

Who Are We?

**The California Department of
Developmental Services (DDS)
is one of 13 departments comprising
the California Health and Human
Services Agency**

DDS

- **Annual budget of over \$2.2 billion**
- **Provides services and supports for over 200,000 children and adults with developmental disabilities**
- **Services are provided through state operated developmental centers and contracts with 21 nonprofit agencies called regional centers**

Wellness Initiative

“To promote the health and well-being of all Californians with developmental disabilities”

Wellness Initiative

- **Launched in 1996 to respond to concerns regarding the:**

- **Physical Health**

- **Oral Health**

- **Mental Health**

of all persons with developmental disabilities in a community setting

Wellness Projects

- **Since 1996, more than 125 projects have been launched by regional centers throughout the state**
- **Over \$6 million has been allocated for local projects**
- **More than 80 partnerships have been developed**

Project Areas

- Health Assessment and Documentation
- Medications Reviews and Training
- Women's Health
- Oral Health
- Mental Health
- Telemedicine

Project Areas

- Aging
- Nutrition and Fitness
- Training for Health Practitioners
- Training for Consumers, Families, & Care Providers

Wellness Initiative

Primary Goals

- Increased Awareness of the health needs of persons with developmental disabilities
- Increased communication between primary care physicians, psychiatrists, & pharmacists
- Identification and treatment of previously unrecognized medical conditions

Wellness Initiative

Primary Goals

- Development of guidelines and protocols for effective health care delivery
- Improved documentation of complex medical conditions
- Development of peer mentors to train other consumers in areas of nutrition, fitness, personal safety, and other health issues

Model Wellness Projects

Development of a Healthy Lifestyle

Central Valley Regional Center 2000/2001

Developed a comprehensive fitness program for consumers and documented the health benefits achieved.

Project Outcome

As a result of this project, over
88 consumers improved their
health status

Model Wellness Projects

*Medical Training and Support: Improving
Lives of Clients in Supported Living
Harbor Regional Center 2001/2002*

Improved compliance with medication
regimens for consumers who live
independently.

Project Outcome

Protocols and training for common health conditions were developed and shared with consumers and Supportive Living Instructors

Model Wellness Projects

Stay Well and Healthy

San Gabriel/Pomona Regional Center

2001/2002

Provided preventive healthcare evaluations, education, and access to community health resources to older consumers.

Project Outcomes

Project enrolled 201 participants and 636 home visits were completed. 83 received comprehensive nurse assessments, and 158 received follow-up.

Model Wellness Projects

*Intensive Multi-disciplinary Clinical Services
Golden Gate Regional Center 2001/2002*

Developed a comprehensive multi-disciplinary clinical team approach to assess, treat, and prevent hospitalizations and to track coping skills.

Project Outcomes

- 83 consumers were referred
- 37 intake assessments completed to date
- 26 consumers participated in skill building sessions
- 10 consumers received Group Therapy
- 15 referred for Psychiatric Services
- Joint training provided to regional center and mental health staff

Model Wellness Projects

*Diabetes Management and Prevention for
Consumers Living Semi-Independently
Westside Regional Center 2003/ 2004*

Identified consumers with or at risk for
Diabetes, determined treatment compliance,
access to appropriate medical care, and
monitored the change in treatment
compliance.

Project Outcomes

- Created a Healthcare booklet, resource guide, and CD Rom for consumers, families, and support staff.
- 503 at risk consumers have been identified to date
- 431 chart reviews have been completed
- 70 consumers with the diagnosis of diabetes identified and over 137 have a BMI > 25.
- Peer Mentors have been hired and are currently undergoing training

Model Projects

Get Fit, Not Fat

*Frank D Lanterman Regional Center
2004/2005*

Developed and implemented an educational program for consumers and program staff, implemented structured exercise programs, provided hands-on educational sessions, implemented regular peer support programs and organized a competition between consumers.

Project Outcomes

- Developed curriculum and recruited 200 participants
- Developing a Cook Book for consumers on nutritious meal preparation
- Collaborating with Special Olympics
- Nurse Consultant has provided initial health screening assessments for all participants.

Additional Wellness Initiative Activities

Statewide Internet Website Coordination
(www.ddhealthinfo.org)

Developmental Disabilities Resources for Healthcare Providers

(www.ddhealthinfo.org)

- This website is designed to assist physicians and other healthcare providers in caring for persons with developmental disabilities
- It is also designed to support consumers with developmental disabilities and their families in making informed healthcare decisions

www.ddhealthinfo.org (cont.)

- Information in this site includes:
 - Medical information for specific syndromes and related issues
 - Health provider educational opportunities
 - Speaking opportunities
 - Publications
 - Links to selected websites

Upcoming Wellness Initiative Event

The 2006 Health and Wellness Forum

*Developmental Disabilities:
Innovations in Diagnosis, Treatment
and Service Delivery*

Health & Wellness Forum

- Catamaran Resort Hotel in San Diego
- September 27, 28, 29, 2006
- Conference Information available at www.dds.ca.gov in the spring of 2006

Health & Wellness Forum

In-Depth Sessions:

- Model Wellness Projects
- Genetics
- Difficult to Serve Populations
- ASD: Diagnosis and Interventions
- Early Start
- Risk Management

Wellness Publications

- Pharmacy Health Notes
- Wellness Digest
- The Road to Wellness: A Guide to Managed Care for Families
- Wellness Reports
- ASD Best Practice Guidelines

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