



Annual Developmental Disabilities Conference Suspended for 2003

by Deborah Swingley and Julie Tompkins

It's sad but true, there will be no Annual Developmental Disabilities Conference this fall. After a run of 23 years, the financial realities of holding what is arguably the largest conference in Montana have caught up with us all.

The Conference is one of the many activities of the Developmental Disabilities Program of the Department of Public Health and Human Services. In the Spring of 2001 the Developmental Disabilities Program contracted the conference facilitation to the Rural Institute located at the University of Montana in Missoula. The Rural Institute has facilitated the past two conferences.

Over the years the conference has grown in size. In November of 2000 there were more than 800 attendees. The number of participants has limited the Developmental Disabilities Conference to the Sheraton and the Northern Hotels in Billings. Other sites were sought but none could house the number of participants attending the conference. In past years hotels have been able to throw in extras at no cost to the conference, such as no, or reduced costs for microphones and audio/visual equipment in each conference presentation room, or breakout rooms based upon the number of sleeping rooms that were booked. However, hotels and convention centers are businesses, and they can no longer afford to make such generous arrangements.

As costs and conference attendees have increased the desire to have the conference in other locations of the state increased as well by some members of the Steering Committee. When the

Conference Steering Committee sent the request for proposal package out last year to all major hotels/convention centers in the state very few bids were received the reason given was that they do not have enough rooms and/or cannot afford to commit that number of rooms at the state rate reimbursement. This situation led to the decision to have to limit attendance from the usual 800 plus attendees to no more than 500, if the 2003 conference had not been suspended.

There are a variety of organizations and agencies that contribute funds to hold the conference or facilitate persons to be able to attend the conference, including:

- Developmental Disabilities Program/Montana
- Developmental Center/Eastmont Human Services Center
- The Rural Institute
- Montana Council on Developmental Disabilities
- Office of Public Instruction
- Montana Chapter of the Council for Exceptional Children
- Montana Association of Independent Disabilities Services
- Montana Center on Disabilities
- Montana Advocacy Program
- Montana Council on Developmental Disabilities

Montana, and all states, face decreasing revenues due to the current economic downturn. A look back at recent Legislative Session reminds us all, daily, of the reductions to programs and services.

No one likes to think of raising registration rates, but they may have

Continued on page 3

Disaster Plans for People with Disabilities

by J. Archer O'Reilly III

Recent events have made us all more aware of the possibility of a disaster in our everyday lives. We have, without doubt, reconsidered evacuation routes from our offices, our homes, and even our cities. Many of us have thought about emergency supplies and arrangements that go beyond the typical hurricane and snowstorm preparations of the past. Americans appear to be using the attacks on New York and Washington to bring themselves more closely together in a spirit of unity and mutual support. It would be good for all of us to think about the special assistance individuals with disabilities might need in the case of a disaster.

The pictures of office workers carrying wheelchair users down the stairs of the World Trade Center vividly reminds us that elevators are nearly always the first thing to go out in a disaster. People with disabilities who are completely independent under normal circumstances may have to rely on the help of others in an

emergency. Do you know of, or have you thought about, the special needs of your co-workers or neighbors? Have plans been made in your building which anticipate the many different requirements of occupants with a disability? Do the Emergency Management officials in your community consult with representatives of the disability community when planning their response and evaluating preparedness?

Some things to consider

People with disabilities often need more time than others to make necessary preparations in an emergency. They need the earliest possible notice.

People who are deaf or hard of hearing may not receive early warning or instructions which are given by radio, siren or public address. Do not assume they know what you have heard. Plan to transmit audible advisories to them in an accessible manner.

Some people who are blind or visually-impaired, especially

older people, may be very reluctant to leave familiar surroundings when the request to evacuate comes from a stranger. Discuss the circumstances of evacuation in advance, rehearse the likely route with them and, if possible, have someone they are familiar with escort them.

A guide dog may become disoriented in a disaster. You may be required to lead both the dog and its master to safety. Remember the service animal is very important to its master's dealing with the emergency as it develops, they should not be separated. In most states, service dogs are allowed to stay in emergency shelters with their owners. Check with local officials.

It is impossible for many mobility aids such as scooters and power wheelchairs to successfully navigate stairways. Not only will its user be stranded, but it may impede others in their escape. For the safety of all, alternative evacuation means for these users should be

Continued on page 3

QUALITY MATTERS

Editor Janice Sand • Circulation 700 • Layout Rosanna Buehl, *QBMM Publishing*, Billings Montana • 406.248.3802 • rosanna@qbmm.com

This is a publication of *Parents, Let's Unite for Kids*, a private nonprofit organization founded in 1984 by a group of parents of children with disabilities and chronic health problems. This project is funded (in part) by the Developmental Disabilities Program of Montana DPHHS. Any statements contained herein do not necessarily reflect the opinion of the Department.

TRIC/PLUK Library

516 N 32nd Street

Billings MT 59101-6003

Toll Free (800) 222-7585, in Montana

Voice/TT (406) 255-0540

FAX (406) 255-0523

E-mail jsand@pluk.org

URL <http://www.pluk.org>

anticipated and practiced even on the ground level because the path of escape may be blocked by debris. Manual mobility aids which can be used on stairs are an essential safety device for any building, not less so than the smoke alarm and the stand pipe.

People with impaired mobility are often, justifiably, concerned with being dropped when lifted or carried. Learn the proper way to transfer or move someone in a wheelchair and which exit routes are best for them.

Some people with mental retardation may be unable to understand the emergency and could be confused about the proper way to react. It may help to practice evacuation to make it more familiar.

A number of medical conditions such as epilepsy, Parkinson's disease and others may have very individualized medication regimens that cannot be interrupted without serious consequences and some people may not be able to communicate this information in an emergency. The individual's specific information should always be with them in clear written form.

Network

A network is an arrangement of people who agree to assist an individual with a disability in an emergency. Discuss with relatives,

friends, or co-workers who have a disability what assistance he or she may need in various emergencies. Arrange the best way to inform them of word of an impending emergency. They may want to give you a copy of a list of special items such as medicine or equipment that they have prepared for emergency or a key so that you may assist them without delay.

If you have a disability, now is the time to speak to your family, neighbor, employer, or co-worker about the assistance you might need in an emergency. Keep a disaster supply kit and a list of medicines and equipment you need if you are forced to relocate.

All Americans admire and aspire to the selfless caring for our neighbors demonstrated so fully in the recent tragedies. However, to be successful in our desire to help we must think ahead, know what must be done and have the knowledge and resources required. As the Boy Scouts say, Be Prepared.

The TRIC/PLUK Library obtained permission to reprint this article that originally appeared in the *Disability Issues* newsletter, Vol. 21, No.3, Fall 2001.

For further information

Emergency Evacuation Preparedness Taking Responsibility for Your Safety: A Guide for People with Disabilities and Other Activity Limitations by June Isaacson Kailes will aid emergency

planning officials to strengthen their evacuation preparedness. The electronic version is available at <http://www.cdihp.org/evaluationpdf.htm>. If you prefer, you may call the TRIC/PLUK to borrow a copy.

Conference, continued from page 1

to be raised; no one likes to think of limiting the number of attendees but we may have to if physical locations and funds are not available for a conference of 800 attendees. Perhaps the ability to cover travel expenses for people to attend may have to be reduced and funds used to defray travel may be allocated for other conference expenses. Perhaps the Conference is held on an every-other-year basis, rather than annually to allow more time to gather funds.

The Conference has often been called the "gathering of the clan"; the Committee is committed to the continued success of the conference and looks forward to "a gathering of the clan" in 2004.

As soon as the strategies are in place for a 2004 Conference everyone will be notified. Please feel free to share your ideas on the Conference by contacting the Developmental Disabilities Program (406.444.2995), the Rural Institute (406.243.5467) or the Montana Council on Developmental Disabilities (formerly DDPAC) (toll free in Montana: 866.443.4332).



Recreational Adventures Vacation Experiences

by Chris Olson and Jim Uecker

RAVE, Recreational Adventures Vacation Experiences has been providing recreational/vacation opportunities to individuals with disabilities for over 5 years. RAVE started as a vision of RSD Inc. (formerly Regional Services for South, Central and Eastern Montana). Over the past 5 years we have found that offering affordable, safe recreational activities to people with disabilities is a good way to assist people achieve their life long dreams. We also found many enjoy the convenience of traveling with those who know them personally and know and understands their individual needs.

In an effort to accommodate the traveler we offer a variety of activities which change from year to year. We also provide personal favorites each year such as Disneyland, Branson, Hawaii, and most sporting events. Our trips are designed to accommodate the individual traveler; we offer day trips also 2 to 8 day adventures. We are in the business of creating life long memories. RAVE is always up for new ideas on

places to travel and in the past has scheduled events suggested by the traveler not listed in our brochure.

Twice a year, RAVE mails out a brochure listing all of the vacation adventures that are currently offered. We'd be more than happy to make sure you get our brochure so you can RAVE with us.

If you would like to be placed on RAVE's mailing list or need to update your address give us a call at either 1.888.882.1927 or in the Billings area call 406.237.0025, or write RAVE PO Box 80185 Billings, MT 59108-0185

We have put the RAVE back in Travel. Just ask any of our many satisfied customers who keep RAVEing about us.



Web Sites to Check Out

The Columbia University College of Physicians and Surgeons Complete Home Medical Guide has a chapter on Meeting the Health Care Needs of the Aged and Disabled

<http://cpmcnet.columbia.edu/texts/guide/toc/all.html>

NIH Senior Health, developed by the National Institute on Aging and the National Library of Medicine, features health information for older adults.

<http://nihseniorhealth.gov>

The Wellness and Disability Initiative of the BC Coalition of People with Disabilities has a Web-

based bibliography titled "Sexuality and Disability Webliography" which is an extensive listing of resources available. Topics include 16 types of disability and resources on children and youth, women, sexual abuse and assault.

<http://www.bccpd.bc.ca/wdi/sex&dis.html>

The Center on Human Policy, Syracuse University Web site has an article discussing twelve resources that increase the change outcomes for person-centered planning

<http://soeweb.syr.edu/thechp/PCPconditions.pdf>

DisabilityInfo is the comprehensive Federal website of disability-related government resources on numerous subjects including civil rights, education, employment, housing, health, income support, technology, transportation, and community life.

<http://DisabilityInfo.gov>

Disability Sensitivity Training is a free online course to help business leaders, employees, and others learn how to interact comfortably with people who are disabled.

<http://www.disabilitylearningervices.com>

Continued on page 8



A REMINDER

Staff Training Resources

The library has numerous videos produced by the YAI National Institute for People with Disabilities. Many of them are appropriate for staff training.

Active Treatment will help train staff “to facilitate an active treatment model so that consumers can learn skills required to live functional, productive lives” giving step-by-step procedures. V-STA105

Client Rights Are Human Rights explains what human rights are, discusses the importance of respecting human rights, and gives a five step system “to ensure that staff use good judgment when intervening in complex rights issues for people with developmental disabilities.” V-STA103

Coping: Helping People with DD Better Cope with Their Daily Problems is designed to assist staff in being more helpful and supportive when working directly with people who function in the moderate/mild levels of MR/DD. V-STA145

Counseling Skills for Working with People Who Have Mild to Moderate Developmental Disabilities is designed to teach direct care staff critical counseling and interactive techniques in working with people with MR/DD. V-STA110

Effective Teaching Techniques for Working with People with Mental Retardation/Developmental Disabilities will help staff learn how to select what to teach, the key principles of teaching, how to

overcome obstacles to learning, how to develop a less intrusive teaching style, different ways of prompting, different ways of modeling, how to role-rehearse, techniques for problem solving and experimentation, and what to do if the teaching program is not working. V-STA109

Group Counseling for People with Mild to Moderate Mental Retardation and Developmental Disabilities: An Interactive Behavioral Model. Dr. Dan Tomasulo uses his interactive behavioral model to teach staff how to conduct a peer support group counseling session and identify factors which enable staff to assess how participants are benefiting from peer supported group counseling. Tape A shows an actual group using his techniques and tape B shows a complete counseling session with a group of adults. V-STA112 & V-STA113

Group Teaching Strategies: Working with People who Have Severe/Profound Mental Retardation demonstrates how to run supervised instructional groups, how to gain instructional control of the group, teach skills, maintain group control, and deal effectively with challenging behaviors. V-STA111

How to Improve Thinking Strategies for People with Developmental Disabilities teaches staff strategies for enhancing the thinking abilities of people with developmental disabilities by using ten teaching techniques. V-STA99

Not Just Behavior Modification: A Humanistic Approach to Working with People Who Have Profound Mental Retardation is designed to “better train staff to interact and work with people with profound mental retardation.” V-STA104

Professional Vs Unprofessional Behavior in the Workplace: When Working with People Who Have Developmental Disabilities examines ten areas of professionalism for staff and teaches staff how to know the difference between professional and unprofessional behavior in the work environment. The areas discussed are punctuality, separating personal and professional life, appearance, communication and conflict resolution, being positive and

Continued on the next page

Resources, continued from page 5

solution oriented, care of common space or property, telephone usage, cultural and gender appropriateness and differences, respect for others, and greeting people on phone or in person. V-STA152

Relationship Series:

Part I: The Friendship Series

Differences between Strangers, Acquaintances, and Friends is designed to teach how to differentiate between strangers, acquaintances, and friends, the most important qualities of a friend, and the do's and don'ts when dealing with a stranger, an acquaintance or a friend.

V-SOC20

Becoming Acquaintances or Friends carefully differentiates

between acquaintances and friends and helps people with MR/DD to better understand how to become an acquaintance or a friend showing specific techniques they can use.

V-SOC25

Being a Friend uses interactive exercises to help the viewer learn how to sustain their friendships, how to resolve problems, and how to terminate a friendship if necessary. V-SOC26

Part II: The Boyfriend/Girlfriend Series

Starting A Special Relationship discusses what to look for in a

boyfriend/girlfriend, how to meet a boyfriend/girlfriend, safe and unsafe places to meet someone, and deciding whether or not to continue a relationship. V-SOC21

Building A Relationship I Like will help viewers learn how to build a good relationship with their partner including effective communication skills, ways to say no in social/sexual situations, and resolving conflicts. V-STA22

Having A Good Relationship describes ways to maintain a relationship including doing things that both enjoy,

understanding that it is okay for each person to have time to do things separately, being supportive when the other person needs

you, talking openly and honestly, how to prevent abuse, and how to end a relationship. V-STA23

Part III: The Sexuality Series

Enjoying Your Sexual Life follows a couple that have been dating for a year and are now having a sexual relationship. By watching the development of this relationship, participants will learn what they can do to have a healthy and enjoyable sexual relationship. V-STA37

Working out Problems in Your Sexual Relationship discusses sexual issues and problems that may come up in a relationship.

Topics include what to do when one person wants to have sex and the other doesn't, how to tell your partner about a sexual problem, and alternate ways to be sexual if you do not have birth control available. V-STA38

Sexual Acts that Are Against the Law helps viewers recognize which sexual acts are acceptable and which are not so they can avoid acts which are illegal and enjoy healthy sexual relationships. V-STA39

Safety Matters will help staff reduce the occurrence of unsafe acts and unsafe condition. V-STA102

Ten Performance Standards for Staff Who Work in the Field of Developmental Disabilities describes and demonstrates ten performance standards for staff, which are necessary for success when working with people who have developmental disabilities. V-STA131

Understanding Developmental Disabilities explains the five types of developmental disabilities and their characteristics, the levels of mental retardation, and discusses quality assurance in programs. V-STA101

The CD demo of the software program Test Talker that was motioned in the Autumn issue of *Quality Matters* is now available from PLUK at 800.222.7585 or plukinfo@pluk.org. Or, contact Freedom Scientific Learning Systems Group at 888.223.3344 or wynn@freedomscientific.com.





New at the Library

The TRIC/PLUK Library keeps adding new materials. Contact the librarian at jsand@pluk.org, or call (800) 222-7585 or (406) 255-0540 for more information or to check out these items. Materials will be mailed out to anywhere in Montana at no charge.

Books

Assist Guidebook to the Accessible Home: Practical Designs for Home Modifications and New Construction provides guidance for planning and construction to modify and adapt home entry ways, bathrooms and kitchens, and doorways in order to make homes accessible for people who are disabled. ACC72

A Brief Introduction to Social Role Valorization: A High-Order Concept for Addressing the Plight of Societally Devalued People and for Structuring Human Services 3rd Revised Edition by Wolf Wolfensberger. STA154

F.L.A.S.H. Family Life and Sexual Health (Special Education: Secondary): A Curriculum for Grades 7-12 provides functional teacher tools for students with diverse learning challenges so it can be used in special education and regular classrooms. Includes reproducible worksheets and transparencies. SEX167

Home Talk: A Family Assessment of Children who Are Deafblind is an assessment tool for parents and care providers to help them participate in the child's education by giving them a way to provide a broad picture of the

child's skills, special interests, and personality. DBL112

Making Choices as We Age is a peer training program for training persons with disabilities and their co-trainers on how to teach mentally handicapped adults about choice making, rights and responsibilities, making healthy choices, and what to do in their leisure time. AGE86

Solutions for Success: A Training Manual for Working with Older People Who Are Visually Impaired is a curriculum of twenty lessons intended to help caregivers recognize vision loss and provide information and techniques to help older persons live as independently and safely as possible. VIS228

Videos

Coping: Helping People with DD Better Cope with Their Daily Problems is designed to assist staff in being more helpful and supportive when working directly with people who function in the moderate/mild levels of MR/DD when helping them cope with life's daily problems. V-STAI45

Daily Living Skills is a series of 10 videos that will help train staff to teach others how to care for their

personal needs at home or in a care center. The tapes may also be used with people who have a higher level of understanding to help them learn from example. Topics covered are hand washing, bathing and showering, shampooing, nail care, shaving, bathroom assistance, oral hygiene, feminine hygiene, documentation, and personal appearance assessment. V-STAI34, V-STAI35

Dementia in Developmental Disabilities: An Introduction for Direct Support Staff describes how dementia manifests itself, shows the relationship between dementia and developmental disabilities, and demonstrates techniques to deal with behaviors associated with dementia. V-STAI47

First Job Survival Skills: Surviving the First 90 Days a school-to-work curriculum consists of six modules: The Foundation A Positive Work Ethic, Workplace Manners and Boundaries, Learning and Doing the Job, No Whining, No Excuses, Integrity at Work, and Getting Your Foot in the Door 12144 to 12149

Home Safe Home will help direct care providers to identify

Continued on the next page

Library, continued from page 7

potential safety problems, fix them and to teach the people who live there to avoid these problems in the future. V-STA144

How to Get People to Work Together demonstrates interpersonal skills that will help people know what they can do when conflict or bad feelings interfere with the team process. V-STA148

Involving Families and Guardians will help staff develop better relationships with families or guardians and describes ways to make a facility more family friendly and identifies situations

that are difficult to change. V-STA149

Managing Job Stress Series consists of six videos: Handling Workplace Pressure, Clarifying Roles and Expectations, Controlling the Workload, Managing People Pressures, Surviving the Changing Workplace, and Balancing Work and Home V-STA123 to V-STA128

Professional vs. Unprofessional Behavior in the Workplace: When Working with People Who Have Developmental Disabilities examines ten areas of professionalism and teaches staff how to know the difference

between professional and unprofessional behavior in the work environment. V-STA152

Showing People who Are Mentally Retarded that You Care teaches staff to demonstrate care and respect for the people they work with. V-STA146

Supporting Self-Determination: Strategies for Direct Support Staff provides staff with positive strategies for supporting self-determination for people with developmental disabilities. V-STA133

Tornado Awareness reviews tornado safety precautions such as evacuation plan and steps for safe relocation. V-STA151

Web sties, continued from page 4

The nonprofit organization Disability Resources, Inc. has a extensive guide to disability resources on the Internet including a directory of resources in Montana

<http://www.disabilityresources.org>

To learn about frauds and scams go to the Secret Service's web site and click on "Financial Crimes."

<http://www.secretservice.gov>

For the latest on telemarketing and investment fraud, see:

<http://crimes-of-persuasion.com>



**Have
a Safe
and Fun
Summer!**



TRIC/PLUK Library
516 North 32nd Street
Billings, MT 59101

Address Service Requested

Non-Profit Org.
U.S. Postage Paid
Billings, MT
Permit No. 88