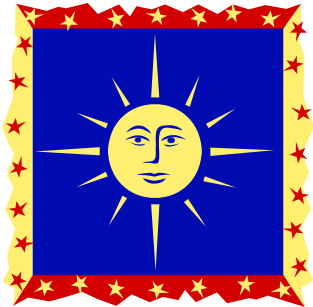


# The *Meaningful Day Idea Book: 2<sup>nd</sup> Edition*

## Table of Contents



### **Introduction**

This selection provides an overview to the *Meaningful Day Idea Book's* content, structure and purpose. It also acknowledges all of the people who helped create it.

- An overview of the Meaningful Day Idea Book
- Table of Contents



### **Supporting *Individualized Access***

This selection contains idea papers about tailoring paid supports to meet an individual's preferences and needs. It also contains idea papers on supporting a person to get around and have the best possible access to his community.

#### **This Selection Includes Ideas and Information About:**

- The Community Solutions Coalition: Vision, Values and Efforts to Build Inclusive Communities in New Mexico
- Smoothing the Way: Communication and Physical Supports
- Finding Good Fits Between Direct Support Staff and the Person Served
- Staff Management Strategies to Support Individual Outcomes
- Getting Around: Transportation



### **Deep Connection with Ordinary *Community Life***

This selection provides practical tips for how to introduce a person to his local community and support him to become known as a respected, contributing citizen.

#### **This Selection Includes Ideas and Information About:**

- Connecting to the Community

- Transforming Facility-Based Services into Community-Based Supports
- Embracing Experience and Supporting the Dignity of Risk



### **Wellness and *Optimal Health***

This selection contains ideas for supporting a person to use community resources in order to stay as healthy as possible in all aspects of her life.

#### **This Selection Includes Ideas and Information About:**

- Health and Well-Being



### ***Self Empowerment, Relationships, and Respect***

The idea papers in this selection discuss how to support a person to be in charge of her own life and how to support a person in building meaningful relationships with other people.

#### **This Selection Includes Ideas and Information About:**

- Becoming a Part of the Community: Cultivating and Nurturing Relationships
- Leading Your Own Life: Self Determination and Advocacy

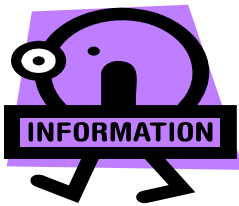


### **Champions Assure Progress is Linked to the *ISP***

This selection contains information on building supportive interdisciplinary teams for a person using services. It also contains information about DDSD's meaningful day definition and suggestions for documenting services related to a person's meaningful day.

## **This Selection Includes Ideas and Information About:**

- How to be a Champion: Ideas for Interdisciplinary Teams and Team Members
- Creating a Culture of Quality: Quality Improvement Practices
- How to Write a Good Definition of a Meaningful Day
- Tracking the Progress—Documentation



## **And Yet More:**

This selection houses various documents that are referenced in the idea papers. It includes handouts, checklists, exercises and other tools that may be helpful in understanding how to support a person to have a meaningful day.

## **This Selection Includes Ideas and Information About:**

### **Handouts, Training Tools and Other Resources**

- Meaningful Day Coordinator list by region. . . (see: [www.nmhealth.org/ddsd](http://www.nmhealth.org/ddsd))
- It's Official: The Unabridged 3/1/06 Measurable Definition of a Meaningful Day
- Some Easy, Practical Ways to be an Ambassador for a Person You Serve
- Language Matters: Reframing How We Talk About People
- Advisory Council on Quality's Definition Of Segregation
- Documenting Community Building Efforts: Tips for Staff
- A Few Words About Dignity of Risk
- A Sample Meaningful Day Definition and Narrative

### **More Community Scenarios**

- Making the Most of It... Ideas for Getting the Most Out of Some Typical Community Places
- At the Mall
- At the Bowling Alley
- At the Recreation Center
- At the Park
- At the Local Café and Bookstore

## **Making Employment First a Reality in New Mexico**

- Employment Success Stories - DDSD Statewide Directors Meeting Award Winners
- Other Employment Success Stories
- Job Placement
- Ticket to Work
- New Mexico and National Employment Reports, Data and Links
- Building Assets

## **Other Stories Worth Celebrating**



This section provides stories on leadership, innovative ideas and system changes that promotes community membership.

- Transitioning From Facility-Based Services to Community-Based Supports: Tobosa Tells its Story
- Creating Community-Based Supports: Tobosa's Timeline of Transformation
- Bringing Them Home: Paula, Sandra and Tresco-Socorro's Story (This is a story of supporting people with significant support needs to become homeowners)
- Henry's Success Story: Taking Care of Those Who Take Care of the Dogs
- Exploring Quality: Additional Questions For Organizations And Individuals
- For Additional success stories from the DDSD Statewide Directors Meetings see [www.nmhealth.org/ddsd](http://www.nmhealth.org/ddsd) under Promising Practices