Reaching the Impossible

by Lori Garnes, Ph.D., NDCPD Associate Director of Program Development

I love the Olympics! I love the absolute commitment and dedication to their sport that the athletes demonstrate. I admire their effort and I cheer for all of the winners no matter the country. The Olympics allow us mere mortals to witness superhuman determination. I would like to be more like an Olympian.

Did you know that there were 547 athletes at the 2014 Sochi Paralympics? And that those athletes represented 45 different countries? And that 72 gold medals were given out?

Maybe the highlight of the Sochi Paralympics for me was that the USA won gold in men’s ice sledge hockey. You probably saw the pictures of the men sitting inches off the ice, propelling themselves with their hockey sticks and speeding across the ice with all the drama of any hockey game ever played.

Years ago I got to meet a gold medal Paralympian. She was a distance track athlete who did speaking engagements. She came to my Introduction to Special Education class while she was in Minot. What I remember most from meeting her was the respect not only I, but my classroom full of 50+ sophomore and freshman college students showed for her. We had met a gold medal winning athlete! We felt that we were in the presence of greatness. And we were.

The theme of the Sochi Paralympics was “Reaching the Impossible.” At the close of the 2014 Paralympics, International Paralympic Committee President Sir Philip Craven stated, “Proud Paralympians, your inspirational athletic performances have redefined the boundaries of possibility. You have shown the world that absolutely anything is possible, and that life is about amazing capabilities, and not perceived deficiencies.”
At the closing ceremony, wheelchair athlete Alexey Chuvashhev was the show’s hero. The word “IMPOSSIBLE” had been formed in block letters hanging high in the stadium. Chuvashhev climbed, using only his hands, the 15 feet to place an apostrophe between the letters “I” and “M.” The new message read, “I’M POSSIBLE.”

We can look up to our heroes of the Paralympics who helped us learn that nothing is impossible; rather, that “I’M POSSIBLE!

Top 5 Scams Targeting Seniors in 2014

By Linda Madsen, Project Director

Scams targeting seniors are so prevalent they are now considered “the crime of the 21st century.”

1. Medicare/Health Insurance Fraud
Every U.S. citizen or permanent resident over age 65 qualifies for Medicare, so there is rarely any need for a scam artist to research what health insurance company seniors have in order to scam them. In these types of scams, perpetrators may pose as a Medicare representative to get seniors to give them their personal information, or they will provide bogus services, then use the personal information to bill Medicare and pocket the money.

2. Counterfeit Prescription Drugs
Counterfeit drug scams usually operate on the Internet, where seniors go to find better prices on specialized medications. The danger is that besides paying money for something that will not help a person’s medical condition, victims may purchase unsafe substances that can inflict even more harm.

3. Funeral & Cemetery Scams
Scammers read obituaries and call or attend the funeral service of a complete stranger to take advantage of the grieving widow or widower, or may even try to extort money from relatives to settle fake debts.

4. Fraudulent Anti-Aging Products
In a society bombarded with images of the young and beautiful, it’s not surprising that some older people feel the need to conceal their age in order to participate more fully in social circles and the workplace. It is in this spirit that many older Americans seek out new treatments and medications to maintain a youthful appearance, putting them at risk of scammers.
5. Telemarketing

Perhaps the most common scheme is when scammers use fake telemarketing calls to prey on seniors. While the image of the lonely senior citizen with nobody to talk to may have something to do with this, it is far more likely that older people are more familiar with shopping over the phone, and therefore might not be fully aware of the risk. With no face-to-face interaction, and no paper trail, these scams are incredibly hard to trace. Also, once a successful deal has been made, the buyer’s name is then shared with similar schemers looking for easy targets, sometimes defrauding the same person repeatedly.

These were five of the top 10 scams for 2014 as identified by the National Council on Aging. To view all 10 scams, visit the ND SMP website at [www.ndcpd.org/smp](http://www.ndcpd.org/smp). To learn more about Medicare fraud and takings steps to prevent healthcare fraud, contact the ND Senior Medicare Patrol (ND SMP) at 1-800-233-1737 or 858-3580.

*The information provided is intended to be a general summary only. Source of information: National Council on Aging (NCOA) January 2014.*

ND APSE
(Association of Persons Supporting Employment First)
*Customized Employment Training at NDACP Conference*

*By Mary Mercer, MS, Assistant Director for Program Management*

**Customized Employment** is a universal strategy designed to personalize the employment relationship between a job candidate and an employer in a way that meets the needs of both. It is based on an individualized match between the strengths, conditions, and interests of a job candidate and the identified business needs of an employer. CE utilizes an individualized approach to employment planning and job development — one person at a time, one employer at a time.

A continuous track on **Customized Employment (CE)** will be presented at the North Dakota Association of Community Providers Conference at the Ramkota Hotel in Bismarck on May 7-9. It is hoped that this event will provide an opportunity to cross-train stakeholders which include families, advocates, and employment specialists from transition programs, community providers, and state agencies. The presenter is Bob Niemiec, a Senior Consultant with Griffin-Hammis Associates, LLC and the Director of the Minnesota Employment Training and Technical Assistance Center (MNTAT). Bob was previously the Director of Employment and Community Supports for Community Involvement Programs in Minneapolis, where he led the transformation of a traditional day program into a high quality community employment service.
Sessions over the three day conference include:

Session 1: An Introduction to Customized Employment (CE)
Participants will learn the definition and principles of CE. Four Phases of Employment Services and how they relate to CE will be discussed. Additional topics include: Discovery as the foundation for CE, Personal Profiles, and Casual Job Development.

Session 2: Discovering Personal Genius
This session will delve further into the concept and practices of Discovery including: the stages of Discovery, using the Discovery Staging Record to guide and record the process, ideal conditions of employment, skills, and Vocational Themes.

Session 3: Part 1: The Role of Vocational Themes.
Vocational themes direct job seekers to environments and businesses that take advantage of their unique talents and abilities. Participants will learn techniques to discern vocational themes and how to link them to creative job development strategies, to build genuine CE.

Part 2: Cultivating Employment Opportunities – Casual Job Development
Learn how to take the information gathered in Discovery to uncover and develop CE opportunities.

Session 4: Employment Supports and Ongoing Career Development
Employment supports ranging from transportation to on-the-job training will be discussed. An introduction to instructional strategies, the consultative approach with businesses, ongoing support, and career development strategies will also be discussed.

For more information and to register contact:
vickie.brabandt@minotstateu.edu or call (800) 233-1737
http://www.ndcpd.org/events/workshops.shtml#.UycgN01OVHg

Medical Home: It’s for Everyone

By Emily Rodacker, Outreach Coordinator

Think about the health care you or your child receive. Do you have a primary care provider? Are you able to get in to see your doctor as soon as possible? Do you have a team comprised of a primary care provider, care coordinator and other specialists working together to give you the best care possible? A Medical Home does all that. A Medical Home is not a place or a building, but a model for delivering health care. According to the American Academy of Pediatrics, a Medical Home is care that is “accessible, continuous, comprehensive, family-centered, coordinated, compassionate, and culturally effective” (medicalhomeinfo.org, 2014).

There are models for Medical Home for both pediatric and adult health care. One of the main differences is that the pediatric model emphasizes “family-centered care”, while the adult model uses “patient-centered care”. You might have seen the acronym PCMH, which is the patient-centered medical home.
Continued...

By Emily Rodacker, Outreach Coordinator

Below are detailed characteristics of Medical Home.

**Accessible Care.** This characteristic means that patients have primary care available in their community without having to travel long distances. It also means that the actual building is accessible and meets Americans with Disabilities Act requirements. Accessible care also means that the provider and/or nurse is easy to access when the patient needs them.

**Continuous Care.** Continuous care means that the patient has the same primary care provider until it is time to transition to an adult provider, at which time the primary care provider assists with the transition.

**Comprehensive Care.** This characteristic means that the primary care provider looks at the whole patient, not just one aspect. This ensures that the provider knows what the patient is like when he/she is healthy and when he/she is not. The provider administers effective preventive care and schedules longer appointment times for patients when needed.

**Family/Patient-Centered Care.** In a Medical Home, the family/patient is viewed as the expert of the patient and is also treated as an equal partner in decision-making. A Medical Home provider understands that family dynamics play an important role in the care of patients.

**Coordinated Care.** A Medical Home coordinates the care of the patient in several ways. One way is by connecting with needed specialists to allow a seamless flow of information to better meet the needs of the patient. Care coordination also includes linking families and patients to resources and working with schools and/or daycares and other agencies. A care plan is developed for the family to use when seeing a different provider, for visits to the emergency department, or when traveling out of town. The care plan contains important information about caring for the patient to help the patient receive care consistent with what they would receive from their primary provider. Care coordinators assist families in successfully navigating across systems.

**Compassionate Care.** Medical Home care is compassionate, meaning the provider offers a caring and empathetic environment to patients and their families.

**Culturally Effective.** Care that is culturally effective provides materials and resources in the patient’s native language. A culturally effective primary care provider also respects families’ beliefs, traditions, values, and family structure (Rodacker, 2012).

NDCPD is currently offering an online, self-study course to educate more families and providers on the components and implementation of Medical Home. For more information: call 1-800-233-1737.
MSU Students chosen for NDCPD’s Interdisciplinary Internship

By JoLynn Webster, NDCPD’s Interdisciplinary Pre-Service Core Coordinator

Four Minot State University students have been selected to participate in NDCPD’s interdisciplinary internship program during the 2014 spring semester. Each of these students was enrolled in MSU’s Disability in Society course during the fall semester and was chosen based on an application and interview with a selection committee.

Jessica Schloesser is a sophomore from Burlington, North Dakota. She is majoring in Special Education. Jessica views the internship as an opportunity to gain knowledge and experience so that she can make a difference in the field of disabilities.

Cortnee Adacsi is a Sophomore from Weyburn, Saskatchewan, Canada. She is majoring in Communication Disorders. She sees the NDCPD internship as an opportunity that will help her incorporate and adapt teaching strategies for diverse learners.

Kayla Scholes is a sophomore from Carson, North Dakota. Through the NDCPD internship, Kayla believes that she will learn more about how she can effectively include students with disabilities in the regular education classroom.

Cassandra Stauffer is a freshman from Minot, North Dakota. From the internship experience at NDCPD, Cassandra hopes to gain more understanding and knowledge on how to support individuals with disabilities.

For questions, contact jolynn.webster@minotstateu.edu.
Positive Behavior Supports and Therapeutic Responses  
Project Funded  

By Mary Mercer, MS Assistant Director for Program Management

North Dakota’s Money Follows the Person (MFP) approved NDCPD’s request to support the development of a multimedia curriculum in Positive Behavior Supports and Therapeutic Responses. The request will use MFP rebalancing funds for the development of a training package that emphasizes positive behavior supports, pro-active responses, therapeutic relationships, crisis prevention, de-escalation, and safe, appropriate responses to dangerous behaviors.

Using a Train-the-Trainer model, the course will be taught twice per year in multiple locations. After the initial beta test and revisions to the curriculum, the course will be open to a variety of support agencies serving individuals with challenging behavior. Participants who successfully complete the Train-the-Trainer certification in Positive Behavior Supports and Therapeutic Responses will receive an instructor’s manual, student workbook, instructional DVDs, and assessments to use when they teach the class. NDCPD is receiving assistance in the development of the curriculum by a workgroup of staff from North Dakota Developmental Disabilities providers and Department of Human Service agency representatives.

Upcoming Trainings

28th Annual North Dakota Association of Community Providers Conference

May 7-9, 2014  
Ramkota Hotel and Conference Center  
Bismarck, ND

Featured Speakers:

- **Positive Exposure** by Rick Guidotti, New York, NY
- **30 Behavioral Support Tips in 60 Minutes** by David Lennox, Southborough, MA
- **Leadership and Laughter** by Chicken Lips, Denver, CO
- **Customized Employment** by Bob Niemiec, St. Paul, MN
- **Dual Diagnoses** by Michael Mayer, Mebane, NC
- **Understanding and Supporting Individuals with Tourette Syndrome and Associated Disorders** by Kathy Giordano, Bayside, NY
- **Non Verbal Communication for the HR Professionals and Supervisors** by Jerry Balistreri, Anchorage, AK
- **Giddy Up, Charge, and Conquer** by Katie Dilse, Scranton, ND

For more information contact: Vickie Brabandt at 1-800-233-1737 ext. 3047 or email vickie.brabandt@minotstateu.edu
NDCPD WELCOMES

New Employees

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Date</th>
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<tbody>
<tr>
<td>Mr. Ryan Orcutt</td>
<td>Curriculum Developer</td>
<td>02/01/14</td>
</tr>
<tr>
<td>Mr. Blake Peterson</td>
<td>Curriculum Developer</td>
<td>02/01/14</td>
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<tr>
<td>Ms. Ruth Soderstrom</td>
<td>Curriculum Developer</td>
<td>02/01/14</td>
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<tr>
<td>Ms. Christina Tosseth</td>
<td>Curriculum Developer</td>
<td>02/01/14</td>
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<tr>
<td>Ms. Daiane Radivojevic</td>
<td>Research Associate</td>
<td>02/03/14</td>
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<tr>
<td>Ms. Cortnee Adacsi</td>
<td>Core Intern</td>
<td>02/04/14</td>
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<tr>
<td>Ms. Jessica Schloesser</td>
<td>Core Intern</td>
<td>02/04/14</td>
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<tr>
<td>Ms. Kayla Scholes</td>
<td>Core Intern</td>
<td>02/04/14</td>
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<tr>
<td>Ms. Cassandra Stauffer</td>
<td>Core Intern</td>
<td>02/04/14</td>
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<tr>
<td>Mr. Peter Gravdahl</td>
<td>Student Assistant</td>
<td>02/07/14</td>
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<tr>
<td>Ms. Codie Miller</td>
<td>Research Associate</td>
<td>02/24/14</td>
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<tr>
<td>Mr. Paul Gaarder</td>
<td>CSTP Student</td>
<td>03/06/14</td>
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<tr>
<td>Ms. Marcy Witteman</td>
<td>Volunteer Training Specialist</td>
<td>03/10/14</td>
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NDCPD’s “Ram Good Job” Award

NDCPD’s “Ram Good Job Award is given to staff members to recognize them for going above and beyond. This award is given by the preceding month’s award recipient and honors the staff member’s work to enhance the lives of people with disabilities and further NDCPD’s mission. Recipients for over the past few months include:

Susie Mack
March Recipient

Neil Scharpe
February Recipient
The Collaborator is the quarterly newsletter for the North Dakota Center for Persons with Disabilities (NDCPD). NDCPD is a University of Excellence on Developmental Disabilities in Education, Research, and Services at Minot State University. It is part of a network of similar programs at universities throughout the United States.

**Our mission:**
The mission of NDCPD is to provide service, education, and research which empowers communities to welcome, value and support the well-being and quality of life for people of all ages and abilities.

**Vision Statement:**
- People with disabilities have the right to expect that services they receive will appropriately promote their independence, productivity, integration, and inclusion.
- People with disabilities have the same rights as all citizens.
- People with all abilities will be included in all aspects of life and receive services they need.

**Goal Areas:**
- Inclusive Communities
- Workforce Development
- Self Determination
- Healthy Citizens

Preparation of this newsletter was supported by a grant (#90DD0604-02) to the North Dakota Center for Persons with Disabilities by the Administration on Developmental Disabilities. The opinions expressed here are those of the author(s) and do not necessarily reflect the official policy or opinions of the Administration on Developmental Disabilities.