantcontact.com/manage/optin?v=001PkT5eHO4C2JrwfPw-p5rdqMeT2hyB3H\\_I\\_8-6Pyz\\_LIEdaG9FrebFmRUe0vVTdajyOgbl3eJPfej5\\_IYANtZZVdceO7DjpChIHrmdLyH8%3D](https://visitorr20.constantcontact.com/manage/optin?v=001PkT5eHO4C2JrwfPw-p5rdqMeT2hyB3H_I_8-6Pyz_LIEdaG9FrebFmRUe0vVTdajyOgbl3eJPfej5_IYANtZZVdceO7DjpChIHrmdLyH8%3D)

**NJSAP Facebook:** <https://www.facebook.com/NewJerseySAP>

**NJSAP Twitter:** <https://twitter.com/njsap>

**NJSAP Instagram:** <https://www.instagram.com/newjerseysap/>

**NJSAP LinkTree:** <https://linktree/njsap>

**NJSAP videos:** [www.arcnj.org/programs/njsap/videos.html](http://www.arcnj.org/programs/njsap/videos.html)

**New Jersey Statewide Self-Advocacy Network:** <https://www.arcnj.org/programs/njsap/njssan-advisory-board.html>

**ANCOR on DSP Recognition Week:** <https://www.ancor.org/2020-direct-support-professional-recognition-week>

**ANCOR's social media messages/templates:** <https://docs.google.com/document/d/1I5tKCUWtZU00eKes7P2Ory5-IWtA8FoObNvQkWlelQg/edit>

**Friedman, Carli. (2018).** Direct Support Professionals and Quality of Life of People With Intellectual and Developmental Disabilities. Intellectual and developmental disabilities, 56. 10.1352/1934-9556-56.5.234.

**Hewitt, A., & Lakin, K. C. (2001).** Issues in the direct support workforce and their connections to the growth, sustainability and quality of community supports (Vol. 21). Minneapolis, MN: University Of Minnesota, Research And Training Center On Community Living.

**Johnson, Katherine E. (2019).** Direct Support Professionals Perspective and Roles Perceptions ni the field of intellectual and developmental disabilities. Retrieved from: <https://udspace.udel.edu/bitstream/handle/19716/24448/Johnson%2c%20Katherine.pdf?sequence=1&isAllowed=y>

[HTTPS://WWW.ARCNJ.ORG/PROGRAMS/NJSAP/WEBINARS.HTML](https://www.arcnj.org/programs/njsap/webinars.html)