

# Integrated Supports for Preparedness

## The Bureau of Developmental Disabilities Services

COVID cases are at an all-time high, with numbers still rising, hospitals reaching capacity and the number of direct support professionals who are healthy, able and willing to work reaching critical lows. As of November 2020, the Indiana Department of Health Dashboard indicates that the majority of Indiana is in the orange, with a number of counties already in the red.

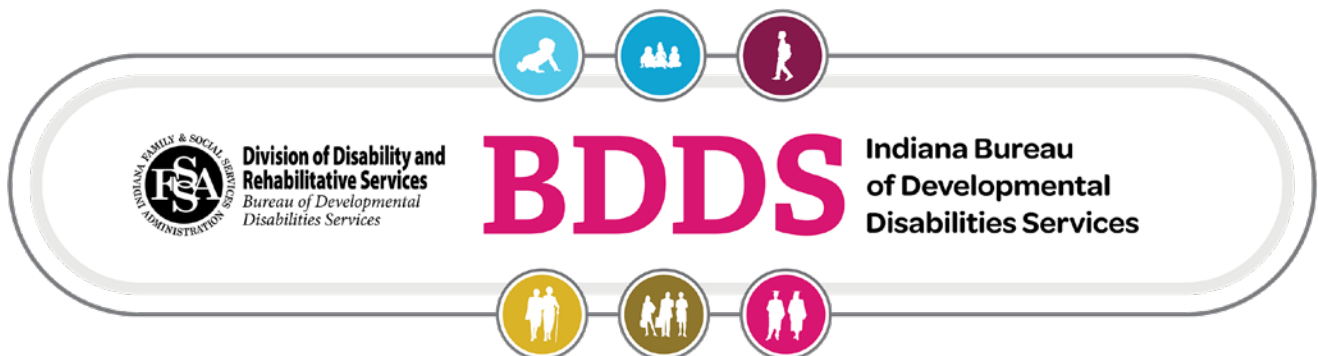
Link:

[www.in.gov/isdh/](http://www.in.gov/isdh/)



It is more important now than ever that case managers, providers, families and individuals work together, think outside the box and make the tough choices that keep each other safe and healthy.

Conversations are taking place to develop alternate plans for individuals supported through BDDS. Unfortunately, many individuals' lives have changed and BDDS is there to support, navigate and seek other ways to provide the most appropriate services for best outcomes.



# TAKE INITIATIVE

To this end, BDDS is encouraging families to take initiative and create a “Plan B” of integrative supports for your loved one’s care. This might need to begin with:

- ★ A review of the individual’s current weekly calendar to identify how and where they spend their days AND what paid and nonpaid supports are actively being utilized.
- ★ Having a thoughtful and purposeful conversation exploring and identifying the individual’s strengths, skills and assets.
- ★ A review of the “Goal-Directed Home Ideas” document. Even while we may be staying at home more, a goal-directed day can be made up of planned and purposeful opportunities.



## OPPORTUNITIES FOR GREATER INDEPENDENCE?



- ★ A broadening of those natural supports in the family’s life. A family may begin this process by thinking through past experiences and who were those persons in the family’s life who provided positive relationships.
- ★ Considering if the individual has any income, personal belongings or assets that could be leveraged to provide/fund informal/formal support.



# STRENGTHS AND SKILLS

Considering the strengths and skills the individual possesses may shed new light on where, when and what type of support is really needed.



## QUESTIONS TO THINK OVER MIGHT INCLUDE:

- ★ Could the individual be supported, even for short periods of time, by the implementation of technology?
- ★ Would phone calls or Facetime check-ins be helpful?
- ★ Could timers be set as reminders?
- ★ Would home video cameras help with remote monitoring?
- ★ Have remote supports been discussed as an addition to waiver services?
- ★ Have existing home security system been considered as a tool of support?

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As families begin to broaden their natural support resources, they might want to consider immediate family, such as:



- ★ Siblings, grandparents, aunts, uncles, in-laws, nieces and nephews, as well as current or former neighbors, friends or teachers.



# Cultivating new supports is also important.

## ENVIRONMENTS TO EXPLORE MAY INCLUDE:

- ★ Local colleges, universities, churches, high schools, libraries or local businesses your family frequents where a connection has been made.
- ★ Networking with other families to combine natural supports and resources to create a “shared pool” of trusted caregivers.



**And of course, involve the case manager to assure waiver dollars and services are maximized and may include as appropriate:**

- ★ Specialized medical equipment and supplies
- ★ Telemedicine
- ★ Prior authorization hours for home health

**We all know now, more than ever, that an ounce of prevention is worth a pound of cure. That is why BDDS encourages families to explore integrated supports.**

**We hope your family and those who support your loved ones remain well, healthy, and safe in these upcoming weeks.**

