

CROSS-DISABILITIES ADVISORY COUNCIL

Hybrid Meeting

Thursday, March 14, 2024

9:31 a.m. – 4:05 p.m.

Cross-Disability Advisory Council voting members present: Colette Fleck, Susan Karpyak, Toby Lunstad, Katynka Morrissette, Stephanie Nelson, Erin Peterson, Vicki Peterson, Megan Sande, Heidi Wilhelm

Cross-Disability Advisory Council non-voting members present: Kathy Barchenger, Kayla Fender, Kim Hruby, Mary McCarvel-O'Connor, Kevin Miiller

Guests present: Erin Leveton, Kathy Miiller, Storm Olson, Jillian Salmon, Wanda Seiler

WELCOME and ADMINISTRATIVE MATTERS

The meeting was called to order at 9:31.

GENERAL BUSINESS

- Future Meeting Dates: April 11th, May 9th
 - Requested that all CDAC members attend May 9th in person

Feedback on Public Comment

- A&M presented the summary of public comments during the February 14 listening sessions
- A CDAC member requested clarification regarding the number of people who spoke regarding a preference for state case managers; A&M will update public comment minutes accordingly

Feedback on Quality

- The CDAC discussed the importance of quality
- A member spoke in support of the measure development process, saying the State does a good job offering opportunities for people to comment on proposed quality measures
- Generally, members are supportive of having a higher bar for quality than the basic standards required by CMS, and members want goals to be personalized for individuals and families
- Members shared ideas for quality measures across each life domain; see below for examples
- Daily Life and Employment:
 - Participants are supported to learn age-appropriate life skills and build their independence
 - Participants are supported to engage in discovery and have opportunities to learn about activities available in the community as well as through state programs
 - Youth have opportunities and individualized support and accommodations, as needed, to do activities that include people with and without disabilities
 - Activities that take place in the community offer the opportunity for inclusion (scouting, church events, etc.)
 - Quality measures should include the absence of negatives like isolation and loneliness
 - Participants are supported to learn general living skills in a real-life setting, for example: laundry, grocery shopping, cooking, and setting up an apartment or home
 - Employment goals match teen's interests
- Community Living
 - Participants have access to home and vehicle adaptations needed to support them to live in the community

- Participants have the opportunity for access to transportation to attend activities in the community that support their goals
- Participants are supported to meet their neighbors
- Participants have the opportunity for travel training, including learning how to ride the transit bus
- **Healthy Living**
 - People are supported to use community resources to support healthy living, including using gyms and local and national parks; and learning how to make healthy choices at the grocery store
 - Participants are supported to schedule and attend their medical appointments, with supports as needed
 - There is care coordination that, among other things, supports access to behavioral health resources
 - Participants are supported in health care transitions, including from Medicaid, if they leave the waiver, and to the adult medical systems
- **Social and Spirituality**
 - Participants are supported to build, maintain, and sustain friendships and other relationships; for teens this may include learning about healthy dating and relationships
 - Participants have the opportunity to engage with other people with similar disabilities (peer to peer) and in inclusive settings
 - Participants are supported to attend church services
 - Efforts are made to find and support welcoming congregations
- **Advocacy and Engagement**
 - Participants are supported to build self-advocacy skills in a variety of settings, as evidenced, in part by:
 - They can express their needs and wants, with and without support
 - They have the support and opportunity to practice advocating for themselves
 - They know about their own disabilities, and educate others in their communities
 - Participants are supported to communicate in a variety of ways, including through body language
 - Participants have opportunities to engage in leadership roles
 - Participants have the opportunity to engage in peer-to-peer activities
 - Transition-age participations have the opportunity to build and maintain their own transition portfolios to support planning
- **Safety and Security**
 - Participants are supported safely
 - There is an individual understanding and documentation of what the participant needs to feel safe
 - Families are educated on how to keep participants safe
 - There are crisis plans for participants who need it
 - Family members and staff are trained on and understand the plan

Feedback on Appeals and Grievances

- A State attorney (Storm Olson) presented information on the waiver appeals process
- CDAC members discussed the importance of people being aware of their rights and of families knowing their options and having help to explore them
- Members suggested potential ways to improve awareness and access to the process, including more online information / FAQs about rights, and resources they could contact to learn about their options (such as family navigators)
- Currently information on appeals and grievances is included in the ISP process; members expressed interest in potentially adding this to the quality process, ex: DDPMs asking about whether individuals received and understood this information
- Members reiterated that they are very busy and it is difficult to research / dig into the appeals or grievance processes, so any online information and quick resource contact is helpful

Feedback on Services

- A&M reviewed a list of potential new services, based on prior CDAC input, with the group
- Members were given \$100 in philosophical money to vote on which services they would most like to see added to the new waiver
- The top vote getting services were complex care coordination, support broker for self-direction, and peer supports for families
- CDAC facilitators are readministering the poll to those who missed the meeting, and we will compile total results to share with the group during the April meeting

Feedback on Waiver Investment Priorities

- A&M presented CDAC members with four ideas for investing in the new waiver
 - **Adding New Waiver Services:** *Think about examples that may help people on the waiver address the unmet needs we've discussed*
 - **Making it Easier for People to Qualify:** *Lowering level of care requirements would result in more people on the waiver, potentially at lower levels of need.*
 - **Expanding Access for Kids 3-5:** *Lowering the barrier to qualify for this age range would make it easier for kids to stay on the waiver after 3.*
 - **Ensuring No Waiver Waiting Lists:** *Some states don't have enough funding to serve everyone who qualifies. North Dakota recently increased funding to address this problem in MF and ASD.*
- CDAC members voted on investment priorities. **Note that the CDAC facilitator is collecting additional votes and we will compile the full results for April.**
- Some CDAC members raised the point that ND, unlike many other states, does not have a waiver waiting list. The fact that this hasn't historically been a large issue in ND may have influenced this category receiving fewer votes.
- CDAC will revisit this conversation in April.

ADJOURNMENT

The meeting was adjourned at 4:05 p.m.