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2014

CDS- Annual Report 2014

College of Health and Human Services

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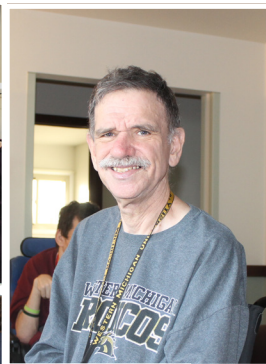
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WESTERN MICHIGAN UNIVERSITY
Center for Disability Services



Center for Disability Services

Western Michigan University College of Health and Human Services

ANNUAL REPORT 2014

From the Advisory Board | Chairperson

This past year we expanded our services to older adults, outgrew our support coordination office space, expanded our assistive technology expertise, and re-established our Healthy Lifestyles initiative with a grant from the United Way. These are all indications of a year well spent. Our students, faculty and staff recorded an impressive number of hours providing services and supports to people with intellectual and related developmental disabilities, and to older adults. The learning experiences for students were invaluable. The impact on people we serve was evident in their stories. Please read a few of these stories in the following report.



The year was not without its challenges. There were significant reductions in skill building services funded by our local community mental health, and a decrease in the number of individuals seeking supported living. These challenges became our inspiration to launch the Aging Services Division. Our students and staff are well trained to provide services to older adults without a disability history, and the new emphasis fits well with the allied health academic programs in the College of Health and Human Services. We are excited about the future and we appreciate your continued support of our programs and services.

Sincerely,

A handwritten signature in yellow ink that reads "Debra K. Lindstrom". The signature is written in a cursive, flowing style.

Debra Lindstrom, Ph.D.
Chairperson, Advisory Board

Helping people live life fully





excellence

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Looking Ahead



"The Center for Disability Services has embarked on a new venture to bring our core services to an expanded aging population. WMU Aging Services is now serving older adults without a disability history. These services include Care Management, In Home Care, and Senior Day Services. The educational resources of students and faculty at Western Michigan University provide an ideal foundation for developing systems of support for people who want to age in place. We are excited about our future as a place for education, research and service."

- Dr. Carol Sundberg,
Director

leadership



excellence

■ History

The Center for Disability Services was established in 1981 by the College of Health and Human Services. At that time Western Michigan University collaborated with the mental health community and the Greater Kalamazoo United Way, in an attempt to respond to a state mandate to care for people with disabilities in community settings rather than in institutions. WMU saw the joint sponsorship of a community service for those with disabilities as ideal for integrating education, services, and research for the University to be a contributing participant in its own community. Today, WMU/CDS provides individuals with disabilities many service options that include individual and group skill building through community inclusion activities, community living services, case management/support coordination, supported living services, and adult day services for adults with Alzheimer's or other dementias. The Center for Disability Services also provides WMU students with an opportunity for innovative learning and discovery in the field of disabilities.

■ Mission

Our mission is to help people who need personal, physical, and /or cognitive assistance live life fully.

■ Vision

Our vision is to make it possible for people who need assistance because of impairment, activity limitation or participation restriction become valued members of society.



Our commitment to community service can be seen by the many lives we have touched throughout the years. With the help of several community partners, we have transformed our goals into reality.

f helping

accreditation

The international accrediting body, CARF, has accredited the Center for Disability Services for its Community Services: Community Integration, Community Services Coordination, and Supported Living programs as well as Adult Day Service programs. This accreditation represents the highest level of accreditation that can be awarded to an organization and shows the organization's substantial conformance to the CARF standards.

CARF is an independent, nonprofit accrediting body whose mission is to promote the quality, value, and optimal outcomes of services through a consultative accreditation process that centers on enhancing the lives of the persons served.



CDS staff support and encourage each individual to participate in their community with the belief that everyone deserves to be part of a community, family or group of friends. It is also a belief that participation for individuals served enhances the strength and quality of the community.



highlights

- Because of its growing clientele and limited space, Supports Coordination has moved to a new location in Kalamazoo. They are now located in the Kings Edge building at: 834 King Highway, Kalamazoo, MI 49001 (269) 459-8466
- Since 2003, the Creative Abilities Art Studio at the Center for Disability Services (CDS) has assisted adults with disabilities. CDS has afforded them the opportunity to create and sell their artwork through the Community Connections art therapy program. This past year, the art studio has expanded by launching an Online store filled with CDS artwork and products. We invite you to explore our online store which features unique artworks created by our consumers.
- In May, CDS was accepted by the United Way for the Day of Caring Program. The Day of Caring Program matches employers, employees and members of organized labor with projects that allow those individuals a behind-the-scenes look at nonprofit agencies in our community. Day of Caring volunteers make a firsthand difference in the community by working as a team to perform meaningful volunteer projects at a variety of different agencies. This year, CDS was paired with ten Pfizer - OpEx volunteers to accompany nearly fifty CDS consumers to the June 3rd Kalamazoo Growlers baseball game. Pfizer volunteers ate lunch and cheered for the Growlers with CDS consumers.

Over the past year, the Center for Disability Services has

- integrated new technologies with the services offered. Several ipads were purchased and quickly became

favorite devices of the individuals served through Community Connections and WMU Senior Day Services. The WMU students had no trouble finding dozens of useful apps for consumers to increase communication, learning and socialization. CDS has also acquired a TAP-it®; an interactive platform (like a really big iPad) that minimizes barriers and maximizes flexibility for individuals with special needs. TAP-it® is within reach for people using wheelchairs, walkers or other mobility devices, providing full access to the screen with easy adjustments that adapt to individualized needs.

CDS, along with the College of Health and Human Services and Unified Clinics, hosted a tent at the 2013 CommUniverCity. CommUniverCity Night is one of the largest single events in Southwest Michigan each year. More than 30,000 fans attend the home-opener each year, which is preceded by a massive by-invitation-only tailgate party in a "Corporate Village," adjacent to Waldo Stadium. CDS, The Unified Clinics and the College of Health and Human Services welcomed over 150 guests last year. Plans are underway for another exciting event this fall.

CDS consumers participating in the Creative Abilities Art Studio created and sold over \$1,800 of artwork this summer while attending several festivals in Kalamazoo.

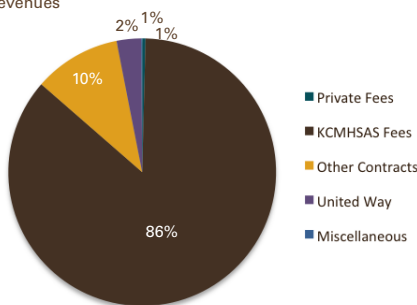
- Most of the proceeds go directly into the pockets of the consumers while about 10% is for purchasing additional art supplies.

financial report

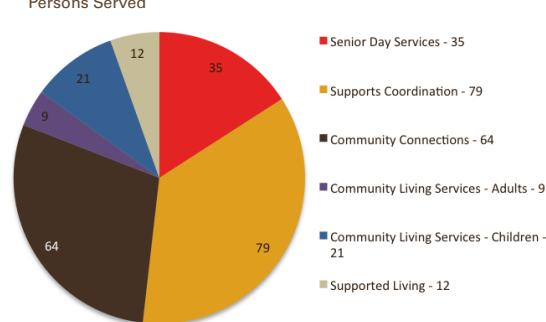
As an auxiliary enterprise at WMU the center is funded entirely by external funding in the way of grants and contracts, and also receives funding from the United Way of the Battle Creek and Kalamazoo Region. Significant contracts are maintained with Kalamazoo Community Mental Health and Substance Abuse Services, Senior Services, Area Agency on Aging, The Veterans Administration, the County of Kalamazoo, and the State of Michigan Department of Human Services.

Revenues	
Private Fees	\$10,281
KCMHSAS Fees	\$2,176,817
Other Contract Fees	\$265,970
United Way	\$74,770
Miscellaneous	\$3,145
Total	\$2,530,983
Expenses	
Compensation	\$2,019,291
Consumer Transportation	\$120,374
Occupancy Costs	\$151,810
Consumer Supplies	\$86,879
Other	\$271,541
Total	\$2,649,895
Annual Surplus (Deficit)	(\$118,912)

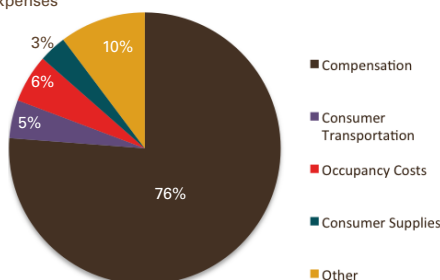
Revenues



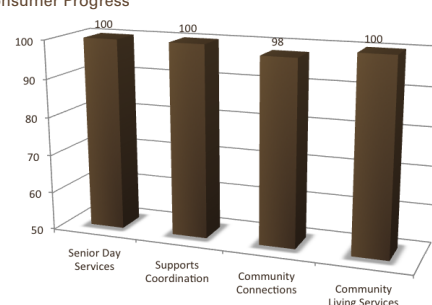
Persons Served



Expenses



Consumer Progress



Consumer Satisfaction Chart

I like the services that I received.



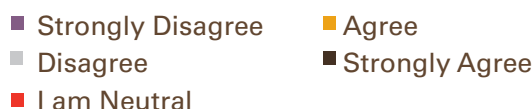
If I had other choices, I would still choose to get services from this provider.



I would recommend this agency to a friend or family member.



Note: There are no chart labels for responses with values of 4% or less.



81% of CDS employees donated funds to the United Way with total pledges of \$2,667

Erin is a student intern at WMU Senior Day Services who works with a patient who had a stroke to improve fine motor skills and alternative communication using the iPad.



a history of

Tom is an intern at Community Connections and is working on creating and updating a reference book for incoming staff and interns. This is a book that identifies the likes and dislikes, specialized diets, personal care needs, diagnoses and medical information for each person served.



student statistics

Student Interns

Total of 117 interns for a total of 10,980 hours.

- Interdisciplinary Health Studies (IHS) Interns - 35 interns were at CDS for 6,240 hours.
- Music Therapy - 16 music therapy interns were at CDS for 468 hours
- Human Performance and Health Education (HPHE) - 48 practicum students worked with consumers from CDS at the Student Recreation Center for 1248 hours.
- Occupational Therapy (OT) - 16 practicum students were at CDS for 1664 hours.
- Art Therapy - 2 interns were at CDS for 1360 hours.

research

Asia recently began her internship with Community Connections. Previously she had an internship with the Unified Clinics which allowed her to treat a client who was diagnosed with a spinal cord injury. She worked with the client to improve fine motor skills and develop treatment plans..



Healthy Lifestyles addresses the health disparities evident between the general population and people with developmental disabilities. Western Michigan University Center for Disability Services along with Special Olympics is implementing an evidenced based health and physical activity program. The project is supervised by a Master's prepared individual with consultation from faculty in the Department of Human Performance and Health Education. The project will focus on decreasing health disparities by promoting healthy behaviors in the IDD population in collaboration with Special Olympics. The program expects to serve a minimum of 150 individuals annually, providing twenty thousand hours (20,000) of prevention activities. The project will provide 500 educational or physical fitness group activities annually; an average of ten weekly. The project will also train 50 WMU students as educators in health education for special populations. Standardized assessments will include measures of physical and psychological changes.



f educating

impact on academics

■ The Center for Disability Services offers volunteer experiences to many students at WMU. This past year CDS welcomed 68 volunteers with over 1000 hours of service. Many of these students come from various departments in the College of Health and Human Services. Many of these student volunteers remain at CDS for employment and additional volunteering opportunities long after they have completed any class requirements.

■ The Center for Disability Services provides internship opportunities to Interdisciplinary Health Services (IHS) students. This internship requires 200-240 clock hours per semester. The IHS interns are undergraduate students who are moving into a variety of allied health fields. We often get feedback that this was the most valuable experience in helping them decide on a graduate field of study and seeing firsthand how that field helps to improve people's lives.

Each fall and spring semester, individuals

■ who attend Community Connections have the opportunity to go to the Student Recreation Center and receive 1-1 instruction on sport activities from adapted physical education students.

impact on community

The Community Connections services at CDS help consumers to volunteer for a number of local organizations. This enables them to become more integrated within the Kalamazoo community and develop friendships to expand their social connections with many different people. Some organizations collaborating with CDS include Senior Services, Meals on Wheels, Borgess Gardens, Greater Kalamazoo Girls on the Run, and WMU recycling. Our consumers love being productive and helping in the community!

**Total Hours of Service
for all Programs:**

167,325



"CDS received a \$93,000 grant from United Way of the Battle Creek and Kalamazoo Region to promote health and wellness."



a history caring

grants and contracts

CDS has a strong commitment to helping people learn to live a healthy lifestyle. As a population, individuals with intellectual and developmental disabilities (IDD) experience poorer health than the general population and they are at significant risk for health problems. They may also be the largest underserved population where there is evidence of health disparities in relation to prevention activities. Individuals with IDD are often left out of health promotion and disease prevention activities and they are twice as likely to be physically inactive as people without disabilities. Therefore, CDS created a healthy lifestyles emphasis in 2005 that continues today. For example, during the cold winter one fitness activity was a "walking club" that rewarded consumers with little feet jewelry to demonstrate how many laps/miles they completed. In April, consumers participated in the Kalamazoo Color Run with several CDS staff and student volunteers. Consumers take full advantage of campus facilities by using the swimming pool at the WMU Student Recreation Center as well as the Kalamazoo YMCA and Repetitions Gym in Portage to workout weekly. During the fall and spring semesters, consumers work out with students from the Human Performance and Health Education classes. Beginning July 1, the United Way of Battle Creek and Kalamazoo Region has partnered with the CDS to expand healthy lifestyle activities for people with developmental disabilities by providing funding. The United Way funds will go toward promoting health and wellness for individuals with developmental disabilities and increase their participation in physical activity and health education. The goal is for participants to demonstrate an improvement of physiological and psychosocial measures of well-being. The project will focus on decreasing health disparities by promoting healthy behaviors in the IDD population in collaboration with Special Olympics of Kalamazoo County. The funds will be used for participation in community based fitness facilities, funding transportation to activities, program materials, promotional products, food for healthy eating classes and for a Healthy Lifestyles coordinator.



The Center for Disability Services uses a person-centered approach to improve quality of life; an individual's personal quality of life is the ultimate goal.

creative activities

In January, CDS staff members Dawn Robarge and Jill Svinicki attended the Assistive Technology Industry Association Conference in Orlando with Occupational Therapy professor, Dr. Debra Lindstrom.

The five day conference taught them many new, low-cost ways to enable individuals with disabilities to perform routine tasks. Upon returning from the conference, Dr. Lindstrom introduced Dawn and Jill to Leon Camburn, graduate student in Occupational Therapy (OT) and former machinist. Leon recently completed an independent study with Dr. Lindstrom and was very interested in assistive technology. He has been working with CDS in an effort to create devices that will help CDS consumers. One project in particular that Leon has worked on is the development of a low cost, versatile wheelchair ipad holder. Leon's machinist background has come in handy as he continues to develop new ideas and build assistive devices.

The year, CDS successfully completed all the requirements necessary to have a certified butterfly garden at the Five Senses Garden in Kalamazoo. The garden, which was planted by CDS consumers and staff, provides resources that increase the world's population of butterflies.

CONSUMER PROGRESS



Community Living Services staff have been working with a young woman named Monica in her family's home for a number of years prior to her moving out on her own. CDS staff worked with Monica on skills to assist her during her transition, such as cooking, safety and transportation.

When Monica moved into her apartment a year and a half ago, she had 24-hour staffing. Because of CDS's assistance and training, and Monica's increasing independence, Monica no longer needs assistance from CDS. She has demonstrated all the skills needed to be independent and live on her own.



Deb attends Community Connections at CDS and has always had difficulty eating. She had episodes of choking and trouble swallowing often refusing to eat. As this became more of an issue for Deb, Coordinator of Community Connections, Jill Svinicki teamed up with Occupational Therapy practicum students and their instructor to provide assistance and solutions to Deb's eating challenges. The students researched and found some simple adaptive equipment that CDS purchased to make mealtimes more enjoyable and safe for Deb. The students also did Beckman Oral Motor exercises with Deb prior to eating to help her with swallowing functions. Deb has shown vast improvements over the past year.



George loves music but has always preferred to listen alone, never joining CDS's music therapy groups. Because of George's love of music, and the many benefits of music therapy, George was assigned to work individually with a music therapy intern this past year. The dedicated student enticed George into the class by playing George's favorite music on his guitar. Within a few weeks George started to enjoy class and was building a relationship with the music therapy student. He would even come to class early and request a specific instrument so he was ready when the music therapist arrived. George is now able to enjoy one of his favorite activities in the company of friends.



**Center for
Disability Services**

WESTERN MICHIGAN UNIVERSITY



The Center for Disability Services has outgrown its name. Twelve years ago we opened a senior day service and began caring for seniors with Alzheimer's and other dementias. We are now introducing additional services to better align ourselves with the changing demographics of Kalamazoo County and the increase in needed services for aging adults. We have created Western Michigan University's Aging Services as a division of the Center for Disability Services. This new division will serve aging adults and senior citizens in Kalamazoo County. Our services are designed to meet the needs of seniors in Kalamazoo County to allow them to remain living at home, regardless of age, illness or disability. For more information, please visit wmich.edu/agingservices.