Pathways Campaign Kicks into High Gear

The Arc of Indiana’s Building Pathways to Empowerment Campaign is designed to take a fresh look at Indiana’s system of programs and services for people with developmental disabilities and their families, and redesign and redefine that system to one that provides what people want and need in the most sensible way possible. The campaign kicked into high gear this summer with meetings held across Indiana to train local Pathways advocates, presentations to local Rotary and Kiwanis groups, and meetings of the Big Minds Group via on-line sessions and a gathering in Indianapolis in August. Following is a summary of the many components of the Pathways Campaign.

Grassroots Communication and Action

Training families and people with disabilities to meet with public officials and candidates for office to provide information on the status of services, waiting lists for services and recommendations on changes that can be made to the service system.

Creation of a web site, www.archindy.org/building_pathways, to help families and providers share innovative ideas and talk with each other through message boards.

Sharing information with community leaders through presentations to local service organizations, including Rotary and Kiwanis.

System Changes to Save Funds

The Arc is working with the Indiana Family and Social Services Administration to implement changes that could provide $75-80 million in savings:

• Housemates—Approximately 1,000 people receiving 24 hour supports in community residential programs live alone. By helping people find a housemate, and share in the cost of support staff, Indiana could save 10-15 million dollars a year. Look for our Housemates Guide on our web site, or call to request a copy.

• High Cost Care—As much as $30 million a year could be saved by taking a close look at the cost of serving people with “high needs,” people with medical and/or behavioral needs, and making sure funds are being spent in the wisest way possible.

• Eliminate and Reduce Bureaucracy and Administrative Rules—In these difficult economic times everything must be looked. As much as $10-15 million a year could be saved by taking a fresh look at Indiana’s system of laws and rules to help people wanting to help.

In these ways the wisest way, people with “high needs” can receive the services they need most (which is not always the same thing). Along the way the Arc will work with local leaders to share the savings and show the ways to empower.

Be a Part of the Campaign

Connect with Others on the Pathways Web Site—An important part of the Pathways campaign is learning and sharing with others. Visit the Pathways web site to upload videos, photos and stories in Innovation; chat with others on Message Boards; keep up with the Latest News, and be sure to check out the Events/Calendar. Just go to www.arcind.org and click on the Pathways button.

Attend a Pathways Training—A second round of trainings will be held in September to provide training to those who want to be local Pathways advocates. Call us or visit the website for details on dates, times and locations. Information will also be shared in The Arc’s E-Newsletter, the Pathways E-Newsletter and on The Arc’s Facebook page—an easy way for you to stay informed.

Attend a Legislative Forum—The Arc’s Governmental Affairs committee will host legislative forums in Elkhart, Evansville, Gary, Indianapolis, Lafayette and New Albany in September and October. Again, check out The Arc’s web site or call for information.

Reach Out to Candidates—One of the activities of the campaign is reaching out to candidates for public office to help them learn about and understand the issues and challenges facing individuals with disabilities and their families. Attending a Pathways Training and/or a Legislative Forum are great ways to learn how to connect with your candidates and how best to inform them. Information about candidates is available on The Arc’s Facebook page—an easy way for you to stay informed.

By becoming a Pathways advocate you can:

• Invite us to Your Rotary or Kiwanis Group.

• Attend our Conference and Appreciation Luncheon, “Building Pathways to Empowerment, Mapping a New Course,” November 9, 2010 at the Ritz Charles in Carmel. It promises to be an exciting and informative day that will lay out a roadmap to new paths for Hoosiers with developmental disabilities and their families, provide insight into the political landscape that the path must maneuver through, and celebrate the many good works of people making a difference. See page eight for details.

• Stay Informed—There are many ways to stay informed not only on the Pathways Campaign, but also on the many activities of The Arc and the latest news on issues impacting people with developmental disabilities and their families. Become a fan of The Arc on Facebook, follow us on Twitter, and sign up to receive our E-Newsletter and Pathways E-Newsletter. Just visit us at www.arcind.org to find links to all of these options. You can also reach us by calling 317-977-2375 or 800-382-9100.

Continued on Page 5
On Friday, July 16, nearly 700 people gathered to celebrate Self-Advocates of Indiana’s (SAI) 20th Anniversary at the SAI Annual Picnic. Thanks to the volunteers and sponsors who made the 2010 Annual Picnic the most successful yet.

Continue to celebrate the 20th Anniversary of Self-Advocates of Indiana and the Americans with Disabilities Act by purchasing a 20th Anniversary button designed by self-advocates.

Purchase and wear these buttons to show your support. Each button costs $1.00. All proceeds benefit SAI and their work for a brighter future for all people with developmental disabilities.

Angie Cain, a volunteer for Down Syndrome Indiana, received a Golden Horseshoe Award from the Indianapolis Colts at their first pre-season game on Sunday, August 15. The award was created by the Colts to raise awareness for local charities and their volunteers who make a significant impact in local communities throughout the state.

Angie has volunteered more than 400 hours with Down Syndrome Indiana. Last October she participated in The Arc’s “Our Voice…Our Vision…Our Future” conference where she shared her voice and opinion on critical issues impacting people with developmental disabilities and their families. In addition, she has served as a media representative for Down Syndrome Indiana’s Buddy Walk.

Angie, pictured here holding her award, is a past recipient of The Arc’s Citizenship Award. Her mother Beth served on The Arc of Indiana’s Education Committee when Angie was a young girl, working for full inclusion of children with disabilities. Congratulations from The Arc to Angie.

Friendship and fun was abundant at the 2010 SAI Picnic. Executive Director John Dickerson (third photo from left) is usually behind the camera, taking photos throughout the day. This year his daughter Kesia captured John enjoying a laugh with a friend.
Executive Director’s Column

History in the Making

We never know how the time we are living in will be recorded in history. We are often too close to the situation to understand the long-term implications of what is happening now.

Yet I have a sense that the time we are living through today will be considered a turning point in Indiana's history of support for people with intellectual and other developmental disabilities. But the direction of that turn—forward or backward—is yet to be determined.

The financial pressures facing our state are tremendous. How well and how quickly the economy rebounds is critical to our efforts to assure there are quality supports for individuals with disabilities and their families. That is why we are taking our message to the Kiwanis and Rotary clubs of Indiana as a presenter at local meetings.

One way we are working toward change is by bringing in leaders in the field of developmental disabilities from across the country, what we call the Big Minds Group, to help guide us in new directions. A next step will be taking what is learned, bringing it to a team of Indiana leaders—the Indiana Response Team—and forming a plan of action.

These are indeed perilous times. But some of our best advances have taken place during the most difficult periods. I am optimistic that history will one day reflect that when faced with difficult times, state leaders, legislators, providers, families, consumers and advocates worked together to make decisions that moved Indiana forward in all the right ways. Thank you for our support.

You can learn more about the Pathways Campaign, and how you can be a part of it, by visiting us at www.arcind.org.

“Golden Girls” Housemates Enjoy Friendship

The Arc of Indiana recently published a Housemates Guide to help guide individuals, families and providers through the process of finding housemates. Here is a story of the “Golden Girls,” three women from different situations who now enjoy living together, thanks to the work of staff at SIRS, Southern Indiana Resource Solutions, in bringing them together.

Karen—Karen was living in her own home with supports from family and SIRS Home of My Own residential services. However, she needed a roommate to share the cost of staff supports and monthly living expenses. She often spent her free time sleeping. Karen was at risk of giving up her home and moving into an existing residential setting with people she did not know.

Melissa—Melissa, only 19 years old and still in school, was living in an abusive, isolated situation. SIRS staff worked with the Bureau of Developmental Disability Services (BDDS) to find a guardian for Melissa, the first step in helping her move to a safe, healthy home.

Beth—SIRS staff provided residential supports to Beth, who was very often living by herself. Beth’s staff felt she would be much happier with some friends and housemates.

SIRS first introduced Melissa and Karen to each other, and they quickly became fast friends. They decided that they would like to be housemates.

Melissa and Karen next met Beth, and the idea of living with these two ladies captured Beth’s interest and imagination—seeing that her favorite television program is “The Golden Girls.” Beth soon began to tell everyone that she was going to live with Karen and Melissa, just like the Golden Girls.

Their shared living arrangement has benefited all three women. Melissa and Beth, the two “older” Golden Girls, take pride in looking after Melissa, while Melissa looks up to them and always asks about how their day was at work. Karen and Melissa enjoy working puzzles together. The three ladies all enjoy bowling, an activity they can now enjoy together. Bowling, along with other Special Olympics sports, has helped Melissa lose weight and get her asthma under control. Staff recently gave Melissa a guitar. She enjoys playing with Karen on the keyboards, while Beth dances and sings.

Together these “Golden Girls” are not just housemates. They are companions, mentors, and great friends.
A View from My Window

Hosted by Michelle Fischer

The Arc of Indiana welcomes you to listen to A View from My Window, our audiocast hosted by Michelle Fischer.

Visit the Media Gallery on our website, www.arcind.org, to listen to the latest edition and past broadcasts of A View from My Window, including these shows posted in June, July and August:

- A View into the DD Commission with State Representative Sheila Klinker
- From Day Dreamer to Dream Catcher, One Man’s Journey from Dyslexia and Illiteracy
- A View into Rest Assured
- A View into The Pathways Web Site
- A Mom’s View into Fragile X and Autism
- On Location at the Special Olympics Indiana State Games

Cyndi Johnson, Bloomington

When I first learned of my daughter’s diagnosis of Down syndrome, I suspect my experience was not unlike that of many parents of a child with a disability—intense emotions running the gamut from pure joy to fear and uncertainty. I spent months pouring over books, articles and just about anything else I could get my hands on, focusing all my time and energy on my daughter’s needs.

Yet it was not long before my vision broadened to include others facing many of the same challenges. I wanted to get connected, so I began volunteering with a local parent group, attending seminars, contacting lawmakers about disability issues and joining email lists. It was by way of an email listserv that I learned of The Arc Network, a project of The Arc of Indiana. In September 2009, I became a Family Advocate for The Arc of Indiana.

It was not long before my vision broadened to include others facing many of the same challenges.

Through the lens of a Family Advocate, I see opportunities nearly every day to come alongside families and individuals as they navigate the ever-changing labyrinth of services. I assist people with completing Medicaid waiver applications and answer basic questions about things like Social Security, Medicaid and other health insurance alternatives, and guardianship. I make referrals to Vocational Rehabilitation for persons needing employment support, or to trained educational advocates for families faced with special education challenges, or to independent living centers for persons who require modifications to make their residence more accessible.

I help families and self-advocates identify support networks at the local, state, and national levels. I let parents know that they have options as they plan for the financial future of their child with a disability by providing information about The Arc of Indiana Master Trust.

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But my work involves far more than being a knowledgeable resource. When all the paperwork is finished, the phone calls made and the referrals complete, it is my hope that families and individuals come away with a new point of view and sense of empowerment. I want them to be energized by a vision of the possibilities that are within our reach, if together we can shift the focus to ability rather than disability.

The Arc Network consists of Family Advocates and Self-Advocates statewide, providing information, resources and advocacy to families and people with intellectual and other developmental disabilities. To request an Advocate, visit www.arcind.org, or call 800-382-9100.

ARC NEWS IN INDIANA

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Pathways Campaign kicks into high gear, from Page 1

The Big Minds Group came together for two days of meetings at The Arc of Indiana’s offices in Indianapolis on August 23 and 24. The meetings were described as exciting and enlightening, providing a forum for both lively and serious discussions. Discussion topics included natural supports, employment, Medicaid funding/systems, technology, universal design, education, and individualized and customized supports. A summary of the work will be used to help prepare for the Big Minds Group’s return for two days of meetings in September.

Indiana Response Team

Information gathered from the Big Minds Group, parents, providers and people with disabilities will be translated into an implementation plan and action items by Indiana leaders—steps toward building the new path.

Thanks to Our Pathways Partners, Sponsors & Supporters

Advocacy Partners
About Special Kids (ASK)
Indiana Protection and Advocacy Services
InterMedius
Special Olympics Indiana
UCP of Greater Indiana

Provider Partners
Capitol City
Hilcorp Services
Insights Consulting
Respite Care Services
Stone Belt
Tangram

Sponsors
Indiana Institute on Disability and Community
Rest Assured

Supporters
Jeff Bassett
Easter Seals Crossroads

Fall Legislative Forums

The Arc of Indiana will host legislative forums this fall in Elkhart, Evansville, Gary, Indianapolis, Lafayette and New Albany. Information on dates and locations will be posted on The Arc’s website, www.arcind.org, as well as shared on Facebook and Twitter.

Finding Friends and Acceptance Through Baseball

Kevin Prieto’s love of baseball, and how it has helped him enjoy a new circle of friends, was recently profiled in the Fort Wayne News-Sentinel.

“One of the most enthusiastic baseball fans I’ve ever met.”

Kevin, 27, who has a developmental disability, loves the game of baseball but finds it difficult to play. “I can’t play baseball worth a darn,” Kevin said in the News-Sentinel article. But he loves everything about the game.

“He is one of the most enthusiastic baseball fans I’ve ever met.” Men’s Senior Baseball League (MSBL) official Jim Shovlin was quoted as saying, “He can recall games, statistics and things like that which the average person wouldn’t remember. He’s in a league of his own on that.”

Kevin Prieto and Jim Shovlin, manager of the Braves, part of the Men’s Senior Baseball League in Fort Wayne, Indiana.

October is approaching, and that means Buddy Walks will be taking place throughout the state.

The Buddy Walk® was established in 1995 by the National Down Syndrome Society to celebrate Down Syndrome Awareness Month in October and to promote acceptance and inclusion of people with Down syndrome. Today the Buddy Walk program is supported nationally by NDSS and organized at the local level by parent support groups, schools and other organizations and individuals.

The Buddy Walk is a one-mile walk in which anyone can participate without special training. It is a wonderful event that celebrates the many abilities and accomplishments of people with Down syndrome. Whether you have Down syndrome, know someone who does, or just want to show your support, come and join a Buddy Walk in your local community! To learn more, visit the web site of the local walk in your area.

Community Buddy Walks
Mobilize for October

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Health & Wellness, Training for Families & Caregivers Summary

The Arc of Indiana, in partnership with the Indiana Governor’s Council for People with Disabilities, hosted a unique event, “Our Voice...Our Vision...Our Future,” in October, 2009. This event allowed self-advocates, family members, leaders of organizations and other professionals to lend their voice and opinion on critical issues impacting people with developmental disabilities and their families. Each participant used a hand held voting device to respond to a series of questions in several broad topic areas. Throughout 2010, we are sharing information gathered at the event.

In this issue, we focus on health and wellness and training for families and caregivers. The complete report can be found on The Arc of Indiana’s web site: www.arcind.org/index/About-The-Arc

The following summary includes the question that was asked, choices that participants could respond to, and the answer that received the highest percentage of responses by respondent.

The availability of health providers who accept Medicaid is a problem in my community.

Strongly agree—
Self-Advocate, 53%
Family Member, 36%
Professional, 40%

Somewhat agree
Somewhat disagree
Not sure

What is the greatest barrier to individuals with disabilities accessing health care?

Transportation
No medical insurance
Insurance limitations because services not covered—
Self-Advocate, 22%
Family Member, 37%
Professional, 36%

Ability to pay out-of-pocket costs
Lack of health care providers
Lack of specialty care
Communication barriers

What resource can best ensure that health and wellness needs are identified and coordinated?

Care Select Case Manager
Community Agency/Service Providers—
Professional, 36%
IPMG Case Manager—
Self-Advocate, 26%
Healthcare Providers
Schools
Family—
Family Member, 47%

Where do parents go for more information regarding their child’s health and wellness?

Physician—
Self-Advocate, 44%
Family Member, 43%
Professional, 50%

Specialist
School
Therapist
Internet
Phone book
Community provider
Support group
Advocacy organization

People with disabilities are comfortable contacting their health provider for their needs.

Strongly agree—
Self-Advocate, 51%

Somewhat agree—
Family Member, 25%

Somewhat disagree—
Professional, 29%

Strongly disagree
Not sure

What kind of training would families like to have that has not been available?

Financial assistance—
Self-Advocate, 19%
Special education rights and laws

How to work with professionals
Accessing community resources—
Family Member, 38%
Professional, 42%

Communication skills
Conflict resolution
Behavior management

What is the best method of training families/caregivers?

Internet/web based training
Books
Classes
Podcasts

Interactive learning—
Family Member, 37%
Professional, 42%

Individual sessions with a trainer—
Self-Advocate, 32%

What type of training is most important for families/caregivers?

Disability specific information
Managing stress in the family
Advocacy
Local resources
Long term planning
Rights/laws

Available programs and services—
Self-Advocate, 34%
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It promises to be an exciting and informative day that will lay out a roadmap to new paths for Hoosiers with developmental disabilities and their families, provide insight into the political landscape that the path must maneuver through, and celebrate the many good works of people making a difference.

This year, The Arc initiated a major campaign, “Building Pathways to Empowerment,” to take a fresh look at Indiana’s system of programs and services for people with developmental disabilities and their families, and redesign and redefine that system to one that provides what people want and need in the most sensible way possible.

A key component of the campaign is the formation of the Big Minds Group—national leaders in the field of disabilities who have come together to share what is working in other parts of the country and generate new ideas for Indiana. Information gathered from the Big Minds Group, as well as parents, providers and people with disabilities, will be translated into an implementation plan and action items by the Indiana Response Team—providing a road map towards the future.

The November 9 conference will be the launching point of the next phase of the Pathways campaign.

The Arc of Indiana 2010 Awards Program

Nominate outstanding people, businesses, and organizations for awards to be presented at The Arc’s Annual Appreciation Luncheon, November 9, 2010. Download nomination forms by visiting www.arcind.org, click on “News and Events.”

Recognize the good works of others

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Thanks to Our Golf Tournament Sponsors

Steve Green’s 21st Annual Golf Tournament to benefit The Arc would not have been possible without this year’s players and wonderful sponsors. The support that we receive from players and sponsors helps assure the important work of The Arc continues. Thank you to everyone who made this year’s golf outing a huge success.

Steve Green Continues to Give Back to The Arc

For the past 21 years, former Pacer and IU basketball star Steve Green has held a golf outing to benefit The Arc of Indiana. Recently Steve reached out to The Arc again, this time through his dental practice.

Team Green Dentistry is not only committed to providing quality dental care, they are also committed to the community. Through their Operation Give-Back program they donate a percentage of their profits to one of five local charities that the patient can select at the time of their appointment. One of those charities is The Arc of Indiana.

Steve has practiced dentistry in Indianapolis since 1984. He serves on the board of the Indiana Foundation of Dentistry for the Handicapped (IFDH) and provides dentistry through their donated dental services program. He is also president of the Indiana chapter of Donated Dental Services, part of the National Foundation of Dentistry for the Handicapped (NFDH).

The Arc truly appreciates everything that Steve does on our behalf. For more information on Operation Give-Back, please contact Team Green Dentistry at 317-579-5400 or visit www.teamgreendentistry.com.

The George Rowlas Endowment Fund

There are many ways to support The Arc of Indiana, and one of them is a gift to the George Rowlas Endowment Fund. This fund was established to sustain the work of The Arc, including the principle of empowering people and inspiring change.

The original gifts will never be touched; however, the interest from those gifts will ensure that The Arc will be able to meet the needs of individuals with disabilities and their families for years to come.

Gifts to the endowment are made in many different ways and are gifts that keep on giving. They can be bequests (from wills), charitable remainder trusts, life insurance, assets that remain in a retirement fund, savings bonds and planned and estate gifts.

If you are interested in receiving information about the endowment fund, please call or mail an endowment form to:

Jill Vaught  
317-977-2384 or 800-382-9100  
The Arc of Indiana  
107 N. Pennsylvania St., Suite 800  
Indianapolis, IN 46204

The George Rowlas Endowment Fund Interest Form

Name ____________________________
Address __________________________
City __________________ State ______ Zip ______
Home Phone _________________________
Work Phone __________________________
Email Address _______________________

☐ I/we are interested in learning more about the Endowment Fund.
☐ I/we have made a commitment/plan for The Arc in our estate planning. Please send further information about being a part of the George Rowlas Endowment Fund.

On-line Auction

Support The Arc of Indiana while you do your holiday shopping!

From November 18 to December 2 The Arc will sponsor an on-line auction to raise important funds. This year’s event will include autographed items, gift certificates from restaurants, tickets to popular events and much, much more.

Shopping has never been easier and has never meant so much.

Visit us at www.arcind.org for more details in the coming weeks.

Steve Green and daughter Jessica

Gold Sponsors

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- Stone Belt Arc, Inc.

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- INARF