

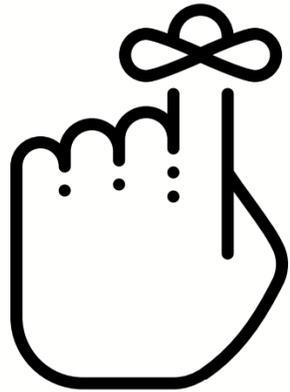
MA DDS



CBDS Fundamentals



INSTITUTE FOR COMMUNITY INCLUSION
promoting the inclusion of people with disabilities



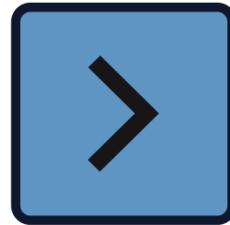
Zoom Info



1. Please mute yourself*
2. Feel free to use that chat feature or reserve your questions for the designated Q & A time at the end of the session
3. We are recording this session
4. You can access the recording later from the Employment First MA website



Agenda



What we'll discuss today

01 Speaker Introductions

02 Definition and Principles

03 Best Practices

04 Resources

05 Q &A





Riverside Industries

Guest Speakers on
Providing CBDS



Corey Cooke

CBDS Participant



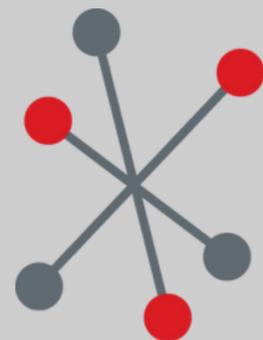
Kyle Schaller

Director of CBDS



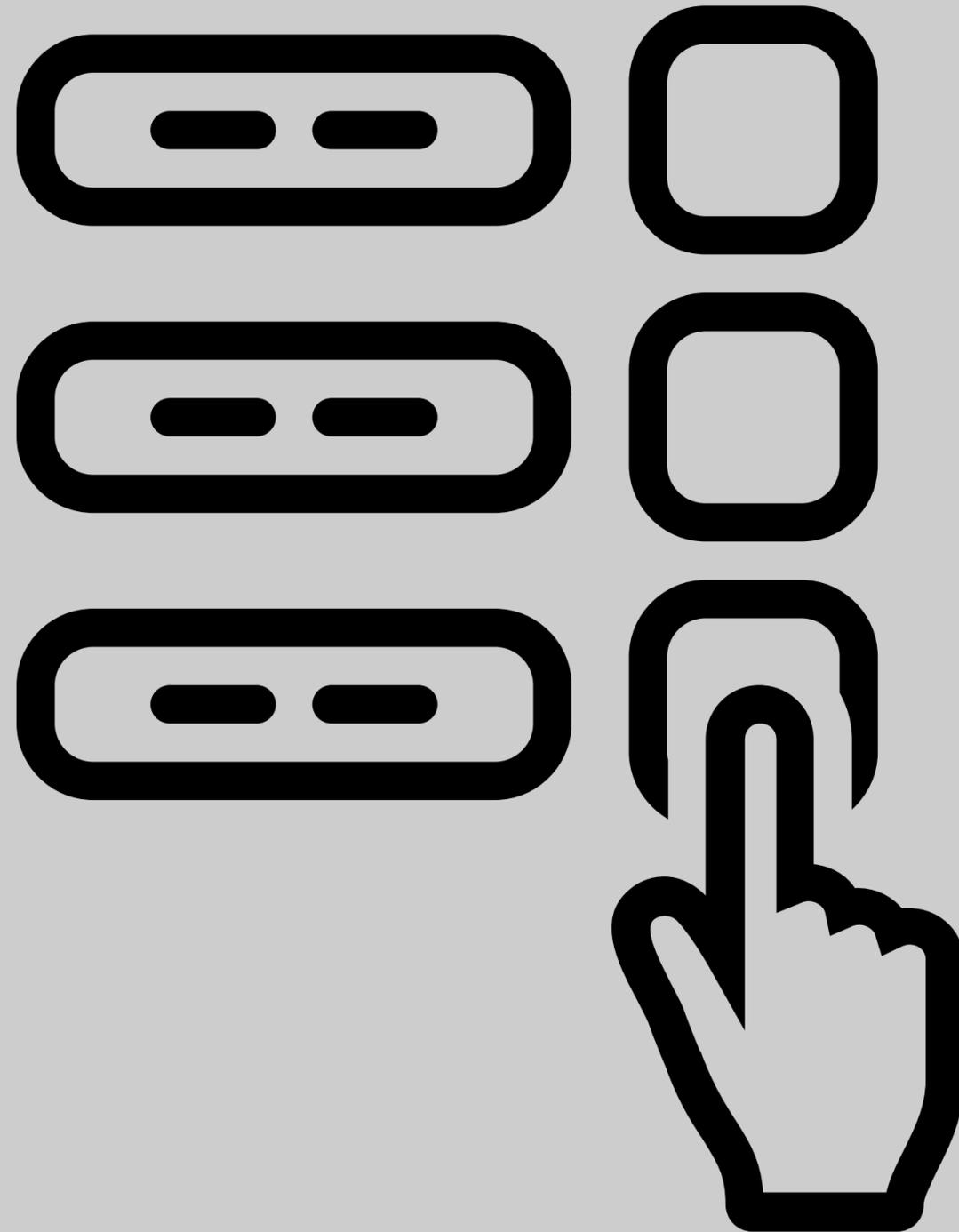
Emily Burque

CBDS Participant



RIVERSIDE

empowering people



Polling Question

Poll 1

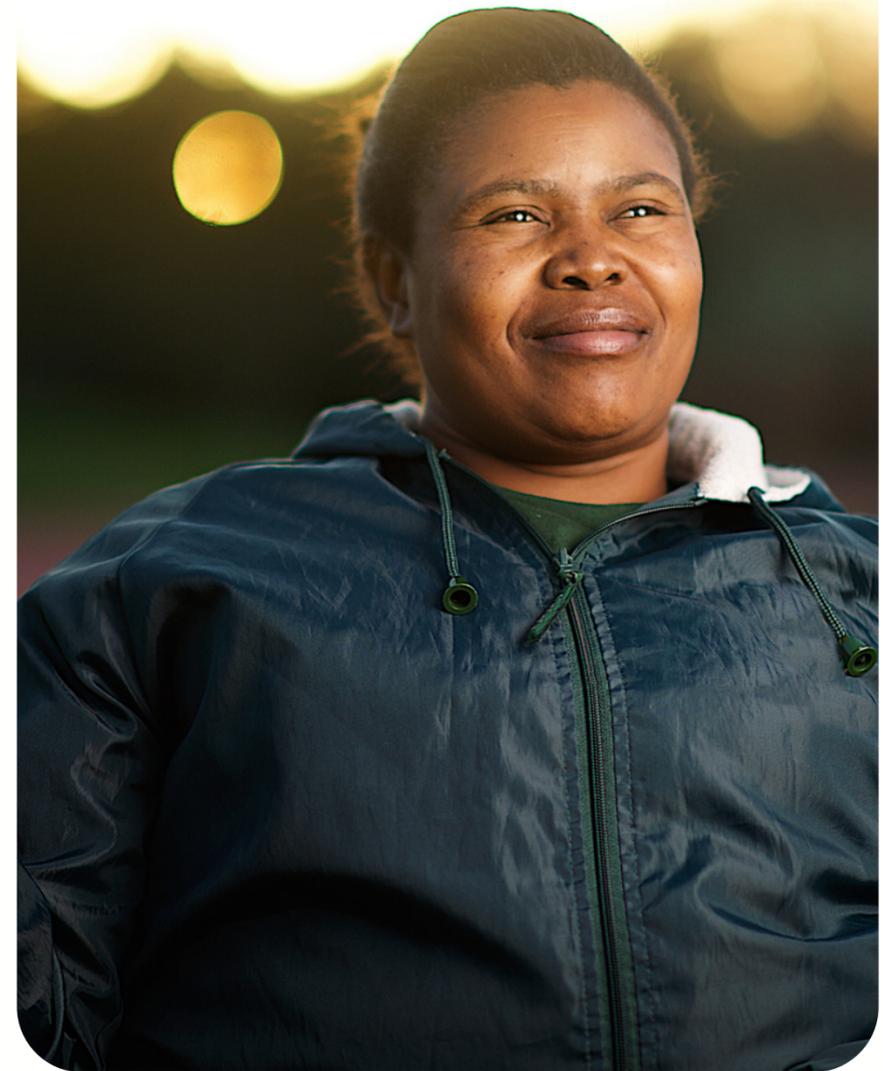
Which describes you?

- **Individual receiving services**
- **Direct Support Professional**
- **Management**
- **Service Coordinator**
- **Family**

Employment First MA

Passed in July 2010, this policy establishes integrated, individual employment is the preferred service option and optimal outcome for working-age adults served by the Massachusetts Department of Developmental Services (DDS).

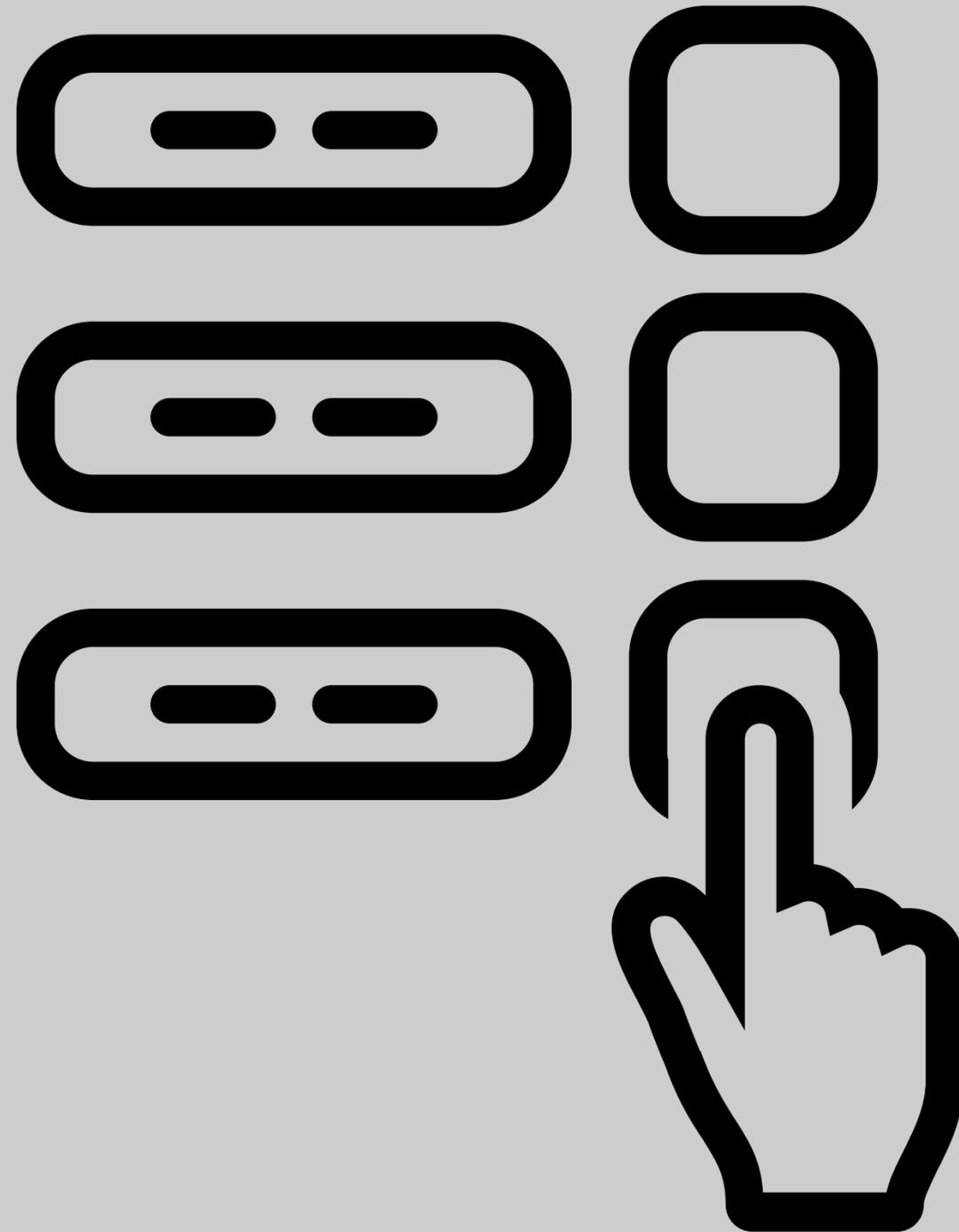
Exposure to work activities and skill development is key for CBDS to serve as a pathway to employment when/if the person chooses to work.



Polling Question

Poll 2

**Which best describes
where your agency is with
CBDS?**



- **Planning, but haven't started yet.**
- **One-two years**
- **5 plus years including the pandemic.**

CBDS Definition

Massachusetts DDS defines
CBDS as follows:

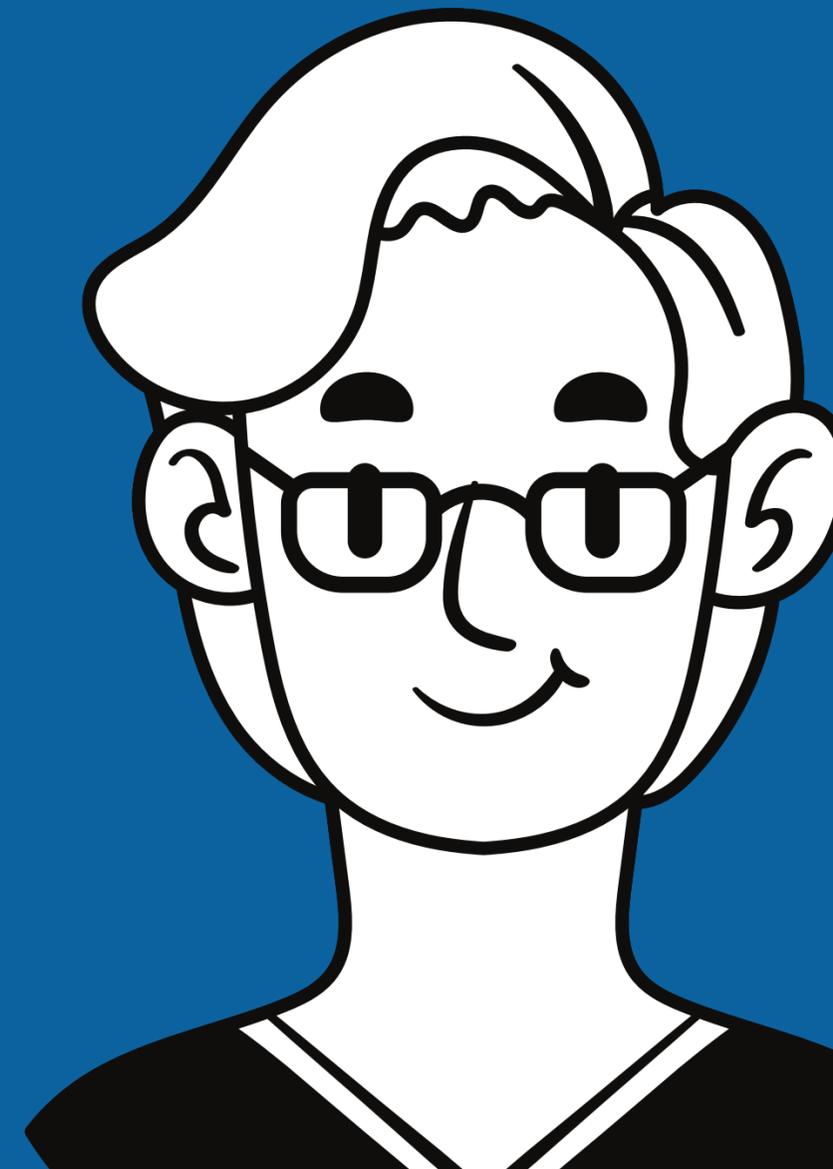
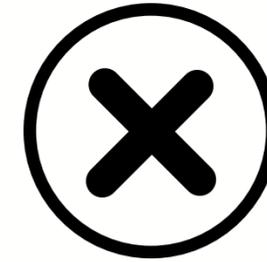
Community-Based Day Supports (CBDS)- (Activity Code 3163) - This program of supports is designed to enable an individual to enrich his or her life and enjoy a full range of community activities by providing opportunities for developing, enhancing, and maintaining competency in personal, social and community activities.





CBDS is NOT:

- A replacement for paid employment.
- A prerequisite for employment.
- Activities just to fill time.
- Activities that individuals are “plugged” into.
- Random activities just to keep people busy.
- Simply fun, recreational activities.



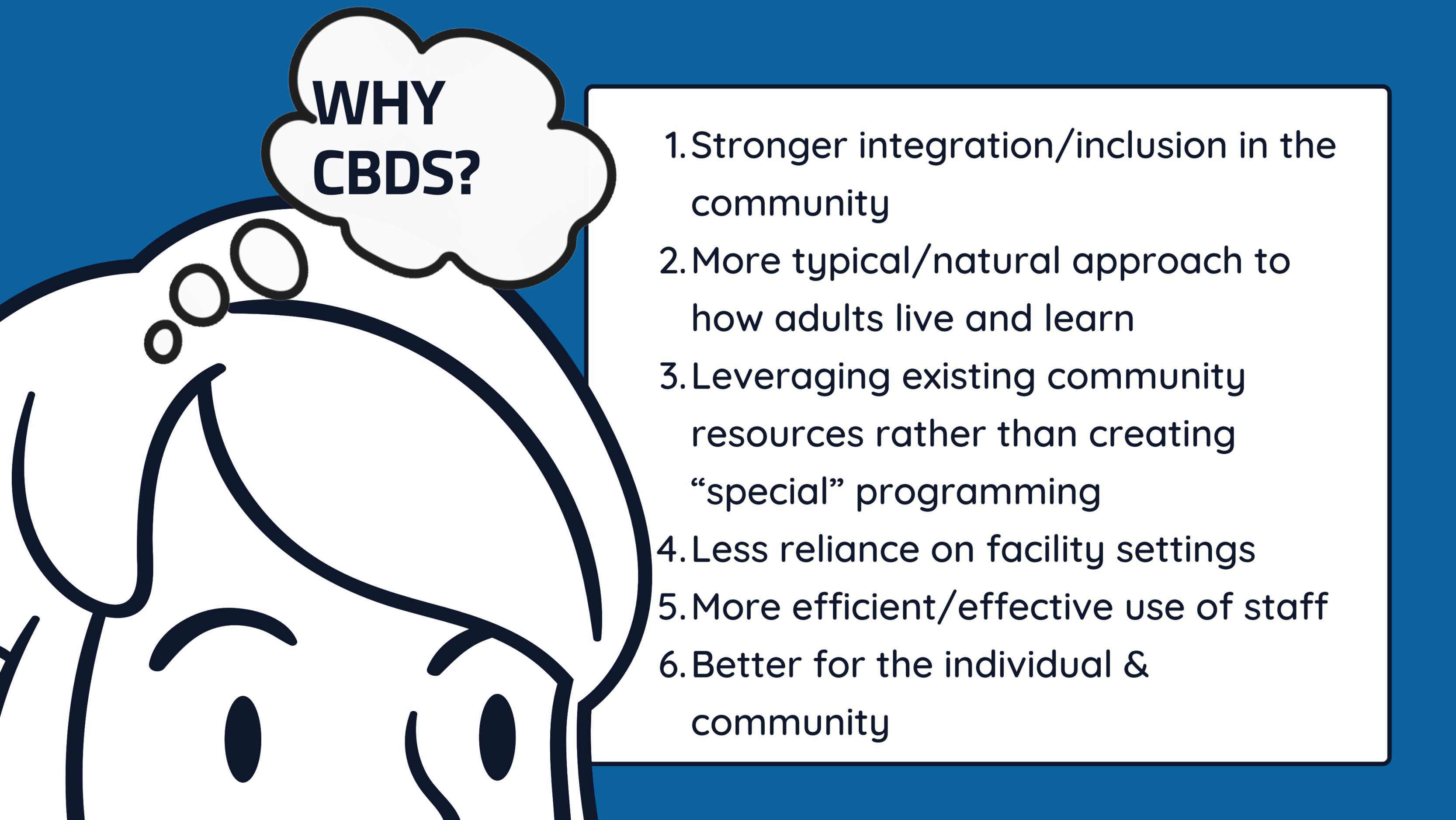
Pre-planned CBDS activities should promote the full integration and inclusion of individuals with disabilities into mainstream society through positive community contributions and relationship development.



Think of an example of CBDS that you are most proud of. The type of thing you'd use in your promotional material.

We'll be coming back to this in a few minutes





**WHY
CBDS?**

1. Stronger integration/inclusion in the community
2. More typical/natural approach to how adults live and learn
3. Leveraging existing community resources rather than creating “special” programming
4. Less reliance on facility settings
5. More efficient/effective use of staff
6. Better for the individual & community

Core Service Values

Person-centered

An approach that values an individual's unique skills and interests and incorporates them into service planning.

Integrated

Services are conducted in integrated community settings as much as possible.

Purposeful

Daily activities are designed to meet individual goals.



Identifying Activities

It starts with the person and
should be driven by the person.



DEVELOP A PROFILE

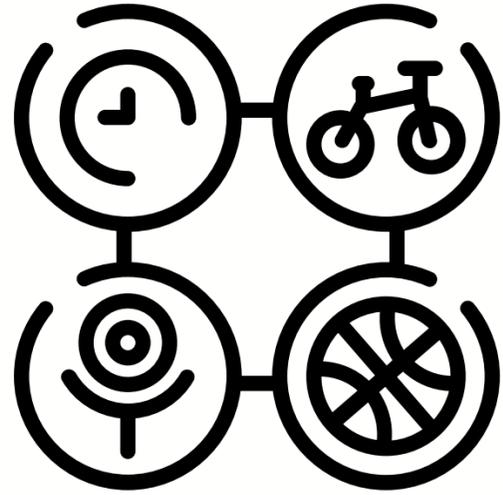


Search for Opportunities
& Talents



- History (living, working, learning, recreation)?
- Relationships?
- Locations (shopping, dining, previous employers, desired places to work)?
- Preferences & desires for employment? New experiences or adventures?
- Are there environmental factors to consider?
- Are there any individual needs to be considered? (accommodations & assistive technology, communication device)

***Situational assessments can help explore tasks & environments and help better inform the profile in time.**



Examples of Activities



Volunteering
Community Activities
Job Exploration



Skill Development
Health & Wellness
Travel Training



Civic Engagement
Community Events
Building Relationships

Think of an example of CBDS that you are most proud of. The type of thing you'd use in your promotional material.

Now is time to share your examples



**DO YOUR
HOMEWORK**



**Know the person
before you go out in
the community**

**Speak with others
who know the
person in different
environments**

**Understand how to
communicate with the
participant**



RESOURCES

CBDS Guide

https://employmentfirstma.org/files/DDS_CBDS_web_F.pdf

CBDS Covid Guide

https://employmentfirstma.org/files/EmpFirstCOVID_communitybasedsupports_F.pdf

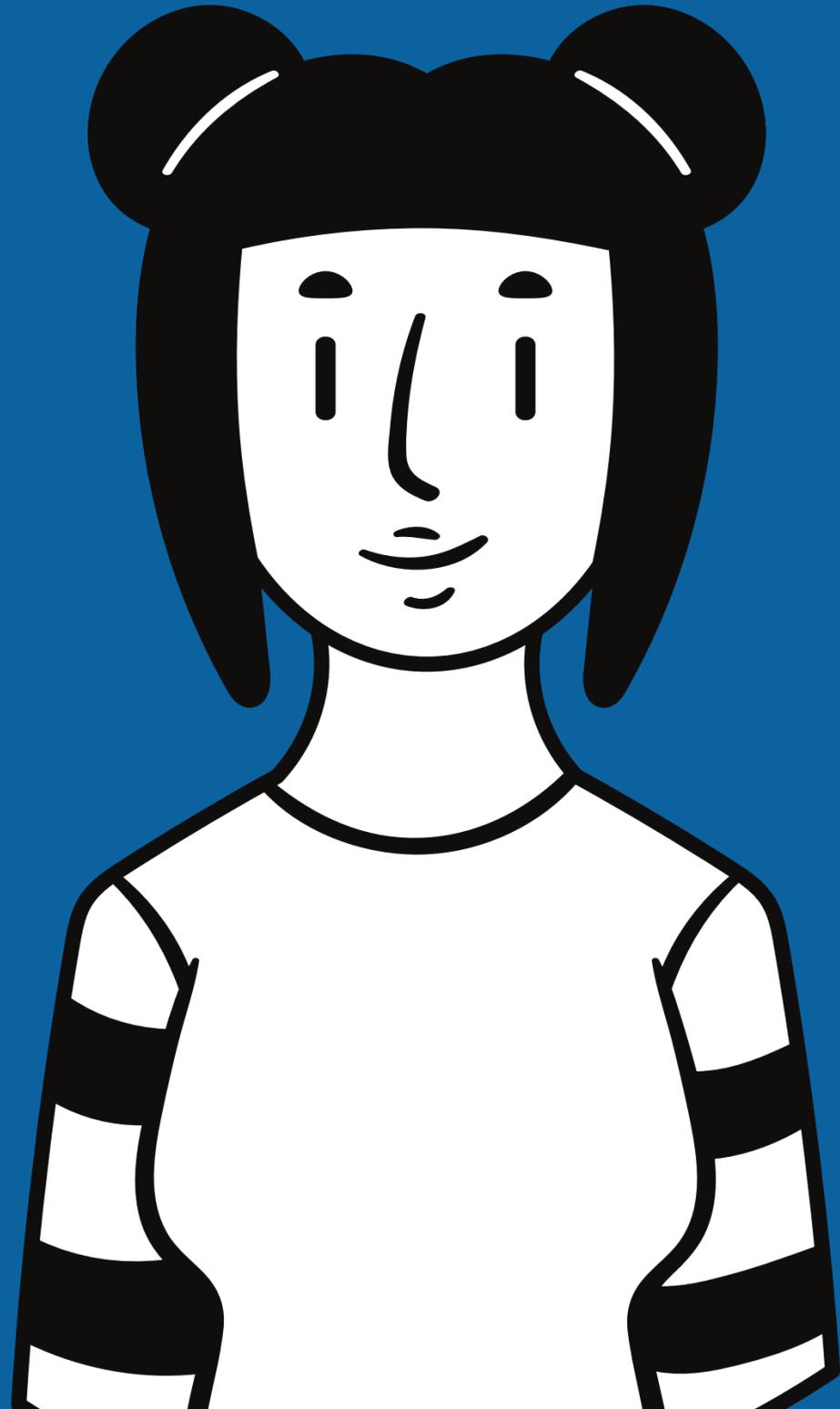
Employment First MA website

<https://employmentfirstma.org/>

Legalities on Volunteering

https://employmentfirstma.org/files/DDSVolunteer-Unpaid_Work-Feb17.pdf





THANK YOU!

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Q & A

Do you have questions?

