

STATE COUNCIL ON DEVELOPMENTAL DISABILITIES

NORTH COAST NEWS

Advocacy • Capacity Building • Systemic Change

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MORE FROM MORLEY:

A LETTER FROM THE NORTH COAST REGIONAL MANAGER



I am not originally from California, the Golden State. I have heard different origins of the nickname: it is the Gold Rush, the golden California Poppies on the hillsides or golden sunsets on the ocean...

What made California golden to me? It is **YOU**; the warm and wonderful people I have met throughout my time with the State Council. It is a rare fortune to be a part of an organization that covers every corner of the state from Smith River to Blythe and all points beyond. Meeting and working with dedicated, passionate and compassionate individuals and families has been an honor. I will retire from State service on 3/31/2017 and, as I move to the next chapter, my heart is full of gratitude and I will always cherish my time with you.

Until we meet again, *Dawn*



The National Association of Councils on Developmental Disabilities (NACDD), the Association of University Centers on Disabilities (AUCD) and the National Disability Rights Network (NDRN) are proud to present Developmental Disabilities Awareness Month 2017!

Our goal for this month is to create awareness about developmental disabilities, tell stories of people who live with a disability and show their lives.

To get information about Developmental Disabilities Awareness Month Please Visit: <http://nacdd.org/ddam>

Remember to use the hashtag **DDawareness17** throughout the month of March!



WHAT DO YOU THINK....

About the services you family or family member receives from the developmental disabilities system?

**YOUR VOICE CAN MAKE
A Difference!**

Please take a moment to complete the survey.
**Your opinion will help
improve services and supports in California.**

Adult Family and Family Guardian Surveys

The State Council on Developmental Disabilities -North Coast office has sent out [The National Core Indicator Adult Family and Family Guardian Surveys](#) to parents and guardians of adult children that receive services from the Regional Center. The questions address key areas of concern including service planning, community inclusion, choice, health and safety, rights, employment and satisfaction. The law requires California to gather this data. Responses to these surveys will help California identify essential changes necessary to improve the quality of services at a statewide and local level.

Natural Supports

In addition to applying for government funded services, it is also important to explore what is available in your community that may provide help and supports – what are often called “natural supports.”

So what are natural supports? Natural supports are the relationships that occur in everyday life. Natural supports usually involve family members, friends, co-workers, neighbors and acquaintances. Individuals with intellectual and developmental disabilities often need help in developing these connections, but once they do these “natural systems of support” become an important part of their life in the community.

Some ways to build natural supports include:

- Participate in community activities and projects – Help out during a city event or volunteer at a local animal shelter .
- Join groups and clubs – Check out groups and clubs open to people of all abilities in your community. If you are in school, get involved in extracurricular clubs and youth groups like boys and girls club.
- Socialize with family and neighbors.
- Explore work opportunities – Think about what you like to do. Visit work sites where people do things that interest you. Find out if you can work as an intern or volunteer to see if you like that kind of work.

How can you help others strengthen their natural supports?

- Listen carefully and help individuals discover and express their interests and talents.
- Learn more about activities individuals are already involved in and explore ways connections can be strengthened.
- Make a list of community resources that fit the individual’s interests.
- Help individuals explore their communities to find activities and resources that fit their interests.
- Encourage and help individuals attend social or community activities.
- Ask others for ideas and help.

Sourced from: The ARC Indiana
<http://www.arcind.org/supports-services/natural-supports-community-connections/>