What's in the Minnesota Olmstead Plan

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This document is the plain language and abbreviated version of the Minnesota Olmstead Plan. For the full plan, visit:

WWW.GOV.MN/OLMSTEAD

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What's in the Minnesota Olmstead Plan

Introduction

The State of Minnesota believes that people with disabilities should have access to the same opportunities as people without disabilities. This includes the right to make everyday decisions about their lives.

This idea is called **person-centered planning**. It is at the heart of the Minnesota (MN) Olmstead Plan. People with disabilities are in charge of their choices. They also decide the supports they might need.

These choices might include:

- Living near family and friends
- Deciding the level of support they need
- Working at a job they enjoy
- Going to school where they want to
- Being a part of their community

The MN Olmstead Plan (or the Plan, as we will call it here) discusses how important these ideas are in Minnesota. The Plan is like a road map, with detailed things to do to make sure that we are going in the right direction.

We created this document, "What's in the Minnesota Olmstead Plan" so that people can better understand the Plan.

Background Information

Americans with Disabilities Act

In 1990, the Americans with Disabilities Act was passed. This law states that people with disabilities have the right to access the same things as people without disabilities.

Olmstead Decision

In 1999, the Supreme Court ruled that people with disabilities have other rights to make decisions about how they live their lives.

These rights make sure that people with disabilities have access in the most **integrated settings** right for them. In an integrated setting, a person with disabilities can choose to live, work, or interact with people without disabilities whenever possible.

For example, the most integrated place to live might be different for each person. One person might choose to live in an apartment alone or with roommates. Another person might choose to live in a place with more support. What's the most important thing? The decision is the person's choice. The government helps provide support to make that choice possible.

The Olmstead decision also says that people should not be segregated. In a **segregated setting**, a person with disabilities lives, works, or takes part in separate activities from the community. The state of MN support people being in the most integrated setting possible.

The MN Olmstead Plan

The State of MN created the MN Olmstead Plan in 2015. People with disabilities from all over Minnesota told us what to put in the plan.

The MN Olmstead Team

The Governor created the Olmstead Subcabinet. The Subcabinet is a group of state leaders responsible for working together on the Plan. They also get opinions from people about what is and isn't working in the Plan. The Plan tracks the improvement of life for people with disabilities in Minnesota.

What's in the Plan

Every year, Plan goals are reviewed The most current Plan is from 2018. There are 13 important areas in the Plan. Person-centered planning is important for all of them. They all support each other, too. This document helps answer questions about the Plan.

An Overview of the Plan's 13 Areas

#1 Person-Centered Planning

Putting people's goals and wants at the center of decisions

#2 Choosing Different Kinds of Support

Using person-centered planning to help people decide the best places for home, work, and activities

#3 Choosing Where to Live

Making sure people have choices about where to live and who to live with

#4 Finding the Right Job

Finding jobs in the most integrated settings and teaching companies about hiring people with disabilities

#5 Going to School or Training

Preparing people for the integrated settings of college, training, or work that meet their goals

#6 Getting Services Approved

Making sure Minnesota government and other organizations get services approved in a reasonable time

#7 Getting from Here to There

Making sure Minnesotans have affordable and reliable ways to get around to work, school, and enjoy life

#8 Access to Health Care

- Can use the medical system easily
- Have resources to make healthy choices

 # 9 Helping People in Positive Ways

Training staff to use positive ways to help people

#10 Helping People through a Crisis

Making sure that people going through a hard time can:

- Stay in their housing situations
- Get support they need to get back on track

#11 Including Voices of People with Disabilities

Involving people with disabilities and listening to their opinions

#12 Keeping People Safe

Making sure that people with disabilities:

- Do not experience abuse or neglect
- Have ways to report abuse or neglect

#13 Getting People the Tools They Need to Succeed

Having access to technology that can help in school, work, and life

What Does This Document Explain?

This document is to help anyone who wants to better understand the topics in the Plan.

There is information about each of the 13 topics, including goals related to the topic and things that are in progress. We also included some things people told us when we were planning.

It does not include everything. Do you want to learn more? Check page 22 for ways to get more information.

Note: There are some words that we use often. We have included them in **bold**. You can also check out the back of this document to review the words.

#1 Person-Centered Planning

The government and staff at places that offer services must listen to people with disabilities. They must learn what is important to them. This process is **person-centered planning**. It is at the heart of the Plan.

These decisions might include where to live, what kind of medical care to get, and who to get advice from. People must have the information they need to make life choices. They must also have access to the right support systems.

What's in the Plan?

People with disabilities will:

- Be the main decision makers in their lives
- Get the level of support that is right for them
- Have ways to give feedback about life in Minnesota

What's next?

We will continue to:

- Focus on wants and needs of people with disabilities
- Use technology to help more people
- Help people learn about their rights

What you told us…	What we are doing to improve Minnesota…
"Please continue to listen to people who need services. They know what they need. They know what works best for them."	Person-centered planning is included in <u>every</u> part of the Plan.

#2 Choosing Different Kinds of Support

In Minnesota, our goal is to make sure that people share what they think and make important choices about their lives. Our goal is to help people take part in the most integrated settings**.**

What is an **integrated setting**? It is a situation that allows people with disabilities to take part in activities with people who are not disabled as much as possible. It is also important that we provide the right supports to help people live, work, and participate in the most integrated settings.

Integrated settings might look different for different people. For example, the most integrated living setting could be:

- Living with other people with disabilities
- Living with people with disabilities and people without disabilities
- Living alone or with family or friends

What's in the Plan?

People with disabilities will:

- Move into the most integrated housing that is right for them
- Return to the most integrated setting possible after a crisis

What's next?

We will continue to:

- Make it easier to understand housing choices
- Make sure programs have what they need to be successful

#3 Choosing Where to Live

Minnesota supports people with disabilities living in the settings that are best for themselves. People should have choices about where to live and who to live with. There are also support systems for people who need them. Our goal is to offer flexible housing options with different kinds of support. Then, people will have more choices about where to live.

What's in the Plan?

People with disabilities will:

- Live in the most integrated settings
- Get support as needed

What's next?

We will continue to:

- Learn more about where people would like to live
- Learn more about common problems that people have keeping their housing
- Find more ways to help people get and stay in housing

#4 Finding the Right Job

It is important that people with disabilities in Minnesota have access to good jobs where they can work with people without disabilities. We believe that there are many benefits of work. People should have choices about what types of work are best for themselves. Companies should also understand the benefits including people with disabilities in their workplaces.

What's in the Plan?

People with disabilities will be able to:

- Find meaningful jobs and earn competitive wages.
- Have more opportunities to be **Peer Support Specialists** (Peer support specialists have experience living with a disability. They help other people with similar experiences.)

What's next?

We will continue to:

- Train staff about the best ways to help people find jobs
- Make sure people know how technology can help them at work
- Make sure businesses follow laws about hiring people with disabilities

What you told us…	What we are doing to improve Minnesota…
"Not enough mental health providers are employing certified peer specialists."	We are creating more Peer Support Specialist roles in the Plan.

#5 Going to School or Training

In Minnesota, it is important to make sure that people with disabilities have the best education possible. This includes elementary school, high school, and job training programs. Education helps people prepare for all parts of adult life including work and community.

What's in the Plan?

More students with disabilities will:

- Be in the most integrated class settings in preschool through high school
- Enroll in college or training after high school
- Learn about tools to support themselves in school

What's next?

We will continue to:

- Train schools to support students with disabilities
- Teach the best ways to help people transition to college and training
- Study what technology students need to be successful

#6 Getting Services Approved

People with disabilities should get services they need as quickly as possible. **Waivers** provide services to help people live in their home and community. People should have the right community supports. If people can't access the services they need, it is much harder to be successful.

We are working on systems to approve waivers that consider the need of each person and when they need the services. Then, we can approve things more quickly. The government must approve the waiver for their future services in a certain amount of time. Knowing what services are needed and when, allows the person with disabilities a better plan for a move.

What's in the Plan?

Offices that approve these decisions will make them in a reasonable amount of time.

What's next?

We will continue to:

- Help programs work quickly to solve problems
- Improve systems so that people can access services in a timely way.

#7 Getting from Here to There

For people to go to work, school, and be a part of their community, they have to find a way to get there. Transportation in Minnesota must be reliable, affordable, and accessible.

What's in the Plan?

We will continue to:

- Improve curbs, crossing signals, and sidewalks
- Create more reliable transportation choices across Minnesota

What's next?

We will continue to:

- Review problems with current transit routes
- Find more places to improve access

What you told us…	What we are doing to improve Minnesota…
"In rural Minnesota, we do not have regularly scheduled public transportation."	Transportation improvements are in the plan.

#8 Access to Health Care

Systems should be easy for people to use. Being able to make healthy choices affects many other parts of life, too. There are two parts of health care we are working on here in Minnesota:

- More health care clinics that can serve people with disabilities
- More people with disabilities will access health care

What's in the Plan?

People with disabilities will:

- Get regular medical care to avoid getting sick in the future
- Have regular dental visits

What's next?

We will continue to:

- Make sure that primary care doctors, or the main doctor a person sees, understand our goals
- Make sure that dental systems work smoothly

What you told us…	What we are doing to improve Minnesota…
"I need to be in a community where there are adequate health supports."	We are better educating health providers in Minnesota.

#9 Helping People in Positive Ways

All people in Minnesota should feel respected. They should receive the best services possible. The services should include positive strategies that are most helpful for them.

Those that work with people with disabilities should make sure to talk to people with disabilities in positive ways and listen to their choices.

People in these jobs should avoid **restrictive procedures except** in emergencies. Restrictive procedures might be:

- Using **restraints** (physically holding people in emergencies)
- Using **seclusion** (keeping someone in a room that they can't leave) in emergencies

What is in the Plan?

Staff will:

- Train in positive ways to help people in stressful situations
- Use other ways to handle situations

What's next?

We will continue to:

- Study how often restraints and seclusions are still used
- Train staff in better ways to help people

#10 Helping People through a Crisis

A crisis is a stressful situation that makes it hard for people to deal with the challenges of everyday life. The main goal is to reduce the disruption in people's lives and get them the support they might need right away.

When there is a crisis, it is important that people get the help that they need right away. People should get the support they need to return to their everyday lives as soon as possible after a crisis.

What's in the Plan?

People with disabilities in a crisis will get services quickly. This will help them to be able to stay in their home or return home quickly.

What's next?

We will continue to:

- Study and improve available crisis services
- Teach how trauma can affect people for a long time
- Help people get home faster after crisis situations

#11 Including Voices of People with Disabilities

Our state values the opinions of all Minnesotans. In Minnesota, people with disabilities must have choices. These decisions include all parts of everyday life like choosing where to live, deciding what kind of jobs are best for themselves, and taking part in leadership roles. Getting people's opinions is important to make sure that Minnesota is an inclusive, model state for people with disabilities.

What is in the Plan?

People with disabilities will:

- Have ways to share their opinions with state government
- Be included in lead roles in projects

What's next?

We will continue to:

- Keep track of people's opinions
- Work with groups to make sure they know about the state's plan and ways to be involved in projects
- Make sure that people with disabilities have a way to give opinions on important issues

#12 Keeping People Safe

Everyone deserves the right to live a life without **abuse** and **neglect**. People have studied who might be treated badly in society. Unfortunately, people with disabilities are often at higher risk for abuse and neglect. It is important that we make sure that people with disabilities are not:

- Abused
- Ignored
- Victims of crime

What is in the Plan?

The Plan includes training people about their rights and understanding the signs of abuse.

What's next?

We will continue to:

- Train people to teach about signs of abuse and neglect they may see in their communities
- Make sure that people with disabilities and their families know how to report abuse and neglect

#13 Using the Best Resources

People should have access to the tools they need to live, work, or participate in the most integrated setting. We call these tools **assistive technology**.

What's in the Plan?

Here are some possible examples of things someone could get help with:

- Making a plan about what a person needs before school starts
- Learning how to use new tools
- Borrowing a tool to use like a screen reader or device reader

What's next?

We will continue to:

- Make sure that people know about technology that is available
- Make sure that technology is used across programs

Listening to People with Disabilities

Quality of Life

It is essential to know how people with disabilities think about how their lives are going. We are using the **Quality of Life** survey to make sure we are improving life in Minnesota. The Quality of Life survey helps the **Subcabinet** know what is getting better and what needs more work.

We have spoken with people with disabilities of all ages who might live in segregated settings. This survey is one of the first in the country to get this type of feedback. The survey will be repeated over a couple years.

The Minnesota Olmstead Plan makes sure that we are all clear about what we want the future to look like and how we will create an inclusive and integrated Minnesota.

Using Your Voice

Thank you for wanting to learn more about the Minnesota Olmstead Plan.

More Ways to Learn about the Plan:

Go to the Minnesota Olmstead Implementation Plan website at **http://www.mn.gov/olmstead** to:

- Read the 2018 Minnesota Olmstead Plan
- Share your story
- Sign up for our newsletter
- Follow us on Facebook
- Learn about upcoming meetings

Contact the Minnesota Olmstead office:

- **Send an email:** MNOlmsteadPlan@state.mn.us
- **Send a letter:**
  Olmstead Implementation Office
  400 Wabasha Street N, Suite 400
  St. Paul, Minnesota 55102
- **Call the office:** 651- 296-8081
- **Go to the MN Olmstead website:**
  http://www.mn.gov/olmstead
  Then, click the **Participate** tab to learn more.

MN Olmstead Plan: Words to Know

Abuse

When people are treated violently or cruelly, this is abuse. It can be physical abuse or mental abuse.

Americans with Disabilities Act (ADA)

The ADA is a law passed in 1990. It says that people with disabilities have certain rights.

Assistive technology

Assistive technology is any type of computer or tool that helps people in everyday life. This could be a screen reader or another device.

Competitive employment

Having a job in an integrated workplace is called competitive employment. These jobs should also:

- Pay at least minimum wage
- Pay a similar pay rate to workers without disabilities doing a similar job to workers with a disability.

Competitive employment is a goal for everyone in Minnesota.

Integrated setting

An integrated setting is a situation where a person with disabilities can choose to live, work, or interact with people without disabilities whenever possible.

Minnesota (MN) Olmstead Plan

The Plan outlines the goals of the state. It makes sure that people with disabilities have access to opportunities and support.

Neglect

If someone is supposed to take care of another person, they have a responsibility. If they don't take care of the person, this is neglect.

Olmstead Decision

A 1999 Supreme Court ruling. The court said that people should be able to be in the most integrated settings possible.

Peer Support Specialist

Peer support specialists have experience living with a disability. They are able to help other people going through similar experiences.

Person-centered planning

Person-centered planning is a way of thinking about decisions. It includes making sure a person's goals are considered in all choices.

Quality of Life survey

The Minnesota Subcabinet surveys people with disabilities about their experiences living in Minnesota. This survey is called the Quality of Life survey. It measures how people with disabilities think their life is going.

Restraints

Using restraints means physically holding someone when it is thought they might hurt themselves or someone else. Minnesota is using positive strategies to reduce how often restraints are used to handle situations.

Restrictive procedures

Restrictive procedures is using restraints or putting someone in seclusion. Sometimes staff use restrictive procedures in stressful situations. These are ways to keep a person under control. In Minnesota, we are training people in better ways to help people.

Seclusion

Seclusion means keeping someone separate from others. Sometimes this is done in an emergency.

Segregated setting

People might live or work in a separate place from the community. This is a segregated place.

Subcabinet

The Minnesota Subcabinet is a group of people from different offices in the government. Their job is to make sure the Plan is working.

Waivers

Waivers provide services to help people live in their home and community.

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