

STATE COUNCIL ON DEVELOPMENTAL DISABILITIES

NORTH COAST NEWS

Advocacy • Capacity Building • Systemic Change

INSIDE THIS ISSUE



We are recruiting!

Apply to be on our Regional Advisory Committee. - Pg. 1

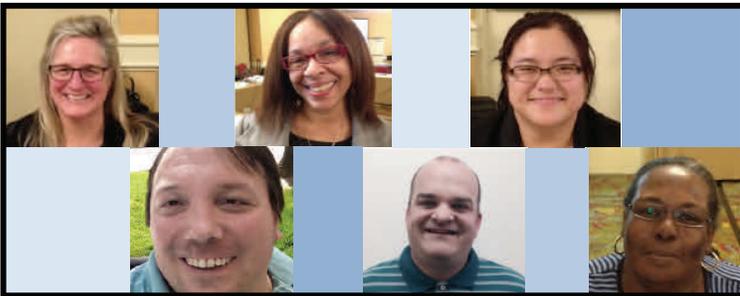
Are you prepared?

Here are some tips for getting ready for an emergency. - Pg. 2

Quality Assessment

Interviewers will be contacting Regional Center clients. - Pg. 2

Join the North Coast Regional Advisory Committee!



What is the State Council on Developmental Disabilities (SCDD)?

SCDD is a state agency led by a council of 31 members appointed by the Governor and supports 12 Regional Offices throughout the state. SCDD promotes independent and productive lives by influencing public policy in areas such as education, employment, housing, inclusion and self-determination. Each Regional Office has their own Advisory Committee that reflect the geographic and ethnic diversity of California.

How can I join my local Regional Advisory Committee?

If you are a person with a developmental disability, their family member, or a community member who is ready to change lives by improving the disabilities system, contact us for more information:

SCDD North Coast

Phone: (707) 463-4700

Email: northcoast@scdd.ca.gov

OR

Complete the Outreach Application online by visiting this link:

<http://goo.gl/forms/XeZDWIZWRa>

North Coast Office: 505 South State St., Ukiah, CA 95482

Phone: (707) 463 - 4700

Quality Assurance Program: (800) 821-1613

Plan Ahead for an Emergency!

How might a disaster affect you? Could you make it on your own for at least three days? After a disaster, you may not have access to a medical facility or even a drugstore, so it's crucial to plan ahead. Think about what you would do if those resources are limited or not available.

Planning steps should include:

- Create a support network. Keep a contact list in a watertight container in your emergency kit or go bag.
- Be ready to explain to first responders what you need to evacuate and where you plan on going.
- Plan ahead for accessible transportation and identify your local or private accessible transportation options.
- Inform your support network where you keep your emergency supplies.
- If you are dependent on dialysis or other life-sustaining treatment, know the location of more than one facility.
- If you use medical equipment in your home that requires electricity, talk to your doctor or health care provider about how you can prepare for its use during a power outage.
- Wear medical alert tags, bracelets, or carry an "In Case of Emergency" card. SCDD North Coast will make you a card for free!
- If you have trouble communicating, make sure your emergency information notes the best way to communicate with you.
- Keep model information and note where the equipment came from for assistive technology or medical devices in case they are lost or destroyed.

Sourced from Ready.gov

The Five "P's" of Evacuation

- **PEOPLE** - People and, if safely and possible, pets and other animals/
livestock 
- **PRESCRIPTIONS** - Prescriptions, with dosages, medicines, medical equipment, batteries or power cords, eyeglasses, and hearing aids 
- **PAPERS** - Papers, including important documents (hard copies or electronic copies saved on external hard drives and thumb drives) 
- **PERSONAL NEEDS** - Personal needs like clothes, food, water, first aid kit, cash, phones, chargers, and items for people with access and/or functional needs 
- **PRICELESS ITEMS** - Priceless items, including pictures, irreplaceable mementos, and other valuables 

Sourced from: SCDD North State Office

Important News for Individuals receiving Regional Center Services!

The State Council on Developmental Disabilities North Coast office is contacting individuals that receive services from the Regional Center. An introductory letter will be going out to those that have been selected to participate, followed by a phone call to set up a time to meet!

The questions address key areas of concern including service planning, community inclusion, choice, health and safety, rights and employment. The survey or visit will take about 30-45 minutes. The interviewer can come to your house, to your job or day program, or meet you in the community. All responses are confidential.

Your voice can make a difference!

Visit our website at: www.scdd.ca.gov/qap
Questions? Email: QAProject@scdd.ca.gov