

Vendor Bulletin

A Quarterly Publication of San Diego Regional Center (Wanda Bardwell, Editor) (Kathy Hill, Design Layout) No. 56 April 2010

Important News About The US Census Campaign

The 2010 United States (U.S.) Census campaign is underway to count all residents of the U.S., including people of all ages, races, ethnic groups, citizens and non-citizens. The census information is critical to the fair distribution of federal and state dollars. Billions of dollars could be directed to California for community services, roads and transportation, and hospitals, which is why it is important to be counted.

The Department of Developmental Services is partnering with the U.S. Census to ensure that people with developmental disabilities can participate and are counted. The census questionnaire is only ten questions and takes about ten minutes to complete. It is confidential and safe. Individual answers and information are not shared with any other government agency (census records do not become available to the general public for 72 years).

If forms are not mailed back, a “census taker” will visit consumers’ homes from April to May to ask for census information. If a consumer is not living in the home of a family member but in another residential setting, they will be counted where they live. This is done in order to avoid duplication.

For developmental centers, group homes and skilled nursing facilities, the U.S. Census identifies these residential settings as “group quarters.” The U.S. Census recognizes that the residents may not be able to provide their own information, and administrative records can be used to verify the population. If the judgment is made that administrative records can be used to verify the population, then the service provider will take the same oath of confidentiality as the census takers, before assisting in responding for the residents. If individual reporting is chosen as the option, the census taker will use a special form for individual response.

Uniform Holiday Schedule

As you know, the implementation of a Uniform Holiday Schedule throughout the regional center system was instituted last year pursuant to the 2009—2010 State Budget Trailer Bill, ABX4 9. The statute grants the Director of the Department of Developmental Services (Department) the authority to make revisions to the list of holidays delineated in law.

The Department issued a program directive to regional centers on this topic on September 14, 2009; the program directive can be found at www.dds.ca.gov. As noted in the directive, in implementing the Uniform Holiday Schedule, when a holiday falls on a Saturday, the holiday shall be observed on the preceding Friday, and when a holiday falls on a Sunday, the holiday shall be observed on the following Monday. *Please see revised schedule on page 4*

Service Provider Documentation

California Code of Regulations (CCR) Title 17 Section 54326 (General Requirements for Vendors and Regional Centers) states that, “All vendors shall maintain records of services provided to consumers in sufficient detail to verify delivery of the units of service billed. Records must specify the **date, actual service time, location, and nature of services provided**. These records must be maintained by the vendor for five years and should be made available for review as requested by San Diego Regional Center staff.

San Diego Regional Center recommends that providers such as, RN, LVN, IDP, ILS and others on hourly billing contract to have the parent, guardian or consumer sign on provider service records or time card each time services are provided, to verify the actual hours billed for each consumer.

Wheelchair Safety Measures

What trouble can a paraplegic or quadriplegic individual get into, sitting in a wheelchair? Plenty! Learning to ride a bike or a scooter, parents are constantly reminding children of the safety rules: Do not let someone ride on the handlebars; always wear your helmet; wear reflective clothing at night, etc. Similarly, certain safety rules apply for individuals who use wheelchairs.

Wheelchair safety begins with well maintained brakes. Over time, brakes can get loose, compromising an individual's safety. For example, for the person transferring from a bed or a chair, to the wheelchair, excellent brakes are essential. If the chair moves during the transfer, the disabled person is likely to hit the floor. If the fall causes further injury, or if the person lacks physical strength, to get from the floor to the chair, he/she is stuck until someone comes along to offer assistance. Even with the capability to pull up from the floor to the chair, the brakes are still a problem, and the chair may move again.

Brakes are also essential for parking on an incline. Totally avoiding hills, ramps, and sloping walkways is impossible. The wheelchair may have excellent brakes, but the back has no tip bars. Unless the user is adept at riding and maintaining a wheelie, absence of tip bars can be dangerous and painful.

The tip bars (bars equipped with little tiny wheels) have caught and prevented the chair from overturning. Without tip bars, the person will likely feel his/her head bounce off the surface of the sidewalk or hard floor. Tip bars are an important part of wheelchair safety.

Since wheelchairs are often below the average individuals line of vision, practice wheelchair safety and making the chair more visible. For example, a brightly painted chair, with reflectors in the spokes, will help the person be seen at night. Also, a flag attached to the back of the chair helps to become more visible and avoid becoming a regrettable statistic.

In summary, whether an individual has spent a lifetime in a wheelchair, or is adjusting to a new way of navigation, learning proper wheelchair safety is paramount. First, keep the chair properly maintained, especially the brakes; second, use tip bars to avoid spills on steep inclines; third, do what is necessary to become visible to motorists and pedestrians.

The wheelchair is meant to allow greater freedom and independence, not to become the instrument of further harm. So practice wheelchair safety, and get the most out of life.

Foot Care

When we are in love, we may be "swept off our feet." When we don't want to do something, we are said to have "cold feet." A sensible person "has both feet on the ground." Sometimes we even "vote with our feet." It's important to put "your best foot forward." Be kind to your feet. Years of wear and tear can be hard on feet. So can disease, bad circulation, poorly trimmed toenails, and wearing shoes that don't fit right. Foot problems are sometimes the first sign of more serious medical conditions such as arthritis, diabetes, and nerve or circulatory disorders.

Practice good foot care. Check your feet often, or have someone else check them. Sometimes, the special skills of an orthopedic surgeon or dermatologist are needed. One easy step to take is to remember to put your feet up when you are sitting

down. This helps keep blood moving to your feet. So can stretching, walking, or having a gentle foot massage. A warm foot bath is also helpful, but make sure your feet are dry before you put on your shoes. Try to avoid pressure from shoes that don't fit. Don't sit for a long time or keep your legs crossed for too long. Don't smoke.

To prevent infections:

- Keep your feet clean and dry. Be sure to dry the area between your toes.
- Change your shoes and socks or stockings often to help keep your feet dry.
- Don't buy tight shoes.
- Try dusting your feet every day with foot powder.

Helpful resources: www.apma.org(www.nia.nih.gov)

United Cerebral Palsy Assistive Technology Center

Open Lab Schedules

Open labs are times when individuals may explore a variety of augmentative communication devices software and computer access equipment. Staff attention for individual support is limited during lab hours due to the number of participants.

Located at: 6162 Mission Gorge Road, Ste. "F"
San Diego, CA 92120 Phone (858) 278-5420

Spanish translation is available on days that are marked with an asterisk *

April 2010 *Thurs. 04/29 9:30am—1:30pm

May 2010 Wed. 05/05 3:30pm—5:30pm
*Thurs 05/06 9:30am—11:30am
*Tues. 05/25 9:30am—11:30am

June 2010 Mon. 06/07 3:30pm—5:30pm
*Tues. 06/08 9:30am—11:30am
*Fri. 06/25 9:30am—11:30am

TRAININGS

The Residential Living-Small Committee is sponsoring the following training sessions during the second quarter of 2010. Remember to keep written documentation of all training hours (workshops, videos, etc.) on file. The target audience is residential administrators and staff; however, others may attend as space allows. All of these classes are approved by Community Care Licensing for credit towards administrator recertification.

“Epilepsy”

Presenter:
Epilepsy Foundation

Date: Fri., April 30, 2010
Time: 9:30 am—11:30 pm
Place: SDRC—Board Room
4355 Ruffin Rd., Ste. 100—101
San Diego, CA 92123
Fee: \$5

“Nutrition”

Presenter:
Teresa Huang
SDRC Coordinator Nutrition Services

Date: Fri., May 21, 2010
Time: 9:30 am—11:30 am
Place: SDRC—Board Room
4355 Ruffin Rd., Ste. 100—101
San Diego, CA 92123
Fee: \$5

**To register, please complete the form below and make check payable to SDICDSI.
Please submit checks no later than two weeks prior to the date scheduled for each training.**

----- 

Name: _____ Agency: _____ Phone: _____

- \$5 “Epilepsy” (04/30/10)
- \$5 “Nutrition” (05/21/10)

Mail to: SDRC - Community Services - Attn: Kathy Hill, 4355 Ruffin Road, #104, San Diego, CA 92123



San Diego Regional Center

San Diego-Imperial Counties Developmental Services, Inc.

4355 Ruffin Road, Suite 200, San Diego, CA 92123

Phone: (858) 576-2996

www.sdrc.org

NON-PROFIT ORG
U.S. POSTAGE PAID
San Diego, CA
Permit No. 270

Uniform Holiday Schedule Fiscal Year 2010—2011

| | | |
|----------|--------------------|-----------------------------|
| Monday | September 06, 2010 | Labor Day |
| Monday | October 11, 2010 | Columbus Day |
| Thursday | November 11, 2010 | Veteran's Day |
| Thursday | November 25, 2010 | Thanksgiving Day |
| Friday | November 26, 2010 | Day after Thanksgiving |
| Friday | December 24, 2010 | Day before Christmas |
| Monday | December 27, 2010 | Christmas Day |
| Tuesday | December 28, 2010 | Day after Christmas |
| Friday | December 31, 2010 | New Year's Day |
| Monday | January 24, 2011 | Martin Luther King, Jr. Day |
| Monday | February 21, 2011 | Presidents' Day |
| Thursday | March 31, 2011 | Cesar Chavez Day |
| Monday | May 30, 2011 | Memorial Day |