



## DIVISION OF DEVELOPMENTAL DISABILITIES

### OIFA Member Newsletter - July 2020

#### Arizona Partners in Leadership

The AZ Partners in Leadership program provides training, resources and skill building to self-advocates and parents of children with disabilities. Participants will meet and unite with others who have similar concerns. Participants learn how the legislative process works at the local, state and national levels. The goal of the training is to develop partnerships between people who need and use services and those who make policy and law.

Participants will attend 8, 2-day sessions. The sessions will be held in Phoenix, but they may be held via video conference due to COVID-19. Download the application and get more details at

<http://pilotparents.org/programs-and-services/az-partners-in-leadership/> or call 1-877-365-7220.

The **deadline to submit applications is August 3, 2020.**



#### DDD Actions Related to COVID-19

DDD has implemented many temporary measures to support members and vendors as a result of COVID-19. Governor Ducey's Stay Healthy, Return Smarter, Return Stronger Executive Order does not change any of those temporary measures at this time. The flexibilities and alternative service delivery options will continue. DDD is working with AHCCCS and will let members and families know when a timeline is created for ending those temporary measures. There will be a ramp down period to ensure a smooth transition for members and vendors.

Remember, according to the Arizona Department of Health Services you can help slow the spread of COVID-19 by doing these 6 things:

- Maintain physical distancing of at least 6 feet
- Avoid large groups and going out if possible
- Wear a face cover when you are out in public
- Cover your cough or sneeze
- Wash your hands for at least 20 seconds often
- Stay home when you are sick

Learn more about COVID-19 at <http://azhealth.gov/coronavirus>.



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### This is My Life

This is MY Life (TIML) is a program offered by Ability360 that encourages and teaches individuals with developmental disabilities to speak up regarding choices that affect their lives. The program is designed to help them self-advocate and choose the direction of their own lives. The program is available to individuals receiving services through the Division of Developmental Disabilities who are 16 years or older. Classes are focused on self-determination and self-advocacy. You can learn more about this program online at <https://ability360.org/this-is-my-life/> or speak to your Support Coordinator.



### Prevent Heat Related Illness

July is one of the hottest summer months in Arizona. The Arizona Department of Health Services recommends following these seven steps to avoid heat-related illnesses:

- Drink plenty of water
- Dress in lightweight, light colored clothes and use sunscreen
- Eat small meals, more often. Avoid foods high in protein which increase metabolic heat
- Monitor those at high risk
- Slow down and avoid strenuous activity
- Stay indoors when possible
- Take regular breaks if doing physical activities

Learn more about the signs and symptoms of heat-related illness from ADHS.

### DDD Weekly Town Hall Meetings

DDD is hosting town hall meetings. DDD will present details about the plans and actions it is taking to support the health and safety of members, families, and workers in its system. Other information related to DDD programs and services will also be shared. Attendees can ask questions after the presentation. Visit <https://des.az.gov/services/disabilities/developmental-disabilities> and scroll to the “Upcoming DDD Events” section for the schedule.

### Like DDD On Facebook

Like DDD on Facebook, [@OfficialArizonaDDD](https://www.facebook.com/OfficialArizonaDDD), and stay connected to the latest news and events.



DEPARTMENT OF ECONOMIC SECURITY

*Your Partner For A Stronger Arizona*

## DIVISION OF DEVELOPMENTAL DISABILITIES

### **Councils and Committees**

There are many ways you can volunteer and positively impact the DD community. Visit the [DDD website](#) to see all the councils and committees you can volunteer to be on.

### **DDD is Here to Help**

Please contact your Support Coordinator or the DDD Customer Service Center at 1-844-770-9500 ext. 1 (TTY/TDD 711) if you have questions.

Call the DDD Customer Service Center at 1-844-770-9500 ext. 1, TTY/TDD 711, to ask for this material in other formats. Language help is available at no cost to you.