



CHOICES

Making Self-Determination Real in Dane County

Fall 2017

IN FOCUS:



Supported Decision Making

Supported decision-making is an alternative to guardianship through which people use friends, family members and professionals to help them understand situations and choices they face, so they may make their own decisions without the “need” for guardianship. It is an emerging approach to providing decision-making assistance without imposing any long-term legal limitations on rights or personal liberties. (Blanck & Martinis, 2015)

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Bear in Mind...



Monica Bear is Dane County's
Community Services Manager for
Developmental Disabilities

You may feel this Choices newsletter is arriving a little too late to be considered the “fall” edition. The season’s first snow flurries sent my kids racing to Tyrol Basin to inaugurate the ski season. Call it denial, but I grabbed a shovel from the garage and declared,

“there is no time like the present” to plant the Costco-size bag of 100 daffodil bulbs sitting on my garage shelf. Perhaps I could have benefitted from some assisted decision making last October.

Between 1998 and 2004 Dane County shifted supports for individuals with developmental disabilities to a self-directed model. In the text box on page 10, you can read the 9 principals of self-determination that guided our transition; the first being choice and control. Realizing many people need a little extra help to fully exercise choice and control, our system engaged in conversations on the role of guardianship and assisted decision making. As this issue shows, those conversations continue at the state and national level. They are particularly relevant today as people consider how they will receive their future long-term supports.

As of May 1, 2018 Dane County will no longer administer community services for frail elders or adults with developmental and physical disabilities. Between February 1, and May 1, 2018 all individuals receiving services administered by Dane County must enroll in Wisconsin’s Family Care, Family Care-Partnership or IRIS program. Currently the Aging and Disability Resource Center (ADRC) of Dane County is conducting enrollment counselling to help people understand their options. If an ADRC staff has not reached out to you to schedule an appointment, they will soon. If you wish to initiate contact, you can call them at 240-7480 or email ADRC@countyofdane.com. After enrollment counselling, some will select a Managed Care Organization (MCO) while others will choose an IRIS Con-

sulting Agency (ICA). For the principles of self-determination to continue to strengthen in Dane County, active, informed citizens must thoughtfully consider their long-term care options then make the best choice for them. On pages 4-5, Dan, Greg and Jeff share how they approach decision making; seeking input from family, loved ones and local experts.

Transitioning nearly 2400 people from County administered services to Family Care, Family Care-Partnership, or IRIS in four months is a significant undertaking for individuals making decisions as well as their loved ones, support providers, County staff, MCOs, and ICAs. In spite of everyone’s best efforts to ensure a smooth transition, miscommunications and data transmission errors will occur; details may fall through the cracks. At times stress levels will run high and patience will stretch thin. This *Bear in Mind* column is likely not the only deadline I will miss. In addition to sharpening decision making skills and exercising self-determination, the next six months will provide us all multiple opportunities to practice kindness, courtesy, and grace.

Future Long Term Care Choices in Dane County

All people receiving support from the Community Integration Program (CIP) must enroll in a new program by 5-1-2018.

People who do not select a Managed Care Organization or IRIS Consulting Agency will lose services.

Family Care Managed Care Organizations (MCOs)

[Care Wisconsin](#)
[My Choice Family Care](#)

Family Care Partnership MCOs

[Care Wisconsin](#)
[iCare](#)

IRIS Consultant Agencies (ICAs)

[Connections](#)
[First Person Care Consultants](#)
[Progressive Community Services](#)
[TMG](#)

Are you wigged out by the hustle and bustle of the holidays?

Here's a cure!

Energize and center yourself all at
the same time with an
**AFTERNOON OF
MINDFULNESS
AND YOGA**

Who: LOV-Daners, family, and friends

What: Meditation and yoga in a group setting

When: Saturday December 9, 1:30-4:00 p.m.

Where: 122 East Olin Avenue (LOV-Dane office)

Yoga led by Amber Krueger, certified yoga instructor.

Meditation led by Sadler Bell, LOV-Dane member and yogi.

*Bring a yoga mat or beach towel and a pillow to sit on, and wear comfortable clothes.

*Hot beverages and cookies provided.

*Suggested Donation: \$10/person or \$20/family.

NOTE: This is not a supported event. Please bring support staff as needed.

Please register here by Wednesday, December 6:

<https://www.eventbrite.com/e/afternoon-of-mindfulness-and-meditation-tickets-40149199336>

Important Understanding and Supported Decision Making

By Jeffrey Johnson

A person with a disability should have a support team to try to help them out the best they can. The people on their support team try to help them make the best and safest choices on their own. A person with or without a disability doesn't always make the best choices. Sometimes the person with disabilities doesn't want help. When I get upset, I do not make the best and safest choices all the time for myself. That is when I should be able to ask for help from my support team. My support team includes my dad, my home staff, Tom, Joan, My R.S.C. Niki, Yara, my WIN nurse, and my Broker Erin. My support team tries to help me out in hard and difficult times in my life.

Try to talk to someone else if things don't work out between you or with anyone on support team. If you are still upset, they may want to wait till another time to talk. When my home staff and I got into a fight, he was mad at me and I was not happy with him either. They called my friend Jeff who is not on my support team. I wanted to talk to him because I have not seen him in a long time; he was easy to talk with about that problem. The people on your support team have to have a contract or rules in place so everything goes smoothly without anyone getting upset.

The support team will help you make a plan to reach your goals. You should know who are your allies and you should be able to ask for their help. The last part of my plan is Empowerment. My support team helps by putting my plan into action and helps me reach my goals.

Supported decision-making can be hard if you have a guardian - they might think they know what is best for you. I do have a guardian, but I feel like I am my own guardian because they let me make my own choices and decisions on my own. The guardian will try to support a person with a disability best they can. The guardians can speak on the person's behalf if they cannot speak for themselves.



How I Make Decisions

By Dan Remick

When I make a decision, I want to know what is involved. I do this by talking to someone who is knowledgeable and someone I trust. Before I talk to someone, I would think about all the questions I have and maybe ask someone to help me with the questions. It's important to ask questions and I want my questions to be good ones.

I always want as much information as I can get. If I do not understand something, I ask more questions. If the person cannot answer my questions, I ask them to give me the name of someone who can help to answer my questions. I would get the phone number of people I needed to talk to. Maybe I need to talk to the mayor or Dane County Parisi or Kenn Hobbs. If I did not want to talk on the phone, I could set up a time to visit them in their office. After I get all the information I think I need,

I would use this information to help me make a decision. I would want to know if my choice would benefit me or not benefit me. I would look into the future to see what it looks like. How would my decision affect my future?

I look for the best solution by talking to one person or more people to have them help me sort things out and to make the best decision I can.



Making Decisions on My Own: Supported Decision Making

By Gregory Cain

When it comes to making a decision, what I do is sit back, and get my thoughts together. Then I go over it in my mind, again, and again, to see if it is something I really need, and the same thing applies in my everyday life. That's another thing I have to thank my mother for.

There was a time when I didn't make the best decisions, and fell in with the wrong people, for which I own - up to. So you can see decision making wasn't the best for me at that time, but I can say it did get better. In the long run, it will get better if you try to stay focus on the right task you'll come to the right decision. It is something you'll have to make all your life, but as you go through life, making decisions may not get any easier, and that's when you have to try even harder.

Now that I told you how making my own decisions went, I will tell you about how they were supported, by my family!! And myself. In my opinion, it was re-

ceived in a positive way, but that in no way is to suggest it didn't take a lot of work on my part, by change my thinking. my family help me so much by being there for me. So when you feel your decisions are supported it makes your life a lot better, I can only speak for myself. If it helps my readers that's a positive, I am happy!!!

As you get older it makes you feel better knowing you can make your own decisions, and know they are being supported by loved ones. I have to tell you support doesn't just come to you financially, it also comes from talking! So don't mix the two - up. Plus if you want people you care about, and who you value to support your decisions, you have to believe in it yourself. I will give you an example when I started writing, I had to believe in myself first, before anyone would respect or support what I wanted to do. The support I receive from people who are important to me, and I would hope it's important to you. It took a lot of time, but I found something that I love, and the same can happen to you, if you have the same support!! That's why support is important, no matter what you do in life. I know I said it before, but some things need to be repeated. I have to thank my family again for not giving - up on me, and for being patient with me — that's what I call support.

Additional Resources

National Resource Center for Supported Decision Making – this online center has a wealth of resources on decision making for adults with disabilities and older adults.

Guardianship and Alternatives for Decision Making Support-a fact sheet developed by *Got Transition* available at www.gottransition.org/resourceGet.cfm?id=17

Wisconsin Guardianship Support Center: 1-855-409-9410 or www.gwaar.org/for-seniors-and-families/elder-law-and-advocacy-center/wisconsin-guardianship-support-center.html

UNDERSTANDING ENR



LOOK FOR THE LETTER

THE LOCAL AGING & DISABILITY RESOURCE CENTER (ADRC) WILL CONTACT YOU TO TALK ABOUT THE UP COMING CHANGES.

FAMILY CARE AND PARTNERSHIP

- 1 SELECT 1 WITH HELP FROM ADRC
- 2 CHOOSE YOUR MCO
- 3 SIGN THE ENROLLMENT FORM WITH ADRC
- 4 WAIT FOR A CALL BETWEEN 30 DAYS AFTER SIGNING THE FORM - UP TO 15 DAYS BEFORE YOUR ASSIGNED TRANSITION DATE IN 2018
- 5 MAKE A DATE TO MEET & START MAKING YOUR SERVICE PLAN WITH YOUR MCO NO LATER THAN 10 DAYS AFTER YOUR ASSIGNED TRANSITION DATE.



NOTE:

YOUR CURRENT SERVICES WILL CONTINUE BEYOND YOUR ASSIGNED TRANSITION DATE IN 2018 WHILE YOU MAKE YOUR PLAN WITH YOUR NEW MCO.

CHOOSE



YOU CAN CH
MIND AT A



QUESTIONS

FOR MORE INFORMATION

ROLLMENT COUNSELING



DEADLINES

LONG TERM CARE SERVICES WILL BEGIN TO TRANSITION ON FEB. 1, 2018. THE ADRC WILL INFORM YOU OF THE MONTH YOU WILL TRANSITION & THE DEADLINE TO CHOOSE.

SE ONE



ANGE YOUR
NY TIME!

IRIS

1



SELECT IRIS
WITH HELP
FROM ADRC

2



SIGN IRIS
REFERRAL FORM
AT ADRC

3



☐ PROGRESSIVE
COMMUNITY SERVICES

☐ THE MANAGEMENT
GROUP (TMG)

☐ CONNECTIONS
(LUTHERN SOCIAL SERVICES)

☐ FIRST PERSON
CARE CONSULTANTS

4



WAIT FOR A CALL FROM YOUR ICA
BETWEEN 3 DAYS - 2 WEEKS AFTER
YOU SIGN UP

5



YOUR ICA WILL HELP YOU
CHOOSE AN
IRIS CONSULTANT
YOUR IRIS CONSULTANT
WILL MEET WITH YOU IN
ABOUT 10 DAYS



6

CREATE YOUR
IRIS PLAN WITH
YOUR IC. PLANS ARE
USUALLY COMPLETED
IN 30 DAYS - OR, A
COUPLE WEEKS LONGER
IF YOU NEED TO ASK
THE STATE FOR A BUDGET
AMENDMENT



THE IRIS CONSULTANT MAKES SURE YOUR PLANNED SERVICES
WILL BE READY TO START ON YOUR APPROVED TRANSITION
DATE IN 2018.

- CALL:
- AGING & DISABILITIES RESOURCE CENTER 608-240-7400
 - DEPARTMENT OF HEALTH SERVICES 1-855-885-0287
 - DEVELOPMENTAL DISABILITIES COALITION 608-206-1818



Disabled and Dating

By Jeffrey Johnson

Some people have a problem expressing themselves, which can make it hard to make friends and meet people. You should know that you are no different than anyone else. We are all equal no matter what our disability is. A disability might make it difficult to ask someone to go on a date with you. A person may be shy or afraid to ask someone on a date. You should give people a chance to meet you. You don't have to be in a rush to meet someone to make a friendship last.

What you want to do is date someone around the same age as you. Make sure you might have things in common. When you meet someone for the first time tell them who you are. Ask if they would like to stay in touch with you. Ask them if they would like you to be friend or more than a friend. If you like someone and you would like to stay in touch with them, you could ask for their phone number. Make sure it's someone you can trust and that cares about you and really loves you for who you are not what you are. Someone you can depend on to help you out in hard times. Make sure it's a safe person to hang out and spend time together.

When you start to date someone, it can be hard for both of you. After a while when you start to date someone with a disability you might face problems in the relationship. The person you started to date might not have the same feelings about dating. You and the other person with a disability can first try to work it out between you. If that does not work try to find a friend that will help you out in hard times.

If the person with a disability is dating for the first time, it can feel very exciting and anxious. Dating can

Continued on page 10



SPORTS SP

What is a Cowboy fan doing in Packerland?

By Jeffrey Johnson

I grew up a Cowboy football fan and have been a Cowboy fan ever since in the early 1960's. Some people wonder and ask why I fan but live in Packerland. I was born here in Wisconsin. My mom brought all Packers stuff like sweatshirts and a coat. I never used and never did wear my packer stuff. When turned 15 years old I had garage sale and sold all of my Packer Stuff. I started to buy Cowboy stuff. I decided to become a cowboy fan because I liked how the media called the Dallas Cowboys the American team.

I always like to bet against the Packers I always cheer on the other team no matter what team it is. I wanted to a Cowboy fan for two reasons. I like how the media named the Dallas Cowboys the Americans Team That is what got to become a Cowboy fan. I really like rivalry between the Packers and the Cowboys. That one thing that no other cannot take away from the Cowboys is being American Team forever. Originally nicknamed by the media during the highlight film in 1978, the Dallas Cowboys, also known as America's Team, stuck. My best friend Craig took me up to a Packer game in Green Bay Wisconsin in 2008. The Cowboys beat the Packers at home in the cowboys have won every game at Texas Stadium. The only lost two games at AT&T stadium. Lost to the Packers in 2014 and 2017.

If I were a Packer fan my favorite player would have been number 66, Ray Nitschke.



SPORTS SPORTS SPORTS SPORTS SP



By TJ Schloss

After surviving two brain surgeries, my mom surprised me by taking me to the Cubs and Brewers game on September 24th. We took a chartered bus. The Cubs won 5-0. Jose Quintana pitched a complete game.

The Cubs are my favorite baseball team. My favorite player is Anthony Rizzo. He's my favorite player because he supports his teammates. He's a brilliant first baseman and hitter. I was excited to see him. Seeing Anthony play in person was amazing.

The manager Joe Maddon manages this team with his heart. Seeing Joe Maddon the defending World Series Champions manager was awesome. He kept this team together. Kris Bryant is also a fun player to watch. He plays hard as a third baseman. I was excited to see him play with Anthony. Kris Bryant is the reigning National League M.V.P. He proves it to me every game.

The Cubs are special. Joe Maddon loves how his team supports each other. True teamwork is what makes the Cubs special champions. The Cubs advanced to the National League championship series to face the Dodgers. The Cubs are the National League Central Division Champions and in my opinion America's team.

2017 Wisconsin Special Olympics Bowling Tournament

By Jeffrey Johnson

This year Wisconsin Special Olympics had over 350 athletes with disabilities competing to bowl in the regional bowling tournament. It was held on Saturday October 21st at Bowl-A-Vard Lanes and at Sun Prairie Lanes this year.

I bowled for the West Madison Special Olympics. A few of my other friends who are also athletes bowled for West Madison. My dad and Ellie came to watch me bowl in the tournament at Bowl-A-Vard Lanes this year.

A friend of mine from my church family bowled, his name was James and he's from Stoughton. Scotty and Susan Sheets came and watched their son bowl in the bowling tournament this year.

They had some very good volunteers this year at both bowling alleys. The volunteers were a very big help this year. It was a lot of fun for all of the athletes also. There were eight athletes from West Madison Special Olympics that qualified for the state bowling tournament. The state bowling tournament will be held on November 4th 2017 at Bowl-A-Vard Lanes or at Sun Prairie Lanes.

There will be over 400 athletes that will be competing in this year's state bowling tournament. I wish all the athletes very good luck in this year's Wisconsin Special Olympics state bowling tournament. Everyone is there to try their best and to have fun with friends.



DANE COUNTY'S GUIDING PRINCIPLES OF SELF-DETERMINATION

Choice and Control

People have the right to choose what they will do with their lives. When people need help, friends and family can be most effective in assisting them to broaden their experiences and to exercise their right to make their own choices.

Relationships

It is essential that relationships are maintained and expanded. Paid services can isolate people. Relationships provide everyone with strength, support and security. The development of new relationships is crucial.

Giving and Community

Everyone has the ability to give to his or her community in a meaningful way. When we give of ourselves, we feel a sense of belonging. Community membership includes having your own home, a job, involvement in your community and making a difference in the lives of others.

Dreaming and Planning

All people have hopes and dreams for the future as well as goals they want to achieve. A supportive team helps people identify these dreams, then creates a plan to prioritize and realize these dreams.

Fiscal Responsibility

When there is control over how funds get spent, there is also responsibility to live within a budget. There is an obligation to those waiting for services as well as others needing government funding. Making things happen does not always require money. To find the best quality for the most reasonable price, people are able to purchase in and out of the service system.

The Role of Professionals

Professionals become partners with the people who hire them. They assist people in understanding what their choices are and realizing their dreams.

Choice Has Limits

Public funds will not be used to support choices that are illegal or harmful to the person or others. The choices must be available to all.

Self-Determination is Not Abandonment

Self-determination is not an excuse for abandoning someone in an unsafe situation on the grounds that he or she "chose" it. There are limits to the level of risk society will allow people to take with their own lives and physical well-being. It is not acceptable to offer a "choice" of either excessive restrictions or no support at all. Self-determination means becoming more creative in helping people find ways to learn decision-making and manage their actions.

Whatever It Takes

An answer of "No, we can't" is replaced by "How can we make this happen?" There is a commitment to help people determine their dreams, respect their dreams, and help their dreams come true.

Autumn In The Park

Bill Worthy



Disabled and Dating, continued from page 8

also be enjoyable and fun. When I have dated in the past, I liked their company and doing things together with them. I enjoyed spending time with them and finding things out we have in common. It makes us both feel good about each other. I have always been willing to help them out when they needed help but I am also willing to be their friend if things do not work out.

If you would like to find a friend or someone you're thinking about dating, you could look in the Choices newsletter under "Connections".

TRANSITIONS



MADISON—Patricia Ann Brabender passed away on Sunday, Oct. 15, 2017, in Madison. She was born June 17, 1946, in Madison, the daughter of Glaelavan (George) and

Phillip O'Connor. She married John Brabender on Sept. 2, 1966, and they have enjoyed 51 years of marriage. Patti loved to sew and do crafts. She enjoyed watching the Badgers and Packers football and worked at M&I Bank for many years.

Patti is survived by her husband, John, and many friends. She was preceded in death by her parents and brother, Tom.

John extends a special thank you to SSM Health Hospice, Home Health and REM Wisconsin and their employees for their care.



VERONA / MADISON—Robert J. "Rob" Cooney Jr., age 27, passed away at his home in Madison on Sunday, Aug. 6, 2017. He was born on Feb. 23, 1990, in Madison, Wis., the son of Robert and

Janice (McMahon) Cooney Sr. Rob went to the Waisman Early Childhood Center in Madison. He attended and graduated school in his hometown of Verona, Wis. He graduated from Verona Area High School's program for people with disabilities.

Rob lived an independent life, residing at his own home on Old Sauk Road in Madison. He was very proud of his home, and described it as his "happy place." Community Living Connections provided support for Rob to live in his home with his roommate.

Rob was fortunate to have meaningful work. He was supported in these efforts by the staff at Wisconsin Opportunity in Rural Communities. Rob was very social and active in the community, and loved to volunteer. Staff from Creative Community Access accompanied him on these ventures.

Rob had cerebral palsy due to his premature birth. Despite his physical challenges, Rob met life with positivity and enthusiasm on a daily basis. His smile and laugh were contagious and he shared them with everyone he met. Rob partnered with Dr. Ann Behrman and Dr. James Bigham for his medical care. Many specialists at UWHC participated in his care over the years, and we are forever grateful for their service. A special thanks to Heidi Rossiter and the Family Support and Resource Center.

Rob had a large extended circle of people over the years who were part of his life. It is impossible to list each individual, but we thank them for making Rob's life complete. Our lives will always be intertwined with them.

Rob is survived by his parents, Robert and Janice Cooney; grandparents, John and Lorna McMahon; sister, Katie Cooney; uncles, Thomas Cooney, Philip (Tracye Ebeling) Cooney, John (Cheri) McMahon and James (Lisa) McMahon; aunts, Jane (John) Pfeil and Julie (Jack) Wilz; and other family and friends. He was preceded in death by his grandparents, Dr. Robert and Judith Cooney.

MADISON—One of God's special children, Joyce Arlene Friedrich, was born in Madison, Wis., on March 10, 1933, and passed away on Aug. 6, 2017, at home, surrounded by family and friends who loved her.

She was predeceased by her parents, Fred and Lillian (Hansen) Friedrich; a beloved grandmother, Bertha Hansen; and infant sister, Iris; brother, Army Sgt. Maj. Fred Friedrich of Belfair,

Wash.; and sister, Judy Teske of Holcombe, Wis.

Those left to cherish her memory include her sister Sandy Hanke of Tarpon Springs, Fla.; six nieces and one nephew; and several loving Dream Weaver caregivers.

Joyce was adored by her family and caregivers and will be deeply missed by all who knew and loved her.



MADISON—Debra Miles, age 58, of Madison, passed away Saturday, Sept. 2, 2017. Debra touched everyone she met along the way and taught them how to love.

As a teen, Debbie came into the loving Woodson family, David, Ethan, Danny, Sue, Michael, Sarah, and Steve "Jeremy." There were many other wonderful people in Debbie's life, including her devoted caretakers from CCLS and the folks at Goodwill.

Debbie enjoyed card games and arts and crafts, and was a whiz at jigsaw puzzles. Recently, Debbie's health suffered, and home hospice was necessary. When visiting Debbie, one could see that she was cared for in a gentle and caring way, by the CCLS staff and the Magenta Hospice Team.

Debbie is survived by her father and stepmother, Ron and Frieda Miles; siblings, Jeff Miles, Donald Miles, and Sue Mains; roommates and best friends, Brenda and Sue; and dear friend, Mary Beth Schlagheck. She was preceded in death by her mother, Lois Miles.

William Waterbury, born on February 12, 1955, passed away on September 13th, 2017.

CHOICES Newsletter



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Waisman Center
Room A 109
1500 Highland Avenue
Madison WI 53705

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...And the “Oh, Yeah’s...”

CHOICES is published quarterly to provide information about Self-Determination in Dane County.

Contributors to this issue:

Jeffrey Johnson, Bill Worthy, Gregory Cain, TJ Schloss, Dan Remick, and Monica Bear

To Place a Connections Ad:

Submit Connections Ads to: Rachel Weingarten, Editor, 122 E. Olin Ave., Ste. 100 or weingarten@waisman.wisc.edu
We will run your ad for at least 3 issues unless you tell us otherwise.

CHOICES by e-mail

Prefer to reduce paper coming in the mail? If you would prefer to receive a link via e-mail, please e-mail Rachel Weingarten:

weingarten@waisman.wisc.edu

Web versions do not include Connections ads or Transitions information

The Final CHOICES Newsletter:

A goodbye/celebration edition coming out in Winter 2018

Celebrate the past and continue the narrative on self-direction. This is an invitation to share highlights that could include how you have benefited from transition policy, home ownership, supported living, family organizing, and other unique features of Dane County services and community.

People with disabilities, brokers, family members, support staff, or citizens at large are encouraged to submit articles.

Please send your stories, comments, and suggestions

Contributions, comments and suggestions are encouraged and may be directed to:

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Choices is on the COW Website

<http://cow.waisman.wisc.edu/publications.html>