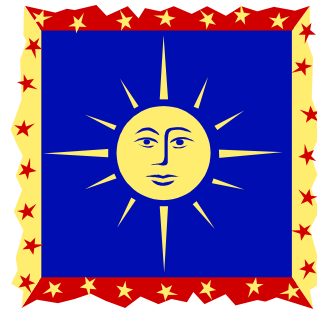


Introducing...

The Meaningful Day Idea Book



Not Just Another Manual...

Reviewers Rave about the *Meaningful Day Idea Book!*

"It doesn't weigh as much as the Standards!" Anonymous Reviewer

"I didn't fall asleep when I read it!" State Employee

What is the *Meaningful Day Idea Book*?

This *Idea Book* is more than a static manual. It is a growing collection of ideas and suggestions for supporting each person receiving DDSD services to lead the meaningful life (s)he desires. These ideas come to life through *Success Stories* that New Mexicans continue to contribute.

How is the *Idea Book* Built?

The *Idea Book* is simple on purpose. It is simple so that many people can easily understand it. The authors use simple words and short sentences. Each section is short. The letters are bigger so people can more easily read them. Each chapter or "selection" name contains part of the "official" definition of meaningful day taken from the 2007 DD Waiver Standards. Each selection has "idea papers" related to that part of the definition.

Each idea paper includes *In a Nutshell* to briefly describe the paper's purpose; *Living It: a Story of Success* to tell a story about the paper's topic; *Bringing It To Life* to list proven and new ideas about the topic; *Check It Out* to give resources about the topic; and *Try It Out* to suggest ideas for hands-on exercises about the topic. In *Wanted: Your Success Story*, we tell you how to submit your story about that particular topic.

The idea papers are kept separate from each other, so readers can print and use only the papers most useful to them. The authors welcome ideas to make the *Meaningful Day Idea Book* even more simple and effective. Ideas, stories and resources will be added in order to provide the best and most useful information possible

What does the *Idea Book* Not Do?

The *Idea Book* does not offer a one-size-fits-all template to assure each person has a meaningful day. Each person's meaningful day is unique to the person's whole life. Effective supports are tailored to each person and her/his local community.

Who Can Use the *Idea Book*?

Everyone who is interested in creating, living and supporting meaningful days can use this book, for example:

- ✓ People receiving DDS services,
- ✓ Families,
- ✓ Direct Support Staff,
- ✓ Community members who are part of a person's network,
- ✓ Community providers,
- ✓ Case managers,
- ✓ Therapists,
- ✓ DDS staff, and
- ✓ Anyone else who is interested.

Who Wrote the *Idea Book*?

Tricia Farnham-Brownlee, Judith Stevens, Anne Mitchell, and Susan Shapero created the first edition of this book in July 2007.

Who Else Contributed to the *Idea Book*?

The authors would like to thank the following individuals and organizations for their contributions to the *Idea Book*:

- ❖ Our best mentors: people with diverse abilities (*currently called disabilities*);
- ❖ The chairs (Pam Lillibridge, Kay Lilley, Byron Bartley) and members of the User Friendly Effective Solutions Workgroup as well as the chairs (Elaine Solimon, Doris Husted, Marilyn Martinez, Tony Chavez, Byron Bartley) and members of the DDS Advisory Council on Quality

- for Persons with Disabilities and Families (ACQ) Subcommittees on Policy and Quality for their valuable content suggestions;
- ❖ The chairs (Jon Peterson and Rebecca Shuman) of the ACQ Subcommittee on Adults that sponsored the Community Solutions Coalition;
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 - ❖ DDS Regional Coordinators for contributing training and other information;
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 - ❖ All the other spirits of influence and innovation.

Definition of a Meaningful Day from the 2007 DD Waiver Standards, Definitions

(Note: See And Yet More selection of the Idea Book for It's Official: The Unabridged 3/1/06 Measurable Definition of a Meaningful Day)

Meaningful Day means *individualized access* for individuals with developmental disabilities to support their participation in activities and functions of *community life* that are desired and chosen by the general population. The term "day" does not exclusively denote activities that happen between 9:00 a.m. to 5:00 p.m. on weekdays. This includes: purposeful and meaningful *work*; substantial and sustained opportunity for *optimal health, self empowerment* and personalized *relationships; skill development* and/or maintenance; and social, educational and community inclusion activities that are directly linked to the vision, goals and desired personal outcomes documented in the individual's Individual Service Plan. Successful Meaningful Day supports are measured by whether or not the individual achieves his/her desired outcomes as identified in the individual's Individual Service Plan, as documented in daily schedules and progress notes. Each Meaningful Day activity should help move the individual closer to a specified outcome identified in his/her *ISP*.

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