

BELONGING

in the **COMMUNITY**

Spring 2015

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KENTUCKY DATA SHOW IMPROVEMENTS

In 2010 the Division for Intellectual and Developmental Disabilities (DDID) directed the Kentucky National Core Indicators project to convene a Quality Improvement Committee (QIC) with the goal of making recommendations regarding the quality assurance, improvement elements, and activities within the Supports for Community Living waiver. The committee has reviewed the NCI data annually and made recommendations in key areas of interest to Kentucky. Until this year the recommendations have remained largely the same since 2010 due to the fact that the data has changed very little. See chart below for previous recommendations.

Employment

- Increase the overall percentage of SCL recipients with jobs in the community by 5% as reported in the next NCI 12 month data cycle.

Health & Exercise

- Increase the overall percentage of SCL recipients who engage in moderate physical activity for thirty minutes a day at least three times a week by at least 5%, as reported in the next NCI 12 month data cycle.

Medication

- Decrease the overall percentage of psychotropic medications used by SCL recipients in residential settings by 10%, as reported in the next NCI 12 month data cycle.

Loneliness

- Increase the overall percentage of SCL recipients who report having friends who are not staff or family by 10%, as reported in the next NCI 12 month data cycle.

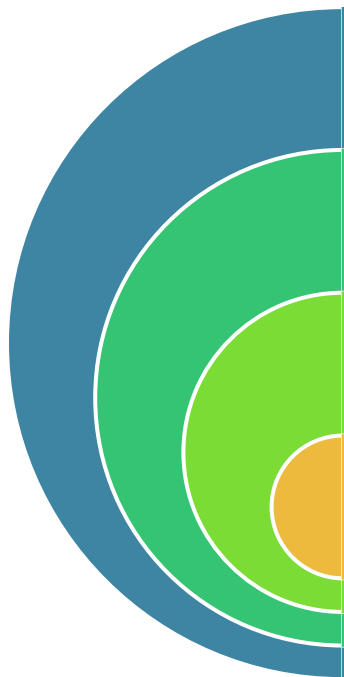
The 2013/14 NCI data shows improvements in several of the QIC focus areas, especially health and exercise, employment and loneliness. As a result, the committee has made new recommendations within the same or similar areas. *(cont. p. 2)*



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Human Development Institute
University Center for Excellence in Developmental Disabilities

IMPROVEMENTS (CONT.)

The committee would like to see Kentucky reach at least the NCI average in all areas. Since outcomes for people with disabilities tend to be poorer than outcomes for people without disabilities, the committee agreed that the long-term goal for each indicator should be that Kentucky exceeds the NCI average. The new QIC recommendations are listed below. The full recommendations report is available on the project website, www.belongingky.org.



<h3>Employment</h3>	<ul style="list-style-type: none"> The rate of employment for SCL recipients shall meet or exceed the NCI average
<h3>Medication</h3>	<ul style="list-style-type: none"> Psychotropic medication use by Kentucky SCL recipients shall decrease to percentage to 61%.
<h3>Loneliness</h3>	<ul style="list-style-type: none"> The percentage of Kentucky SCL recipients who report being lonely shall decrease to the NCI average.
<h3>Health & Wellness</h3>	<ul style="list-style-type: none"> The average number of Kentucky SCL recipients who moderately exercise regularly shall 1) meet the NCI average in 2014/2015 and then, 2) exceed the NCI average by at least 5% in 2015/2016.

A MESSAGE FROM DDID BY: CLAUDIA JOHNSON

We are now in our 16th year of participation in the National Core Indicators. In 2014 we implemented our new regulation for the Supports for Community Living (SCL) waiver which is designed to improve the lives of the people supported by offering them more opportunity to become an integral part of their community - working, living and playing. Kentucky made progress in 2013/14 in the areas of employment, health & wellness, and loneliness. Employment rates for SCL recipients went from 6% to 10%, the rate of those who are exercising at least three times a week improved to 18% from 14%, and the percentage of people who report feeling lonely dropped to 52% from 86%. The reported use of psychotropic medications continues to rise.

As a result of data showing that KY citizens with intellectual and other developmental disabilities are far behind the nation in areas such as employment, overuse of psychotropic medication and lack of physical activity, and unfortunately, far ahead of most in the area of loneliness. We continue to make programmatic changes and engage in projects aimed at improving outcomes in these areas. Over the past year we have been involved in many projects to (cont. p. 3)



“WE AT DDID CONTINUE TO RELY ON THE NATIONAL CORE INDICATORS DATA TO INFORM OUR POLICY AND DECISION MAKING AS WE STRIVE TO IMPROVE OUR PROGRAMS THAT SUPPORT PEOPLE WITH INTELLECTUAL AND OTHER DEVELOPMENTAL DISABILITIES.”

DDID message (cont.)

improve employment outcomes for people. These include membership and active participation in National Association Promoting Employment First (APSE), and a number of work groups, the most important being the Employment Learning Community which is an effort sponsored by NASDDS with a goal of promoting the development of Employment First policies and ultimately legislation. Our Employment Learning Community is in the process of putting the final touches on our strategic plan for the development of Employment First in Kentucky and is looking forward to begin working on implementation in the fall. There are currently in excess of twenty state and private agencies participating in the Employment Learning Community, participation in the national governor's association's plan to increase employment of people with disabilities, a Kentucky consortium of twenty members participating in the Office of Disability Employment (ODEP) Community of Practice which educates members on employment first and develops goals and specific action steps to promote integrated employment. In addition we are involved in a number of activities to improve the quality of supported employment that is provided in Kentucky. These efforts include refinement of our training efforts, modification to our credentialing process and fidelity tools to guide provider organizations toward best practice. The Division of Developmental and Intellectual Disabilities (DDID) now has one full time staff person devoted to these employment projects.



As a result of recommendations that came from the Core Indicator Quality committee, DDID approved the hiring of a full time Health and Wellness coordinator whose goal is to improve health outcomes for people with Developmental Disabilities. This will allow us to continue and expand on the Health Matters program that was initiated last year as a partnership between DDID, the Human Development Institute, and the Rehabilitation Research and Training Center on

Aging with Developmental Disabilities, University of Illinois at Chicago. To date there are 15 provider agencies participating in the HealthMatters program as a part of the state wide health and wellness initiative. This health promotion programming developed for individuals with intellectual disabilities is stimulating positive changes in organizational culture and individual health



Eat Well.
Move More.
Live Happy!

the received on-going technical support or on-site training of new staff to ensure that individuals are experiencing social integration in their respective communities. One of the agencies began a mentoring program with other case management agencies to embed Community Belonging principles and tools in the development of an individual's person-centered plan of care. Representatives from two of the four remaining agencies are scheduled to be co-presenters with Dr. Angela Amado and Barb Locker at the 2015 AAIDD Conference to discuss the Initiative and the impact upon the lives of individuals supported. The Endeavor for Excellence project is designed to enhance the capacity of providers to impact the lives of the people they support in significant and meaningful ways. The course focuses on the information, ideology, strategy and skill needed to design and provide high quality human services in partnership with people with developmental disabilities and their families.

We at DDID continue to rely on the National Core Indicators data to inform our policy and decision making as we strive to improve our programs that support people with intellectual and other developmental disabilities.

Kentucky Family Surveys

The results of the most recent Family Surveys show that Kentucky is doing better than most states in a variety of areas and that we still have some work to do in other areas. There are two versions of the survey. The Adult Family Survey is for people who have an adult family member(s) who receive Medicaid waiver services living in the home. The Family/Guardian Survey is designed for people whose family member(s) is living outside the home.

On the Adult Family Survey, the percentage of people who reported that their family member's supports were reduced, suspended, or terminated in the past year was half that of the NCI average. Additionally, 97% of family members reported that the services and supports they receive have made a positive difference in their family's life and 88% of people said that the services and supports have reduced their family's out-of-pocket expenses. Respondents on the Family/Guardian Survey reported that a lack of transportation restricts their family member's access to community activities at a far higher rate than the NCI average. Overall, 90% people who completed this survey reported that they are 'always' or 'usually' satisfied with the services and supports their family member receives. For the full report, go to www.belongingky.org.



Contact Us

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NCI DATA IN ACTION

NCI data, both Kentucky and national, are being used in many publication, presentations and research. Here are just a few examples:

- KARRN Conference (September, 2014)
- Research regarding faith community participation (ongoing)
- National AAIDD Annual Meeting (June, 2015)
- National ASPSE Conference (June, 2015)

RESOURCES

- National Core Indicators (NCI): www.nationalcoreindicators.org
- Division of Developmental and Intellectual Disabilities: www.dbhdid.ky.gov/ddid
- Medicaid Waiver Programs:
 - Michelle P. Waiver- <http://chfs.ky.gov/dms/mpw>
 - Supports of Community Living- <http://chfs.ky.gov/dms/scl>
- Financial Planning/Trusts: www.kyhope.org
- Human Development Institute (HDI): www.hdi.uky.edu
- HealthMatters: www.wellness4ky.org

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