DDD Member Update

Division of Developmental Disabilities
Member Newsletter

DEPARTMENT OF ECONOMIC SECURITY
Your Partner For A Stronger Arizona

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Equal Opportunity Employer/Program

Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI & VII), and the Americans with Disabilities Act of 1990 (ADA), Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, and Title II of the Genetic Information Nondiscrimination Act (GINA) of 2008; the Department prohibits discrimination in admissions, programs, services, activities, or employment based on race, color, religion, sex, national origin, age, disability, genetics and retaliation.

The Department must make a reasonable accommodation to allow a person with a disability to take part in a program, service or activity. For example, this means if necessary, the Department must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that the Department will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity.

If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. To request this document in alternative format or for further information about this policy, contact the Division of Developmental Disabilities ADA Coordinator at 602-542-0419; TTY/TDD Services: 7-1-1. Free language assistance for DES services is available upon request. Ayuda gratuita con traducciones relacionadas con los servicios del DES está disponible a solicitud del cliente.

"What Do You Want To Be When You Grow Up?"

This is a question kids get asked when they begin school. Their answer in first grade is usually different from their answer in 7th grade. Their answer may change again in high school.

Kids with disabilities are less likely to be asked this question when they begin school. There are many other things to think about besides a job or college for them. Sometimes students with disabilities are asked this question again when they are beginning to consider completion of high school. But by then, it may be harder for the person to have a clear idea of what they want to do after school.

The Division is part of a larger group of state agencies, educators, family members and other stakeholders. This group is interested in improving integrated employment opportunities for individuals with disabilities. This new initiative is called Employment First. Activities are directed at encouraging employment as the goal for most individuals with disabilities who are of working age. Other day services will continue to be available, but work should be considered first—Employment First.

Stay tuned for future Newsletter articles about Employment First.

The Importance of Diagnosing Autism Early

—Dr. Bob Klaehn, DDD Medical Director

Many reasons are given by doctors for not diagnosing Autism Spectrum Disorders. They include: "I don't want to give the child a label," or "What if I'm wrong and the child doesn't have Autism." Like most people, doctors don't like to give families bad news! However, there are good reasons for finding out if your child is "at risk" for Autism at an early age. In order for a toddler or young child to be eligible for DDD services before age 6, a doctor need only document that they are "at risk" for one of our qualifying diagnosis. The full diagnosis of Autism can be made later if doctors are hesitant.

How early can the diagnosis be made? The M-CHAT (Modified Checklist for Autism in Toddlers) is designed to be used by pediatricians to diagnose children at risk for Autism at the time of their 18 month check-up. Questions on the M-CHAT include several about "joint attention." "Joint attention" is a person's ability to focus on the same item or activity as another person. A parent and child sharing enjoyment of a picture book together is an example. Children at risk for Autism are not able to engage in joint attention.

Why diagnose Autism or being "at risk" for Autism early? Research tells us that the earlier comprehensive treatment begins, the better the result. Children who begin an Early Intensive Applied Behavioral Analysis (EIABA) program before age four have a much better chance of being "main-streamed" (receive their education in a regular classroom) by the time they enter first grade. Other intervention programs, such as "Floor Time" and the "Denver Model" can also be started with toddlers. Speech Therapy is another important part of a comprehensive treatment plan (one that covers "all the bases"). So "labeling" a child as "at risk" for Autism early may help the child "outgrow" the "label" later!

Frequently Asked Questions

Question: Why is participating in Contingency/Back-up planning important for members?

Answer: Members participate in developing a contingency/back-up plan for any critical service provided in their home. This contingency/back-up plan will list names and numbers of people and agencies to call if your caregiver does not come as scheduled. You have the right to be offered another available caregiver within two (2) hours of the agency or Division being notified that your caregiver did not come. You may also call AHCCCS at 1-800-218-7509 if you do not get a scheduled service.

Question: Why do I need to schedule my next ISP meeting so far in advance?

Answer: Support Coordinators (SC) are required to schedule your next meeting at the close of your current meeting. If you need to change a meeting you have scheduled, please contact your SC prior to your scheduled meeting.

Question: What happens if my SC is not available to meet on the day we have scheduled?

Answer: A Back up SC will be assigned to complete the meeting.

Question: Why does the SC need to come to my home to conduct meetings?

Answer: AHCCCS policy requires meetings to occur in the member's residence.

Protect Yourself Against the Flu

Everyone 6 months and older should get a flu shot every year.

- **Flu vaccination is safe.** Vaccines are always checked for safety. The risk of the vaccine causing serious harm is extremely small.
- **You can't get the flu from the vaccination.** The flu shot and nasal flu vaccine are made from dead or weakened flu viruses. The vaccine does not cause flu. It helps you build resistance to the disease. If you do get sick after getting a flu shot, it is because you were exposed to an illness before you were vaccinated and didn't know it.
- **Getting the flu can be serious.** Every year, thousands of children and adults die from the flu. Complications of flu can include:

  - Bacterial pneumonia
  - Ear infections
  - Sinus infections
  - Dehydration
  - Worsening of chronic conditions
- **Vaccination is the best way to protect yourself and your family.** This year's vaccine protects against the main flu strains that research indicates will cause the most illness during the current flu season.

Source: Centers for Disease Control and Prevention
http://www.cdc.gov/flu/about/disease/

Thinking about Quitting?

Arizona Smoker's Helpline (ASHLine) can help you quit tobacco!!

- Program services are free to all Arizonans — registration is not required.
- ASHLine offers ongoing support in English and Spanish to all tobacco users looking for help with quitting.
- Services include personalized quit plans, medication assistance, quit coaching, interactive Web programs, telephone counseling, and self-help materials.

Did you know...Within 72 hours of quitting, your lung capacity increases and breathing becomes easier.

ASHLine: 1-800-556-6222 • www.ashline.org

Chronic Illness and Ways to Manage Care

A chronic disease is one that is long-lasting and can be controlled but not cured. Chronic diseases account for 70% of deaths every year.

Diseases that can be chronic are asthma, chronic obstructive pulmonary disease, heart disease, diabetes, cancer, obesity, high blood pressure, high cholesterol and depression.

Supporting the member to take the lead on living a healthy lifestyle is the key to successful chronic illness care and improved patient outcomes. Self-care behaviors that affect chronic illness management may include a medication-taking routine, stress management, physical activity, dietary and weight management.

It is very important for those people who have a chronic illness to see their Primary Care Physician and appropriate specialists as directed by their physician.

Reporting Fraud

IF YOU SUSPECT IT, REPORT IT!

Fraud is an intentional deception or misrepresentation made by a person with the knowledge that the deception could result in some unauthorized benefit to oneself or some other person. (42 C.F.R. Section 455.2)

Report Division of Developmental Disabilities fraud to:

DES/DDD Fraud Hotline @ 1-877-822-5799 or https://www.azdes.gov/report_fraud/

Beginning October 1, 2013, well visits have been reinstated as a benefit for AHCCCS members.