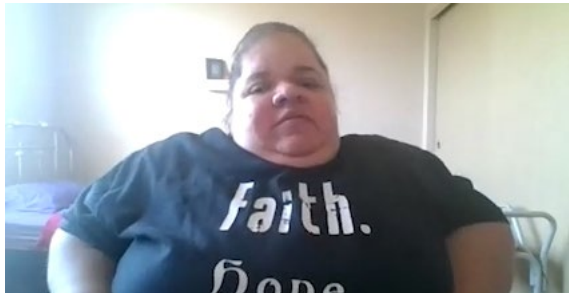


LIVING WELL
Healthy, Safe and Connected



A PROJECT OF
 **Wisconsin
BPDD**
 WISCONSIN BOARD FOR PEOPLE
 WITH DEVELOPMENTAL DISABILITIES

Living Well Grant



- A five-year grant to help improve the independence, integration, safety, health and wellbeing of people with disabilities.
- We are working with 8 service providers and 10 self-advocate leaders in the State to help us education people with disabilities and their families.
- Three educational tools: Healthy, Safe and Connected Toolkit, Safe and Free, and Let's Talk about Right Guides



National Core Indicators- People Driven Data

Wisconsin participates in the National Core Indicators for People with Intellectual and Developmental Disabilities (ID/D)

<https://idd.nationalcoreindicators.org/>

The primary goal of this data collection is to measure the public systems that support people with ID/D.

The questions focus on the experiences of people with disabilities in multiple quality of life domains.

40% report rules about having friends or visitors

40% want a cell phone or smartphone

Wisconsin Core Indicators Report: WI [IPS 20-21 State Report 508.docx \(nationalcoreindicators.org\)](#)






National Core Indicators-People Driven Data

National and Wisconsin Results that may contribute to Social Isolation and Loneliness:

Wisconsin Data

- 19% paid job in the community
 - 53% do not have a paid job but wants one
 - 26% are volunteers of some type
 - 39% went out for entertainment in the past month
 - 55% went to a restaurant or a coffee shop in the past month
 - 22% went out to a religious service in the past month
 - 28% participate in a community group
 - 64% able to go out and do that they like in the community
 - 67% can see friends when they want
 - 39% want more friends
 - 11% often feel lonely
 - 44% want to be a part of more community groups
 - 40% report rules about having friends or visitors
 - 40% want a cell phone or smartphone
- 



National Core Indicators- Predictors of Abuse/Neglect

The National Core Indicators list these as the main predictors of abuse and neglect:

- Social isolation (lack of friendships and relationships beyond paid staff)
- Social stigma related to a lack of respect for people with disabilities
- Lack of privacy within the residence
- Ignorance of individual rights
- Staff stress and lack of training
- Significant dependence on others
- Lack of control/decision-making
- Lack of community participation





Council on Quality and Leadership(CQL)

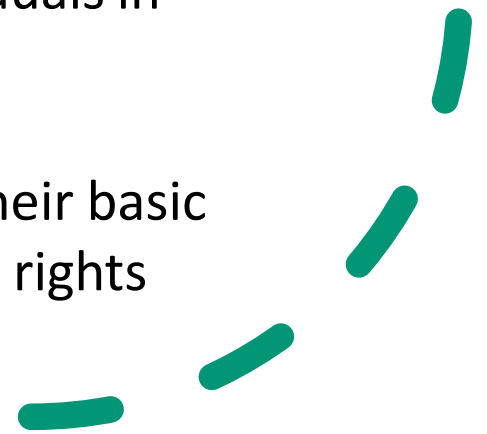
CQL works to improve the quality of life for people with intellectual, developmental and psychiatric disabilities.

CQL works with human service providers, national organizations, and governmental agencies around the work to improve quality.

They focus on person-centered quality implementation through their training and data measures.


The Living Well grant has partnered with them to gather data on the quality of life of over 155 individuals in Wisconsin.

CQL has also trained provider agencies on their basic assurances, quality frameworks, and human rights committee.





Council on Quality and Leadership: Social Capital for People with Disabilities

- People's relationships and social networks are an important aspect of a person's health and quality of life. Their social capital.
 - Social capital has been shown to improve people's physical and mental health outcomes.
 - Social capital can improve access to resources, resilience, and mutual aid.
 - CQL uses their Personal Outcomes Measures interview to measure human security, relationships, community, choices, and goals.
- 



Council on Quality and Leadership: Social Capital for People with Disabilities

- People with disabilities only had 38.8% of social capital index present.
 - The following areas were lacking:
 - People have intimate relationships
 - People participate in the life of the community
 - People have friends
 - People are respected
 - People are connected to natural support networks
 - People live in integrated environments
 - People interact with other members of the community
 - People perform different social roles.
- 

Council on Quality and Leadership: Safety

- Common Risk Factors of abuse, neglect, mistreatment and exploitation include social isolation and smaller social networks.
- People with disabilities are 3 times more likely to be free from abuse and neglect when they exercise rights.
- Emergency rooms visits are 60% lower when organizations facilitate natural supports in peoples lives
- Injuries are 68% lower when organization facilitate people's desire for natural supports.
- When people have the rights to visitors abuse and neglect reduce by 57%



Wisconsin Personal Outcome Measures Interview

All Indicators: Individual Outcomes Present Personal Outcome Measures interviews as part of the WI Living Well Project, Nov 2019 to Oct 2021 (n=155)

| | | |
|--|-----|--|
| Live in Integrated Environments | 73% | |
| Best Possible Health | 70% | |
| Continuity and Security | 66% | |
| Safe | 64% | |
| Treated Fairly | 64% | |
| Respected | 59% | |
| Realize Personal Goals | 59% | |
| Use their Environments | 55% | |
| Choose Personal Goals | 50% | |
| Choose Services | 49% | |
| Choose Where & With Whom They Live | 47% | |
| Choose Where They Work | 45% | |
| Decide When to Share Personal Info | 43% | |
| Interact w/ Community Members | 42% | |
| Exercise Rights* | 41% | |
| Free from Abuse & Neglect* | 37% | |
| Participate in the Community* | 37% | |
| Have Intimate Relationships | 35% | |
| Perform Different Social Roles | 34% | |
| Connected to Natural Support Networks* | 33% | |
| Have Friends | 32% | |

An outcome present means the person was able to demonstrate to the interviewer they had knowledge or experience in the listed domains.



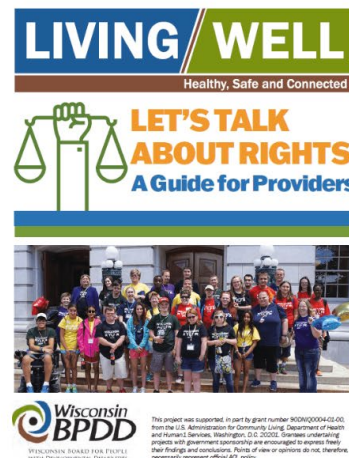
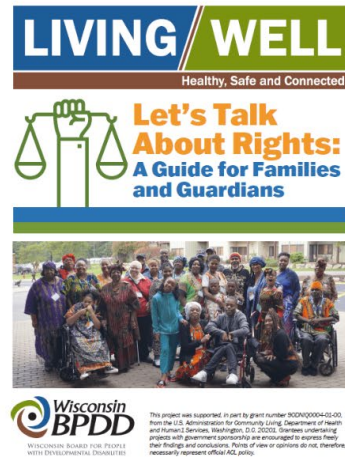
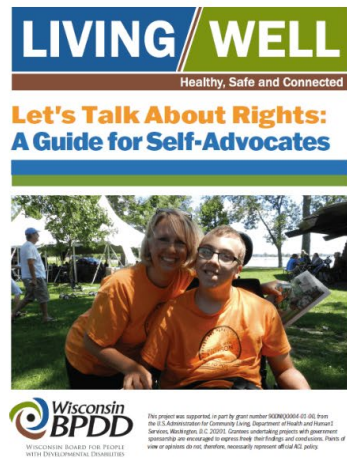


Living Well Implementation
Strategies to Address
Social Isolation and Loneliness

Living Well Implementation Strategies to Address Social Isolation and Loneliness

• Rights Guides

- 3 Versions: Self-Advocate, Provider, Family/Guardian
- Address 17 human and choice-making rights that people with disabilities have but don't often learn about or exercise fully
- Examples: Make your Own Schedule, Talk to and Be Around the People You Want, Live Where and With Who You Want
- Link: <https://wi-bpdd.org/index.php/2022/09/09/living-well-rights-guides/>



Living Well Implementation Strategies to Address Social Isolation and Loneliness

- Safe and Free
 - 12 sessions on self-advocacy topics
 - Co-lead by a Self-Advocate Leader
 - Activities and Conversation Starters give people with disabilities the opportunity to talk about shared lived experiences and goals for taking action in the future
 - Link: https://wi-bpdd.org/wp-content/uploads/2022/07/Safe-and-Free-Overview_Rev072022.pdf

LIVING WELL SAFE AND FREE MEETING SERIES

The Living Well Project's Safe and Free meetings are designed to help youth and adults with Intellectual and Developmental Disabilities (I/DD) learn about important topics and skills for self-advocacy, safety and independent living. This meeting series is co-facilitated by a People First self-advocate leader and a service provider agency staff. Meetings are 1 hour to 1.5 hours long. There are twelve meetings in the series.



MEETING 1: Know Yourself
The group talks about their likes and dislikes and figure out their personal strengths.
Activities:
• Icebreaker: Why should I hire you? • My Strengths
• Who I Am • Why should I hire you?



MEETING 2: Being a Part of Your Community
The group talks about why being part of the community is important, identify one new thing they would like to try to do and practice acting self-confident and believing in themselves.
Activities:
• Belonging in the Community • Can you really? Yes I can!
• Community Experience Bingo • The Self-Determination Channel
• Try Something New



MEETING 3: Problem Solving
The group talks about problem solving skills and how to know their feelings.
Activities:
• Relaxation Exercise • Problem Solving Steps
• How Do You Feel?

MEETING 4: Your Personal Rights
The group talks about rights and choose rights that are important to them. They will also talk about the steps to take if their rights are restricted or violated.
Activities:
• What are Rights? ALL People • Knowing Your Rights
• Have Rights • What to do if your rights have been violated
• Bill of Rights Video

MEETING 5: Voting
The group talks about who can vote, how to vote, and how to overcome barriers to voting.
Activities:
• Who Can Vote • Overcoming Barriers to Voting
• Know Your Voting Rights • My Voting Plan



MEETING 6: Communication

The group talks about ways to be a good communicator, how to be assertive by using "I" messages, and the three types of communication: passive, aggressive and assertive.
Activities:
• Why Communication and Speaking Up for Yourself is Important
• Using "I" Messages
• Three Kinds of Communication – Aggressive, Assertive, Passive



MEETING 7: Safety at Home

The group talks about how to use "No Go and Tell," how to keep their home a safe place and how to be safe on the internet.
Activities:
• Communication is More than Words • Safety at Home
• No Go and Tell • Internet Safety

MEETING 8: Safety in the Community

The group talks about how and when to use 911, safe and unsafe places and people, and how to keep personal items safe in the community.
Activities:
• Using 911 • Keeping Your Belongings Safe
• Safe and Unsafe Places



MEETING 9: Abuse Awareness

The group talks about what abuse is, ways to protect themselves from abuse and how to report abuse.
Activities:
• Some New Group Rules (sensitive topic warning) • Ways to Prevent Abuse
• What is abuse? • How to Report Abuse

MEETING 10: Relationships Part 1

The group talks about relationship rules and responsibilities, the different types of relationships and healthy vs unhealthy relationships.
Activities:
• Relationship Rules • Healthy/Unhealthy Relationships
• Types of Relationships • Wrap Up Meeting and Survey



MEETING 11: Relationships Part 2

The group talks about boundaries (what they are and why they are important) and consent (what it is and why it is important).
Activities:
• Understanding Boundaries • Understanding Consent

MEETING 12: Reflection and Wrap Up

The group talks about what they learned over the series and sets goals for using their new knowledge and skills.
Activities:
• "What Does Self Advocacy Mean to You?" Video
• Reflecting on What We Learned • Making SMART Goals



Living Well Healthy, Safe and Connected Toolkit



Healthy, Safe and Connected Resource Toolkit



Version 05.22

IN THIS TOOLKIT:

- Stay Healthy1
- Stay Safe16
- Stay Connected27
- Words to Know.....38

People with disabilities need to be healthy, safe, and connected. This toolkit will give people simple ways to be sure you know how to do all three. We want you to have the information and tools to stay healthy, safe, and connected throughout your lifetime and not just during an emergency. You can find the most update to date information at our website at www.wi-bpdd.org.



This project was supported, in part by grant number 90CA00004-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

[Healthy Safe Connected V08.22.pdf](#)
[\(wi-bpdd.org\)](http://wi-bpdd.org)





Stay Healthy

THIS SECTION INCLUDES:

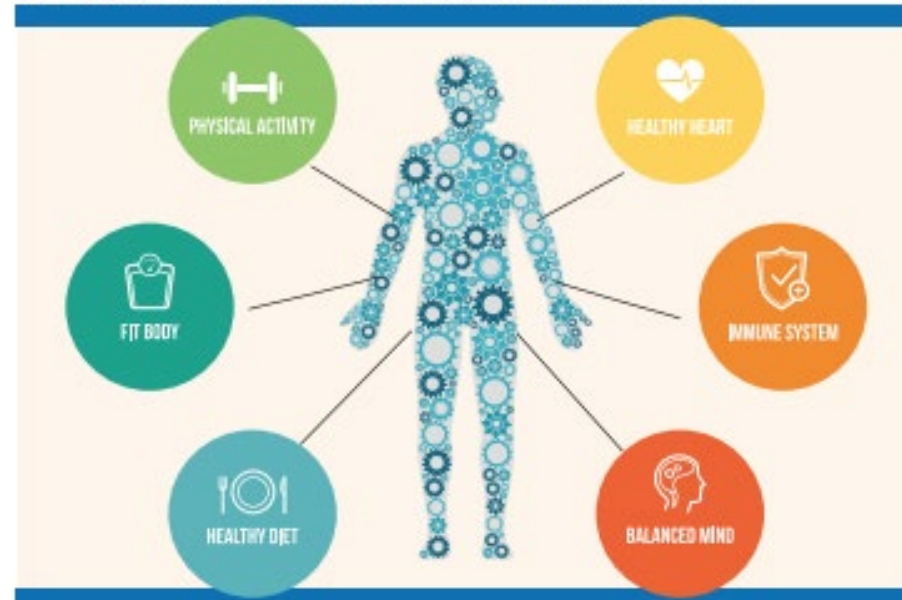
- How to Live a Healthy Life.....2
- How to Move Your Body.....2
- How to Eat Healthy.....4
- Taking Care of Your Mental Health.....6
- How to Avoid Getting Sick.....7
- Preparing for the Doctor.....8
- Healthcare Form.....9

STAY HEALTHY



What You Need to Know

Knowing how to stay healthy is important to live a long and healthy life. This resource will give you ideas and resources on how to live a healthy life. It will include information about exercise, eating right, ways to avoid getting sick, when to call the doctor, and mental health. This section includes different forms to fill out. You can complete a form about your health, an exercise plan, and a grocery list.



Stay Safe



There are lots of things you can do to stay safe where you live, work, and go. This section will help you learn about safety in your home and in the community, how to ask for help if something happens to you, and where to find more resources about safety.

- You can call your care manager or IRIS consultant immediately to ask for additional supports if you feel you need them. The number for your care manager or IRIS consultant should be with your member handbook participant handbook or participant guide.



- You can call your Aging and Disability Resource Center (ADRC) to get more information about resources if your situation has changed. You can find the number for your area's ADRC here: <https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>
- You can call 2-1-1 for additional resources that might be in your area like housing and food assistance. You can also text COVID19 to 211-211 or visit [211wisconsin.org](https://www.211wisconsin.org)
- If you are having a mental health crisis, you can call your county's crisis line. The numbers are here: <https://www.preventsuicidewi.org/county-crisis-lines>. You can also call the Disaster Distress Helpline: 1-800-985-5990 or text **TalkWithUs** to 66746. If it is an emergency, call 911

Stay Connected

THIS SECTION INCLUDES:

| | |
|--------------------------------------|----|
| Map Your Relationships..... | 28 |
| My Relationship Map..... | 29 |
| Find New Opportunities..... | 31 |
| How To Get There..... | 31 |
| Connect With Technology..... | 32 |
| Activities To Try..... | 33 |
| My Stay Connected Plan..... | 36 |
| Ways to Share Ideas with Others..... | 37 |

STAY CONNECTED



How Can I Stay Connected?

Connections with other people is an important part of life. Good friends can make you happier and healthier. This section of the toolkit will give you ways to grow your community connections. Here are some examples of ways you can connect with people both in person and with technology:


- Schedule a meal or activity together with a friend. You can take a walk in the park, go to a movie, or get coffee together.
- Schedule regular phone chats, facetime calls, Zoom or Skype dates to connect with people in your life.
- If you and a friend have the same streaming subscription you can watch a movie together.
- Join a church or community group, club or association in your town.
- There are more ways to stay connected!

Use the tools in this section to think of ways to stay connected!





Stay Connected

- Map your relationships
 - Make a list of ideas
 - Find new opportunities
 - How to get there
 - Connect with technology
 - Learn how to stay safe online
 - My Stay Connected Plan
- 

Map Your Relationships

Map Your Relationships

A good place to start is to make a map of the connections you have. A relationship map can help you see:

- The people and places in your life now.
- Where you have strong connections.
- If you lack connections in a specific area.
- People who can help you make more connections.
- Places where you can make more connections.

Do not worry about coming up with the "right" people and places. At this point you are coming up with ideas. Just write down all connections you have.

Here are some things to think about while you are doing your map:

Skills and Interests: Write down your skills and interest areas. Add names of people you know who share those same things. Also write down places where people with those same skills and interests go.

Community Affiliations: List people and places you are connected to. These are things like churches, clubs, and groups you, or the people you know, belong to.

Places, Work, Learning: List the places you go to and the people you know there. Also list places you have worked and places you have learned (like schools or training).



(Invitation and Networking Map Cindy Kernan with Dave and Faye Wetherow)

Use the next page to create your own relationship map!



Additional Resource

Check out "Friends: Connecting People with Disabilities and Community Members" manual and worksheets by Angela Amado: <https://icl.uconn.edu/products/579>



Map Your Relationships

- Skills and Interests
- Community Connections
- Places you Go, Work or Learn





Connect with Technology- Be Safe

- The internet is a great way to stay connected.
- Includes teaching ways to stay safe when using the internet to connect.





Activities to Try

Activities to Try

People find things to do and people to meet in many ways. Some ways to meet people are:

- At work
- Taking classes
- Volunteering and helping others
- Through hobbies
- Going to church
- Fitness centers and classes

Use the chart below to come up with things you want to do. Put a check mark by the ones you want to do and write in other things you would like to do. You can ask people in your life to help you come up with ideas.

Activities to Try

| Interest Area | Activities to Try (These are examples) |
|--------------------|---|
| Career | <input type="checkbox"/> Explore different types of jobs <input type="checkbox"/> Find a job developer who can help me find a job <input type="checkbox"/> Ask for more hours or get another job <input type="checkbox"/> My ideas: <div style="background-color: #e6f2ff; height: 40px; width: 100%;"></div> |
| Learning & Classes | <input type="checkbox"/> Learn to dance <input type="checkbox"/> Visit museums <input type="checkbox"/> Take a budgeting class <input type="checkbox"/> Learn how to ride the bus <input type="checkbox"/> My ideas: <div style="background-color: #e6f2ff; height: 40px; width: 100%;"></div> |
| Fun & Recreation | <input type="checkbox"/> Go to a festival <input type="checkbox"/> Go camping <input type="checkbox"/> Have a party with friends <input type="checkbox"/> Play bingo at the community center <input type="checkbox"/> My ideas: <div style="background-color: #e6f2ff; height: 40px; width: 100%;"></div> |

Tear out this page and fill it in!





My Stay Connected Plan

My Stay Connected Plan

| Interest Area | What things I would like to do: | Where I can learn more about this: | People who can help me: | How will I get there: |
|-------------------------|---------------------------------|------------------------------------|-------------------------|-----------------------|
| Career | | | | |
| Learning & Classes | | | | |
| Fun & Recreation | | | | |
| Health & Exercise | | | | |
| Hobbies | | | | |
| Religion & Spirituality | | | | |
| Helping Others | | | | |
| Food & Nutrition | | | | |

Tear out this page and fill it in!





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