



## Family & Self-Advocate Conversation Summary 5.12.22

**Q: I have a daughter who is 22 years old – how can I talk to her about the things she envisions for her life that will probably be difficult for her to accomplish (like having a family or driving a car)?**

**Responses:**

- The trajectory can help guide a conversation about “big goals” but also helps to think about how to break those big goals into smaller steps and experiences that lead to success. Also, understanding what those goals represent to her – unconditional love, independence, autonomy, etc. will help to navigate those conversations as well.
- Connecting her with some experiences that lead to self-discovery might be helpful – getting a “tech doll” that cries, wakes up in the night, etc. so she can experience what it’s like to take care of another person, spending time volunteering at a day care or just spending time with kids followed by some questions to help with self-reflection about how that experience went.
- Having pets to take care of may fill a need to take care of something and teaches responsibility.
- Making sure she knows she is heard and respected and supported to think about pieces of the goal that can be accomplished over time

**Q: We recently moved to Sioux Falls and my daughter aged out of school. Transportation in Sioux Falls has been very challenging – she qualifies for para-transit but there’s not much else available. We’ve used Lyft, but it’s pretty expensive. Is there a way to advocate for better transportation options?**

**Responses:**

- Transportation has been a concern for families across SD for a long time – DDD’s hope is that the family voice can be elevated to advocate for changes in this and other areas. What would it look like to work together to advocate for this change?
- Pierre is fortunate to have quality public transportation – maybe it would be helpful to contact River City Public Transportation and learn from them what’s been successful, then advocate for that in other communities.
- Using the concept of the Integrated Support Star may be helpful – what is the person able to do on her own? Are there possibilities to carpool and leverage the relationships the person has?
- Attempt to arrange car-pool with others who attend same activities
- Purchase a car and then hire someone to drive it.
- Lyft has a safety feature where you can send your ride info to anyone in your contact. Allows them to track the ride

**Q: Who is the best person to talk to about Social Security Income and Social Security Disability Income, as well as Medicaid and Medicare? We have had some changes in our life over the past year, but the Social Security Administration seems behind and I’m worried that we will lose benefits at some point if the records are incorrect.**



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### Responses:

- Benefits Specialist are great! <https://bsnsd.org/contact/>
- Rhonda Erickson is very knowledgeable. Her contact information is: [rhonda.erickson@state.sd.us](mailto:rhonda.erickson@state.sd.us), 605-367-5330.
  - She is very knowledgeable about ABLE accounts as well

**Q: I would like an individual to come over in person and encourage my 30-year-old family member to attend some activities. What are the options?**

### Responses:

- Independent Living Choices - [www.ilchoices.org](http://www.ilchoices.org)
- Dakota at Home: [www.dakotaathome.org](http://www.dakotaathome.org)
- Contact Mary Kay Budmayr regarding Partners in Policymaking, which helps people learn to advocate for themselves and can help with social skills as well. Mary Kay can be reached at 605-224-8294.

**Q: What is the status of the Family Support 360 waiver renewal?**

**Response:** The Division of Developmental Disabilities (DDD) is answering the 2<sup>nd</sup> round of questions from the Centers for Medicare and Medicaid Services (CMS). CMS has requested that DDD submit a request for an extension of the current approved Family Support 360 waiver until the proposed renewal is approved. For more information about the Family Support 360 waiver, please see <https://dhs.sd.gov/developmentaldisabilities/familysupport360.aspx>