

CDCS (Consumer-Directed Community Supports) Orientation

The CDCS training sessions will be held on a **virtual (Teams - online)** platform.

All sessions are the same so only one session needs to be attended.

Training sessions are facilitated by Community Services' staff.

Please ensure you RSVP your case manager to get signed up for the meeting.

You will be mailed a training packet and emailed a training link.

CDCS training sessions:

- **Tuesday, Feb. 13**
6-8 p.m.
- **Monday, March 11**
1-3 p.m.

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Community Services
14949 62nd Street N.
Stillwater, MN 55082

[Intellectual and
Developmental Website](#)

Welcoming 2024

Happy New Year! I hope everyone enjoyed the holiday season and is finding ways to stay warm on these cold days. 2024 brings a lot of changes to the consumer directed programs offered through Washington County and the Personal Care Assistance (PCA) programs. Here are some details:

Washington County is now offering Navigator Services. Community Services navigators are specialized staff who are dedicated to helping you and your family with access to services. Navigators can provide information on:

- Community Services' county and state programs;
- financial support;
- medical insurance;
- home and community-based services;
- mental health and chemical health services;
- homeless outreach support;
- resources in the community;
- how to schedule appointments; and
- resources and referrals.

In-person navigator support is currently available at our Cottage Grove, Forest Lake, Stillwater, and Woodbury offices.

To request assistance from a Navigator, call 651-430-6455 or [email the navigators](#).

Transition Age Extended to Age 22 in Minnesota

Legislation was recently enacted and a court case was recently decided, both of which provide that **students with disabilities are eligible for transition services until they turn 22.**

If your child is still in school, please contact your school district to request they continue transition services until they turn 22.

If your child turned 21 on or after July 1, 2019 and their special education services ended before July 1, 2023, they are likely eligible for compensatory services for services not received before their 22nd birthday. In order to access those services, please contact your school district or transition program to re-enroll your child or discuss compensatory services.

If the school refuses your request to re-enroll your student or refuses your request for transition services, please contact the Minnesota Disability Law Center at 1-800-292-4150.

For other questions related to transition programming or services, contact PACER Center via [email](#) or call 952-838-9000.

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- **Wednesday, April 10**
9-11 a.m.
- **Thursday, May 23**
6-8 p.m.
- **Tuesday, June 4**
1-3 p.m.
- **Tuesday, Aug. 6**
6-8 p.m.
- **Wednesday, Sept. 4**
9-11 a.m.
- **Thursday, Nov. 7**
6-8 p.m.
- **Monday, Dec. 9**
1-3 p.m.

Family Support Grant (FSG)

The Family Support Grant Program provides cash grants to families of children, under 25 years of age, with a certified disability, residing at home.

The goal of the program is to prevent or delay the out-of-home placement of children and promote family health and social well-being by enabling access to family-centered services and supports.

Recipients between the ages of 14 to 25 can use the grant funds toward transitional services and supports to achieve an employment

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CDCS Corner

The following changes are effective Monday, Jan. 1, 2024:

- **For the CDCS, PCA, and Consumer Support Grant (CSG) programs:**
 - minimum staff wage increased to \$19 per hour;
 - paid time off is mandatory; and
 - Juneteenth has been added as a union holiday.
- **For the CDCS and CSG programs:**
 - Paid Parent of Minor (PPOM)/Spouse maximum wage increased to \$22.74 per hour (includes Paid Time Off [PTO] costs);
 - staff wage range in Washington County: \$19 - \$25 per hour; and
 - enhanced PPOM/Spouse rate: \$24.42 maximum per hour.

The following is still waiting Federal approval:

- Increased weekly hourly caps for PPOM/Spouses:
 - **When ONLY one parent is providing services:** 60 hours per week.
 - **When more than one parent is providing services:** 80 hours per week with no more than 40 hours per person.
- CDCS and CSG plans will receive an increase effective Monday, Jan. 1, 2024:
 - **The CDCS program will receive an 8.49% increase.**
 - **The CSG program will receive a 21.43% increase.**

The managing parties will receive notification in January of this increase. The Financial Management Service (FMS) provider will make all necessary adjustments to accommodate the union agreement and will put any remaining funds into unallocated. The managing parties will then need to identify how they want any remaining funds directed. Managing parties can choose to identify how they want these funds directed by using the Community Support plan addendum sent to them by their case manager or complete a revision form.

Written by: Denise Steans, senior social worker

Various Funds Available for CDCS Staff

In 2023, various funds were introduced by the state legislature to support staff working through CDCS. Staff's Unique Minnesota Provider Identification (UMPI) Number is needed to apply for any of the funds listed below. Access your UMPI number from your FMS or your pay stub.

Consider the options below and the criteria for each funding option:

- **\$200 One-time Electronic Visit Verification (EVV) Stipend**
Check with your FMS on managing the new EVV systems. If you live in the home and provide support, you need to enter in EVV once per day.

For more information or to apply, visit the [Minnesota Department of Human Services \(DHS\) EVV Stipend Program website](#).
- **\$1,000 One-time Retention Stipend**
To qualify, staff must currently be in the Service Employees International Union (SEIU) collective bargaining unit and have been for at least six months.

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goal. When the recipient is working toward an employment goal they do not need to reside in their guardians'/parents' home to utilize grant funds but the guardian/parent will be responsible for monitoring grant fund usage and following program guidelines.

For more information, visit the [Washington County Family Support Grant website](#).

Family Homeless Prevention and Assistance Program

The Family Homeless Prevention and Assistance Program (FHPAP) is available to individuals and families who need help with housing expenses or are facing a housing crisis. You may be eligible for help with your rent, utilities, or other housing costs.

Access FHPAP informational flyers in various languages on the [Homeless Resources and Housing Information website](#).

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For more information or to apply, visit the [Minnesota DHS Direct Support Workers Retention Stipend Program website](#).

- **\$500 One-time Voluntary Training Stipend**

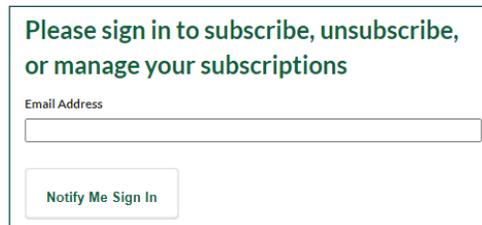
For workers who complete qualifying DHS trainings while working with a person who participates in CDCS, CSG, or PCA Choice. Available until Sunday, June 30, 2025 or funding is exhausted.

For more information or to apply, visit the [Minnesota DHS Stipends for PCA Choice, CDCS and CSG Workers website](#).

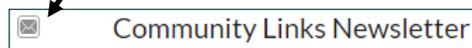
Washington County Community Resources, Services and Events Newsletter in Spanish

Washington County produces a quarterly Community Engagement Newsletter in Spanish which links providers and consumers to community resources and local activities. To sign up for the newsletter:

- Visit the [Washington County Notify Me website](#) or click on the (Receive Notifications) button on the website.
- Enter your email address in the "Email Address" input field.



- Click the "Notify Me Sign In" button.
- Scroll down to "Community Engagement Newsletter" in the Notify Me section then click the mail icon.



Financial Support for Adults with a Fetal Alcohol Spectrum Disorder (FASD)

Proof Alliance is excited to offer **one-time support grants** for adults with an FASD living in the east metro. Through the generous sponsorship of the Saint Paul Foundation's William and Connie Carroll Endowment Fund, we are pleased to open the application process to provide financial support to address unmet needs and to improve the quality of life for adults impacted by FASD.

For more information like eligibility requirements and to apply for a grant, visit the [Support Grant for Adults with FASD in Washington, Ramsey, and Dakota County website](#).

Homeless Resources and Housing Information

People who experience homelessness deserve access to services to assist them in becoming stably housed, as well as assist them with accessing other resources to meet their basic needs.

For more information, visit the [Washington County Homeless Resources and Housing Information website](#) or call the Homeless Outreach Services Team at 651-430-6488.

Help Applying for Social Security Disability Benefits

Applying for federal Social Security disability benefits can be a challenge. Minnesota DHS Social Security advocates are available to help you file an application, appeal a denied application, and make sure that you are applying for all the benefits for which you are eligible.

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Valley Friendship Club (VFC) News



Having Fun Making Friends

and older with disabilities. Learn about healthy relationships with ourselves, others, and the community.

VFC always has a mix of fun events online and in-person each weekday including Hangout, Music Mashup, Arts & Crafts with Angelina, and Bingo. This winter we will have snowshoeing, sledding, snow tubing, ice fishing, and a great Valentines Dance Party! Our summer camp schedule will be coming out as well and will include a *United in Music* Camp, Silent Film Camp, an Art Camp, and other offerings.

Join us and learn more about all the fun we have everyday at VFC! View our full [Events calendar](#) on the [Valley Friendship Club website](#). Kids, teens, and adults are welcome!

Submitted by: Lisa Kothe, VFC program director

VFC is becoming an east metro site for Special Olympics Young Athletes. Young Athletes is an innovative sports play program that introduces children ages two to seven years old with and without disabilities to the world of sports. VFC is offering a six week session starting Saturday, Jan. 6.

Another new offering starting in January is Healthy Relationship classes taught by Mad Hatter Wellness. There are a variety of classes for people ages 10

Adaptive Winter Sports

Adaptive Ski Programs in Minnesota

We are lucky to have so many adaptive ski programs in Minnesota! Each program is slightly different in the population they serve and where the program is located. Please contact the individual programs for more information.

- **Adaptive Recreation and Learning Exchange (AR&LE) Downhill Ski/Snowboard Lessons and Ski Club**

Six week program is for individuals seven and older with the ability to stand up while learning to ski or snowboard. *Ski Club members must be referred by ski lesson staff and be able to ski independently.* Students with mobility impairments are referred to Courage Kenny Ski and Snowboard. Various locations and times offered.

Ann Jindra, Recreation Supervisor
Richfield Recreation Services, 7000 Nicollet Ave. South, Richfield, MN
612-861-9361 | [Email Ann](#) | [AR&LE website](#)

- **Hyland Hills Ski Stars**

Hyland Hills offers a weekly lesson program for youth with developmental disabilities. Individuals will have fun and develop skiing skills in a safe and controlled environment. Rental equipment included. *Limited space available.*

763-559-6700 | [Three Rivers Snowsports Academy website](#)

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Share your ride

Helping people of all abilities live and thrive in the community.

Dakota County is looking for people who own a wheelchair-accessible vehicle (WAV) to transport individuals that use mobility devices to work, home and throughout the community.

How it works:

- Must own a wheelchair-accessible vehicle.
- Travel area includes Dakota County and the Twin Cities metro area.
- Enjoy a flexible schedule and earn competitive rates and bonuses.
 - Receive a **\$500** sign-on bonus at the time of employment and another \$500 after completing three months of active driving.
 - Earn a **\$50** bonus for each ride completed.
 - Make **\$125** for every WAV driver you refer. New driver must pass background check, vehicle inspection and complete a ride before payout.



Before you get started, a background check and a vehicle inspection will be completed. You'll receive training as well as on-going support.

To apply, contact Robyn Bernardy at sslyft@co.dakota.mn.us or 651-554-6956.

For more information, visit www.dakotacounty.us, search *WAV drivers*.



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Those eligible for this service must:

- live in Minnesota;
- have a disability which has or will last for 12 months or longer; and
- be at risk/currently homeless.

For more information and to view the directory of advocates, visit the [MN DHS Social Security Advocacy Services website](#).

Contact Us for Article Submissions:

For questions or to submit articles, contact:

Denise Steans
651-430-4168
[Email Denise](#)

Sign Up for this Newsletter

Sign up to receive this newsletter via email or text through our [Notify Me system web page](#).

If you have a change to your email address, make sure to update the Notify Me system so you continue receiving your newsletters.

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- **Mankato Area Adaptive Ski Program (MAASP)**

MAASP is an adaptive ski program developed to give people with physical disabilities the opportunity to ski!

507-207-3036 | [Email Mankato Community Education MAASP Ski Program via the Mankato Community Education website](#)

- **Midwest Sport/Ski Council's (MSC) Deaf and Hard of Hearing (DHH) Programs**

This program teaches children how to ski or snowboard for the first time or advance their current skills with additional instruction. Equipment and lift tickets provided for students and minimal cost.

Hyland Ski & Snowboard Area, Bloomington, MN

[Email MSC DDH Program](#) | [MSC's Special Programs website](#)

- **Padraig's Place - Buck Hill**

Padraig's Place, a local non-profit organization, and Buck Hill Ski and Snowboard School have come together to provide a fun experience for skiers and snowboarders with both physical and cognitive disabilities. Padraig's Place has adaptive equipment that can assist stand-up and sit down skiers as well as balance equipment for snowboarders. Padraig's Place also offers instructors that have trained with the latest equipment and current techniques to make the experience memorable and safe. Many of the instructors are Professional Ski Instructors of America (PSIA) certified, trained through the National Sports Center for the Disabled, and active in the special needs community outside of the ski area.

Brian Foley: 612-889-7001 | [Email Brian](#)

Eileen Foley: 612-236-7177 | [Email Eileen](#)

Burnsville, MN | [Padraig's Place website](#)

- **Special Olympics Adaptive Skiing**

612-333-0999 | [MN Special Olympics website Area 13 \(Anoka, Chisago, Ramsey \[partial\], and Washington counties website\)](#)

- **Trollhaugen Adaptive**

Offers adaptive lessons seven days a week, by appointment. The types of lessons with equipment include: three track, four track, mono-ski, bi-ski, and other devices which provide opportunities for skiing. *Reservations are required and accepted in the order they are received.*

Gretchen Anderson | 715-755-2955 ext.263 | [Email Gretchen](#)

Dresser, WI | [Visit Trollhaugen's website](#)

Information provided by Courage Kenny Rehabilitation Institute.

True Friends

Get ready for 2024's upcoming sessions by registering for True Friends' Camp and Respite programs.

Registration questions: 952-852-0101 | [Email True Friends](#)

To explore the program sessions and information: [visit True Friends' website](#)