

Joslynn 0:02

Hello, everyone my name is Joslynn Bigelow. I'm a transitional life skills teacher, for students with multiple and complex needs, bringing Laura Knoppenberger, to you today to talk to us about informed choice. Laura, you are the executive director of Eastern Oregon Support Services Brokerage? How are you?

Laura 0:23

I'm doing good. Thank you for asking.

Joslynn 0:26

Great. Well, let's get started talking about informed choice. What is informed choice?

Laura 0:37

Informed choice is really your ability to make a decision with all of the facts. So that can be something as easy as deciding what you want on the menu, because menus tell you everything that's going to come on an item, to things that are a little bit more complicated, where maybe you need more information. So making a decision about the kind of job that you might like in the future. That might be something where you have to gather more information. It's not just all right there in front of you. informed choices apply to individuals who are eligible to receive developmental disability services in the state of Oregon. And they apply to people who are 18 and over, because at the age of 18, at that point in time, you're considered an adult. You are considered to be able to make your own decisions in regards to who you want to vote for, where you want to live, who you want to spend time with, how you want to live your life. And, you know, at the age of 18 that's a moment in time where those become your decisions, though, you may have some supports to help you make choices. Some people, for example, have guardians, and so guardians are there to help them in making choices.

All right. So we we have an understanding, then, of what informed choice is, but how does this more directly apply to our students experiencing this transition to adulthood.

So for for your students experiencing transition, and turning 18, they now have a choice around case management options and where they want to get their case management from. Um decisions that you make today, they can impact your tomorrow. Um decisions that you make today, you might need some cheerleaders in your corner. You want to be able to have all the tools needed to plan for your future to think about what's important to you, and who it's important for you to spend time with.

Joslynn 3:00

Okay. So you you just mentioned, these cheerleaders, these champions of choice.

Laura 3:08

Yeah,

Joslynn 3:08

Who are some of our champions of choice?

Laura 3:11

So, I think you're probably a champion of choice. Given the you know, you're spending a lot of time with your students and getting to know them and helping them learn and grow and change. Parents, guardians, other family members, friends, um, personal agents, service coordinators, case managers, I just use three terms. And they all mean the same thing.

Joslynn 3:38

That's okay. They had they were a lot of hats.

Laura 3:41

Yes,

Joslynn 3:42

Yeah. Awesome. So there's a lot of people that can help us make choices for ourselves. So now that we know we can make choices, what is within our right to choose as adults.

Laura 3:55

So you get to choose who you want to provide your case management for you. And again, I had referenced service coordinators, personal agents, and case managers, we all kind of do the same thing. We are there to help navigate and connect in the system to advocate to be your biggest fan. So you have a right to choose who you want to provide your case management in the state of Oregon. You also have choices around what kind of employment you want. Choices around who you want your doctor to be and what you feel comfortable with when you go in to see the doctor. You have choices around who supports you to do those things like going to the doctor or going to work, somebody to help you with completing your job. You have choices around recreation and leisure, all sorts of things.

Joslynn 4:52

All right. So we have the right to choose and you specified case management as a big choice that we have. Who are case managers to us?

Laura 5:02

Case managers are your navigators. They're your advocates. They are navigating the system when you give them information they're figuring out, okay, here are all the pieces of this puzzle, um the kind of makeup, what's important to you, right? And so then they pull in some additional resources and ideas to kind of give you a fuller picture of things. And they help you navigate through programs like accessing Social Security, or getting registered to vote, or, you know, they help you navigate any of those things where you might have lots of information being thrown at you and you just need somebody to help you kind of sort it all out. They are your advocates, your connectors. They're also there to help you figure out what kinds of supports you might

need in your life to be successful.

Joslynn 6:04

Gotcha.

Laura 6:05

They're your biggest fan.

Joslynn 6:07

That's awesome. So what are my options then for case management?

Laura 6:14

So in Oregon, we have a lot of options around case management. If you are an Oregon resident, and you're over the age of if you're 18 or older, you can choose a community developmental disability program. There are 36 community developmental disability programs in the state. And or you can also choose a brokerage. Brokerages cover the entire state, there are 14 brokerages. So you have these options here, where you can choose to have your services through a CDDP that's providing in home supports. CDDPs also provide other services. They are your eligibility point. So when you go in and you first become eligible for services, you would do that to through a CDDP. They provide kids services, and they're the access point for residential services. Whereas brokerages, we provide one thing. We provide in home supports. And we do that with the principles of self determination, and self direction. and honoring who your team is, and helping you navigate what you want your life to look like. We really specialize in one thing, and we're very good at it.

Joslynn 7:38

Sounds like it. Alright so these both sound like great options. So how do I choose?

Laura 7:47

The best way to make any decision is to gather as much information as possible, right. So what I would suggest, even though I know it's a little bit difficult to ask people to put themselves out there. But really, in this case, it's so critically important that if you're trying to make this choice between a CDDP and a brokerage, because you have both options in whatever area you live in, it's really important to call the CDDP manager and have a conversation with them and ask them if I were to get services from you, what can I expect? What would my services look like? How often is my case manager going to connect with me? Do I have a choice of case manager or do you just assign somebody to me? I would recommend the same thing with brokerages. In making this choice, I would call both a CDDP manager and a brokerage director and ask them the same converse the same questions. You know, how are you going to support me? What can I expect from you? Do I get to pick my personal agent? Do I get to choose my personal support workers or agencies people that I want to work for me?

Joslynn 9:06

All right.

Laura 9:07

And there's also some other resources. So there's my brokerage my choice. That's a website that talks more about choice advising and why you have these options, as well as the state of Oregon CDDP website. That's a link that has all of the community developmental disability programs that are available to you in the state. Some of the options that are listed on this screen, your community developmental disability program is really specific to your county of residence. So if you're in Multnomah County, for example, it would be the Multnomah County community developmental disability program. If you're in eastern Oregon, eastern Oregon actually serves 13 counties in eastern Oregon, but we're specific to the eastern part of the state. If you're in the Portland area, you've got an option between five different brokerages. So once you make that decision of whether you want to be with a community developmental disability program or a brokerage, then you get to select which brokerage you want to be a part of.

Joslynn 10:17

Absolutely amazing. It's so exciting to think about. It's my choice. I have the right to explore my options and to have access to somebody who is my cheerleader, my biggest fan, somebody that is going to support advocating for my needs.

Laura 10:34

Absolutely!

Joslynn 10:35

Miss Laura, thank you so much for speaking with us today about informed choice. It has been a pleasure.

Laura 10:42

Thank you so much for having me. I really appreciated the conversation.

Joslynn 10:46

Thanks Laura! Bye.

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