

DDD MEMBER UPDATE

DIVISION OF DEVELOPMENTAL DISABILITIES

FEBRUARY 2016

Going to Work Means More Money

If you get SSI or SSDI, going to work means more spending money every month. For example, SSI only goes down 50 cents for every dollar you make. That means you will always end up with more money if you have a job.



Arizona has a rule that if you earn less than \$36,162 a year, you may not lose your AHCCCS health care coverage.

There are other programs to help you when you go to work. The Impairment Related Work Expense (IRWE) program allows you to deduct the cost of work related expenses.

They might be:

- the cost of attendant care;
- a special wheelchair;
- special equipment not provided by your employer;
- other medical expenses not paid for by anyone else.

The website *Disability Benefits 101* provides information about going to work and your

benefits. You can enter information specific to you to see if working might change your benefits. It may not reduce your benefits at all! It also provides information on cash benefits and health care coverage. There is also information if you are thinking about a job for the first time or changing jobs.

Working can really result in more income every month. Check out www.az.db101.org/ddd for more information about employment.

Strategic Plan Update

Thank-you for being part of DDD's planning for the future. DDD is excited about all the great ideas. More information about the goals and objectives will be coming soon! Watch the website at <https://des.az.gov/ddd> for updates.

DDD is always open to your comments; e-mail DDDStrategicPlan@azdes.gov or call 1-866-229-5553.

In This Issue

Page One: Employment * Strategic Plan
Page Two: Pregnancy, Smoking, and HIV
Page Three: Facebook * Medicare Part D *
Electronic prescriptions (E-prescribing)
Page Four: Culture and Direct Care Workers *
Reporting Fraud * Help with Website * Your
Input Needed
Page Five: Positive Behavior Support



DEPARTMENT OF ECONOMIC SECURITY

Your Partner For A Stronger Arizona

Smoking Affects Your Pregnancy and Your Children

Smoke? You may have a harder time getting pregnant and be more likely to miscarry than non-smoking women. Smoking may also have a negative effect on men's reproductive health.

Smoking while pregnant:

- Affects the placenta—the source of your baby's food and oxygen during pregnancy
- Lowers the amount of oxygen available to you and your growing baby
- Increases:
 - Your baby's heart rate
 - The risk that your baby will be born prematurely
 - The risk that your baby will be born with low birth weight
 - Your baby's risk of developing respiratory problems
 - The chances of stillbirth
 - The risk for certain birth defects like a cleft lip or cleft palate
 - The risk for sudden infant death syndrome (SIDS)

Pregnant women exposed to secondhand smoke are more likely to have low-birth weight babies.

Babies exposed to secondhand smoke are more likely to:

- Get ear infections
- Develop bronchitis and pneumonia
- Die from Sudden Infant Death Syndrome (SIDS)

Ready to quit? Call *Ashline* at 1-800-556-6222 for help.

HIV and Pregnancy

I am pregnant. Should I be tested for HIV?

HIV testing is recommended for all pregnant women.

What are the benefits of HIV testing for pregnant women?

A mother who knows early in her pregnancy that she is HIV infected has more time to make important decisions. She and her health care provider will have more time to decide ways to protect her health and her baby from being infected. She can also take steps to prevent passing HIV to her partner.

Pregnant women who test positive for HIV have many options to stay healthy and protect their babies from becoming HIV infected.

For more information:

Contact an *AIDSinfo* health information specialist at 1- 800-448-0440 or visit <http://aidsinfo.nih.gov>. See your health care provider for medical advice.



Sources: www.BeTobaccoFree.gov and National Institute of Health



Did you know the Arizona Department of Economic Security is on Facebook?

The page includes videos, pictures of events, highlights of services, and much more! Check out the page at <https://www.facebook.com/OfficialArizonaDES>.

Medicare Part D: Prescription Drug Coverage

Do you get help from AHCCCS/Medicaid paying your Medicare premiums? If so, you must have Medicare Part D. You must select a Prescription Drug Plan for Medicare. If you do not join a plan, Medicare will enroll you in one to make sure you do not miss a day of coverage. With AHCCCS/Medicaid and Medicare Part D, you will automatically get extra help with your prescription drug costs.

Learn more about Medicare Part D at <https://www.medicare.gov/part-d/>



Get your drug prescriptions electronically!

What is an electronic prescription?

It is called e-prescribing. Instead of getting a paper prescription from your doctor, your doctor sends it electronically to your pharmacy.

How does an electronic prescription help me?

- You cannot lose or misplace it because it is not a piece of paper.
- The pharmacist knows exactly what the doctor ordered because it is not handwritten.
- The pharmacy can compare all your medications from different doctors, the emergency room, or urgent care – even your dentist. This prevents missed or duplicate medication orders. Medications that should not be taken together are easy to spot.

- The pharmacy can alert your doctor if your insurance does not cover a certain medication
- Your doctor can easily see all your medication orders at the pharmacy. This helps your doctor choose the best medication for you.
- You are more likely to fill and use an electronic prescription. It is sent to the pharmacy. There is no chance that you will forget it. The pharmacy will call you when it is ready. No waiting around!

How can I get my prescriptions sent electronically?

It's simple. Carry the name, address, and phone number of your pharmacy with you. Ask your doctor to send medication prescriptions electronically to your pharmacy.



Can't Find Something on Our Website?

Call DDD at
1-866-229-5553 for help.

Culture and Direct Care Workers

We all bring with us our own backgrounds and histories. We each have unique experiences. We each have different things that make us feel comfortable. When working with direct care workers, sharing information about one another's cultures will enhance the professional relationship.

Legacy Cultures offers 5 Tips for Respectful Interactions in the Workplace:

1. Show curiosity for the views of others.
2. Seek ways to grow, stretch and change.
3. Look for opportunities to connect with and support others.
4. Allow yourself to be wrong on occasion.
5. Engage others in ways that build their self-esteem.

Source: <http://legacycultures.com/five-tips-for-respectful-interaction-in-the-workplace/>

Your Input is Needed!

The Sonoran UCEDD wants to learn about you. They are looking for individuals with developmental disabilities, family caregivers, and service providers. The focus is how you make plans and support each other during the planning process. *There are TWO ways to help:* a survey or interview. They will apply what is learned in the 2nd edition of the "Future Planning: A Roadmap for Family Caregivers" workbook. There are no costs to you. Your answers will be kept confidential.

Complete a 15 minute online survey: <http://www.fcm.arizona.edu/roadmap-recruitment>

Phone or in-person interview, or for more information:

Contact: Lynne Tomasa, PhD, MSW (Investigator)

Message: (520) 626-7823 or ltomasa@email.arizona.edu

*See page 6 for additional information**

Reporting Fraud IF YOU SUSPECT IT, REPORT IT!

Fraud is an intentional deception or misrepresentation made by a person with the knowledge that the deception could result in some unauthorized benefit to oneself or some other person (42 C.F.R. Section 455.2).

**Report Division of Developmental Disabilities fraud to:
DES/DDD Fraud Hotline @ 1-877-822-5799**

Getting Behavior in Shape at Home

Excerpted from article by Laura Riffel and edited by Ann Turnbull

Positive behavior support, often called PBS, is not just for schools. PBS can also be used in your home.

How does PBS work?

1. Decide what behavior you want to change
2. Decide how you want that behavior to change
3. Use behavior science to change that behavior
 - a. Develop a theory about why you think the behavior is occurring.
 - b. Test your theory
4. Use supports that have been tested and proven to work
 - a. Teach new skills to get the same results
 - b. Change environments and daily routines
 - c. Reward positive behaviors

Positive behavior support does not mean changing the child. PBS means creating a



new environment for the positive behavior you want to see. It means creating a plan that tells who will help and what you will do differently.

To access the full article, visit <https://www.pbis.org/resource/269/getting-behavior-in-shape-at-home>.

To attend free training on PBS, contact **Raising Special Kids**, 800-237-3007, or visit the website www.raisingpecialkids.org to see a list of trainings in your area.

**Your Input is Needed additional information: An Institutional Review Board responsible for human subjects research at the University of Arizona reviewed this research project and found it to be acceptable, according to applicable state and federal regulations and University policies designed to protect the rights and welfare and participants in research. The project is supported by the Arizona Developmental Disabilities Planning Council.*

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