DDS 101:
What you need to know

INGRID FLORY, FAMILY SUPPORT DIRECTOR
PAM HICKEY, SELF-DIRECTED SUPPORTS MANAGER
PAMELA P. FERGUSON, AUTISM PROGRAM COORDINATOR
Charting the LifeCourse Integrated Supports STAR

- Personal Strengths & Assets: resources, skills, abilities, characteristics
- Technology: i-pad/smart phone apps, remote monitoring, cognitive accessibility, Adaptive equipment
- Relationships: family, friends, neighbors, co-workers, church members, community members
- Community Based: school, businesses, church faith based, parks & rec, public transportation
- Eligibility Specific: State Agency services, Special Ed, Medicaid, Voc Rehab, Food Stamps, Section 8
The Department of Developmental Services

- Is a State agency that provides services and supports to:
  - Children with Developmental and Intellectual Disabilities (up to age 22)
  - Adults with Developmental and Intellectual Disabilities
  - Adults with Autism Spectrum Disorder, Prader Willi and Smith-Magenis Syndrome

- Serves approximately 32,000 children and adults in Massachusetts
What happens once found eligible for DDS?

- Assigned to an Area Office based on where you live, and a Service Coordinator
- Connects you with other resources that may or may not be funded by DDS
- Examples: Family/Autism Support Center, Adult Day Programs, Mass Health, Social Security Benefits, Employment Options, other Community Resources
Support Across the Lifespan

**0-3**
- Early Intervention provides services and supports to the family, assists with transition to school
- DDS funds Family Support programs to supplement, but primary contact with Early Intervention

**3-18**
- School is primary source for services. DDS funds Family Support programs
- Most contact is with school and Family Support Center

**18-22**
- School still primary contact
- DDS Service Coordinator will begin attending IEP meetings and planning for life after high school
- If your child will graduate with a diploma before age 22, contact your DDS Service Coordinator

**22+**
- DDS primary source for services and supports
- Family Support services continue for as long as an individual lives with family (can be sibling, etc.)
When you have a family member living with you who has an intellectual or developmental disability, Family Support Services and Programs are available to help support your whole family.

| Helping Families Discover Resources and Information, and Navigate Systems | Helping Families and Individuals Connect with One Another | Providing Goods and Services for day-to-day Caregiving and Supports |
# Family Support Centers

The core of our Family Support system is our Family Support Centers, which help to inform, connect and support families.

### Services Available to Anyone:
- **Information & Referral** Call your Center with questions!
- **Family Trainings** on topics such as special education, legal matters, public benefits, etc.
- **Family Networking** opportunities for families to connect, including parents, grandparents, siblings and self-advocates.
- **DDS Eligibility Application**: Support Centers can help you apply for DDS.

### Services Available to DDS Eligible Families:
- **Service Navigation** helps families navigate health insurance, special education, elder services, etc.
- **Social/Recreational Activities** both at the Center and in the community.
- **Community Connections & Resources** helping families learn about what exists in their community for recreation, emotional and spiritual support, financial assistance, etc.
- **Flexible Funding** to purchase goods and services.
Autism Support Centers

Our regional Autism Support Centers are similar to Family Support Centers but with a focus on the unique needs of families experiencing Autism. Families may use both their Family and Autism Support Centers.

Services Available to Anyone:

- **Information & Referral** Call your Center with questions!
- **Family Trainings** on important topics such as understanding Autism, behavior management, social skills, and more
- **Family Networking** opportunities for families to connect, including parents, grandparents, siblings and self-advocates.
- **DDS Eligibility Application**: Autism Support Centers can help you apply for DDS.

Services Available to DDS Eligible Families:

- **Social/Recreational Activities** both at the Centers and in the community
- **Community Connections & Resources** helping families learn about what exists in their community for recreation, emotional and spiritual support, financial assistance, etc.
Family Support Services for People of Any Age:

<table>
<thead>
<tr>
<th>Service Type</th>
<th>Description</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>In Home &amp; Community Support Services</strong></td>
<td>Services that are provided at your home or in your community, depending on the needs of your family member. May include behavioral supports, adult companion, respite from caregiving, and more.</td>
<td>DDS Service Coordinator or Family Support Center</td>
</tr>
<tr>
<td><strong>Flexible Funding</strong></td>
<td>Funding that can be used by families to purchase goods or services such as adaptive equipment, recreational opportunities, short-term emergencies, respite from caregiving, family training, and more.</td>
<td>Family Support Center or DDS Service Coordinator</td>
</tr>
<tr>
<td><strong>Family Leadership Series</strong></td>
<td>A free, intensive training that takes place over several weekends and is a unique opportunity for families to invest in themselves and connect with other families.</td>
<td>Mass Families Organizing for Change: <a href="http://www.mfofc.org">www.mfofc.org</a></td>
</tr>
</tbody>
</table>
# Specialized Programs for Children & Young Adults

<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>IFFS</strong> (Intensive Flexible Family Supports)</td>
<td>This short-term program helps families when they are experiencing significant challenges and instability. IFFS Navigators work closely with families for 6-18 months, helping them access different services and supports. Referral must come from DDS Service Coordinator.</td>
</tr>
<tr>
<td><strong>Medically Complex Program</strong></td>
<td>Children and young adults up to age 25 who have complex medical needs and meet eligibility requirements. Referral must come from DDS Service Coordinator.</td>
</tr>
<tr>
<td><strong>Children’s Autism Waiver</strong></td>
<td>Provides in-home services for children 3-9 years old with Autism. Child must meet specific eligibility criteria and the family must qualify financially for MassHealth Standard. Families apply during Open Enrollment Periods.</td>
</tr>
<tr>
<td><strong>DESE/DDS Program</strong></td>
<td>In partnership with the Department of Elementary and Secondary Education, this provides in-home services for children and young adults age 6-22 who might be at risk of going to a residential school. Families apply during Open Interest Periods.</td>
</tr>
</tbody>
</table>
Transitioning to Adult Services

- Develop a *Vision* for life after high school.
  - Interests and passions
  - Vocational and personal goals
  - Meaningful community activities
  - Health and well-being

- Partner closely with your school and DDS Transition Coordinator to plan. The school makes a 688 Referral to DDS around age 18.

- Complete DDS application for Adult Eligibility around age 17-18

- Use *Person Centered Planning*
Creating a Vision for a Good Life

Vision for What I Want:
To be creative. To earn money. To choose my own schedule. To spend time with my family.

Vision of What I Don’t Want
To be in large groups. To do the same thing every day. To have to do the same thing as everyone else.
DDS will help you through the transition

Your Transition Service Coordinator will help your family to plan for life after high school.

- DDS may ask to do some assessments

- After assessments are completed, DDS prioritizes based on current needs and available resources. The prioritization is based on the urgency of need.

- DDS may ask you apply for a **Waiver**

- DDS will connect you to different Adult services and supports
What if my family member has Autism without an Intellectual Disability?

What Does This Mean and Look Like?

- “A lot of children and young people with autism may have an appropriate IQ for their age but still struggle with everyday skills like getting themselves to school, navigating public transport, or communicating at the same level as their peers.”

- “How well you function is not about your IQ, but about how well you’re able to perform in your environmental context, for your age.”

Dr. Gail Alvaries (https://www.telethonkids.org.au)
Transition process is the same, however we may need to plan earlier, because the individual may graduate from High School at 18.

Dedicated Autism Service Coordinator in each Area office help connect individuals to services and supports.

Except in exceptional circumstances, DDS is not currently funded to provide residential services for adults with Autism without ID.

We provide a broad array of day, employment and in-home services for adults with Autism without ID, however the service look differently, depending on the person’s need.
What Services Might Look Like for Adults with Autism

- Most services and supports are similar to traditional, but are designed to meet the different needs of these individuals
- For example:
  - **Day Program**: Voluntary sign up—look like a club house model, have more of a flexibility in attending and its not a group activity
  - **Coaching**: Supports specialized to meet the needs of the individual—could help out with college navigation, building independent living skills, socialization
  - **Adult Companion**—check in—working on social skills—how to navigate social media, budgeting, etc.
What do Adult Services look like?
Adult Service Options - Day

**Employment Supports**
- Competitive Employment*
- Supported Employment*

**Day Programs**
- Community Based Day Services*
- Day Habilitation Programs* (MassHealth)
- Adult Day Health* (MassHealth)
- Clubhouse* (DMH)

**In Home and Community Services**
- Adult Companion*
- Respite*
- Clinical Supports*
- Coaching*

* These may be available to adults with Autism without an intellectual disability
Other Adult Service Options

Individual Supports*

• For people who live independently
• Can include assistance with food shopping, cooking, banking, housekeeping, community integration.

Residential Supports

• Shared Living
• Adult Family Care* (MassHealth)
• Group Homes

* These may be available to adults with Autism without an intellectual disability
How will I decide which services and supports?

- Once you have determined what services are needed, you can consider how they will be delivered.

- You should learn about all Service Models:
  - Traditional Services
  - Self Directed Services
Traditional Services

- Traditional Services involve a contract with an agency that provides particular services.
- The agency takes sole responsibility for hiring, training, directing and scheduling the staff.
- The program’s structure is established by the agency.
Self-Directed Services can provide people with options

- Opportunity to use DDS funds to develop an individualized plan of activities and hiring the providers that can best meet the needs.

- There are two models of Self-Directed Services:
  - Agency with Choice
  - Participant Directed
Partnering with DDS

Consider:

- What you do and do not want
- How DDS services can support your vision for life
- Communicate what you need, and with what urgency
- Needs and plans can change at any time -- and that is expected
- We all need to be flexible and creative
- Consider what your community has to offer
- Remember that every individual and family is different so their services will look different
## Contacts

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ingrid Flory</td>
<td>Regional Director of Family Support</td>
<td>413-205-0842</td>
<td><a href="mailto:Ingrid.Flory@state.ma.us">Ingrid.Flory@state.ma.us</a></td>
</tr>
<tr>
<td>Pam Hickey</td>
<td>Self-Directed Supports Manager</td>
<td>413-205-0871</td>
<td><a href="mailto:Pamela.hickey@state.ma.us">Pamela.hickey@state.ma.us</a></td>
</tr>
<tr>
<td>Pamela Ferguson</td>
<td>Regional Autism Program Coordinator</td>
<td>413-205-0849</td>
<td><a href="mailto:Pamela.p.ferguson@state.ma.us">Pamela.p.ferguson@state.ma.us</a></td>
</tr>
</tbody>
</table>

For More Information: [www.mass.gov/dds](http://www.mass.gov/dds)
Thank You!