



Family Connections

A Family Newsletter from OASIS
Oklahoma Areawide Services Information System



ON THE ROAD
FAMILY PERSPECTIVE
CONFERENCES

Volume 18

Fall 2007

OASIS Celebrates 20 Years of Service

By Madalyn McCollom, CIRS, OASIS Director

This summer, the Oklahoma Areawide Services Information System (OASIS) completed 20 years of service, providing information, referral, and assistance to families and individuals in Oklahoma with disabilities and special health care needs. During this time OASIS has become a place where those needing assistance could find a friendly voice and helpful information about services and resources in Oklahoma as well as other states.

We are pleased that through our one-on-one telephone service, website, newsletter, one-day regional family conferences and printed informational materials, families are able to find helpful information in a variety of ways.

Since that first call in July of 1987, OASIS staff have taken and responded to close to 140,000 requests for assistance for a variety of needs such as financial aid, support and advocacy, education and early childhood intervention services, health care and dental services, and respite care; and over 197,000 referrals have been given.

Families also find help and information through the OASIS website which provides information about specific programs as well as a calendar of upcoming conferences and workshops and a searchable resource directory of services. The website averages around 100,000 visits per year with over 3,500 searches of the resource directory each month.

Our "On The Road" Family Perspective Conferences are held three to four times a year in various areas of the state. There have been eleven of these conferences since March of 2004 with over 1,100 families, professionals, and advocates in attendance.

It has been our pleasure to be of service these past 20 years, and we look forward to many more years. We will strive to be a place families come to with understanding and knowledgeable staff ready to listen and help each person find what they need.

We would love to hear from you. Let us know how we have helped you or your family in the past and how we can improve our service in the future.

The next On The Road Family Perspective Conference will be held in Lawton, OK on Wednesday, September 19, 2007 and Tulsa, OK on Tuesday, October 16, 2007. For information on Lawton or Tulsa or if your community would like to host a one day conference—
Call Sally Selvidge at OASIS at 1-800-426-2747 or email her at Sally-Selvidge@ouhsc.edu



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On Going Events



Arthritis Community Education and Self Help Courses: Contact Marisa New, Oklahoma Arthritis Network for schedule - (405) 271-9444, ext. 56410 or by e-mail: marisan@health.state.ok.us

Statewide Training and Regional Supports (STARS) The mission of STARS is to support the provision of individualized, comprehensive, multidisciplinary, family-centered, community-based programs and services for people with disabilities through a coordinated training system. Staff and contractors of the SoonerStart program, local public schools, and DDSD, as well as families accessing services from these agencies may attend STARS trainings at no charge. Others are welcome to register and attend STARS trainings on a “space available” basis for a charge of \$50.00 per person per workshop. A list of workshops and more information can be found at: http://www.ah.ouhsc.edu/tolbert/courses_workshops/

The Olmstead Strategic Planning Meetings. These meetings are held the first Thursday of each month at the Oklahoma State Capitol in Room 419C from 1:30 - 3:00 p.m. They are open to the public and anyone interested in having input on how to implement the Olmstead Strategic Plan for people who have a disability to live in the community is welcome to attend. Please call Rose Ann Percival at (405) 522-0600 for more information.



Upcoming Events, Conferences and Workshops



September 19: *On the Road Family Perspective Conference*, Cameron University, Shepler Center Mezzanine, 2800 W. Gore Blvd. Lawton, OK. Sponsored by OASIS, SoonerStart, and OKDHS, DDSD. 8:30 am to 2:30 pm. Registration is free. For information call Sally Selvidge at 800-426-2747.

October 3-5: *Help is On the Way 2007 National Respite Conference*. Embassy Suites & Von Braun Center, Huntsville, Alabama. For updated information visit www.alabamarespite.org Registration forms available at www.ucphuntsville.org or www.aces.edu

October 9-10: *Annual Fall Legislative Forum on Children and Youth Issues*, University of Central Oklahoma, Edmond, OK. Hosted by the Oklahoma Institute For Child Advocacy (OICA). For more information, visit www.oica.org.

October 16: *On the Road Family Perspective Conference*. Riverside Campus for Applied Science, Technology and Research, 801 East 91st in Jenks, Ok. Sponsored by OASIS, SoonerStart, and OKDHS, DDSD. 8:30 am to 2:30 pm. Registration is free. For information call Sally Selvidge at 800-426-2747.

November 29-30: Grandparents Raising Grandchildren and Caregivers Conference. FREE. Church of the Servant, 14343 N. MacArthur, Oklahoma City, OK. For more information call Janice Winters at 800-426-2747 or 405-271-6302.

CART



325-CART (2278) cart.ou.edu

FREE TRANSPORTATION TO NORMAN AND MOORE FOR ANYONE

CART now provides free transportation from Lexington and Noble to Norman, where riders can spend the afternoon, and they may ride any of CART's Norman routes for regular fare, or they may continue on the shuttle to the Social Security Administration in Moore for free. CART will provide this service on Tuesday and Friday ONLY

- OU South Oval 10:35 a.m.
- Lexington Senior Center 11:00 a.m.
- Noble Senior Center 11:20 a.m.
- OU South Oval 11:45 a.m.
- Depart OU South Oval 12:05 p.m.
- Norman Public Library 12:15 p.m.
- Norman Community Services Bldg. 12:25 p.m.
- Social Security Admin. (Moore) 1:00 p.m.
- Pick-up time to return to Norman 3:00 p.m.
- Norman Community Services Bldg. 3:35 p.m.
- Norman Public Library 3:45 p.m.
- OU South Oval 3:55 p.m.
- Depart OU South Oval 4:00 p.m.
- Noble Senior Center 4:25 p.m.
- Lexington Senior Center 4:45 p.m.
- OU South Oval 5:15 p.m.

Let us CART you around!



**Meets Every 2nd Wednesday at
the Oklahoma Dental Association
317 NE 13th St.
Oklahoma City, OK
(405) 848-8873**

Everyone is Welcome who has an interest in Improving the Quality and Access to Oral Health Care for Children with & without a disability in Oklahoma.

For more information or questions , call Sally Selvidge at (800) 426-2747 or email her at Sally-Selvidge@ouhsc.edu



A Health Handbook for Women with Disabilities.
By Jane Maxwell, Julia Watts-Belser, Darlena David.

The Special Needs Planning guide. How to Prepare for Every Stage of your Life. By John W. Nadworthy and Cynthia R. Haddad

OASIS/OUHSC does not endorse the information from these Publications. It is provided as a convenience to our readers and is for informational purposes only.



Choices Choices Choices

By Sally Selvidge

Twenty years ago I couldn't have written about options for people with disabilities. Have you ever asked yourself what it is really like to have an adult child with a disability? Like many things in life unless we have experienced it first hand we really have no idea. As parents age the fear of what the continuum of future care will look like can become an all consuming affair. This care is different for each person. Some need more, some need less.

Choice however, is a must. Services cannot be a "one size fits all" neatly wrapped up into a box. Grief comes and goes as each family member transitions into a different phase of their life, but the constant stress of care of the child with the disability is always looming over them.

Parents hear about residential group homes, the community, institutional care, and home and ask themselves, "What to do? Who to listen to?" It comes down to not feeling guilty for what you choose for your family member. This choice has to be made by each family, the whole family, for whatever best fits that group and the person.

Services for people with developmental disabilities have come a long way in the last 20 years. There are more choices available. It still can be frustrating at times, but the system is becoming more family friendly and people who make the policy are honoring and respecting family input.

There have been some changes in Oklahoma over the past few years. One is the Olmstead Plan (our states response to the Supreme Court's decision). It is currently in the implementation stages, ready to make some positive change for people with disabilities in all areas of their lives. Second is the passage of the Self Directed Care Act that gives families the option to self-direct their own services through the Oklahoma Department of Human Services, Developmental Disabilities Services Division. Finally, outreach organizations seem to be working effectively with each other to provide a full continuum of services for families.



One agency or service organization can't do it all, it must be a partnership. Whether we pick up the phone, go on the internet, or attend a support group or workshop, to gather our information for the of continuum care for our family member— CHOICE must always be at the center in options we continue to pursue.



For more information on the Oklahoma Self Directed Care act go to the following link <http://webserver1.lsb.state.ok.us/Webapplication1/webform1.aspx> and click on SB 1015. Also read related article in this newsletter on Page 6. For more information on the Olmstead Plan call Rose Ann Percival at 405-522-0600 or email at RoseAnn.Percival@okdhs.org.

WANTED

PLEASE SEND US YOUR ARTICLE ABOUT YOUR ORGANIZATION, SUPPORT GROUP, OR YOUR STORY ABOUT YOUR MISSION, YOUR CHILD/FAMILY MEMBER WITH A DISABILITY, OR YOUR GROUPS UPCOMING ACTIVITIES. WE WANT TO PASS YOUR INFORMATION ON TO OTHERS.



EMAIL TO: Sally-Selvidge@ouhsc.edu



ON THE ROAD FAMILY PERSPECTIVE CONFERENCES



These one day conferences have been a roaring success!

We have reached out to more than 1100 families and professionals in 11 towns and cities from

Guymon, Woodard, Kingfisher, Altus, Ardmore, McAlester, Idabel, Bartlesville, Vinita, Muskogee, to Oklahoma City. This Fall we will be in Lawton and Tulsa.

We have driven the highways giving families and professionals information, resources and better yet, a name, face and phone number to take with them-when they have questions later.

This will mark our third year to travel the state to new towns and cities helping bring families and services together.

Contact Sally Selvidge at OASIS to schedule yours TODAY! (800) 426-2747



Consumer Directed Home and Community Based Services

Taken from AARP Public Policy Institute

Consumer-directed care—also called self-direction—empowers people with disabilities to make decisions about the services they want and how they wish to receive them. Often they can hire family members, friends, or neighbors to provide care at home. This allows consumers to receive help with personal activities like bathing and dressing from people with whom they are comfortable. They can schedule aides during the early mornings, nights and weekends when other paid help is hard to find. They can pay for services like being driven to the store that other programs may not allow.

Consumer-directed (CD) Home and Community Based Services (HCBS) represents a paradigm shift in the philosophical approach to service delivery that maximizes consumers ability to assess their own needs, determine how and by whom their needs are met and defines what constitutes quality. Depending on the program, consumers may be able to:

- Choose which services to receive
- Select the days and times for service delivery
- Hire, manage, and terminate the workers of their choice, including family members
- Manage their budgets by setting wages and/or purchasing items that enhance their independence (such as home modifications or assistive devices.)

A 1997 survey conducted by AARP found that more than three-fourths (76%) of people age 50 and older would prefer to manage their own home care services rather than receive services managed by an agency. A subsequent survey in 2002 of people with disabilities age 50 and older found that only 15% preferred agency-directed services. These results indicate that states should be encouraged to offer CD as an option to older people with disabilities.

Not only does CD HCBS meet consumers preferences, it also can help address worker shortages, the need for culturally appropriate workers, and the availability of services in rural or other hard-to-reach areas by expanding the pool of available workers. Consumers may receive more hours of service than under a traditional HCBS program because their individual budgets need not pay a home care agency's overhead.

Compared with traditional agency delivered services CD participants expressed greater satisfaction with services received, a higher quality of life, had fewer unmet needs, and received more paid care. Initial concerns that CD programs would be subject to fraud and abuse have proven to be unfounded.

For more information go to www.aarp.org/ppi



RESEARCH STUDY BY THE OU CHILD STUDY CENTER
For
FETAL ALCOHOL SYNDROME
and
ATTENTION DEFICIT HYPERACTIVITY DISORDER

We would like to let you know about a research study being conducted at the OU Child Study Center. The study is enrolling children from 4 to 11 years of age who have symptoms of inattention or hyperactivity and were exposed to alcohol before birth.

Children with Fetal Alcohol Syndrome and ADD/ADHD may:

- have been prenatally exposed to alcohol
- have growth and development concerns
- have unusual facial features
- have central nervous system abnormalities including a small head and/or delays in speech/ language or cognitive development
- find it difficult to pay attention, follow through on instructions, finish tasks, or think before acting
- find it hard to stay seated, wait his/her turn, or play quietly

This study involves the use of a medication called Strattera (atomoxetine hydrochloride) approved by the Food and Drug Administration (FDA) for the treatment of Attention Deficit Hyperactivity Disorder (ADHD).

Children who qualify to participate in this study will receive assessments by a medical doctor, medication and a small amount of money to cover some expenses for approximately 12 months at no charge.

Please call 405-271-5700 ext. 45167 to learn more.
IRB No. : 12165



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To receive the OASIS Newsletter or become an OASIS Parent Contact
Email Sally-Selvidge@ouhsc.edu or fax this form to 405-271-6305
Or mail to OASIS/OUHSC, PO BOX 26901, OKC, OK 73190

NAME _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

PHONE _____

EMAIL _____

I want to: _____ be an OASIS Parent Contact.

_____ **receive the Newsletter**

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