
Welcome to Community Living disABILITY Services (CLDS)!

Whether you have just qualified to receive services, or have been eligible for services for some time, you will find this short guide useful in understanding what the *building on abilities* project is and how it affects you.

What is CLDS trying to do and why?

The Vulnerable Person's Living with a Mental Disability Act recognizes the rights of people with disabilities to make their own decisions and receive the support they need to be as independent as possible. CLDS wants to ensure that:

People with an intellectual disability who are eligible for services get the services and supports they need to live, love, work and play, just as others do in their community.

To help achieve this goal and ensure that the service system is fair for everyone, CLDS is making some changes to the way that services to people with disabilities are provided. *building on abilities* aims to make sure that people with an intellectual disability:

- Get the right amount of services based on their needs;
- Are aware of their own personal "Personal Supports Budget" that they have available to access services;
- Have flexibility to choose which services they want; and
- Plan for the range of supports that they may receive and then receive these supports.

What does this mean for me?

To receive the supports you need, you will complete these five (5) steps:

- 1) Participate in an interview using the Supports Intensity Scale® (SIS) to figure out the type of support and amount of support you need.
- 2) Based on your needs, you will receive a Supports Budget Level, numbered 1 to 7.
- 3) Based on your Supports Budget Level (1-7) and where you live, a Personal Supports Budget will be set aside for you so that you can get CLDS services.
- 4) You can meet with your circle of support, including your friends, family, support workers, a *building on abilities* team member and your Community Service Worker. At this **Person-Centred Planning** meeting, you can talk about the kinds of support that you need and who can provide the support.
- 5) After your planning meeting, you will begin receiving services.

What is the Supports Intensity Scale or SIS?

You may have already had a SIS assessment, or you may be having one soon.

The SIS is an assessment that was developed by the American Association on Intellectual and Developmental Disabilities (AAIDD) (<https://aaid.org/sis>)

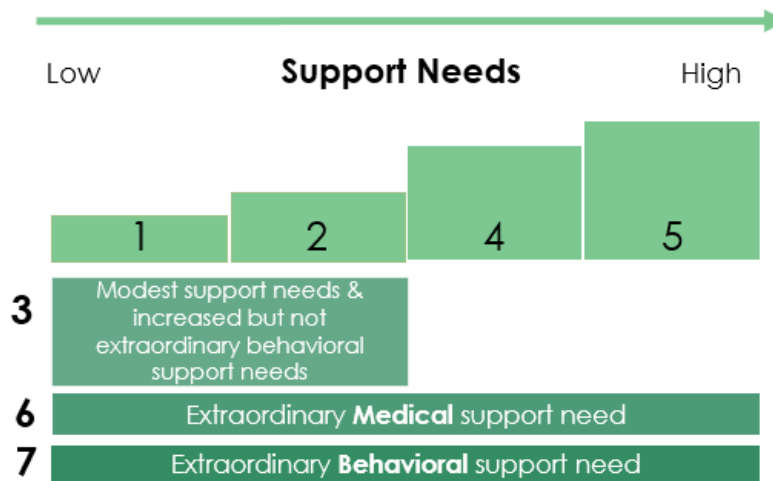
The SIS is conducted through an interview with you and people who know you well by a trained SIS facilitator.

The purpose of the SIS is to understand **how often** you need support, **what type** of support you need, and **how much** support you need in areas of daily life.

The SIS facilitator will also ask about any extraordinary medical or behavioral support needs that you might have. Other parts of the SIS will help you and your support network develop a good person-centred plan.



What are the Supports Budget Levels?

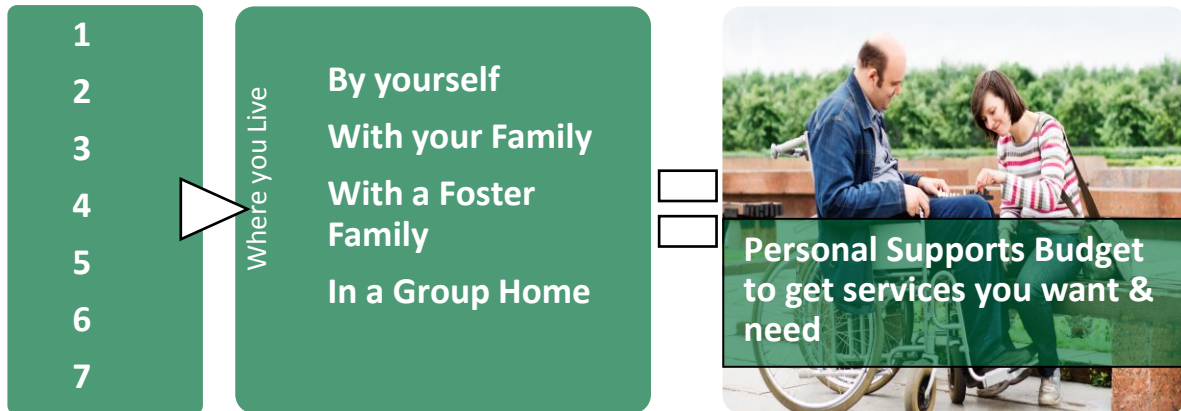


Each person will get a Supports Budget Level based on their support needs.

People receiving a Support Budget Level of 1 have the lowest support needs and people receiving Support Budget Levels 6 and 7 have the highest support needs. Support Budget Level 6 is reserved for people who need a lot of medical support and Support Budget Levels 3 and 7 are reserved for people who need support to address their behavior.

What is a Personal Supports Budget?

A Personal Supports Budget is an amount of money that a person has available to access CLDS services. Your Personal Supports Budget is determined by your Supports Budget Level and your living arrangement.



How can I use my Personal Supports Budget?

For individuals living with family, your Personal Supports Budget can be used to acquire a variety of Support Services including, Supports to Family, Respite and Day Services. You can get other services that you need like clinical services and transportation to and from day services, but they will not be included in your supports budget. With your supports budget you will have choices over who provides different services that you need within your community.



In Home Services are those supports that help families to maintain strong relationships for individuals who continue to live at home. Services can include a range of supports such as education/training, building support networks, person-centred planning, problem-solving, before and after school/day program care, respite, socialization and community inclusion activities.



Respite Services provide the individuals' caregiver with support to allow them to provide continuous care to the individual. Respite services are designed to give an individual the opportunity to further develop potential skills and abilities that were outlined in the planning process. Furthermore, Respite Services should involve activities that the person enjoys in environments that they are most likely to have positive experiences. These services may be self-administered by families or provided by an agency. Summer programming may also be provided to individuals from ages 18-21.



Day Services are services provided by agencies intended to support individuals to increase their independence, productivity, and community integration through skill development. Day services may include employment development; supported employment; personal skills development and maintenance; and personal, social and recreational programming.

Remember, there are other services you can access and only the services listed above are included in a Personal Supports Budget.

What will happen in my Person-Centred Planning meeting?

You will meet with your support network, including your friends, family, support workers and your Community Service Worker.

Some of the things that you might talk about in the meeting are:



- Your goals for the coming year or longer;
- How you prefer to spend your time;



- Who you like to spend your time with;
- The things that you are good at;



- The areas that you need support in; and
- How your support network can help you meet your goals.

How can I talk about my Personal Supports Budget at my meeting?

Because you have been informed of your Personal Supports Budget, you can use that information to talk about how CLDS services can complement the supports that you get from other places (like your family and friends). You can also talk with your Community Service Worker and discuss any CLDS services that you need or want.

What can I do if my Personal Supports Budget does not provide enough services?

After you try to find the right mix of CLDS services and supports offered elsewhere, if you feel that you are not getting enough services, you can see your Community Service Worker. They can help you fill out a request for an exceptional review. After you fill out a request, CLDS will try to help point you to services available in the community, help identify natural supports or will allow you to purchase additional services outside of your budget if they are found to be necessary services for you.

When does my Personal Supports Budget go into effect?

CLDS is taking a phased-in and agile approach with regard to the implementation of *building on abilities*. Gradually, and over time, new segments of the CLDS population based on their respective living arrangement will be introduced to the implementation plan (for example, individuals living independently with supports, those that are living in residential care facilities, etc.). For individuals living with family who are entering CLDS for the first time, funding for

services will be available shortly after planning happens. Your support network can continue to provide the types of support that they typically provide in the meantime.

Where can I get more information about CLDS and *building on abilities*?

You can get more information about CLDS here:

https://www.gov.mb.ca/fs/pwd/supported_living.html

You can get more information about *building on abilities* by contacting your Community Services Worker or by email at buildingonabilities@gov.mb.ca.