

DDSD NEWS

From the Director

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"Alternatives to Guardianship" developed by the NM Guardianship Association (NMGA) in English and Spanish. Now on our website

Alice came to a fork in the road. "Which road do I take?" she asked. "Where do you want to go?" responded the Cheshire cat. "I don't know," Alice answered. "Then," said the cat, "it doesn't matter."
~Lewis Carroll, *Alice in Wonderland*

The fall season brings many changes to our lives. This is true for DDSD. We are in the final stages of rolling out the e-CHAT which will go live Oct 15, 2010. This has been a two-year process and we are thrilled to truly provide a valuable tool at no cost to providers. We continue working on the Consumer Information System that will link the e-CHAT and ISP process.

Public meetings will occur around the state this month for a final round of comments and ideas for the RE-WRITE of our waiver. We truly are looking at the reinvention of the system, moving people to the highest level of individual independence as possible. The waiver will have a new look, a new feel and a new direction. As with any major change in a system, I am sure there will be needed tweaks along the way and in the future, but this system needs to be able to support the individuals served and the provider agencies for at least the next ten years. We must focus on needed services for individuals so we can in the future serve more individuals waiting for those needed services. The schedule of the upcoming forums are listed at: http://www.health.state.nm.us/ddsd/resourcesupportbureau/publications/DDW/documents/PublicMeetingsOct_Nov.pdf. Please check them out and participate.

Flu season is upon us once more. Please ensure that your staff and consumers receive the vaccination. This year the H1N1 is combined with the seasonal flu vaccine, and only ONE shot is required. Consumers can obtain the shot from their PCP under Medicaid and your staff may be covered under their insurance plan. Otherwise you can contact your local public health office for more locations for the uninsured.

State Encourages High Risk to Make Appointment for Flu Vaccine Now; Everyone Older than 6 Months Should Get Vaccine This Year

(Santa Fe) – Health Secretary Alfredo Vigil, MD, urges everyone to get vaccinated against the flu this year and every year to protect themselves and their families. The Centers for Disease Control and Prevention is recommending for the first time that everyone older than 6 months get their flu vaccine to prevent the disease from spreading.

“The H1N1 pandemic of last year could have been much worse if we didn’t have vaccine to prevent the spread of the flu,” said Health Secretary Alfredo Vigil, MD. “We never know how serious a flu season is going to be until we’re in the middle of it. What we do know is that flu vaccine is the best protection for you and your family.”

This year's flu vaccine will protect against three viruses (an H3N2 virus, an influenza B virus and the H1N1 virus that caused so much illness last season).

While everyone should get a flu vaccine each flu season, it is especially important that people in the following groups get vaccinated, either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications:

Pregnant women (any trimester)

Children younger than 5, but especially children younger than 2 years old

People age 65 and older

People of any age with certain chronic medical conditions like asthma, diabetes, and lung or heart disease

- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from flu, including health care workers and caregivers of babies younger than 6 months
- American Indians and Alaskan Natives, who last flu season seemed to be at higher risk of flu complications
- People who are morbidly obese

So far this year, the Department of Health has shipped 230,620 doses of vaccine to public health offices and private providers for children. The Department orders for its public health offices and its long-term care facilities and for private providers who care for children. Providers for adults order on their own.

Manufacturers typically send flu vaccine in several shipments. The Department expects to receive vaccine throughout October and will ship as it receives vaccine. It usually takes two weeks for vaccine to take effect, and immunity lasts at least one year.

New Mexicans should contact their health care providers to receive flu vaccine. The Department’s public health offices provide vaccine to people who are at high risk for serious illness or death and

FLU Vaccination continued

people who have no health insurance. Public health offices are listed in the phonebook's blue pages under state government. Contact information for public health offices is listed at www.nmhealth.org.

As the flu season progresses, you can find information about the flu and flu clinics by calling toll-free at 866-681-5872 or looking up the Department of Health's website, <http://www.immunizenm.org/flu.shtml>. More clinics will be scheduled later in the season.

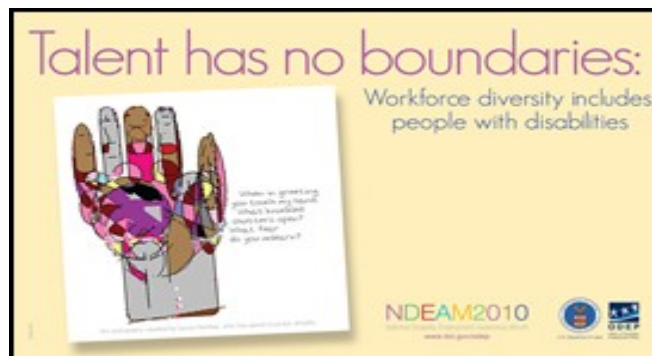
This year, the Department of Health ordered 70,000 doses of adult flu vaccine (for high-risk adults) and almost 282,000 doses of children's flu vaccine, which includes 122,000 doses of a nasal spray for ages 2 through 18 years. The Department is continuing its school vaccination program this year with 300 schools participating statewide. Flu vaccine school clinics will be held in October and November.

To avoid catching the flu or passing it on to others, people should frequently wash their hands, cover their mouth and nose when sneezing and coughing, and stay home when ill.

Many of the people at high risk for flu complications should also get a pneumonia shot if they have never had one. People who need to have the pneumococcal vaccine are: age 65 and older, and adults 19 and older who smoke, or have chronic health conditions, such as asthma, diabetes, cardiovascular or lung disease, cirrhosis, chronic renal failure or immunocompromised due to lymphoma, organ transplant, multiple myeloma or Hodgkin disease.

DDSD Statewide Directors Meeting

The DDSD Statewide Directors meeting scheduled for October 13th and 14th has been postponed. It will now occur during the first week of December. We will have a new governor and should have a better idea of potential changes and new directions at that time. New Dates: December 8 and 9, 2010, at the Hispanic Cultural Center in Albuquerque.



Jackson Litigation Update

DDSD has been working diligently to disengage outcomes related to the litigation. Since July 2007, DOH/DDSD has disengaged 15 items, which are:

Community Inclusion 36A Northwest Region	11/26/2007
Regional Offices Plan of Action	05/29/2008
Behavior E	06/15/2009
Behavior I	06/15/2009
Community Inclusion 36A Metro region	08/07/2009
Sexuality C	08/19/2009
Sexuality D	08/19/2009
Sexuality appendix A	03/25/2010
Behavior appendix A	03/25/2010
Behavior J	05/04/2010
Crisis A	06/24/2010
Crisis appendix A	06/24/2010
Training and Technical Assistance L	08/24/2010
Medical	08/24/2010
ISP B	08/26/2010
Continuous Improvement - NW region for behavior SE region ISP	September 2010

We have filed additional paragraph 44 letters. Paragraph 44 letters are correspondence notifying the plaintiffs of our intent to disengage an item because we feel we have successfully fulfilled the obligation.

The Department of Health appreciates all the hard work you and your staff have invested to provide quality services to the individuals we all serve. We ask that you continue assisting us in meeting the obligations of the Jackson litigation and our continued need to improve compliance with established rules, standards and process necessary to provide for best practices in New Mexico.

The State of the Economy Affects us all

The news for the state continues to be dim. We have a shortfall for this year of \$9.3 million dollars in the DD Waiver. Medicaid has a shortfall of \$80 million. The DD Waiver has a waiting list of over 5,000 individuals. Medicaid has a rise in people receiving Medicaid services. Currently one-quarter of New Mexicans receive Medicaid services. Until our economy returns to 2008 levels, our budgetary outlook is bleak. We must try to cut costs of doing business without having a negative impact on individuals we serve. The outlook for state fiscal year 2012 continues to slide. The DD Waiver will be \$40 million short if we receive the same level of funding as this year. Medicaid will be over \$350 million shy. The state coffers are already expecting a \$250 million shortfall from their projections.

DDSD is facing two separate but equally daunting problems: this year's deficit and how the waiver re-write will affect the budget for SFY 2012. Decisions are getting more difficult as time passes. Saving \$9.3 million dollars in a six-month timeframe means making unpopular decisions. We need everyone receiving services to look at their needs and adjust budgets accordingly. The division will be finalizing plans on additional cuts to existing rates and services in November and have a comment phase soon thereafter. If everyone reduced their services by 5% individually, the required changes would be lessened. That is a tough request, but given the financial shortfalls, deep cuts may be required as New Mexico must have a balanced budget and the Division cannot operate in a deficit environment.

Accompanying the budget shortfalls and lack of economic growth, New Mexico will also have a change in administration. What more could a Governor ask for during their first year in office, a budget deficit. The needs and desires of citizens will not be in a deficit and the citizenry will be expecting that the services they receive, the government functions they depend on and the jobs they want continue at or near the level they currently experience. Good, bad or indifferent, the individuals receiving services from DDSD will be changing. Help us make this as painless as possible. We have so many desires and needs for people in services and for those who have been waiting for years to have a seat at the proverbial table to receive some of the services that can assist them in becoming the person they want to be. Needs and wants do not diminish, but budgets do.

I will keep you apprised of any changes to budget projections and expect more public meetings in October and November.

Thank you for all of your valued ideas for managing services in difficult times.

Mikki Rogers



Falls

Why do falls happen?

- Person is weak, tired or ill
- Person is not physically fit
- Person may have problems seeing
- Medicines may cause weakness, sleepiness, confusion or dizziness
- Slippery or wet floors or stairs
- Obstructed pathways
- Darkness

How to reduce your risk of falling

Take care of your health

- Exercise regularly. Exercise builds strength.
- Prevent dehydration. Dehydration can make it easier to lose your balance.
- Have your eyes checked. Make sure you do not have any eye problems or need a new prescription.
- Talk to your doctor if your medicine makes you sleepy, light-headed, sluggish or confused. Ask how to reduce these side effects or if you can take another medicine.

Take extra precautions

- Turn on the lights when you enter a room. Do not walk in the dark.
- Make sure your pathway is clear.
- Use the handrails on staircases.
- Sit in chairs that do not move and have arm rests to help when you sit down and stand up.
- Wear shoes that have firm, flat, non-slip soles. Do not wear shoes that do not have backs on them.
- Replace the rubber tips on canes and walkers when they become worn.

Make small changes to your home

- Install timers, “clap-on” or motion sensors on your lights.
- Use night lights in your bedroom, bathroom and the hallway leading to the bathroom.
- Keep the floor and stairs clear of objects such as books, tools, papers, shoes and clothing.
- Remove small area rugs and throw rugs that can slip. Rubber mats are a good replacement.
- Put frequently used items in easy-to-reach places that do not require using a step stool.
- Make sure your bed is easy to get in and out of.
- Apply non-slip treads on stairs.
- Apply non-slip decals or use a non-slip mat in the bathtub or shower.
- Install grab bars near the toilet and the bathtub or shower.