

How Supported Decision Making Can Enhance the Health of Individuals with Intellectual and other Developmental Disabilities

Program Description

People with disabilities and their families often navigate multiple systems of care to address basic and complex health care needs. Supported Decision-Making (SDM) offers a person-centered approach that places the individual at the center of care and decision-making. This session will provide an overview of SDM models, tools, and best practices and application to healthcare and community life. Participants will have the opportunity to review examples of how SDM enables an individual to make informed choices that promote quality of life, self-determination, and optimal health.

This program can be provided as a 1-hour introductory presentation or a 3-hour participatory workshop.

Program Objectives

Upon completion of this program participants should be able to:

1. Explain how supported decision-making aligns with person-centered principles and address outcomes relevant to integrated care.
2. Identify models of Supported Decision-Making that are relevant for individuals with I/DD.
3. Discuss how supported decision-making models and strategies can be applied within a healthcare framework.
4. Describe resources that offer strategies and tools for disability and health professionals and individuals and families.
5. Develop a plan of action that outlines how supported decision-making can mitigate barriers to optimal health for individuals with I/DD.

Sample Program Agenda

9:00 AM – 10:30 AM	Supported Decision-Making models and tools
10:30 AM – 10:45 AM	Break
10:45 AM – 12:15 PM	Case examples, resources and a plan of action
12:15 PM	Adjourn

Target Audience

Health care professionals; human service organizations; families and individuals who support or are interested in supporting individuals with I/DD

Contact Hours

Up to 3.0 contact hours

Faculty

Karen Luken, MSRA, is a disability and health consultant with more than 40 years of experience in health care services, and recreation therapy practice, teaching, and research. Karen's interests include integrated care, Medicaid managed care, oral health care, health promotion, and the Project ECHO tele-mentoring model. Karen believes collaboration is a key to quality services and systems change and values the opportunity to learn with and from others. Her work has enabled her to collaborate with individuals with disability, family members, NC Council on Developmental Disabilities, First in Families in NC, Autism Society of NC, The Arc of NC, Duke University School of Medicine, NC AHEC, NC Division of Public Health, and National Center for Health, Physical Activity and Disability. Karen has a B.S in therapeutic recreation from the University of Illinois-Urbana, a M.S. degree in Recreation and Leisure Studies and a certificate in public health from UNC-Chapel Hill. Karen believes "*It is not enough to be compassionate. You must act.*" Tenzin Gyatso, Fourteenth Dalai Lama. 1992