

Photography is just one of the activities that Nick is exploring with support from [Self-Directed services](#).



*See inside story...
From the Editor,
page 6*

What's Inside...

This issue of *Bridges* highlights **Self-Direction**

 **Creating a Life After High School**
page 2



 **Planning for the Future Webinar Series**
Page 3

 **The Right to Work: Opportunities for Self-Sufficiency and Self-Direction**
page 4



Join us for the Starbridge 2016 Education Conference and Parent Workshop!

Featuring Paula Kluth, Ph.D.

Joyful Learning: Using Active & Collaborative Structures to Differentiate Instruction

October 14, 2016 8:15 am-3:00 pm

Hyatt Regency Rochester
125 E Main St, Rochester, NY 14604



Too often a “one-size-fits-all” approach is used to design lessons, leaving some learners struggling to participate and teachers feeling they have not reached all of their students. In this interactive session, participants will apply principles of differentiation by exploring a number of collaborative, active, and brain-compatible learning techniques aimed at engaging students and making learning joyful. The session is appropriate for teachers in K-12 and is structured for participants to experience these active techniques through demonstration.

Investment: \$125/person

Registration fee includes continental breakfast, lunch, and conference materials. A limited number of parent scholarships are available.

Please register [here](#). Questions? Call 585-224-7248 or email events@starbridgeinc.org.

Parent Workshop with Dr. Paula Kluth - Inclusion: What Every Parent Should Know

October 13, 2016 6:00-7:30 pm

Hillside Mustard Street Training Center
1 Mustard St, Rochester, NY 14609

Come and get ideas to help you partner with your child's teacher. In this presentation, participants will learn about recent research on inclusive classrooms, useful supports, and helpful questions to guide your next meeting.

Registration is FREE and open to families of students with disabilities or suspected disabilities. Please register [here](#). Questions? Call 585-224-7248 or email events@starbridgeinc.org.

Dr. Kluth is a consultant, author, advocate, and independent scholar who works with teachers and families to provide inclusive opportunities for students with disabilities and to create more responsive and engaging schooling experiences for all learners. Paula is a former special educator who has served as a classroom teacher and inclusion facilitator.

Starbridge Workshops, Conferences & Special Events

Check our website event calendar for updates! www.starbridgeinc.org/events



Creating a Life After High School

Thursdays,
Oct. 13, 20, 27, Nov. 3 & 10

5:00 to 8:00pm

Holy Childhood

100 Groton Parkway, Rochester
Dinner is provided each night.

Creating a Life after High School

is a free, five-session exploration program designed to help answer the many questions students and family members have as they enter the adult world such as:

- Where will I live?
- What are the opportunities for learning?
- Where will I work?
- What will I do for fun?
- What agencies can help to provide support?

The individuality of each student is valued and encouraged throughout the sessions.

**At the end of this program, participants will apply for funds that will be used to support their future vision. Please note: participants must attend all sessions to be eligible to receive payment.*

REGISTRATION:

To register, please contact Christa Knaak by phone at (585) 224-7370 or by email at cknaak@starbridgeinc.org. Registration is open to students in Monroe County NY, ages 15-21, who are living at home and who have established DDRO eligibility. **Registration deadline is October 7!**

A parent/guardian or family member must accompany the student to all sessions.

Concussion: It's More than a Bump on the Head

October 12, 12:00-1:00pm

A concussion is a traumatic brain injury that occurs when a blow or jolt to the head alters the functioning of the brain. As a result, academic problems can occur. This webinar will identify the symptoms of a concussion that may show up in school. Learn what services and supports might benefit a student with a concussion while they recover.

To register for this webinar, please go to:

<https://attendee.gotowebinar.com/register/4991414830689954050>

Presented in collaboration with Brain Injury Association of NYS

Getting Past No: The Power of Mediation

October 13, 12:00-1:00pm

Need to resolve difficult school conflicts?

When families and CSE personnel discuss special education options for supporting student success, disputes may arise relating to identification, evaluation or educational placement. A mediator can serve as a neutral party, help the participants listen to each other's views, and assist in developing mutually satisfactory solutions. In this webinar, Dr. Bernadette Poole-Tracy, Special Education Mediation Program Coordinator with NYS Dispute Resolution Association, will discuss why and when parents and professionals should look at doing mediation.

Registration is required. To register for this webinar, please go to:

<https://attendee.gotowebinar.com/register/369821112958655233>

Presented in collaboration with Center for Dispute Settlement and NYSDRA.

Building Our Community: Principles and Practices of Inclusion and Self-Direction

Join us for the third of the half-day workshops in our series!

The Right to Work:

Opportunities for Self-Sufficiency and Self-Direction

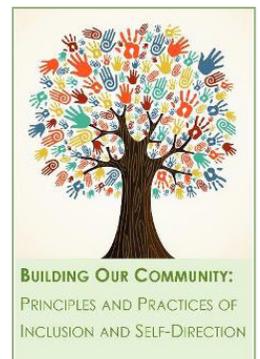
November 17, 8:30am-12:30pm

Hillside Mustard St. Conference Center, Rochester, NY

Learn new and innovative ways to achieve employment success, including self-directed supported employment, self-employment, and entrepreneurship. Understand how job development and coaching can support success. Gain strategies to manage benefits while working.

REGISTRATION Fee: \$59

To register online, click [here](#). A limited number of parent scholarships are available. For further information, please call (585) 224-7248.



Starbridge Workshops, Conferences & Special Events

Check our website event calendar for updates! www.starbridgeinc.org/events

PLANNING FOR THE FUTURE

A Three-Part Webinar Series to
Explore Legal and Financial Options

When your child turns 18, they have the legal right to make decisions for themselves. This series will explore options available for people who have disabilities so they and their families can make informed decisions about their future.

Part 1: Guardianship

People who are over 18 years old and have disabilities may benefit from a legally appointed guardian's assistance in making personal, medical or financial decisions. We will examine the requirements, processes and protections for a person who has a disability under 17A Guardianship in New York. Determining who can be a guardian will also be discussed.

Part 2: Power of Attorney & Health Care Proxy

An alternative to 17A Guardianship is power of attorney. We will discuss differences between 17A Guardianship and power of attorney, and explore health care decision-making authority.

Part 3: ABLE Accounts

For the first time, people with disabilities and their families will be allowed to establish ABLE Accounts, tax-advantaged savings accounts that will not affect their eligibility for public benefits. We will examine ABLE accounts and discuss the advantages.



Presenter: George H. Gray

Mr. Gray, an attorney and partner in Gray & Feldman, LLP, specializes in the areas of estate planning, special needs planning, Supplemental Needs Trusts, estate administration, elder law, tax and general business law. He is the author of Special Needs Planning (2014) and Estate Planning and Administration (2009). He is a member of the Board of Directors of Starbridge

Join us for one, two, or all three sessions!

Part 1: Guardianship	October 6, 2016	12:00-1:30pm
Part 2: Power of Attorney	October 20, 2016	12:00-1:30pm
Part 3: ABLE Accounts	November 3, 2016	12:00-1:30pm

REGISTRATION

Registration is required. You may choose which webinars to view, but you must register for the entire series. To register, please go to: <https://attendee.gotowebinar.com/register/1060658561660592900>

Starbridge is able to provide this workshop for free thanks to the support of grants from local, regional, and national funders.



Friends Helping Friends Monthly Meetings

Wednesday, October 19
5:00-7:00pm

Starbridge, 1650 South Avenue,
Rochester, NY 14620

Friends Helping Friends is a group for self-advocates and their supporters. Friends believe all individuals have value, talents, and gifts. We will not be defined by a label or the limitations of disability. We believe that with determination, we can achieve anything we put our minds to.

National Disability Employment Awareness Month
#InclusionWorks

October is National Disability Employment Awareness Month

Looking to achieve employment success? Starbridge has supports and services available to youth, young adults, and adults looking to gain work experience and succeed on the job.

Call us at (585) 224-7239 or email srussell@starbridgeinc.org

Receive a paper copy of *Bridges*

If you would like to receive a paper copy of the newsletter, please contact Maria Schaertel at (585) 224-7371 or mschaertel@starbridgeinc.org. Remember to provide your name, mailing address, and phone number.

An Introduction to Self-Direction



What is Self-Direction?

Self-Direction means that you, a person who has a developmental disability, may choose supports and services that work best for you, including how and when the supports and services are provided and the staff and/or organizations that provide them. This is a **person-centered** approach to supports and services.

Self-Direction is not a program. It is a way to handle funds provided through Medicaid waiver services. Self-directed services offer you budget and employer authority. **Budget authority** means that funds are managed purely for your benefit either by yourself or with the help of your family, broker, Medicaid Service Coordinator (MSC) and anyone else you choose. **Employer authority** means that you, with assistance, have the power to hire, schedule, train, and fire people who work with you.

How do you get started in New York State?

Go through the Front Door.

Since this is a new service for you, you need to apply through the “Front Door”- the starting point for new services through NYS OPWDD (Office for People with Developmental Disabilities.)

Find a Front Door information session here: <http://opwdd.ny.gov/node/6911>



Have Front Door questions? Here are contact numbers: http://opwdd.ny.gov/welcome-front-door/Front_Door_Contact_Numbers

You must be eligible for OPWDD HCBS (Home and Community Based Waiver Services) to participate.

What's next?

Get more information.

Talk with your Service Coordinator.

Attend a Self-Direction informational meeting.

Think about what kinds of support you'd like at home and in your community. You can talk to your MSC about your needs and a Regional Self-Direction Liaison (a contact person) to find out where and when you can attend a Self-Direction informational meeting.

Based on the services you need, you may or may not have to design a Self-Direction budget. If you don't need a Self-Direction budget, your MSC will help you find providers to help you manage your services.

If you do need a Self-Direction budget, you'll hire staff to help you create one - a Support Broker and a Fiscal Intermediary.

Work with your Service Coordinator to determine your budget amount.

You, your parent or helper, and your MSC will fill out a form which will help figure out what you need. You will come up with an amount called a **Personal Resource Allocation**.

Find a Support Broker.

The Support Broker works with you to:

- Build a Planning Team (also called Circle of Support). The Planning Team will help with developing a Person-Centered plan.
- Plan a budget for your services. Your Individual Service Plan (ISP) outcomes are important because all your supports and services will match these outcomes.
- Educate on services and community resources
- Provide training and support on hiring and supervising staff
- Develop habilitation plans, when needed
- Communicate with the Fiscal Intermediary

Choose a Fiscal Intermediary.

The Fiscal Intermediary (or FI) is an agency that provides administrative and billing support to a person who chooses Self-Direction. The Fiscal Intermediary is responsible for:

- Completing background checks for self-hired staff
- Billing Medicaid or New York State for services in the budget
- Paying staff
- Tracking expenditures
- Providing monthly statements to you

Submit a budget

NYS OPWDD who will review and determine your budget amount.

Time to launch the plan!

Circle of Support



You may or may not have a Circle of Support at this time. If not, your support broker will help you form one! Your **Circle of Support** is a team of people who you choose to help to develop a Person-Centered plan which includes decisions about your supports and services. This team can include your MSC, family, and people who know you well. You may have a very small or larger group - it depends on who you want in this group.

Self-Direction is a collaborative process.

October is National Down Syndrome Awareness Month

Here are some fun, inspiring ways to celebrate:

- Read **An Uncomplicated Life: A Father's Memoir of His Exceptional Daughter**, by Pat Daugherty; William Morrow, 2015.
- Follow Ruby and Nella, two friends who have Down syndrome, on some of their daily adventures! <https://www.facebook.com/RubysRainbow>.
- *Ruby's Rainbow is a 501(c)(3) non-profit organization supporting the higher educational needs of individuals with Down syndrome.* <http://www.rubysrainbow.org/>

▶ **Ruby and Nella**



Are you Ready?

Make your experience count as you learn to make an even bigger impact in the lives of people with diverse needs.

The Warner School of Education will prepare you to work with students and clients in school, community and counseling settings. Consider these exciting options:

- Special and Inclusive Education Teacher Certification
- Annotation to Teach Students with Severe and/or Multiple Disabilities
- Specialization in Applied Behavior Analysis
- Master's Degree in Human Development with a Specialization in Developmental Differences

Generous grants and scholarships are available to qualified applicants.

The Warner School offers graduate programs in:

- Teaching
- Counseling
- Human Development
- Higher Education
- Educational Policy
- School Leadership
- Health Professions Education



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Self-Direction

OPWDD Self-Direction

<http://opwdd.ny.gov/selfdirection>

OPWDD Developmental Disabilities Regional Office Self Direction Liaisons

<http://www.opwdd.ny.gov/sites/default/files/documents/selfdirectionLiaisonList.pdf>

Self-Direction in New York: A Practical Guide for Families

<http://nysselfd.org/wp-content/uploads/2013/10/nys-self-directed-services1.pdf>

Frequently Asked Questions

<http://nysselfd.org/faq/>

In the Driver's Seat

<http://inthedriverseat.org/>

Need a training on Self-Direction?

Starbridge is pleased to offer: *What Are the Opportunities? Putting Together the Pieces in Self-Directed Services*. For family members and individuals with disabilities, please contact Laura Arrington, Parent Center Coordinator, by phone at 585-224-7332 or email larrington@starbridgeinc.org. For a school, business, or organization, please contact Joyce Steel, Director of Family Advocacy, by phone at 585-224-7334 or email jsteel@starbridgeinc.org.



Starbridge Business Hours:

Monday to Friday,
8 AM TO 5 PM

Location:

Wolk Campus of the
Al Sigl Community of Agencies

Mail:

Starbridge
1650 South Avenue, Suite 200
Rochester, NY 14620

Phone: 585-546-1700

Fax: 585-224-7100

Email:

info@starbridgeinc.org

President/CEO:

Colin Garwood

www.starbridgeinc.org



From the Editor:



Our son, Nick, has been using his Self-Directed services for about five months and so far, so good! What I value about Self-Directed services is the ability to match personnel and services with my son as an individual who has unique needs and preferences.

First, through Nick's person-centered plan, we identified Nick's preferences for how he'd like to live his life as well as areas in his life that needed some attention: fitness, literacy, art, and development of independent everyday life skills.

One service Nick is purchasing through his budget is physical training two times per week out in the community at a variety of places: our neighborhood, a fitness center, and community parks. Nick is enjoying biking, using fitness machines, and playing a variety of sports. Together they recently discovered Nick has another strength: tennis. I think it is important to emphasize that Nick looks forward to his fitness time because his trainer loves his job and makes it fun.

Nick is also going to the library twice a week and reading with a certified teacher. What impressed me was her ability to assess Nick's needs within a couple of weeks and get right into reading. She picks Nick up and they read about current events and explore fiction too. She recognizes that Nick is a young adult who wants to read and finds appropriate material for his reading ability, interest, and age.

These personnel matches did not happen by accident; they were recommended by our Support Broker, someone we trust, who knows Nick and who knows his needs. *Staffing is probably the single most challenging aspect for us.*

Are you thinking about pursuing Self-Direction? Please see the resources listed in this issue; you will find a wealth of information in this short list. And don't forget to talk to other parents and families who are engaged in the process too.

Happy Fall!

Maria Schaertel



Bridges

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EDITOR: Maria Schaertel
DESIGN & PRINT: On the Move Contracting Services - Maát Reed

This issue underwritten by James Traylor, Upstate Special Needs Planning



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Starbridge makes a positive difference in the lives of people striving for success in school, work, and their communities.
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Learn / Advocate / Lead

The Fall 2016 session is now in progress.
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