



District of Columbia Developmental Disabilities Council

Herald

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Self Determination “Nothing About Us – Without Us”

DEVELOPMENTAL DISABILITIES COUNCIL (DDC) COMMITTED TO THE COMMUNITY AND BUILDING CAPACITY WITH THREE NEW DEMONSTRATION PROJECTS

The DDC has three new projects that will be starting soon. We are encouraging everyone to get involved and learn more about developmental disabilities. Disabilities are a natural part of the human experience. The three projects are Policymaking & Advocacy, Community Service & Recreational Opportunities, and Self Determination & Advocacy for Youth.



The Policymaking & Advocacy Project is a leadership training program for adults with developmental disabilities and parents of children with developmental disabilities based upon the curriculum for Partners in Policymaking. The project is about systems change and focuses on the belief that involving people who need and utilize the services are key and fundamental to the expected outcomes.

The Community Service & Recreation Project will favorably impact persons with developmental abilities satisfaction

with feelings of health, wellness and high quality of life through participation and contributions in the areas of family, community, school and work activities.



The Self-Determination & Advocacy for Youth Project is about youth and young adults being empowered and given the tools and skills to impact and direct their own futures and decision-making. They will receive the skills and knowledge to enable them to engage in person-centered, self-regulating behaviors as they deem necessary.



All request for proposals have been received. Identification of the selected contractor for each project will be named within the next few weeks.

The Developmental Disabilities (DD) Council of the District of Columbia seeks to strengthen the voice of people with developmental disabilities and their families in DC in support of greater independence, inclusion, empowerment and the pursuit of life as they choose. We strive to create change that eliminates discrimination and removes barriers to full inclusion through our advocacy.

DEVELOPMENTAL DISABILITIES COUNCIL (DDC) RELEASES PROPOSED FIVE-YEAR STATE PLAN DDC Welcomes Community Feedback and Comments

The District of Columbia Developmental Disabilities Council (DDC) has embarked upon the development of a Five-Year State Plan which covers goals for October 2012 through September 2017. The Plan is mandated by the Developmental Disabilities Assistance Bill of Rights Act of 2000 (PL 106-402).

The Five-Year State Plan is now available for public review and comments until July 13, 2011. Please find a copy of the Plan attached. For additional information regarding the proposed Plan and/or the Developmental Disabilities Council, please contact Mat McCollough at 202-727-6744 and/or via e-mail at mat.mccollough@dc.gov. Your comments are welcomed and can be submitted by:

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FOUR (4) COMMUNITY FORUMS DISCUSS DEVELOPMENTAL DISABILITIES SERVICES IN THE DISTRICT OF COLUMBIA

A new Five-Year State Plan was created, and the development of the proposed plan was based on extensive community outreach over the past several months. Four (4) community outreach forums were conducted between February and April. Nearly 200 self-advocates with developmental disabilities, family members, and friends representing all eight (8) District wards

shared their thoughts and concerns regarding the services available to them or their loved one. Additionally, over 130 surveys were collected from community residents to identify the needs and gaps in services for people with developmental disabilities.

The major concerns focused around jobs, housing and advocacy. The community wants a depository of accessible, centralized information and data including provider certification and evaluation; early intervention assessments; inclusion of disabilities and advocacy as part of school curriculum; bilingual staff/information; access and opportunity for recreational and leisure activities; and an educated community. The DDC thanks the support of the Department on Disability Services, Quality Trust, Advocates for the Justice and Education, The Festival Center, The Arc of DC, and Catholic University for hosting the four (4) forums. More importantly, the DDC appreciates everyone that attended the forums and shared their input.

NEEDS ASSESSMENT by NATIONAL ASSOCIATION OF STATE DIRECTORS OF DEVELOPMENTAL DISABILITIES SERVICES

In March, the National Association of State Directors of Developmental Disabilities Services (NASDDDS) entered into an agreement with the Department on Disability Services, Developmental Disabilities Administration (DDA) and the Developmental Disabilities Council to conduct a comprehensive assessment and analysis of the service needs of persons with developmental disabilities in the District of Columbia comprising two service populations: (a) individuals with intellectual disabilities¹ and (b) individuals with developmental disabilities².

Persons with developmental disabilities are eligible to receive publicly funded services as long as they have a concurrent diagnosis of

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intellectual disabilities. Expanding eligibility to include all persons with developmental disabilities would extend benefits to people with developmental disabilities but do not have intellectual disabilities.

NASDDDS conducts research on critical issues and topics of interest to member state agencies and engages in a variety of special projects and studies in collaboration with organizational partners to demonstrate best practice, provide in-depth technical assistance and evaluate new program models. NASDDDS has completed work for DC on numerous occasions over the past years. NASDDDS completed the comprehensive review and analysis of the service needs of District of Columbia residents and submitted the final report to the DDC and DDA in June.

¹Diagnostic classification formerly known as mental retardation.
²A developmental disability is defined as a severe, chronic disability of an individual; attributable to a mental or physical impairment or combination of mental and physical impairments; manifested before the individual attains age 22; and is likely to continue indefinitely. Developmental disabilities result in substantial functional limitations in 3 or more of the following areas of major life activity: self-care, receptive and expressive language, learning, mobility, self-direction, capacity for independent living and economic self-sufficiency. Individuals with developmental disabilities need a combination and sequence of special, interdisciplinary, or generic services, individualized supports, or other forms of assistance that are of lifelong or extended duration and are individually planned and coordinated.

RECOGNITION LUNCHEON IN HONOR OF THE PAST AND PRESENT



Present member and event's president, Ricardo Thornton.

In honor of March being Developmental Disabilities Awareness Month, the District of Columbia Developmental Disabilities Council celebrated and hosted a Recognition Luncheon on March 24, 2011 at the True Reformer Building.

It was an opportunity to recognize past and present DDC members for their service

of persons with developmental disabilities and their families in support of greater independence, inclusion, empowerment and pursuit of life as they choose. They serve as “volunteer change agents”, and this was an opportunity to let them know they are appreciated.



From left to right-current members, Victor Robinson and Haley Kimmert, share a laugh with past member, Germaine Payne.

The theme for the event was “TOGETHER WE CAN.” We all know we can accomplish more when we work together. Some of the memorable DD Council activities were assisting and supporting people to get a home of their own and become homeowners and educating and registering people to vote for the first time. The keynote speaker was Ms. Yulondra Barlow, Senior Policy Analyst for Councilmember Jim Graham, Ward 1.

Each current and past member received a crystal paperweight. Mrs. Annie Goodson received the Flame of Volunteerism plaque for her service as the Immediate Past Chair. Mr. Thorne received a clock plaque for his service as a long-time supporter of the Developmental Disabilities Council. Mr. Thorne challenged the members and stakeholders to make the Council visible so people will know who we are and what we are doing. In light of the work that still needs to be done, everyone was encouraged to join the Developmental Disabilities Council in renewing their commitment as a member and as a non-member to help the DDC continue to promote self-determination, integration and inclusion for all.

LOCAL DISABILITY ORGANIZATIONS AND COMMUNITY COME TOGETHER FOR DEVELOPMENTAL DISABILITIES AWARENESS MONTH

March has been proclaimed Developmental Disabilities Awareness Month, and it commemorates the progress toward improving the lives of people with developmental disabilities. The advocates and stakeholders in the District of Columbia celebrated the successes of people with intellectual and developmental disabilities by hosting a reception on Wednesday, March 30, 2011, at the John A. Wilson Building in the Mayor's Press Briefing Room. The theme was "Working Together: Unlimited Opportunities." The community celebrated employment, educational and community opportunities people with developmental disabilities can have when we all work together.

The Proclamation was read by The Honorable Vincent Gray, Mayor of the District of Columbia, and the Resolution was read by The Honorable Jim Graham, Councilmember of the District of Columbia Council. This was a joint reception hosted by The Arc of the District of Columbia, District of Columbia Developmental Disabilities Council, Georgetown University Center for Child & Human Development, Project ACTION, Quality Trust for Individuals with Disabilities, and University Legal Services.

Public attitudes are one of the biggest barriers to full community integration and inclusion of people with developmental disabilities. With activities such as the Awareness Reception, Recognition Luncheon and community forums hosted throughout the month of March, they promoted acceptance and understanding and decrease prejudice and misinformation.

All District of Columbia Developmental Disabilities Council Meetings are open to the public. See upcoming meeting dates on the next page.

BEAT THE HEAT TIPS

Keep cool – Spend as much time as you can in cooler surroundings, such as an air-conditioned shopping mall, senior center, public library or movie.

Use an air-conditioner or fan – Air conditioning can provide life saving relief from heat stress, especially if you have a medical condition like heart disease. Fans can draw cool air into your home at night or help provide good indoor air circulation during the day.

Baths and showers – Cool baths or showers (with water temperature around 75° F) provide amazing relief from the heat 25 times faster than cool air.

Clothing – Wear as little as possible when you are home. Lightweight, light colored, loose fitting clothing is more comfortable in hot weather. Cotton and other natural fabrics are very comfortable. Wear a hat or use a parasol or umbrella to protect your head and neck when you are outdoors.

Drink often – In hot weather, your body needs more water. Don't wait until you are thirsty, because your body needs more fluid than thirst will indicate. By the time you feel thirsty, you may already be dangerously low on water.

Drink often and in reasonable amounts. Don't try to drink a lot of coffee or tea. They are all right in moderation, but water is your best bet.

If you have a disease, a medical condition or a problem with body water balance, check with your doctor for advice on how much water you should drink in hot weather.

Slow down – Take it easy, especially at the start of hot weather when your body is less prepared for the heat. Physical activity produces body heat.

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Watch what you eat and monitor salt intake –

Avoid hot foods and heavy meals. They add heat to your body. Try using your stove less. Cook your meals during the cooler part of the day.

Check with your doctor before you increase the amount of salt or potassium in your diet. Do not take “salt tables” without your doctor’s permission.

Avoid alcohol – Alcohol interferes with your body’s fight against heat stress. It can put a strain on you heart.

Apply sunscreen to your skin before going out in the sun.

Reprint from DC Homeland Security and Emergency Management Agency



UPCOMING EVENTS

Developmental Disabilities Council Meetings

Thursday, July 21, 2011
Thursday, August 18, 2011
Thursday, September 15, 2011

2011 Administration on Developmental Disabilities Technical Assistance Institute

July 25-26, 2011
The Liaison Hotel, Washington, DC

New Five-Year Plan Deadline

August 15, 2011

Alliance for Full Participation

Real Jobs - It’s Everyone’s Business
November 17-19, 2011
Gaylord National Harbor



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