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NDCPD's New Strategic Plan

By Brent A. Askvig, Ph.D., NDCPD Executive Director

On July 1, 2012, NDCPD began a new five year strategic plan. As part of the approved funding for NDCPD, staff developed a strategic plan for the 2012-2017 time frame. This strategic plan is focused on the needs of persons with disabilities and their families throughout the state. It comes after nearly two years of community forums, focus groups, input sessions and state data review.

NDCPD is excited about this new plan. It will focus on goals and objectives within four thematic areas. These areas are: inclusive communities; workforce development; self-determination; and healthy citizens. Specifically the goals are:

Goal 1: NDCPD will increase ND communities' capacity to support individuals with disabilities and their families.

Goal 2: NDCPD will provide effective pre-service and community education that will increase the number of and quality of direct support and other professionals in the human services and other related fields.

Goal 3: NDCPD will support individuals with disabilities and their families/ caregivers in ways that maximize their capacity, strengths, and abilities to exercise greater choice and self-determination.

Goal 4: NDCPD will improve systems and services of healthcare for persons with disabilities.



Inside this Issue

NDCPD's Strategic Plan	2
Improving Transportation	2
What Does Employment Mean to You?	3
Technology: Helping Son with Autism	4
Citizens with Disabilities Can Get Free Lifetime National Parks Pass	5
What To Do If You Suspect You're a Victim of Medicare Fraud	6
New Staff	7
Recently Funded Projects	7

In the inclusive communities area, NDCPD will work on accessible housing, transportation planning, accessible recreation and fitness programs, and integrated childcare. Workforce development activities will center on technical assistance to state agencies and board, curriculum and training for direct support professionals, cooperation with LEND training programs in Minnesota and Utah, and a university disabilities studies course. Self-determination is an important aspect of the disability movement across the US, and NDCPD will address this through activities such as self-determination education, technical assistance to schools and families, and community-based self-determination interventions. Finally, the health of citizens with disabilities is at a critical stage in our state and in our country. NDCPD will undertake activities such as training and technical assistance on Medicaid and Medicare benefits, coordinated care/medical home training, and diabetes and limb loss systems supports on ND reservations.

This is an aggressive and impressive slate of activities for the next five years. NDCPD will continue to seek funding to support these activities, and will partner with numerous agencies, families and individuals with disabilities to make this plan a reality. Rest assured that NDCPD staff are ready to roll up their sleeves and work hard for the citizens of this great state!

Easter Seals Project Action and the Minot Community Come Together to Improve Transportation

By: Dawn Olson, Consumer Liaison

Minot was among 10 communities from throughout the U.S. selected to participate in the Accessible Transportation Coalitions Initiative offered by Easter Seals Project ACTION (ESPA). Minot was chosen through a competitive application process in which a commitment to improving accessibility and access to public transportation had to be expressed.

The first step in this process is to host a two-day Accessible Transportation Coalition event. This event is scheduled to be held on July 18 and 19, 2012 on the campus of Minot State University. The event is designed to bring the Minot community together to develop a plan to strengthen the availability and accessibility of transportation services locally. This will be accomplished through a cross-agency approach, with the intent that these cooperative efforts continue after the event. ESPA staff will facilitate the two-day coalition, which will result in the development of an action plan to increase accessible transportation options in Minot.

Should you have questions or if you would like additional information regarding this meeting, please contact Emily Rodacker at emily.rodacker@minotstateu.edu or Dawn Olson at dawn.d.olson@minotstateu.edu.

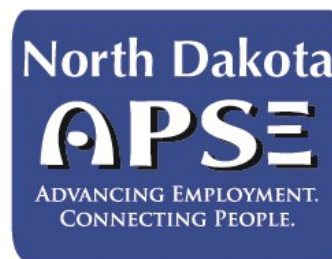
What Does Employment Mean to You?

By: Jay Klabunde, Assistant Director, Rehab Services, Inc., (APSE Member)

So what do you do for a living? How many times when meeting someone new do you ask this question? Saying what we do tells people a big part of who we are. For all of us, having pride in what we do can define our self-confidence and how we project ourselves to others. Not having a career or something to look forward to doing each day can make a significant impact on the outlook we have in life. Being a part of something bigger or making an impact on people or products can help us in feeling achievement and having pride in ourselves. For individuals with disabilities, work can often be a starting point to increasing their self-esteem and willingness to become more involved in their community. At RSI, one of the first things we discuss with the people we work with is, "What is your dream job?" It continues to amaze me how many people struggle with answering that question, although I still don't know what I want to do when I grow up! (and no, 41 is not yet grown up!) Taking the step to seek community employment for individuals with disabilities, after experiencing the difficulties of obtaining SSI or SSDI, is a daunting task and something that requires incredible courage.

For years the misinformation out there for individuals was tremendous, even from professionals with the best intentions. It's time to start encouraging all people to give work a try, **YOU WILL NOT LOSE YOUR SSI OR SSDI FOR PART TIME WORK.** Seeing a person get their first paycheck, pay rent for the first time on their own, or move into their own place is a highly rewarding experience for me and for our staff. **Every** person has the right to make the choice in what they want to do for a living. Our lives are a culmination of the choices we make every day, this job, that job, this restaurant, that school, etc. The movements taking place within key organizations in the State, like APSE and Employment First, are trying to make these choices more of a reality for people that have been un- or under-employed in our state, people with disabilities. The core work of these groups is to try and encourage people with disabilities to get more involved in the decision to work, and where to work in their communities. So the next time someone asks them, What do you do for a living? They can have the opportunity to have pride in telling them what they do.

www.minotrehabservices.com



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Technology: Helping Son with Autism

By: Vicki Peterson

My name is Vicki Peterson, I live in Bismarck ND, and I have two sons. My youngest Aaron, soon to be 10 and in 3rd grade, has autism and an Intellectual Disability. He was diagnosed very early, the official diagnosis came about at the age of 15 months, I knew well before that. Aaron had classic symptoms of regressive autism. He developed very fast, ahead of the game somewhat, and then lost most development skills very quickly. Language was the last to go but it disappeared in about a week. I am a single mother and I needed help and I searched and I found it. One came in the form of technology.

We started with lower technology and programs. Originally it started with sensory issues. He was granted oral stimulation first with an EZ vibe tool and Jigglers for his oral sensory, we also did the Walberger Brushing Technique to have surgical brushes for the sensory integration.

We moved into Picture Exchange for Communication System (PECS) for Aaron. Aaron needs this to communicate his needs and wants, all the time working on his verbal skills. We then introduced him to a AT device called "Go-TALK" which used voice and pictures to communicate wants and needs and make comments as well. This device was light enough for him to carry with him in all environments. An issue I felt with this was the software that came with this was not the same as they used in the classroom. The schools use Boardmaker and I cannot afford to access Boardmaker. I did find that my son's IEP team was very good about helping me with those pictures. All this time I and his IEP team would work and investigate new forms of technology. Technology always evolving, Aaron too.

I went to a National Autism Conference and learned about video-modeling. I knew this would be a great tool and technology for Aaron. I discussed this with my son's speech teacher and we decided this would be great for Aaron to learn so many things including daily tasks at home, academics, social contact, recreation, independence and much more. We started and used the FLIP camera for video modeling. This camera has its built-in software and the editing is quite easy. We have used video-modeling for verbal communication of greeting his peers and teachers, self help skills such as bathing, brushing teeth, washing hands and hair, potty training too. He has moved onto doing academic skills with this as well, such as naming the days of the week, sight words, touch point math, reading. He uses it for chores such as doing laundry, setting the table, picking up his room. I love the video modeling for Aaron, it has changed our lives.

The next piece of technology we use is the iTouch and iPad 2. Wow great tools. We use them as video modeling as well, loading his videos to each device when laptops are not available, or to teach him to use these tools on more than one device. He uses many apps directed towards learning academics on the iPad2, such as counting, spelling, reading books (ones we can create ourselves), music (which is definitely therapy for my son, and is a great calming tool).

I credit not only his fantastic IEP team but music therapy as well for increasing Aaron's vocabulary, I thank Aaron too, he works very hard at it. He also uses the iPad for his daily schedule, getting ready for school, getting ready to go the YMCA, going to the store, going to a restaurant and much more. It's a great way to learn keyboarding and it's very mobile.

Another program my son accesses is adaptive books for reading and learning right alongside his peers with the general curriculum. His IEP and his specialist at school started this and now my son is able to read. I never thought this would be possible, but it is. His general education teachers deserve a lot of credit as well. I am so proud of Aaron and without the team he has, I do not know if this would have been possible.

Social communication has improved for Aaron with all the tech devices and programs I have stated. Aaron is now able to communicate with his peers better than before. It is always a work in progress but I am so proud of his peers as well. They talk to Aaron, play with Aaron not only at school but out in the community. The tools let Aaron practice these skills every day. I love going to a store and having a peer come up and say "hi Aaron" and he reciprocates. Little things I used to take for granted, not anymore.

We do use Skype to communicate with the Krieger Institute in Boston for my son's sleeping and nutrition issues. Along with autism, Aaron also has a severe sleeping disorder and nutrition is an issue. I would never be able to afford that expertise and not having to travel is fantastic.

For more information please contact Vicki Peterson at vickiasdc@bis.midco.net or 701-258-2237

Citizens with Disabilities Can Get Free Lifetime National Parks Pass

<http://store.usgs.gov/pass/access.html>

Did you know that U.S. citizens with documented disabilities can get a free lifetime pass to all national parks and recreation areas? The Access Pass is a free pass available to U.S. citizens or permanent residents of the United States that have been medically determined to have a permanent disability. It provides access to more than 2,000 recreation sites managed by five Federal agencies. A National Parks Pass usually costs \$80 yearly.

The North Dakota Center for Persons with Disabilities is a member of the Association of University Centers on Disabilities (AUCD). AUCD is a national network of interdisciplinary centers advancing policy and practice through research, education and services for and with individuals with developmental and other disabilities, their families, and communities.



What To Do If You Suspect You're a Victim of Medicare Fraud

By: Linda Madsen, Project Director SMP

You just received a call and were offered a “free” back brace. You’ve been having some problems with your back, the brace was “free,” so you decided to get it. The caller asked for your Medicare number in order to send you the “free” back brace. You gave the caller your Medicare number, hung up the phone and it hits you - you could be a victim of Medicare fraud.

Medicare fraud has many scenarios. You may feel you have been charged for a treatment you didn’t have, for services that were not ordered by your doctor, billed for the same thing twice, or as is the case with the free back brace, a caller requested your Medicare number for a free service.

Now, what should you do?

If you suspect errors, fraud or abuse, report it immediately. You will protect other people from becoming victims and help to save your Medicare benefits. If you fail to notify Medicare, you may find false claims being filed under your number and this can impact you with staggering medical bills, maxed-out benefits and compromised medical history records.

Here are the steps you should take to report your concerns and abuse:

- If you have questions about information on your Medicare Summary Notice (MSN) or Part D Explanation of Benefits, call your provider or plan first. Many times a simple mistake has been made and can be corrected by your physician, provider, or supplier’s office when you call.
- If your physician, provider, or supplier’s office does not help you with the questions or concerns about items listed on your MSN and you still suspect Medicare fraud, you should call or write the Medicare company that paid the claim. The name, address, and telephone number are on the MSN you received, which shows the amount Medicare paid. Be sure to have the MSN in front of you when calling Medicare, so you can give them the information needed.

If you are concerned your Medicare number has been compromised, which may have happened in the above scenario (Medicare number for the “free” back brace), contact the ND SMP. ND SMP will work with you to assure you have alerted all appropriate agencies. Remember, most often your Medicare number is also your Social Security number which if compromised, could lead to identity theft.

ND SMP is available to help victims of Medicare fraud and can help determine whether it is fraud, or just a mistake. ND SMP is a free service which provides one-on-one assistance with Medicare fraud and scams. Contact us at 1-800-233-1737 or 858-3580 for more information, or if you think you’ve been a victim of health care fraud.

New Staff

Kim Lentz is early interventionist in the Minot Infant Development Program. She is originally from Berthold North Dakota and graduated from Minot State University in 2004 with a BS in Elementary and Special Education. Kim is currently pursuing her masters degree in Early Childhood and Special Education. Her and her husband Scott have a four year old named Jackson. In her free time Kim enjoys playing with her son, watching TV and going to the lake with her family.

Kim Lentz



Recently Funded Projects

NDCPD Proposal Title	Grant Competition Title	Award Notification	Budget
SMP III	Senior Medicare Patrol	6/12/12	180,000 / Grant Office
EDHI-IS Year 2 Progress Report/ Continuation	CDC		155,703 / Grant Office
Core Grant	UCEDD	6/28/12	554,000 / Grant Office
ND Disability Health	State Disability Health	6/11/2012	300,000 / Grant Office
A-STEP Year 2 Continuation	U.S. Dept. of Education		NA
Proposal to Implement the ND Dept. of Health Suicide Prevention Program (Kognito High School Teacher Training	DOH	7/1/2012	64,790
Experienced Parent Region I Contract	Dept. of Human Services		15,000

The Ram Good Job Award

The Ram Good Job Award is given to a staff members to recognize them for doing such a “ram good job.” This award is given by the preceding month’s award recipient, and honors the staff member’s work to enhance the lives of people with disabilities and further the center mission. Winners over the past months include:



Ram Good Job Award

March 2012, Jamie Hardt - Project Support Staff

May 2012, Vicki Troftgruben - MFP Project Director

July 2012, Steve Peterson - Online Disability Services Coordinator



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PERSONS WITH
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Executive Director:
Brent A. Askvig, Ph.D.

Editor: Linda Madsen

Layout & Design:
Jamie Hardt

For additional information
Voice/TDD: (701) 858-3580

Toll Free: (800) 233-1737

Email:
ndcpd@minotstateu.edu

Website: www.ndcpd.org

**Available in alternative
format upon request.**

The Collaborator

The Collaborator is the quarterly newsletter for the North Dakota Center for Persons with Disabilities (NDCPD). NDCPD is a University of Excellence on Developmental Disabilities in Education, Research, and Services at Minot State University. It is part of a network of similar programs at universities throughout the United States.

Our mission...

To provide leadership and innovation that advances the state-of-the-art and empower people with disabilities to challenge expectations, achieve personal goals and be included in all aspects of community life.

Vision Statement...

We believe that people with disabilities have the same rights as all citizens. We believe that people with disabilities who receive publicly funded services have the right to expect that those services appropriately promote their independence, productivity, integration and inclusion. Furthermore, we believe that the public expects that these services will be provided in an effective manner.

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