

# LOS ANGELES SELF-ADVOCACY NEWS

By And For People With Developmental Disabilities

June, 2009

Issue 8



## California's Budget Crisis



The Department of Developmental Services along with a group of Stakeholders were required by the Legislature to come up with ideas for cutting \$100 million from the 2009-2010 regional center budget. These are the ideas that are being presented to the Legislature for a vote:

**TRANSPORTATION:** Do not pay for special transportation when a consumer can use public transportation.

**HOLIDAYS:** All day programs and similar programs will take the same 14 holidays off each year (instead of 10 holidays).

**NEW SERVICE FOR OLDER CONSUMERS:** Creates a new program for older consumers who don't want to go to a regular day program.

**NEW EMPLOYMENT PROGRAM:** A program to help consumers get a job, volunteer, or own their own business.

**IN-HOME-SUPPORT-SERVICES (IHSS):** Supported living providers will have to help consumers get IHSS within 5 days of moving into supported living.

**SUPPORTED LIVING SERVICES:** Develop cost effective rates; control if and when a regional center can help consumers to pay for rent.

**NEIGHBORHOOD PRESCHOOLS:** Use preschools to service infants with developmental disabilities rather than special centers.

**PRIVATE INSURANCE FOR EARLY START SERVICES:** Make parents use private insurance to pay for medical evaluation and assessment for children under 3 if it's covered.

**ACCESS TO EARLY START SERVICES:** Limit services to infants and toddlers over two years old only to those with the most needs.

**IN-HOME RESPITE AGENCY WORKER:** Allow respite workers to provide some services like helping with inhalation devices, colostomies, catheters, insulin, and wound care.

**REDUCE REGIONAL CENTER OPERATIONS:** Take some money away from regional centers that is used for their offices.

**ELIMINATE A QUALITY ASSURANCE REVIEW PROCESS:** Stop the regional center reviews of community care facilities that are done once every three years.

**PARENTAL FEE PROGRAM:** Update fees that parents pay when their children under age 18 live in community care facilities.

**LIFE QUALITY ASSESSMENTS:** Stop doing LQA's and start a new program using a national tool.

**BEHAVIORAL SERVICES TRAINING FOR PARENTS:** Require parents attend group training so they can support behavioral services to their children. **(Continued next page....)**



# California's Budget Crisis



(continued from page 1)

Although these cuts have not been finalized, the Governor recently proposed even further cuts in his "May revise" version of the budget. New cuts of \$234 million along with some federal cuts could bring a reduction to our system totaling \$500 million. A statewide Stakeholder Group is meeting again to suggest ways to achieve this. There are not specific details as of this writing, but these cuts could be devastating and would affect most people in some way.

It is more important now than ever to understand your rights. This does not mean a regional center can automatically cut your services, such as transportation or supported living services. It DOES mean that you have to become a strong advocate, learn how to get a service into your Individual Program Plan (IPP), and learn about the appeal process.

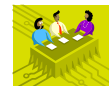
Here are some things you can do to let your voices be heard about the cuts:

- 1) Call, visit, and write your state Assembly Members and state Senator. Specific ideas of what to cut are more helpful than just saying "don't cut my services." You can find out who serves your area by calling 1-8000-815-2666.
- 2) Call and write Governor Schwarzenegger, State Capitol, Sacramento, CA. 95814, phone: 916-445-2841
- 3) Keep informed with these websites:  
[www.cdcan.us](http://www.cdcan.us)  
[www.dds.ca.gov/ConsumerCorner](http://www.dds.ca.gov/ConsumerCorner)  
[www.areaboard10.org](http://www.areaboard10.org)

Here are some ways you can learn more about your regional center rights:

- 1) Attend a self-advocacy group meeting. If you need help finding one, call (818) 543-4631.
- 2) Ask your regional center Clients Rights Advocate or Consumer Advocate for help.
- 3) Contact the Self-Advocacy Board. Ask them to come out and do their free training "10 Things Every Regional Center Client Should Know."
- 4) Go to Disability Rights California's website and read their publication called, "Your IPP: It's Not Just a Piece of Paper."  
<http://disabilityrightsca.org/pubs/503801.pdf>
- 5) Another helpful guide is at DDS' website: "Consumer's Guide to the Lanterman Act."  
[http://www.dds.ca.gov/ConsumerCorner/docs/LA\\_Guide.pdf](http://www.dds.ca.gov/ConsumerCorner/docs/LA_Guide.pdf)

## Relationships Conference



The 3<sup>rd</sup> Relationships Conference put on by NLACRC self-advocates will be on Saturday, September 5, 2009 from 1:30 to 10:30 PM at the Airtel Hotel in Van Nuys. Cost is \$52 if you register by 7/21/09 and \$62 if you register after that date. Cost includes workshops, dinner, dance, and raffle ticket. For more information, contact Kathryn Lincoln at 818-756-6225.

# Self-Advocacy Group

## Spotlight



In this issue, we are featuring the “California Adult Councils” at ARC Long Beach. There are two Councils that have been meeting for many years. Each group is made up of about 60 people and they meet monthly.

Elections for officers are held every January. The five officers are President, Vice-President, Secretary, Treasurer, and Safety Chairperson. Everyone at ARC votes by secret ballot, even if they are not in the Council groups.

Each meeting consists of Old Business, New Business, and Announcements. They discuss issues at the workshop such as people running and not walking, or people who often ask others for money or food. They also discuss transportation problems. Members also enjoy sharing about events in their lives, birthday celebrations, and vacations. At some meetings, they have guest speakers who talk about rights, voting, or self-advocacy.

Group members eagerly look forward to their meetings. Cathy Stewart, the Coordinator, says “the groups build a sense of community. It makes people feel closer and helps people get to know others, not just the people they work with. They like being together and sharing.”

For more information, contact Cathy at 562-597-7717.

# Job Resources



California First Lady Maria Shriver has started the “We Include” initiative to encourage inclusion of people with developmental disabilities in real employment situations. More information about it can be found at: <http://www.weinclude.ca.gov/>

It is important to understand that working does not necessarily mean losing your benefits. One of the best explanations about this can be found at the Disability Benefits 101 website: <http://www.disabilitybenefits101.org/> Here you can learn about work incentives, tax credits, health coverage, and you can figure out exactly how your benefits would be affected using their easy-to-use calculator.

Here are some great resources for learning about self-employment. It includes many helpful steps in starting your own business:

<http://www.dds.ca.gov/weinclude/JobSeekersSelfEmployment.cfm>

The following website helps parents and students begin to plan for transitioning to a working adult life: [http://www.dds.ca.gov/weinclude/Job SeekersTransition.cfm](http://www.dds.ca.gov/weinclude/JobSeekersTransition.cfm)

Information about a video featuring people with developmental disabilities at work as well as useful information for employers can be found at: <http://www.dds.ca.gov/weinclude/> and click on Related Links.

# Weight Management and You

By Wesley Witherspoon



It is summertime and you probably gained some weight with the winter season. Most people in the United States are overweight. In order to lose weight, you have to eat less food. 70-80% of people are overweight. In order to lose weight, you have to eat less food, exercise more, and change a few habits.

Here are ways to lose weight:

1. Replace drinking soda with drinking water.
2. Stop ordering the super size meal. If you do order the super size meal, share it with others.
3. Eat food that is baked or grilled rather than fried.
4. Do not eat a late night meal.
5. Exercise 4 times a week, walk, jog, play tennis, do pilates, etc.
6. Only eat when you are hungry; avoid eating when you are not hungry.
7. Eat more fruits and vegetables.
8. Watch your calories when you eat.
9. When you go out to eat, save some food and bring it home.
10. Avoid eating extra things with your meal, such as dessert.
11. Don't get discouraged if you cannot lose weight; it takes months for some and years for others.

12. Only go to buffets (all you can eat places) once in a while.
13. Be realistic, you cannot lose 100 lbs in 1 week. Make small steps when you are trying to lose weight, like 5 pounds per month.
14. Avoid eating before you go to bed.
15. For people who are 21 years and older, only drink alcoholic beverages once in a while.

Remember to lose weight, it takes time!! It can take months and years to lose the weight you want to lose. Weight loss is not easy to do.

## Next Self-Advocacy Board Meeting-

Everyone is welcome to join us!

June 27, 2009

1:00 to 4:00 PM

Area Board 10 office

411 N. Central Ave., Suite 620

Glendale, CA. 91203

Questions? Call 310-751-6995 or

818-543-4631.

Los Angeles Self-Advocacy News is published three times a year by the Self-Advocacy Board of Los Angeles County with help from Area Board 10.

Our officers are: President – Daniel Redmond; Vice-President – Colette Madore; Secretary – Carmen Redmond; Treasurer – Dennis O'Brien; Sergeant-at-Arms – Tom Fambro.

You are invited to send articles, stories, or letters by September 1 for our October issue. Send them to: Self-Advocacy Board, 411 N. Central Ave., Suite 620, Glendale, CA. 91203.

Phone: 818-543-4631. Email: [sablac@earthlink.net](mailto:sablac@earthlink.net)  
(We will do our best, but we cannot guarantee that we will have space to include all materials sent to us)

# SELF-ADVOCACY WORD SEARCH

By Margaret Barcelo



Can you find these self-advocacy words in the Word Search above?

Choices

Speak Up

Freedom of Speech

Decisions

Advocate

Government

Civil Rights

People First

Power

Self-Advocacy

Change

Empowerment