MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

Improvi lives THROUGH
upports and services
THAT determination.

Project STIR

Steps Towards Independent and Responsibility

People First Conference

April 2017

What is Project STIR?

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

- Project STIR stands for **S**teps **T**oward **I**ndependence & **R**esponsibility
- Peer to peer training that help people learn from with each other
- Project STIR is fun & exciting!
- Designed to empower individuals with developmental disabilities to become leaders
- Designed to assist family and friends to promote self-advocacy
- Designed to help individuals make choices & decision about their everyday lives

Who & Where can Project STIR be Used?

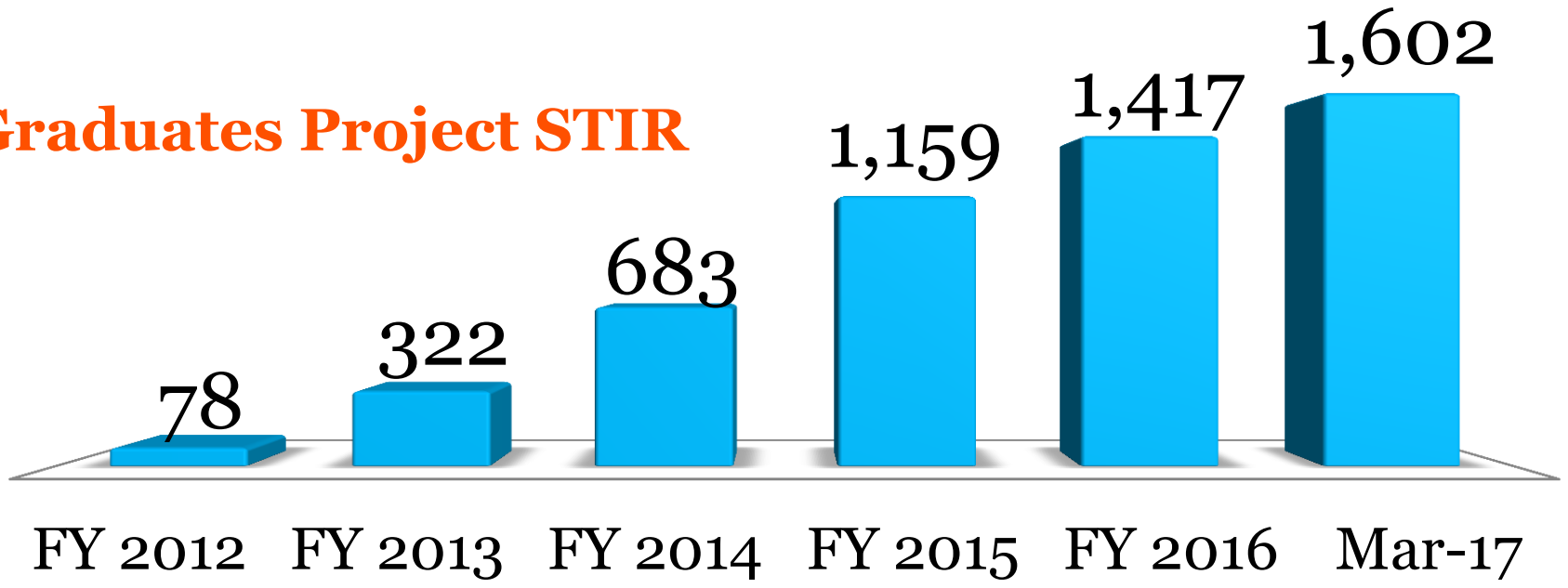
MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

- Anyone can use Project STIR!!!
  - Provider Agencies/ Direct Support Staff
  - Schools / Teachers
  - People with Disabilities
  - SB40 Boards
  - Support Coordinators
  - People First or other advocacy groups

How Many Graduates?

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

Graduates Project STIR

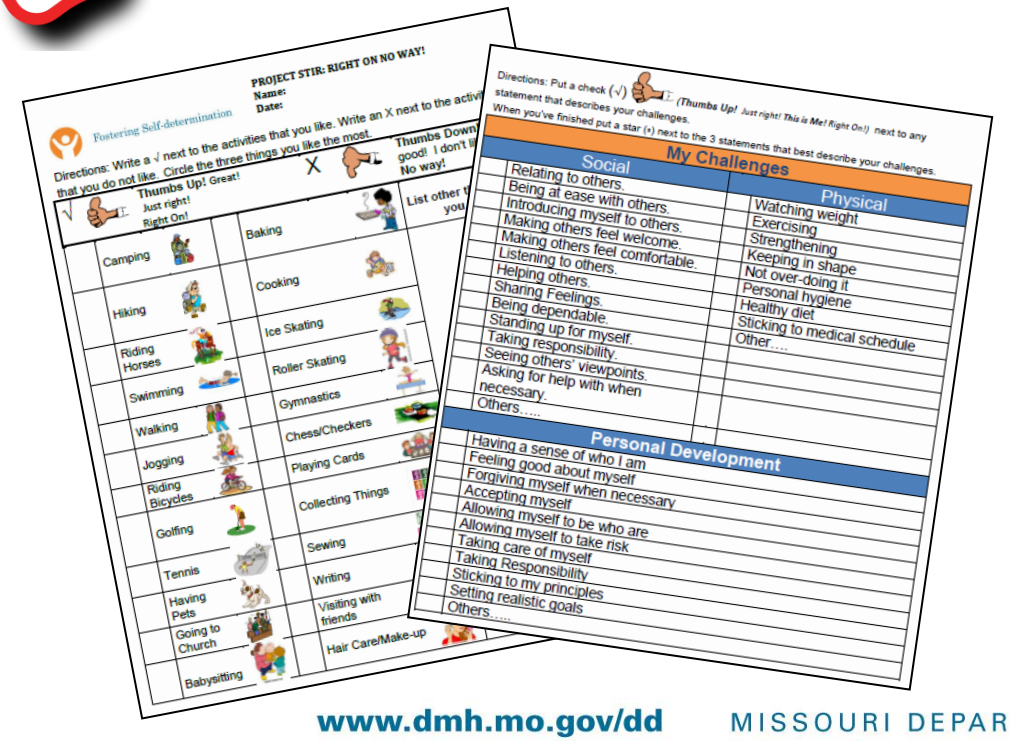


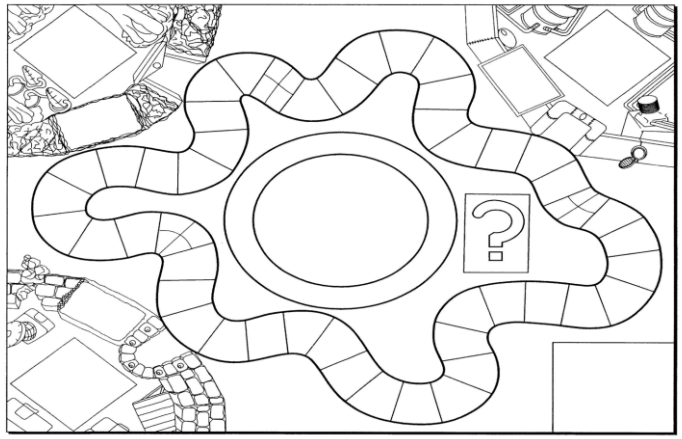
What is New?

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

NEW!

- New Graphics
- New Games
- New Worksheets





What is New?

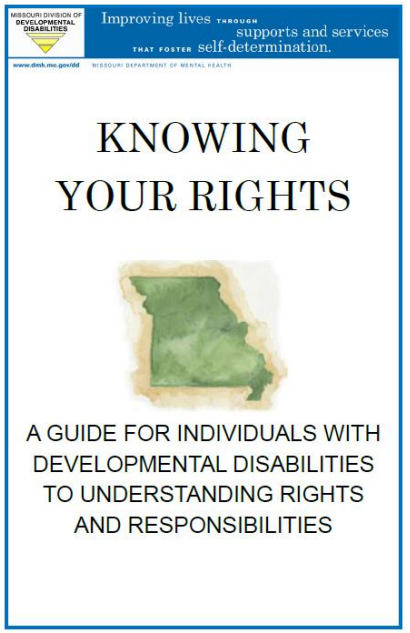
MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

NEW!

New Chapters

- Individuals Rights updated
- Your LifeCourse
- Your LifeCourse Measuring Success

Preview Coming Up Next



More Information!

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

TIPS AND RESOURCES | FOSTERING SELF-DETERMINATION

Advocacy Specialist Regional Contacts

LEARNING AND USING SELF-ADVOCACY SKILL BENEFITS EVERYONE

The Advocacy Specialists are responsible for providing leadership, coordination, role modeling and mentoring of self-advocacy to individuals in their assigned geographic area.

Albany Satellite	**Central Missouri Region**
Vacant	Jeff Johnson Tel: 573-882-9835 Jeff.johnson@dmh.mo.gov
Hannibal Satellite	**Joplin Satellite**
Vacant	Scott Hettinger Tel: 417-629-3266 Scott.hettinger@dmh.mo.gov
Kansas City Region	**Kirksville Satellite**
Lorie Perdieu Tel: 816-889-6272 Lorie.perdieu@dmh.mo.gov	Chuck Comstock Tel: 660-785-2328 Charles.comstock@dmh.mo.gov
Poplar Bluff Satellite	**Rolla Satellite**
Steven Brasser Tel: 573-840-9176 Steven.brasser@dmh.mo.gov	Michaila Combs Tel: 573-368-2577 Michaila.combs@dmh.mo.gov
Sikeston Region	**Springfield Region**
Amanda Zimmerman Tel: 573-472-6571 Amanda.zimmerman@dmh.mo.gov	David Forbes Tel: 417-895-7504 david.forbes@dmh.mo.gov
St. Louis County Region	**St. Louis Tri-County Region**
Tiara Mason Tel: 314-400-2345 Tiara.Mason@dmh.mo.gov	Daniel Mellenthin Tel: 314-340-3460 Daniel.Mellenthin@dmh.mo.gov

Contact your Regional Division of Developmental Disabilities Advocacy Specialist

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

Improving lives THROUGH supports and services THAT FOSTER self-determination.

NEW!

Project STIR

Steps Towards Independent and Responsibility

Chapter 4: Rules Rights and Responsibilities

What will we learn in Chapter 4:

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

- **Why are rights an important part of Self-determination?**
- **What are the different laws that protect your rights as a person with a disability?**
- **What are your rights?**
- **What are your responsibilities?**
- **What is Due Process?**

Rights and Self-determination?

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

The self-determination movement has made it clear that if a person is to empower themselves with the skills necessary in determining their life trajectory, then knowing their Rights and Responsibilities is the first step.

Rules Rights Responsibilities

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

- Rules
- Rights
- Responsibilities

All work together to ensure self-determination!

Rules Rights Responsibilities

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

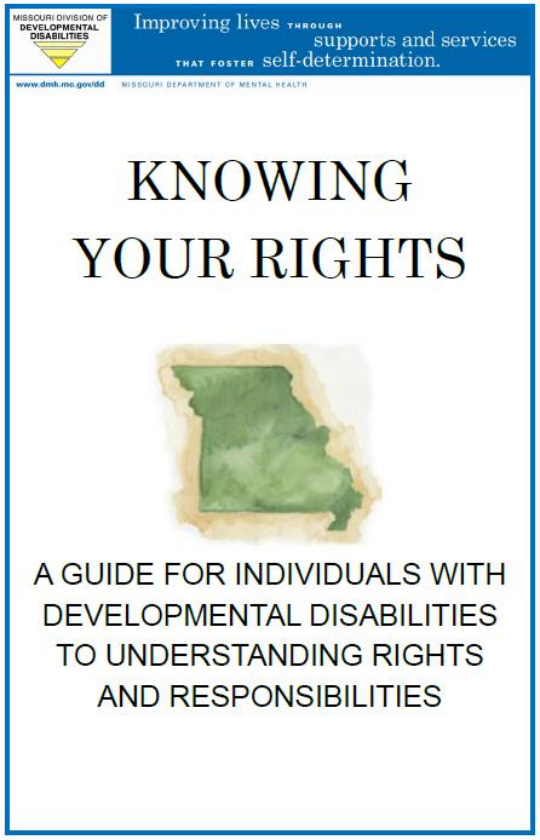
- **Rights** are the rules that help make people equal.
- **Rights** are given to everyone!
- No one should have any more or less **Rights** than anyone else.

Rules Rights Responsibilities

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

Rights for people who receive services can be found in the following of laws, rules and regulations:

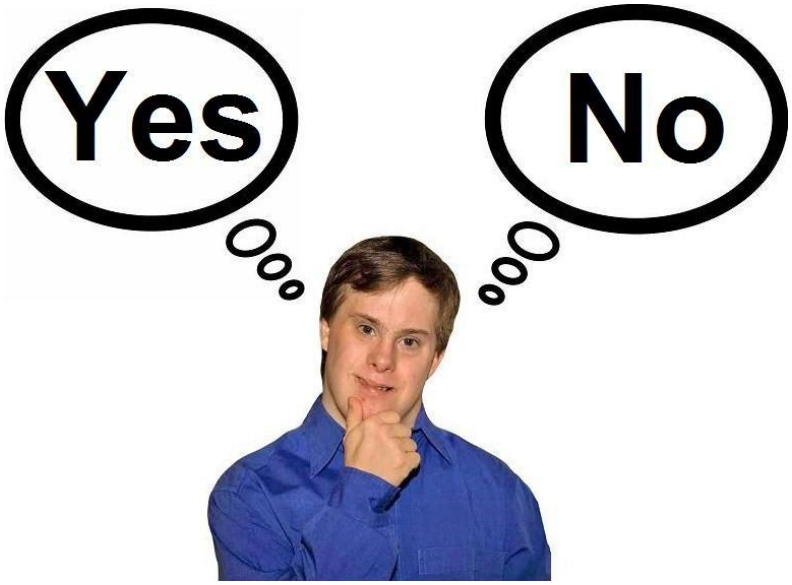
- Missouri Revised Statue 630.115.1 Patient's entitlements
- Missouri Code of State Regulations Rules of the Department of Mental Health Division of Developmental Disabilities 9 CSR 45-3.030 Individual Rights
- Code of Federal Regulations *42CFR 441.301(c)(1)* Home and Community-Based Waiver Services **(HCBS)**



Authority for each right and protection can be found in a blue box like this.

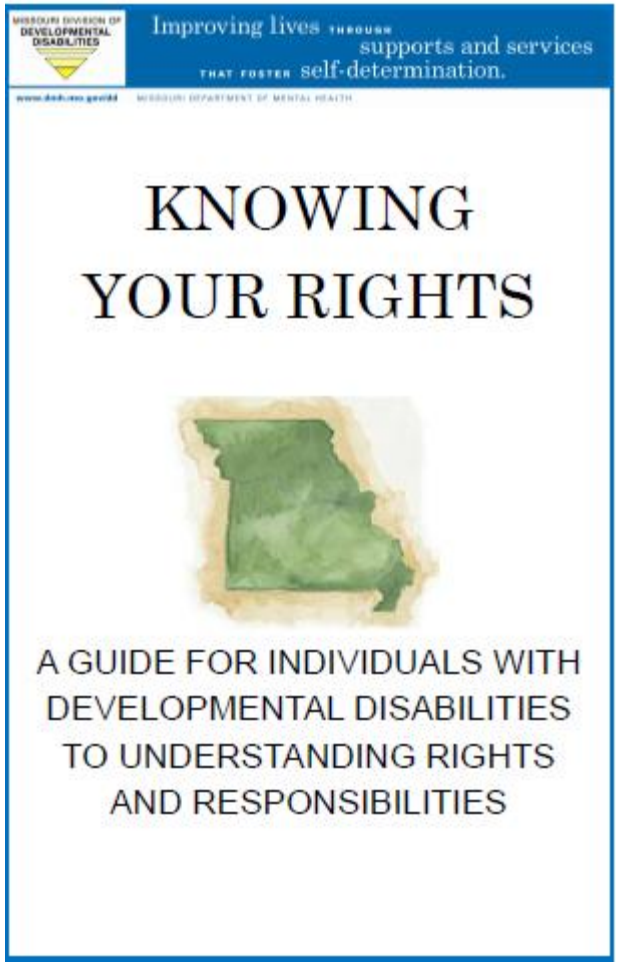
Responsibilities

- You are in charge of the choices you make and the things that you do.
- No one else but you should take blame for what you say or do.



Knowing Your Rights Booklet

- This training will use the Knowing your Rights Booklet



Rules Rights Responsibilities

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

Rights have been organized by the following Missouri Quality Outcomes:

Daily Life

Healthy Living

Community Living

Safety & Security

Social & Spirituality

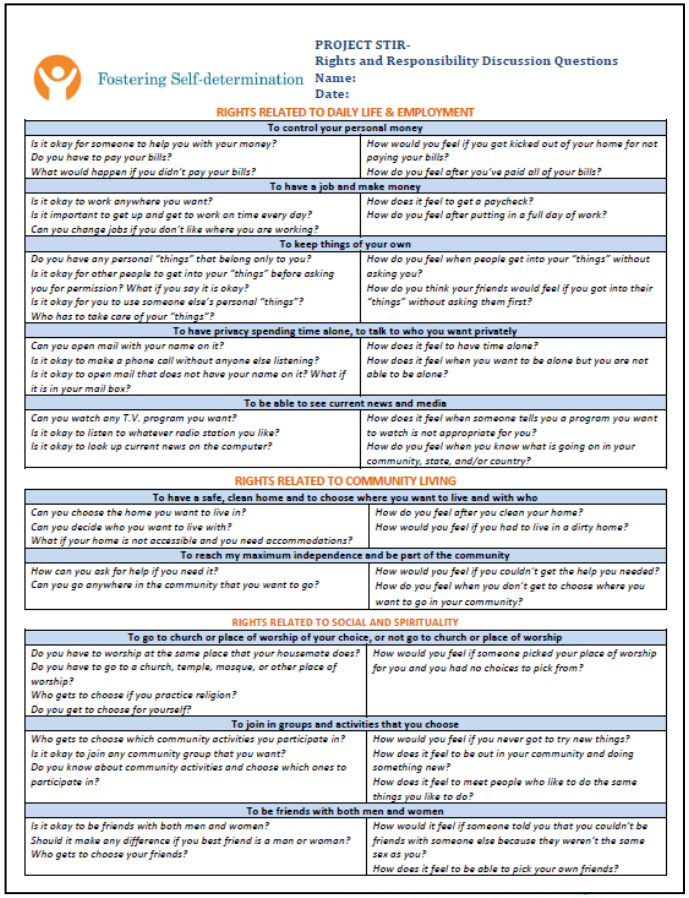
Citizenship & Advocacy

*Icons taken from www.lifecoursetools.com, a free online resource from Missouri Family to Family © UMKC Institute for Human Development, UCEDD 2012-2017

Rules Rights Responsibilities

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

For each Missouri Quality Outcomes area we will discuss :



Fostering Self-determination

PROJECT STIR-
Rights and Responsibility Discussion Questions
Name:
Date:

RIGHTS RELATED TO DAILY LIFE & EMPLOYMENT

To control your personal money	
Is it okay for someone to help you with your money? *Do you have to pay your bills?* *What would happen if you didn't pay your bills?*	*How would you feel if you got kicked out of your home for not paying your bills?* *How do you feel after you've paid all of your bills?*
To have a job and make money	
Is it okay to work anywhere you want? *Is it important to get up and get to work on time every day?* *Can you change jobs if you don't like where you are working?*	*How does it feel to get a paycheck?* *How do you feel after putting in a full day of work?*
To keep things of your own	
Do you have any personal "things" that belong only to you? *Is it okay for other people to get into your "things" before asking you for permission? What if you say it is okay?* *Is it okay for you to use someone else's personal "things"?* *Who has to take care of your "things"?*	*How do you feel when people get into your "things" without asking you?* *How do you think your friends would feel if you got into their "things" without asking them first?*
To have privacy spending time alone, to talk to who you want privately	
Can you open mail with your name on it? *Is it okay to make a phone call without anyone else listening?* *Is it okay to open mail that does not have your name on it? What if it is in your mail box?*	*How does it feel to have time alone?* *How does it feel when you want to be alone but you are not able to be alone?*
To be able to see current news and media	
Can you watch any T.V. program you want? *Is it okay to listen to whatever radio station you like?* *Is it okay to look up current news on the computer?*	*How does it feel when someone tells you a program you want to watch is not appropriate for you?* *How do you feel when you know what is going on in your community, state, and/or country?*

RIGHTS RELATED TO COMMUNITY LIVING

To have a safe, clean home and to choose where you want to live and with who	
Can you choose the home you want to live in? *Can you decide who you want to live with?* *What if your home is not accessible and you need accommodations?*	*How do you feel after you clean your home?* *How would you feel if you had to live in a dirty home?*
To reach my maximum independence and be part of the community	
How can you ask for help if you need it? *Can you go anywhere in the community that you want to go?*	*How would you feel if you couldn't get the help you needed?* *How do you feel when you don't get to choose where you want to go in your community?*

RIGHTS RELATED TO SOCIAL AND SPIRITUALITY

To go to church or place of worship of your choice, or not go to church or place of worship	
Do you have to worship at the same place that your housemate does? *Do you have to go to a church, temple, mosque, or other place of worship?* *Who gets to choose if you practice religion?* *Do you get to choose for yourself?*	*How would you feel if someone picked your place of worship for you and you had no choices to pick from?*
To join in groups and activities that you choose	
Who gets to choose which community activities you participate in? *Is it okay to join any community group that you want?* *Do you know about community activities and choose which ones to participate in?*	*How would you feel if you never got to try new things?* *How does it feel to be out in your community and doing something new?* *How does it feel to meet people who like to do the same things you like to do?*
To be friends with both men and women	
Is it okay to be friends with both men and women? *Should it make any difference if you best friend is a man or woman?* *Who gets to choose your friends?*	*How would it feel if someone told you that you couldn't be friends with someone else because they weren't the same sex as you?* *How does it feel to be able to pick your own friends?*

- **Rights/Responsibility**
- **The Rule & Authority**
- **Group Discussion**
- **How Does it Feel**
- **Sharing**

Missouri Quality Outcome Area

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

Daily Life & Employment

What a person does as part of everyday life– school, employment, volunteering, communication, routines, life skills.

Rights Responsibilities

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

RIGHTS…

Control your personal money

RESPONSIBILITY…

Pay your bills and manage your money

Rights Responsibilities

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

RIGHTS…

To have a job and make money

RESPONSIBILITY…

To keep a job, so you can live the way you want to

Rights Responsibilities

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

RIGHTS…

To keep things of your own.

RESPONSIBILITY…

To take care of your things.

Rights Responsibilities

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

RIGHTS...

To have privacy, spend time alone to talk to who you want to privately.

RESPONSIBILITY...

To speak up when you want to be alone.

Rights Responsibilities

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

RIGHTS…

To have be able to see current news and media.

RESPONSIBILITY…

To inform yourself of what is going on in the world around you.

Missouri Quality Outcome Area

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

Community Living

Where you live and how you get around town

Rights Responsibilities

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

RIGHTS...

To have a safe, clean home and to choose where you want to live and with who.

RESPONSIBILITY...

To keep your house safe and clean. To choose a home that you can afford and be a good housemate.

Rights Responsibilities

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

RIGHTS...

To reach my maximum independence and be part of the community.

RESPONSIBILITY...

To ask for help for the help that I need.

Missouri Quality Outcome Area

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

Social & Spirituality

Friendships and relationships,
leisure activities, personal networks, faith community.

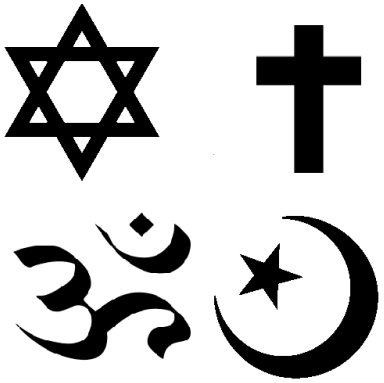
Rights Responsibilities

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

RIGHTS…

To go to church or place of worship of your choice, or not to go to church or place of worship

RESPONSIBILITY…



To respect others choice of worship

Rights Responsibilities

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

RIGHTS…

To join in groups and activities that you choose.

RESPONSIBILITY…

To be a good team player.

Rights Responsibilities

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

RIGHTS...

To be friends with both men and women

RESPONSIBILITY...

To be respectful of your friends and choose friends who will respect you

Missouri Quality Outcome Area

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

Healthy Living

Health care and staying well– medical, mental health, behavior, developmental, wellness, and nutrition.

Rights Responsibilities

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

RIGHTS…

To go to the doctor, or hospital when you need to, as soon as you need to.

RESPONSIBILITY…

To listen to your doctor and follow their suggestions or get a second opinion.

Rights Responsibilities

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

RIGHTS…

To get meals that are healthy and good for you

RESPONSIBILITY…

To choose foods that help keep you healthy

Missouri Quality Outcome Area

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

Safety & Security

Staying safe and secure– emergencies, well-being, legal rights and issues.

Rights Responsibilities

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

RIGHTS...

To be free from people hitting you, hurting you, yelling at you, saying hurtful things or restricting your movement.

RESPONSIBILITY...

To tell someone if you feel you are being hurt

Missouri Quality Outcome Area

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

Citizenship & Advocacy

Building valued roles, making choices, setting goals, assuming responsibility, driving how one's own life is lived and supported decision-making.

Rights Responsibilities

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

RIGHTS…

To be treated nicely at all times and treated as a person like everyone else under the law.

RESPONSIBILITY…

To treat others the same way you want to be treated, to be responsible, not breaking any laws

Rights Responsibilities

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

RIGHTS…

To lead my ISP and invite those who are important to me.

RESPONSIBILITY…

To ask for help when I need in order to direct my planning process and meet timelines

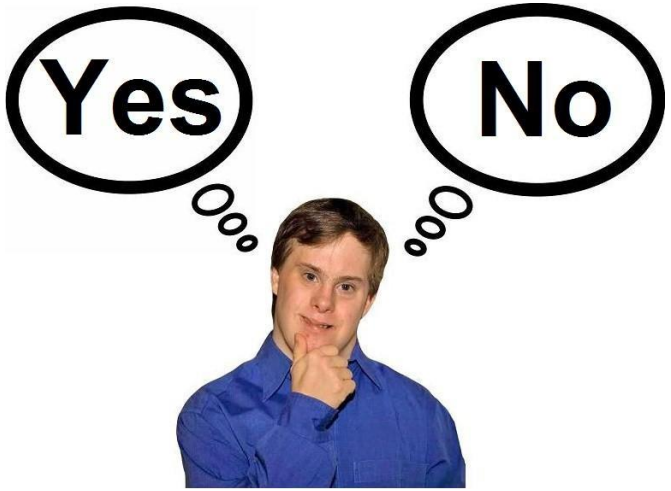
Rights Responsibilities

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

RIGHTS…

To choose who helps you and to say yes or no to help and training

RESPONSIBILITY…



To educate your self about services available and those who provide the services

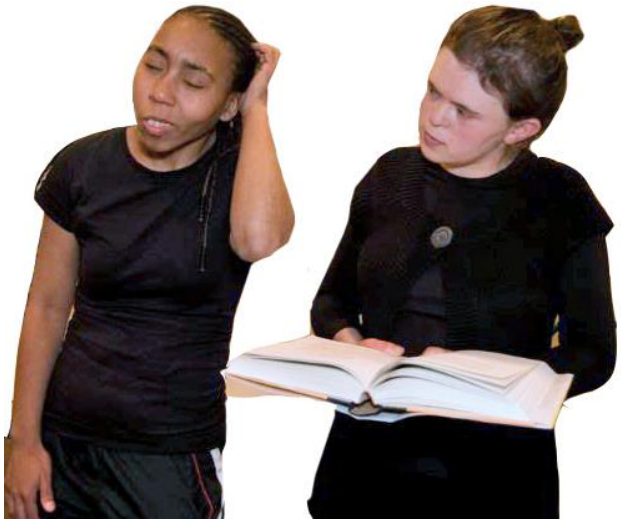
Rights Responsibilities

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

RIGHTS…

To see information about you in a way you can understand and for information about you to be kept private

RESPONSIBILITY…

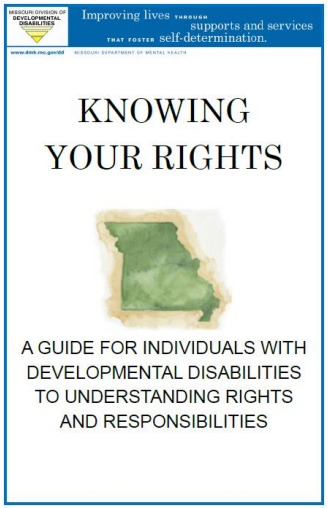


To ask for information in a way you can understand

Rights Responsibilities

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

RIGHTS…



To have rules and policies in an accessible format and explained to you in a way you can understand

RESPONSIBILITY…

To ask for the information in a format that best meets your needs

Rights Responsibilities

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

RIGHTS…

To receive services regardless of race, creed, marital status, national origin, disability, religion, sexual orientation, gender, or age.

RESPONSIBILITY…

To contact the Office Constituent Services if you have a complaint.

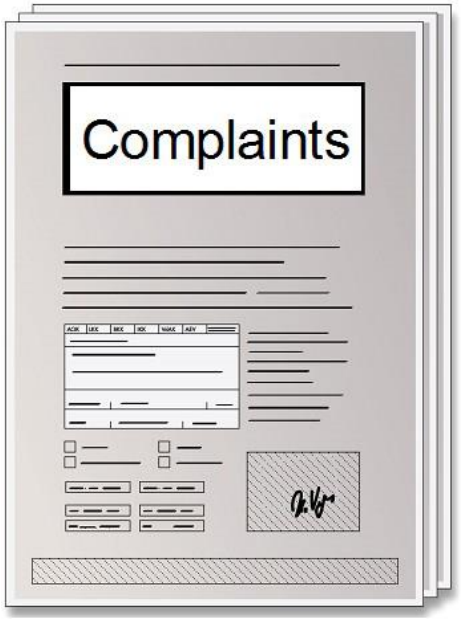
Rights Responsibilities

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

RIGHTS…

To be told how to make a complaint and be helped to do so without being afraid some will be upset with you.

RESPONSIBILITY…



To make a complaint to the right people

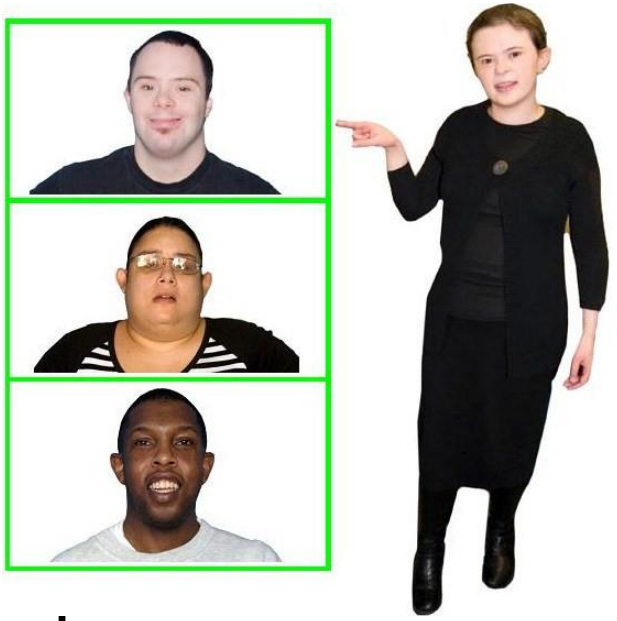
Rights Responsibilities

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

RIGHTS…

You can choose someone to help you make decisions or act in your behalf

RESPONSIBILITY…



To choose someone who knows you well and you can trust

Due Process

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

- When you apply for services, you will receive copy of your rights. If any changes in your services are made, you will receive a new copy of your rights.
- The agencies that have staff who work with you have rules to provide you with quality help. They have rules to make sure you learn and understand your rights, and that no one takes your rights away before you have a chance to speak for yourself or have someone you choose speak for you.

Due Process *continued*

- You have the same legal rights and responsibilities as any other person unless the court says you do not.
- You have the right to get help. You cannot be denied help because of your race, religion, disability, or age. It does not matter if you are a man or woman, married or single.

Due Process *continued*

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

- Before your rights and services can be limited or taken away, you have the right to be heard or to have someone you choose speak for you.
- Any proposed limitations of rights must be reviewed by DMH Regional Office or State Operated Programs Human Rights Committee to ensure that a person's rights are adequately protected

Review:

- What did we learn?

Let's Review the Day:

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

- **Why are rights an important part of Self-determination?**
- **What are the different laws that protect your rights as a person with a disability?**
- **What are your rights?**
- **What are your responsibilities?**
- **What is Due Process?**

Next Class

MISSOURI DIVISION OF DEVELOPMENTAL DISABILITIES

- Chapter 5-
- Date:
- Time:

MISSOURI DIVISION OF
DEVELOPMENTAL
DISABILITIES

Improving lives THROUGH
supports and services
THAT FOSTER self-determination.