



Member Update Newsletter

DIVISION OF DEVELOPMENTAL DISABILITIES
FALL 2016

Do you want to get a job?

Do you know the Division has ways to help you get and keep a job?



The ESSs plan community meetings like transition fairs. They also meet with school transition counselors, families and Vocational Rehabilitation (VR) counselors about employment. They can refer you to VR for job training. They can coordinate with the team to get you the services you need. They can tell you about recent changes in the law because they take courses to stay up to date on new laws and policies.

If you have questions about how to get a job or the services, call your Support Coordinator or Employment Support Specialist (ESS). ESSs know about of the types of employment supports and training the Division offers. They also give information to Support Coordinators and help solve problems.

When you schedule your planning meetings, you can ask your Support Coordinator to invite your area ESS to the meeting. The ESS can answer questions and identify what support services will help you find work. You can even request that your ESS go to your Individual Education Plan meeting at school when you talk about transition goals. If you would like the name of your ESS, contact your Support Coordinator.



Can't Find Something on Our Website?

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

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Type 2 Diabetes

The number of people with Type 2 diabetes is rising in the United States. The number of Americans diagnosed with diabetes is expected to continue to go up. It is important to take steps to stay healthy to stop Type 2 diabetes from happening, or control diabetes once diagnosed.

What is diabetes?

Diabetes is a problem in which blood sugar levels are higher than normal. Type 2 diabetes occurs when cells do not use insulin like they should.

What can happen long-term when someone is diagnosed with diabetes?

When blood sugars are too high, poor outcomes can happen over time. Problems with diabetes can include: amputations, heart problems, blindness, and kidney problems. Lifestyle changes are important for managing diabetes.

Lifestyle changes can include:

- Exercise
- Diet changes
- Lowering stress

Medications may also be used in addition to lifestyle changes.

Your doctor will also work with you to identify other ways to manage your diabetes.

Please speak with your doctor about your risk for diabetes. If you already have diabetes, continue to follow up with your doctors about the best plan for you.



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>.

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**



- Vehicle crashes are a leading cause of death during the first 30 years of Americans' lives.
- By wearing seat belts and correctly buckling children into age-and size-appropriate car seats and booster seats, the risk of serious injury and death in a crash can be reduced by half.
- In Arizona, drivers and front seat passengers must wear seat belts. Children always must wear seat belts or be buckled in a car seat/ booster seat.
- Every hour, someone dies in America because they didn't buckle up.

More Information

SafeKids: www.safekids.org • Centers for Disease Control and Prevention: www.cdc.gov • Insurance Institute for Highway Safety: <http://www.iihs.org/>

Affordable Housing Opportunity

DDD has partnered with the Arizona Department of Housing and the Housing Authority of Maricopa County. Applicants will need to:

- Be eligible for DDD and Arizona Long Term Care Services
- Be between the ages of 18-61
- Have a current Individual Support Plan
- Meet financial eligibility and Housing and Urban Development (HUD) requirements

Members may be able to live with family, friends, or on their own.

If you are interested in learning more about this opportunity, contact your Support Coordinator or e-mail dddhousing@azdes.gov.

Pain Medication Abuse

Abuse of pain medication is a problem in the United States. Many types of pain medications are addictive. Addiction may cause a person to take more and more of the medication. A certain type of pain medication is called an opioid. It is easy to get addicted to this type of medicine and take too much. It can slow down the heart beat and breathing which can cause death. Many people die every year from taking too much pain medication.



Preventing Pain Medication Abuse:

- If you and your doctor decide that you need an opioid to manage pain, ask your doctor about short-acting and low dose types. This means that the effects don't last as long and you use the lowest amount needed.
- If you already take opioids, talk with your doctor about how often and how much medication you are taking. You and your doctor may be able to work towards decreasing the amount you take. Suddenly stopping or taking less of an opioid can cause withdrawal symptoms. Withdrawal can make you very sick. Always work with your

doctor if you want to change how you take any medicine.

- Ask your doctor about pain medications that are not an opioid. There are many pain medications that are not opioid type and still give pain relief.

Keep in mind that all medicines have side effects. Make sure to ask your doctor or pharmacist about side effects.

- Take your pain medications only as prescribed. Do not increase how much and how often you take a medication without discussing it with your doctor first.
- Ask your doctor for a referral to a pain management clinic or specialist. These clinics help people manage and/or cope with pain. Many people are able to avoid starting on opioid pain medications with the help of a doctor who is a pain management specialist. People already taking an opioid may benefit from a pain management specialist too.

Arizona Long Term Care (ALTCS) Member Handbook



If you are an ALTCS member and would like a copy of the 2015-2016 Member Handbook, visit DDD's website at <http://des.az.gov/ddd> for a copy.

If you would prefer to have a copy mailed to you, call 1-866-229-5553.

Ready to quit smoking? Do you take medications for your mental health?

If you plan to quit smoking, tell your healthcare provider:



- Your plan to quit tobacco.
- The type of tobacco and amount that you use each day.
- Name and doses of mental health medications that you are currently taking.

Ask your healthcare provider:

- How may quitting smoking affect your current mental health medications?
- What side effects may you experience when you quit tobacco?
- What should you do if you experience side effects or changes in your mental health when you quit tobacco?
- Will you need more frequent appointments or tests to monitor how quitting may be affecting your medications and mental health?

Call Arizona's Smoker's Helpline, Ashline, at 1-800-55-66-222

Source:

<https://ashline.org/downloads/pfizer/ASHLine-Effects-of-Smoking-on-Medications.pdf>



DIVISION OF DEVELOPMENTAL DISABILITIES



Strategic Plan

2016 - 2020

You spoke. We listened. Check out the 2016 - 2020 DDD Strategic Plan!

The Strategic Plan identifies four goals that serve as a framework:

1. Opportunities. Support opportunities for members' choices and quality of life.
2. Value. Ensure that members get the best possible support for the money spent.
3. Communication. Achieve open, ongoing, clear communications among members, families, providers, stakeholders and DDD staff.
4. Environment. Make DDD a place where people love to work and grow professionally.

Learn more about the 2016-2020 Strategic Plan at:

<https://des.az.gov/services/disabilities/developmental-disabilities>

Preventing the Flu

What is the flu?

The flu is a disease caused by a virus. It is easily passed from person to person. The “influenza” or flu virus can cause mild or severe symptoms. It infects the nose, throat, and lungs. In severe cases, it can lead to death. Young children, older adults, and people with serious health problems are more likely to have a “severe” case of the flu.

What are the signs of the flu?

The flu *may* cause a fever with chills. Not everyone with the flu gets a fever. It might also make your nose runny and throat sore. Sometimes the flu can cause your whole body to ache. You might feel very tired or get a headache.

How can I prevent getting the flu?

The best way to prevent the flu is to get a flu shot (vaccination) every year. Each year the flu vaccine is made to cover the types of flu viruses most likely to be in the environment. You cannot “get” the flu from a flu shot because the viruses in the vaccine are “dead” and cannot cause infection. Some vaccines do not have any virus material in them at all.

Where can I get a flu shot?

Most health plans will pay for a flu shot. Check with your doctor’s office for a good time to set an appointment for a flu shot. Make sure the office has the vaccine available. If you go to a community event such as flu shot stations at a pharmacy or department store, they may be able to bill your health plan. You might also be able to pay for a flu shot yourself at a community event. Some events are free or charge a very small amount for the flu shot.



What else can I do to prevent getting the flu?

You can also *help* prevent the flu by using these good health habits:

- Avoid close contact with sick people.
- Stay home if you are sick.
- Cover your mouth and nose. (Cough/Sneeze into your upper sleeve or a tissue.)
- Wash your hands often.
- Avoid touching your eyes, nose, and mouth. This keeps germs and viruses on your hands from getting into your eyes, nose, or mouth where infections easily get started.
- Get plenty of sleep and rest.
- Eat a healthy diet with plenty of fruits and vegetables.
- Get enough fluids (water) every day.

Get more information about the flu and flu shots at: www.cdc.gov/flu/keyfacts.htm

DDD's Cultural Competency Plan

DDD members represent Arizona's diversity. Members have different life experiences, speak a wide variety of languages, and include people from a range of ethnicities. Members are served at all ages of life. Members have different values, customs, and beliefs.

DDD has a Cultural Competency Plan that sets specific goals. The plan measures how well DDD is doing supporting all members related to cultural competency.

Some previous results from the Cultural Competency Plan includes:

- 30% of members are Hispanic. Nearly 30% of DDD staff are also Hispanic. Strategies were put in place to increase Spanish-speaking staff.
- New Qualified Vendors must have a cultural competency plan.



Watch for updates on DDD's website!

<https://des.az.gov/services/disabilities/developmental-disabilities>

Equal Opportunity Employer/Program • Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI & VII), and the Americans with Disabilities Act of 1975, and Title II of the Genetic Information Nondiscrimination Act (GINA) of 2008; the Department prohibits discrimination in admissions, programs, services, activities, or employment based on race, color, religion, sex, national origin, age, disability, genetics and retaliation. The Department must make a reasonable accommodation to allow a person with a disability to take part in a program, service or activity. For example, this means if necessary, the Department must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that the Department will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. To request this document in alternative format or for further information about this policy, contact the Division of Developmental Disabilities ADA Coordinator at 602-542-0419; TTY/TDD Services: 7-1-1. Free language assistance for DES services is available upon request. Available in English on-line or at the local office.