



## **\*Important\***

In an effort to save money and be “green”, **we will no longer be sending out Family Support information through the mail.** Instead, we will be posting all Family Support notices, flyers, registration forms and programming information on our website, [www.sncarc.org](http://www.sncarc.org). This information will be posted on the 5<sup>th</sup> of every month.

If you are unable to access the internet, please return the form below to Lisa Dwinells. You may also call Lisa at 781-762-4001, ext. 325 with any questions or concerns.

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Family Member's Name \_\_\_\_\_

Address \_\_\_\_\_

Please continue to send me the SNCARC Family Support notices by mail

Please return to:  
Lisa Dwinells  
SNCARC  
789 Clapboardtree Street  
Westwood, MA 02090  
(Fax) 781-461-5950



**Apple Picking Family Fun Day  
Sponsored by the Family Autism Center and  
Family Support Program at the South Norfolk  
County ARC**

**\*\*Priority is given to those children, ages 3-22, who are  
served through the South Norfolk County ARC and their families\*\***

**When: Saturday October 3, 2009  
10:00am**

**Where: Honey Pot Hill Orchards  
114 Sudbury Rd. Stow, MA**

**Cost: \$10/family (non-refundable)**

**What's included (per person): bag for collecting  
apples, hayride, trip through hedgemaze, caramel  
apple, cider and donut**

Space is limited so please sign up early. You will only be contacted if we do not have space to accommodate your family.

Please follow the 'pick your own' parking signs as you near the orchard. You will be directed where to park. You will then go to the 'pick your own' stand to meet the group.

South Norfolk County ARC  
Apple Picking Family Fun Days Registration Form

**Please make checks payable to: SNCARC**

Child's Name \_\_\_\_\_ Age \_\_\_\_\_

Parent's Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

E-mail Address \_\_\_\_\_

Total number of Family Members attending (including child named above) \_\_\_\_\_

Additional Family Members attending program:

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Please print out this page and send back by mail or fax to:

Lisa Dwinells  
South Norfolk County Arc  
789 Clapboardtree Street  
Westwood, MA 02090  
(fax) 781-461-5950

All registration forms must be returned no later than 9/25/09

INFORMATION FROM:  
**The Arc of Massachusetts**  
217 South Street Waltham, MA  
02453-2769  
Phone: (781) 891-6270 Fax: (781)  
891-6271

## IMPACTED BY RECENT CUTS TO DISABILITY SERVICES?

### “Know Your Rights” and other Age-Old Advice

With upwards of \$90 million in cuts to disability services in the FY10 budget, thousands upon thousands of individuals with disabilities and their families are losing (or being offered lesser) services. Below is some age-old advice (along with some specifics) that will help as you fight to maintain services for yourself or your loved one.

#### 1. Know your rights

Whether you are losing services or being forced to change services, you have **certain appeal rights** – though they **often expire after 30 days of losing services**. The first step is to **formally appeal any changes (with DDS or other state agency) and inform your provider**. An appeal accomplishes three things: 1) It makes state agencies aware of the real-life impact. 2) It gives them more information as their decision may not have been made with all the pertinent information. 3) It reinforces, in a very tangible way, the necessity of the service in question.

#### 2. Do your homework

In all cases, **familiarize yourself with DDS regulations around Individual Support Plans (ISP)**. These regulations are available at: [www.mass.gov/Eeohhs2/docs/dmr/regs/reg\\_115cmr006.pdf](http://www.mass.gov/Eeohhs2/docs/dmr/regs/reg_115cmr006.pdf). Section 6.25 (modification) and Section 6.30 to 6.34 (appeals) may be of particular interest. Here are some specifics that may apply to you:

- **Plan of Care:** Closely review your records for a Plan of Care (POC) document (not the same as an ISP) – if you have one, you have additional federal rights as services cannot be changed without your consent.
- **Class members:** If you are a Ricci or Rolland class member, you also have additional rights.
- **AFC and PCA Services:** If losing services, **you may be eligible for AFC or PCA services if you are Mass Health eligible**. These funds are available for adults with disabilities living at home who need help with personal care.

**AFC (Adult Family Care)** offers monthly stipends, up to \$18,000 a year, for caregivers for a wide variety of services. For more information: Call 1-800-AGE-INFO or go to [www.massresources.org](http://www.massresources.org), click on ‘A-Z program list’ and select Adult Family Care.

**PCA (Personal Care Attendant)** services are available for individuals who need more than 14 hours/week of assistance (of which 10 must be related to help with two or more Activities of Daily Living). This service can be used for activities both inside and outside the home. For more information call Mass Health at 1-800-841-2900 or go to [www.massresources.org](http://www.massresources.org), click on ‘A-Z program list’ and select Personal Care Attendant Program.

**3. Follow the money** If you are losing services, you should be able to trace the cuts back to the state budget. Ask your provider or case manager (DDS, MRC or other state agency) which line-item(s) funds the services you were getting. When talking to your legislators, reference the line-item name and number. The FY10 budget cuts include:

- Day/Employment (5920-2025) -\$10.1 Million
- Transportation (5920-2000) -\$3.6 Million

- Respite/Family Support (5920-3000) -\$9.6 Million
- Turning 22 (5920-5000) -\$2.7 Million
- DESE-DDS (5948-0012) -\$4.9 Million
- Early Intervention (4313-1020) -\$3.7 Million
- MRC Extended employment (4120-0021) -\$3.3 Million
- Dental Health (4512-0050) -\$232,000 - \$427,000

Look under the State House/Policy link of our website, [www.arcmass.org](http://www.arcmass.org), for the latest budget information on disability services. You can also do budget tracking on the state website, [www.mass.gov/budget](http://www.mass.gov/budget).

**Turning 22 Annualization:** Not only was FY10 funding for T22 services cut (see above), but the budget also does not include “annualization” language for second-year (FY11) funding, which The Arc has historically fought for and won. If you have a child over 16 years old who will need transition supports in the coming years, you should begin talking to your child’s school about the need to advocate for T22 services. Ask them to register on our website at [www.arcmass.org](http://www.arcmass.org).

- 4. Put it in writing** You may want to do much of your communication by phone – an excellent way to make personal connections and network. However, at some point – whether you’re not getting the attention you deserve or if someone makes a verbal commitment – put it in writing. This is true whether dealing with your elected official, the Department of Developmental Services or another state agency.

**Department of Developmental Services**

500 Harrison Avenue, Boston, MA 02118  
617-727-5608 [info@dmr.state.ma](mailto:info@dmr.state.ma)

For area offices, go to [www.mass.gov/dds](http://www.mass.gov/dds) and click ‘About the Department’

**Massachusetts Rehabilitation Commission**

27 Wormwood Street, Boston, MA 02210-1616  
1-800-245-6543 [www.mass.gov/mrc](http://www.mass.gov/mrc)

- 5. The squeaky wheel gets the grease** Yes, there are cuts and yes, thousands of people are being impacted. But if you make enough noise, you increase your chances of being among the “lucky ones.” Be polite and courteous, but also be persistent. Remember that your elected officials and government employees work for you, not the other way around.

- **Contact your State Legislator:** Go to [www.mass.gov/legis](http://www.mass.gov/legis) and select Senator or Representative for complete list. Or, if you need to know who your legislators are, go to [www.wheredoivotema.com](http://www.wheredoivotema.com) and fill in your address.
- **Governor Deval Patrick:**  
Massachusetts State House  
Office of the Governor  
Room 280, Boston, MA 02133  
617.725.4005  
[www.mass.gov/contactus](http://www.mass.gov/contactus)

- 6. The pen is mightier than the sword** OK, in an age when newspapers are increasingly fragile, this may be an overstatement. Still, taking advantage of the mass media has always been one of the most effective advocacy tools. Despite the tragedy of it (or perhaps because of it), losing services is a compelling story. Write your local newspaper, start a blog, call a talk-show. When you tell your story, be sure to make it simple and compelling – stressing the real-life impacts. Having to leave your job? A child losing skills gained over years of hard work? A loved one going from productive days to days on end of sitting at home with nothing to do? These are the things they will remember.

- For **Local Media Contacts**, see our media resources under the ‘News & Analysis’ tab of our website.

- 7. Use all the tools in your toolbox** There are many resources out there and a great deal of expertise that may be of help to you.

- Look through the **Community Services tab on The Arc's website**, [www.arcmass.org](http://www.arcmass.org) · Register on [www.arcmass.org](http://www.arcmass.org) to get updated information emailed to you ·
- Join **The Arc Action Center** at <http://www.capwiz.com/thearc> (select Mass).
- Join **other active advocacy groups** (Mass. Advocates for Children, Advocates for Autism in Massachusetts, Mass. Families Organizing for Change, etc.).
- Consider hiring “**Support Brokers**” ([www.supportbrokers.org](http://www.supportbrokers.org)) for expert advice on getting the services you need (support brokers is a fee-based service).
- **Legislative Advocacy Guide:** Go to [www.arcmass.org](http://www.arcmass.org) and under State House/Policy, select Legislative Advocacy Tools. Click on Legislative Advocacy Kit.

**8. There is strength in numbers** Individual lobbying is essential and often preferred; but rallies at the State House, mass email campaigns or surveys have a power all their own. As was proven by the recent snap-of-a finger restoration of zoo funding, elected officials are easily influenced when there is mass outcry. Sign up to our Action Center (see #4) to participate in email campaigns, register at [www.arcmass.org](http://www.arcmass.org) to get the latest info on rallies and other events. If you haven't already, take The Arc's survey that we have launched to document the impacts to individuals and families of the recent cuts to disabilities services. The data gathered will be used for legislative, press and/or legal efforts.

- **Survey: Impact of FY10 Budget Cuts on Individuals/Families:** Go to [www.arcmass.org](http://www.arcmass.org) and look for the link under “Current Events & Issues” headline.

For more information, contact Joshua Komerov ([Komerov@arcmass.org](mailto:Komerov@arcmass.org)), Director of Government Affairs, or call 781-891-6270 x104.

*The Arc, the largest advocacy organization working on behalf of individuals with intellectual and developmental disabilities in Massachusetts, represents 180,000 individuals and families statewide. It has 21 chapters across the state and works with 60 other organizations to advance services for individuals with disabilities.*

# **Planning Ahead for Your Young Adult**

Thinking of the future can be stressful and confusing when you have a teen or adult with a disability. This 5-week workshop series will be loaded with information that will help you to get a handle on transitions and the future!

**All 5 trainings will take place at SNCARC,  
789 Clapboardtree Street, Westwood  
7:00 p.m. – 9:00 p.m.**

## **10/1/09: DDS Adult Services**

Presented by Mary Barry, Newton/South Norfolk Area Office Director, and Nancy White, Transitional Coordinator. Mary and Nancy will discuss Transitional Adult Services, 688 referral and adult intake and eligibility process.

## **10/8/09: Lifeworks Employment Services**

Representatives from Lifeworks, Inc. will present on the Lifeworks Employment Services they provide. This includes information on their workshops, enclaves (mobile work crews), their mission for individuals with disabilities to work independently and competitively within the community, their “World of Work” curriculum and their newly established Employment Collaboration with local school systems.

## **10/15/09: Guardianship**

A step-by-step look of the entire guardianship process will be addressed. This session will guide you through what needs to be done, including specific paperwork that needs to be filed and where to file it.

## **10/22/09: Day and Residential Services**

A presentation by John Randall from Amego and Matthew Johnson from CMARC will discuss different types of day and residential services.

## **10/29/09: Financial Planning**

Richard Harwood, Special Needs Advisor for Securitas Financial Group, will present on estate and financial planning for special needs families.

*Please RSVP to Michele Kehling at (781) 762-4001 ext. 395,  
or [Mkehling@sncarc.org](mailto:Mkehling@sncarc.org)*

# Legislative Advocacy Training



This year, we were faced with devastating cuts to disability services that impacted thousands of individuals with disabilities and their families. Next year, we anticipate ***the cuts will be even deeper***. Knowing how the budget process works, as well as how to communicate with your legislators, will make a difference in the outcome.

**Who:** Gary Blumenthal, the Executive Director of the Association of Developmental Disabilities Providers (ADDP), will be presenting. He is a former legislator and member of the Clinton administration who has been active in the disability field his entire career. His belief in the importance of advocacy springs from personal experience, as he has a brother with developmental disabilities. Gary is a dynamic speaker and you will leave this training feeling confident that you will be able to make an impact.

**What:** Learn how a bill becomes law, how to effectively communicate with your legislators, and other tips and tricks of advocacy.

**When:** November 17, 2009, 7:00 – 9:00 p.m.

**Where:** SNCARC, 789 Clapboardtree St., Westwood

**RSVP:** Pamela Sidman at [psidman@sncarc.org](mailto:psidman@sncarc.org) OR 781-762-4001 ext. 307



## *You're invited to attend an Individualized Financial Planning Clinic*

If you are the parent/guardian of an individual with Special Needs, please call to schedule a free consultation.

Experienced financial experts will meet with you one on one to provide basic information so that you can begin to plan for the future of your loved one.

**DATE:** November 5, 2009

**TIME:** Personalized sessions available from 3:00 PM to 8:00 PM

**PLACE:** SNCARC, 789 Clapboardtree Street, Westwood, MA 02090

**RSVP:** Tessa Cannata at 781-762-4001 ext. 303 **to schedule your free 50-minute Consultation**

**There is a limited amount of space, so appointments will be scheduled on a first-come, first-served basis with priority given to those families served through the SNCARC Family Support Program or the Family Autism Center.**

Please bring all your legal planning documents such as:

- Life insurance policies
- Asset Statements
- 401K statements
- IRAs/pension statements
- College/education planning documents
- List of any government benefits and current amount
- Thoughts on a trustee and/or guardians

**SNCARC strongly recommends that families interested in the clinic also attend the Financial Planning Training that is being held here on October 30<sup>th</sup>.**