

A message from Karla Block

Director of Community Services for the Developmentally Disabled



Our HCBS work plan continues to unfold, and we met many goals in November. We held the CSDD Community Connect Expo and many people came that will be a part of the shift from day program supports. Feedback from the Expo was very positive! Those who came (including providers, consumers, and the people close to them) shared that they learned a lot, and that the event gave them a chance to learn about many different partners in the tri-county area. If you missed the Expo, please know that some of the information will be on the CMHA-CEI website soon for everyone to look at.

Many people have started working with their case manager to complete the "Full Life Level of Care" (aka FLLOC) tool. This tool, used with the results of the "Supports Intensity Scale" and a "168-hour schedule", will help us know the services available to you and help you choose services that may be a good fit. The FLLOC will be an important piece to each person's future Person-Centered Planning process, where each person (and people close to them) decide how to make the most of the new services available in the coming year.

We are working hard on our Skill Building and Vocational supports and encourage people and those close to them to look at these services during the Person-Centered Planning process. These services can help people learn employment (or pre-employment) skills and help make connections in the community through volunteering and other activities.

Finally, at the end of November we met with the Disability Network - Capital Area to talk about how to make connections that help the people receiving our services. We're just starting, but we believe connecting Disability Network leaders with consumers and family members will help you make deeper connections at places found in the community. Information about how to contact Disability Network is in the newsletter. Feel free to reach out!

Karla Block | Director, Community Services for the Developmentally Disabled | CMHA-CEI

FLLOC: How do I know which services I should utilize?

The Full-Life Level of Care (FLLOC) is a tool that has to be used by people who use services such as CLS, Skill-Building, Residential Care, and Respite Care. As you think about having those services, it is important to walk through the FLLOC process to make sure you are given a true opportunity to participate in planning a full life. To start this process, go back to the basics, with an open mind, and think about what wants and interests you have.

Try asking yourself the following questions:

- Have you thought about things that you want to do like working or volunteering?
- What does working or volunteering mean to you?
- Do you want to learn more about working or volunteering?
- Have you ever talked to anyone who can explain your options to you?
- What needs do you have to be able to do what you want to do?
- You've identified a goal or interest, what does working toward that goal or exploring that interest look like or mean to you?
- If you identify barriers toward meeting some of your goals or interests, what needs to happen to overcome those barriers?

Take the ideas and thoughts you have when answering these questions to your case manager to start the Full-Life Level of Care and Person-Centered Planning processes.



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HCBS COMMUNITY UPDATE **NEWSLETTER**



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General Administration
Office of CEO
812 East Jolly Road, Ste 216
Lansing, MI 48910

Check out these community resources!



Disability Network Capital Area is your community resource. They combine experience and peer-support in delivering services to people with disabilities and their families. On a larger scale, they partner with community agencies, schools, and businesses to improve quality of life. Services are provided onsite and various community locations.

Vision: “For people with disabilities to be included in all aspects of the human experience”

Mission: “Transforming thinking to improve the environment and quality of life for people with disabilities.”

Learn more about DNCAP here:

www.dncap.org
(517) 999-2760