



Western Michigan University
ScholarWorks at WMU

Center for Disability Services News

Center for Disability Services

2015

CDS- Annual Report 2015

College of Health and Human Services

Follow this and additional works at: https://scholarworks.wmich.edu/disabilitycenter_news



Part of the Disability and Equity in Education Commons, and the Higher Education Commons

WMU ScholarWorks Citation

College of Health and Human Services, "CDS- Annual Report 2015" (2015). *Center for Disability Services News*. 2.

https://scholarworks.wmich.edu/disabilitycenter_news/2

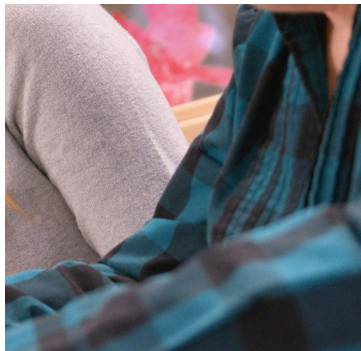
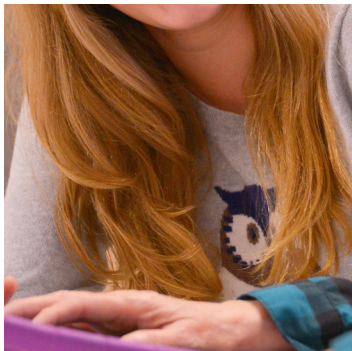
This Report is brought to you for free and open access by the Center for Disability Services at ScholarWorks at WMU. It has been accepted for inclusion in Center for Disability Services News by an authorized administrator of ScholarWorks at WMU. For more information, please contact wmu-scholarworks@wmich.edu.





CENTER FOR DISABILITY SERVICES

2014 -15 Annual Report



From the Director

Dear Friends,

This past year we achieved Commission on Accreditation of Rehabilitation Facilities (CARF) reaccreditation for the maximum three years. The survey team commended CDS for the commitment and passion of the entire organization and called the rapport between personnel and persons served “first rate.” Families expressed to the survey team that our services are a “God send” and add significant quality to the life of their loved ones.

Our overall census grew, particularly in our Aging Services. Students, faculty and staff are well trained to provide services to older adults, and this new emphasis fits well with the allied health academic programs in the College of Health and Human Services. Substantial time and effort was also spent launching our electronic medical record, which was developed with many customizations to accommodate real time data collection. The use of an electronic record required the purchase of mobile devices to use off site, and countless hours of training and testing. We also completed the first year of our Healthy Lifestyles initiative, and continued to develop assistive technology expertise. These are all indications of another year well spent. Students repeatedly tell us that their learning experiences with CDS are invaluable and the impact on people we serve is evident in their own stories. Please read a few of these stories in the following report.

We are excited about our future as a place for education, research and service.

Sincerely,



Carol Sundberg, Ph.D.
Director, Center for Disability Services

Helping people live life fully



excellence

- 4 About
- 6 Highlights
- 7 Financial Report
- 7 United Way

education

- 8 Student Statistics
- 8 Research
- 9 Impact on Academics
- 9 Student Success

innovation

- 10 Grants and Contracts
- 11 Aging Services
- 11 Consumer Progress
- 11 Creative Activities

Advisory Board Members



Debra Lindstrom
Board Chairperson
Professor, Department of
Occupational Therapy



John Coats
Retired Scientist



Cindy Green
Assistant Superintendent
of Student Services and
Director of Special
Education, Kalamazoo
Public Schools



Fran Hoard
Family Representative



Sharon Hunt
Family Representative



James Leja
Professor and Chair,
Department of Blindness
and Low Vision Studies



Lowell Rinker
Retired WMU Vice
President for Business and
Finance and CFO



Edward Roth
Professor,
Music Therapy
School of Music



The Center for Disability Services staff and advisory board are dedicated to providing consumer-driven services. To this end, persons receiving services will provide the primary direction in shaping their services and formulating their plan of service or support.

excellence

- **History**
The Center for Disability Services (CDS) 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, to establish a community service for people with disabilities. WMU saw the joint sponsorship of a community service as ideal for integrating education, services, and research and for the University to be a contributing participant in its own community. Today, CDS provides individuals with disabilities many service options that include individual and group skill building through community inclusion activities, support coordination, community living services, and senior day services for adults with Alzheimer’s or other dementias. CDS 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 because of age, illness or disability need assistance to live life fully. Through our community living, care coordination, skill building and aging services, our goal is to support a person’s intellectual and physical functioning and independence by minimizing the negative impact of age or disability on their life, and assisting them to remain living at home and participating in their community.
- **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.

accreditation

This spring CARF International announced that Western Michigan University Center for Disability Services (CDS) has been accredited for a period of three years for its Community Integration, Services Coordination, Supported Living and Adult Day Services.

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

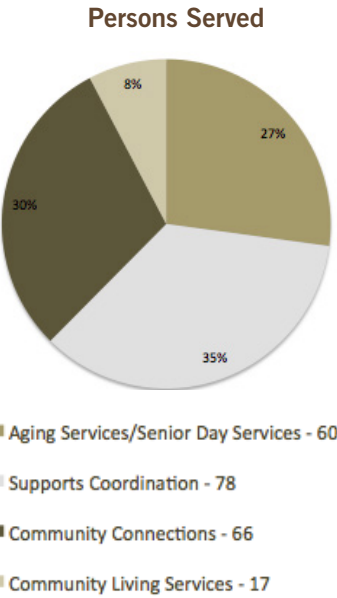
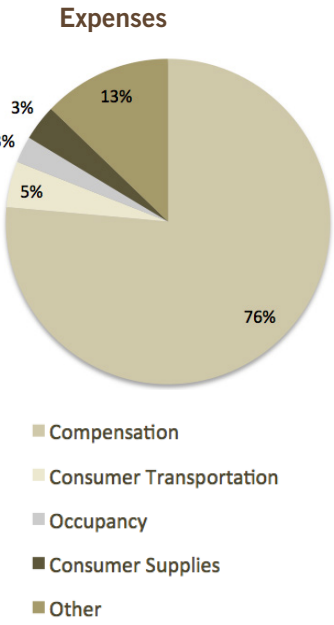
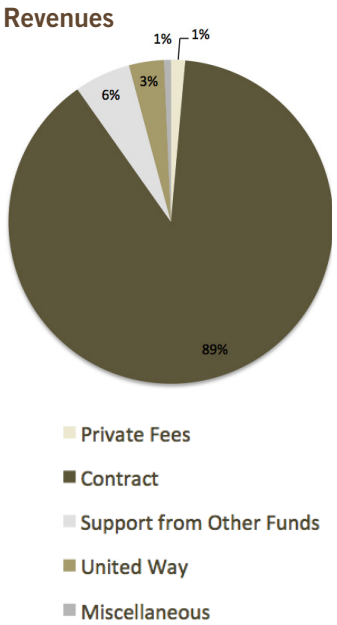
- CDS consumers participating in the Creative Abilities Art Studio created and sold over \$3,795 of artwork this year while attending art hops and festivals in Kalamazoo. Most of the proceeds go directly into the pockets of the consumers while about 10% is used for purchasing additional art supplies.
- After nearly two years of planning, development and testing, we launched our new Electronic Medical Record called Streamline SmartCare. We are pleased to join many other mental health providers throughout the state who have adopted the Streamline product. We are also proud to have developed several customizations specialized for day program and residential services. Benefits to an EMR include improved data integrity, better access to records and improved accountability, not to mention saving a few trees. This is an exciting venture for CDS and we thank all the staff effort that has made this project possible.
- In January, Deirdre Bartells and Jessica Torrey, both Lead Direct Support Specialists, attended the Assistive Technology Industry Association conference in Florida, along with Dr. Debra Lindstrom, Professor of Occupational Therapy. The conference helped them to expand their knowledge of many different aspects of assistive technology. Since the conference, CDS staff have begun to implement more assistive technology services for the individuals who are a part of both the Community Living Services and Skill Building programs.

- Dawn Robarge, Faculty Specialist and Coordinator of Community Living Services, was nominated for WMU’s supervisor of the year award. She was nominated by student employee Danielle Hilleary. Danielle has been working for Dawn as a direct support professional for over a year.
 - Last fall, CDS hosted an assistive technology conference with special guest speaker Dr. Therese Willkomm. A total of 85 community partners, teachers, professionals and students attended the conference to learn more about low tech devices. The devices are meant to increase independence, while high tech apps help accommodate for vision, hearing, communication, physical and cognitive impairments. Willkomm is an Assistant Professor in the Department of Occupational Therapy and the Director of New Hampshire’s State Assistive Technology Program with the Institute on Disability at the University of New Hampshire and has over 25 years’ experience in providing/managing assistive technology services. She is known nationally and internationally as “The MacGyver” of Assistive Technology.
- In addition to speaking at the conference, Willkomm consulted with CDS to develop specific devices for consumers. Several staff and students were present when she created devices using everyday materials. Since Willkomm’s visit, CDS has developed an inventory of supplies to use to create assistive devices on-site.

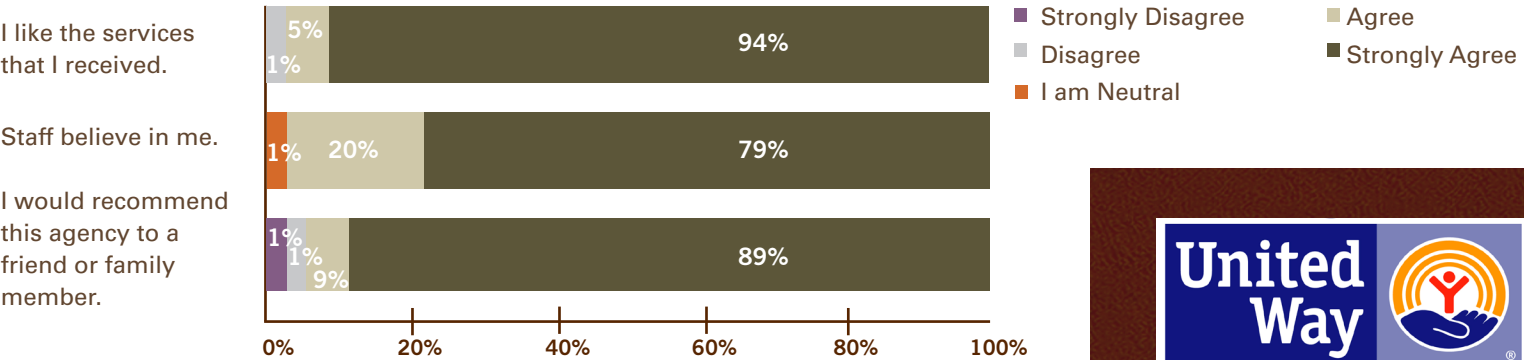
financial report

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.

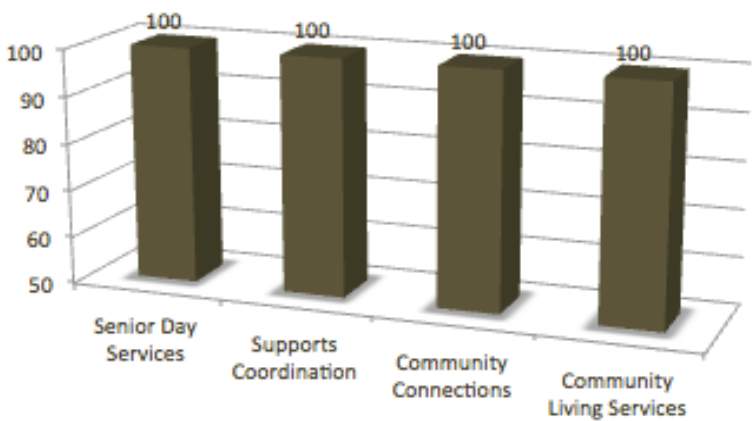
| Revenues | |
|--------------------------|-------------|
| Private Fees | \$39,463 |
| Contract | \$2,477,205 |
| Support from Other Funds | \$156,155 |
| United Way | \$96,943 |
| Miscellaneous | \$19,102 |
| Total Revenue | \$2,788,868 |
| Expenses | |
| Compensation | \$2,131,022 |
| Consumer Transportation | \$127,487 |
| Occupancy Costs | \$73,448 |
| Consumer Supplies | \$99,254 |
| Other | \$357,657 |
| Total Expense | \$2,788,868 |



Consumer Satisfaction Chart



Consumer Progress Chart



94% of CDS employees donated funds to the United Way with total pledges of \$2,841.

Adam was a student intern at WMU Senior Day Services this past year. He worked with three participants on Occupational Therapy related activities throughout the semester of his internship.



Ashley was an intern at Community Connections and researched iPad apps and the use of switches to improve consumers' experiences using technology. She was able to provide CDS staff with a report containing their current inventory of switches and make recommendations for new apps and switches. She and other interns were able to use the apps and switches during free activity time.



During Dustin's internship with CDS, he saw a need to build a new wheelchair tray for a consumer who was outgrowing his current tray. Throughout the semester, Dustin conducted research and purchased materials to make a tray out of high-density, abrasion resistant polyethylene. Everyone at CDS and the consumers home is excited about the new tray!



a history of educating

student statistics

- Student Interns
Total of 76 interns for a total of 5,376 hours.
- 25 interns from Human Performance and Health Education
 - 8 interns from Music Therapy
 - 16 interns from Occupational Therapy
 - 1 intern from Art Therapy
 - 26 interns from Interdisciplinary Health Services
 - 536 volunteer hours

research

- The Healthy Lifestyles grant program was underway this year and has seen much success. The program collaborated with many college students across Kalamazoo County to assist with prevention activities and classes. Some include:
- Football players from WMU
 - Basketball players from Kalamazoo College
 - Special Olympics
 - An intern from WMU's Dietetics program



impact on academics

- The Center for Disability Services offers volunteer experiences to many students at WMU. This past year CDS welcomed volunteers with over 1000 hours of service. Many of these students come from various departments in the College of Health and Human Services. Several of these student volunteers remain at CDS for employment and additional volunteering opportunities long after they have completed any class requirements.
- CDS consumers, staff and interns have been volunteering to collect items to donate to the WMU Invisible Need Project. The Invisible Need Project is a multi-faceted initiative intended to serve students with unmet needs, while strengthening the culture of giving at Western Michigan University. The Project engages the entire campus community, encouraging all faculty, staff, administrators, and fellow students to come together to help students in need. Part of this effort involves the establishment of a campus food pantry. Collection sites are located in most campus buildings with a centralized pantry location in the Office of Student Affairs in the Faunce Student Services Building. Students in need will have access to 'shop' the pantry as often as every two weeks. CDS staff and consumers are so happy to be helping such a worthy cause.

student success

Occupational therapy student, Kelsey Wright, competed in the assistive device contest hosted by the Center for Disability Services (CDS) at the Assistive Technology Conference in October. Her device, "the friendly shopper" won first place with a prize of \$100. The bag was created to assist individuals with a limited range of shoulder motion to minimize the amount of reaching into bags.



A total of 69 student employees worked for the Center for Disability Services this year.



“The Center for Disability Services staff support and encourage each individual served to participate in his or her community. We believe that everyone deserves to be part of a community, a family, or a group of friends and that community participation for individuals served, enhances the strength and quality of the community.”



a history of caring

Grants

The Center for Disability Services was awarded a grant through the United Way of Battle Creek and Kalamazoo last July to focus on decreasing health disparities by promoting healthy behaviors among people with disabilities. Since its inception, the program has reached 117 adults with disabilities in Kalamazoo by holding weekly evening classes and physical activities. Throughout the year, 73 classes have been held on campus consisting of a lesson plan and exercise group equaling over 6,800 hours of education.



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.

Aging Services

WMU Aging Services is thriving. In the past year we have helped individuals or couples remain living in their homes. The new in-home care services were developed in response to seniors who prefer to stay in their homes versus an assisted-living setting, but need help with aspects of daily life, including housekeeping, errands and even socialization.

In addition to in-home care, our Senior Day Center that was opened in 2001 has seen steady growth as well. This fiscal year, 18 new individuals started our program that serves individuals with Alzheimer’s disease and other dementia or individuals that need special assistance or supervision during the day. The program offers organized daily activities in a safe community setting. Our approach to senior day programming is a combination of social interaction and rehabilitative activities that encourage using the individuals’ strengths to improve health.

creative activities ▶

Disability services artists showcase nature’s beauty

Western Michigan University’s Center for Disability Services staff and consumers worked together to create the group of abstract landscapes currently on display in the College of Health and Human Services second floor art gallery.



Tuesday mornings at CDS are devoted to “plyarning,” a project in collaboration with the Prince of Peace Church to create woven sleeping mats for hospice in Kenya and Cameroon. The word “plyarn” is typically used to refer to plastic bags that have been cut up and re-purposed into yarn for crocheting, knitting, or other crafts. Creating the sleeping mats require a three-step process; cutting the recycled plastic bags, tying and rolling the bags, then crocheting the mats. CDS consumers are involved in step two, tying the bags and rolling them into plastic yarn balls. The volunteer based project typically sends two mats per week to Africa.

consumer progress



Kim

In 2010, the Center for Disability Services Community Living Services began supporting Kim. Over the past five years, staff have helped her become more involved in her community by volunteering at Goodwill and Second Impressions in Kalamazoo. She typically volunteers three days per week. Kim has met numerous friends through her volunteering experiences. One of her coworkers at Second Impressions said, “Kim is one of the sweetest people to ever volunteer here”.

In her spare time, Kim prefers to stay active by walking, bowling and playing miniature golf.



Jenny

Jenny faced challenges on a daily basis when choosing healthy meals and getting an adequate amount of exercise after she moved out of her family’s home. Since joining the Healthy Lifestyles program with the Center for Disability Services at Western Michigan University, her life has changed for the better. Over the past year, she has lost 20 lbs., has become an avid walker/runner, has learned to prepare and plan healthy meals, and has made many new friends. She also participates in Special Olympics, and works at Kalamazoo Valley Community College.



Nick

Nick has been receiving Supports Coordination services for four years following a traumatic brain injury. Since he has been meeting with his supports coordinator, Sara Gurney, focus was placed on gaining employment. Sara helped connect him to Supported Employment Opportunities through InterAct where he met with an employment training specialist each week. He is currently working at Walmart. Sara meets with him on a monthly basis to provide support and monitor his progress. Nick’s next goal is to have his own apartment in Kalamazoo and Sara is eager to help him find community housing.



WESTERN MICHIGAN UNIVERSITY

1903 W Michigan Ave
Kalamazoo, MI 49008-5321

