

# Foster Providers Forum

Winter 2006

Resources and Information for the Developmental Disabilities Foster Provider Community in Lane County

Lane County DD Services  
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## Contact Information

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**Upcoming Trainings**  
(flyers with details will be sent)

**When: March 16, May 18, July 20 & October 19**

**Adult Provider Round Table**  
9:00 a.m.—10:00 a.m.

**Training**  
10:00 a.m.—12:00 p.m.

**Where: Hilyard Center (2580 Hilyard)**

Happy New Year to All.  
May 2006 bring you all that you  
desire ~





## YOU ARE A PROFESSIONAL

You are a Direct Support Professional. A Direct Support Professional works with and supports people with developmental disabilities where they live and work. Direct Support Professionals perform their jobs in licensed homes, day programs, supported or independent living environments, or work sites.

People like you, who support individuals in their daily lives, were not always considered “professionals”. More recently, the importance of the challenging work that you and other Direct Support Professionals perform has gained national recognition and acknowledgement as a profession. Specific knowledge, skills, and commonly agreed-upon standards for professional conduct are what separate a “job” from a “profession”.

A Direct Support professional has many important roles to play—you are:

- A **PARTNER**, supporting individuals in leading independent lives and participating in and contributing to the community.
- A **TEACHER**, finding creative and fun ways to help individuals learn meaningful skills and providing them with information to make the best choices for themselves.
- An **AMBASSADOR**, to the individual's community, encouraging others to support individuals with developmental disabilities as neighbors, friends, and co-workers.
- An **ADVOCATE**, supporting individuals in exercising their rights and responsibilities and ensuring they are treated with dignity and respect.
- A **SUPPORTER**, seeking to understand the likes, dislikes, hopes, and dreams of the individuals you support and cheering individuals on as they make progress toward their life goals.

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## Kids Corner

Happy New Year to everyone! Just like that January is upon us, with all the excitement and expectations that 2006 holds. At my house we find ourselves digging out from the holiday season. I also usually find myself a few pounds heavier and grappling with the reality of those well-intentioned resolutions.

As we move into the new year, I am reminded to express thanks and best wishes to all of you who provide stable loving homes to the children in your care. You truly are

appreciated more than is sometimes communicated in the hustle and bustle of the busy year. Your service really makes a difference in the lives of our kids and families!

As we move towards your certification times in the new year, I would like to remind you of the importance of completing the 10 hours of annual training required. These can be trainings on a wide variety of issues related to the kids we serve. Since our budget no longer includes training money, many of the opportunities for training comes from other community resources such as schools, medical providers, training specific to your foster child, books or seminars in the community. If you find yourself lacking in

training hours, your case manager or I can discuss ideas with you. The new foster rule also requires an annual attendance of a mandatory child abuse reporter training. Since we all are mandatory reporters, attendance is required. For providers with kids 18-21, training on adult reporting requirements are also required. Jill Adler, our Protective Services Investigator, will be presenting a series of these trainings throughout the year. Please do remember to schedule to attend one of these prior to your re-certification date.

Here's hoping 2006 is the best year yet!

*John Woodie*

## Foster Provider Focus: Deke and Donna Solbrig

Deke and Donna Solbrig are currently the only Adult Foster Providers in the Florence area. Donna began providing foster care to three individuals moving out of the Siuslaw Training Center in May of 1981. She had taken care of her mother and brother who both had cancer and then Senior Services approached her to open an Adult Foster Home. Donna has continuously provided services since then to approximately 10 different individuals with developmental disabilities. Deke, her husband, joined her in this effort several years ago. They have provided support to five individuals at a time and have done an excellent job providing care to four people with increased medical and physical care needs and end of life issues. Donna explained why she enjoys this work: "Every day is different and interesting. I'm always learning new things. There is never a dull moment. One 'I love you' from a resident goes a long way." There have been challenges when new medical procedures and terminology needed to be learned, but Deke and Donna try to keep it light, maintain a sense of humor and don't take anything too seriously. They both take some time to themselves – Donna produces jewelry and Sumi paintings and Deke has a thriving computer business. They enjoy bouncing ideas off each other. Given all this, their future plans are to stay in the business!!



### Ask Joanne !




We welcome your questions, and requests to clarify any information that you find confusing, unclear or suspect is a rumor...let us know!

- Q: My resident is signed up for the new Medicare Prescription Drug plan. It is very expensive for him and one of his medications isn't paid for by the plan. What do I do?
- A: Many of the plans that individuals have been automatically enrolled in are not appropriate for their needs. You will need to go to the website [www.medicare.gov](http://www.medicare.gov) (or call 1-800-Medicare) enter the medications and search for the best plan available. If the plan selected does not cover a particular medication, there is the option of changing plans to one that does or contacting the Pharmacy Plan directly to determine what the process is for requesting an exception. You can contact Penny Church from our office at 682-3878 to get assistance with the process.
- Q: I've tried to use the Respite Pool list I received from the DDS office. The list is short and some of the caregivers haven't been available. Is it going to be more useful in the future?
- A: It's true. The Respite list hasn't been what we anticipated. We are working on creating something that works better so stay tuned. Please contact Joanne or John if you have ideas.

In 2003, the National Alliance of Direct Support Professionals surveyed people with developmental disabilities to see what they had to say about their Direct Support Professionals. This is some of what they said:

- Thank you for letting me choose my own friends and how I spend my own free time.
- Thank you for letting me decide on my own bedtime and help set my own schedule.
- Thank you for never talking about me in bowling alleys, restaurants, shopping centers, or on the phone with your friends.
- Thank you for letting me spend my own money and on the things that I choose.
- Thank you for seeing me as a person who has the same rights as everyone else.

**THANK YOU FOR BEING A PROFESSIONAL**




**2006 Room & Board Rates**  
Effective January 1, 2006


<u>Program</u>	<u>Room &amp; Board</u>	<u>Personal Allowance</u>
Adult	\$468.70	\$136.00
Adult—blind	\$468.70	\$161.00
Child (Under 18)	\$467.00	\$136.00

**National Do Not Call Registry**

The National Do Not Call registry gives you a choice about receiving or refusing telemarketing calls at home. The following internet address and toll-free number can be used to obtain more information, and to register for your telephone number(s) on the national database:



[www.donotcall.gov/default.aspx](http://www.donotcall.gov/default.aspx) or call 1 888-382-1222.



**Money Saving Tip by Lisa D'Ambrosio**

When vegetables are in season buy them in large quantities. Partially cook them by steaming or boiling them half way. Then separate them in gallon zipper freezer bags and put them in the freezer. They will be good all year and far more economical.

## Community Spotlight: Free Health Care Coordination



### Free Health Care Coordination for Foster Residents!

The Contract Registered Nurse (CRN) program provides health assessment, care planning and health monitoring to foster home residents and training to those who provide care for them. They are contracted through the State of Oregon and used in Developmental Disabilities and Senior foster homes.

Contract RNs may be used to train providers about health conditions such as diabetes care, consult

with a resident's doctor, set up medication documentation systems for complex needs, develop protocols for the "Fatal Five" and provide ongoing assessment of health care needs. Residents must receive the medical card to be eligible for these services.

#### How It Works:

- ◆ A foster provider or case manager has a concern about a resident's health or physical care needs.
- ◆ Case manager makes a referral to a Contract Registered Nurse (CRN) through Senior and Disabled Services.
- ◆ CRN is assigned to resident.

- ◆ CRN contacts the foster provider and schedules an appointment for an initial assessment to identify resident's health care needs.
- ◆ Health plan including training, care needs and consultation is developed.
- ◆ Need for ongoing CRN contact is reviewed after six (6) months.

***If a resident in your foster home could benefit from these free services, please contact their case manager.***

