

Hello
February

Medically Fragile

Newsletter



February 2024 | Medically Fragile Case Management

Inside This Issue

- Pg.2 Wellness Visits
- Pg.3 Turquoise Care is Coming!
- Pg.4 ACQ Listening Sessions
- Pg.5 Hero's Path Palliative Care
- Pg.6 Accessing Supplies
- Pg.7 HME Specialists News
- Pg.8 Good Habits for Preventing Seasonal Flu
- Pg.9 Free at home Covid Tests
- Pg.10/11 Free Explora Membership
- Pg.12 Explore a career in tech
- Pg.13 Parent Advocacy in Special Education
- Pg.14 Dental Care in your home
- Pg.15 Little League Challenger Program
- Pg.16 AYSO EPIC Program
- Pg.17 Toy Lending and Resource Libraries
- Pg. 18 CDD Library
- Pg. 19/24 PRO February Newsletter

Happy
**VALENTINE'S
DAY**
February 14th



WELLNESS VISITS

Just a reminder, if you are on the Medically Fragile Waiver or Mi Via Waiver, Developmental Disabilities Supports Division (DDSD) is completing wellness visits of all Waiver recipients at least twice a year.

What you can expect with these visits:

- Someone will be calling you to schedule a visit.
- All wellness visits will be announced and scheduled in advance, preferably one to two days in advance.
- 911 will not be called for individual or guardian refusal to allow the visit, unless an immediate danger to the individual is evident.
- The worker should be coming with a badge.
- The worker should have a mask available, in the event you would like them to don it.
- Visits are to be held during business hours, unless the family requests otherwise.

Per DDSD, these are the questions to be asked during the wellness visits:

- Name of person(s)/Staff spoken to during the visit.
- Do Staff know how to report Abuse, Neglect, and/or Exploitation (ANE)?
 - Yes or No. If No, DDSD and DHI visitors will provide the Staff with the reporting information.
- Visit narrative and observation of individual(s) and the environment
 - Describe the visit from start to finish with any follow up
 - Visit narrative must include the following:
 - Observation of the individual
 - Description of the home environment
 - Are there food concerns?
 - Does a RORA need to be filed? (A RORA is a request for assistance and a means to inform DDSD of noted gaps in service(s), such as nursing, environmental modifications, vehicle modifications, respite, and other MFW services)

Reporting Abuse, Neglect and Exploitation for all ages of Waiver individuals:

- Call the Adult Abuse, Neglect and Exploitation Hotline at 866-654-3219.
OR
- File a report online:
<https://hssnmprod.wellsky.com/assessments/?WebIntake=736C2553-66C1-4A51-9E51-43B5C129FB89>
- If individual is under 18, also report concerns to CYFD at 1-855-333-SAFE or #SAFE (#7233) from a cell phone.

Turquoise Care Is Coming!

Turquoise Care will begin July 1, 2024, replacing what is currently called Centennial Care, as the new, New Mexico Medicaid Managed Care program.

Be on the lookout for a yellow envelope from the Human Services Department (HSD), in April 2024.

This envelope will contain important upcoming changes to the Managed Care Organizations (MCOs) and information about an open enrollment period from April 1 through May 31, 2024.

During the open enrollment, you will be able to select an MCO. You can do so via your account on the www.yes.state.nm.us/ website or by calling 1-888-997-2583.

Please note, if you do not respond and select an MCO during the open enrollment period, you will automatically be assigned to an MCO.

If Presbyterian or BCBS are your MCO currently, and you do not choose a different MCO, you will be automatically re-enrolled with that MCO.

If Western Sky Community Care is your current MCO, you will need to select a new MCO during the open enrollment. If you do not select an MCO, you will automatically be enrolled with another MCO.

For more information, visit www.yes.state.nm.us/ or call [1-800-283-4465](tel:1-800-283-4465).

*For more information and answers to FAQs regarding Turquoise Care visit: <https://www.hsd.state.nm.us/turquoise-care-overview/#content>



The DDSD Advisory Council on Quality Executive Committee
presents:

ACQ LISTENING SESSIONS

2nd Thursday every other month from 9:00-10:00

Jan. 11, 2024

March 14, 2024

May 9, 2024

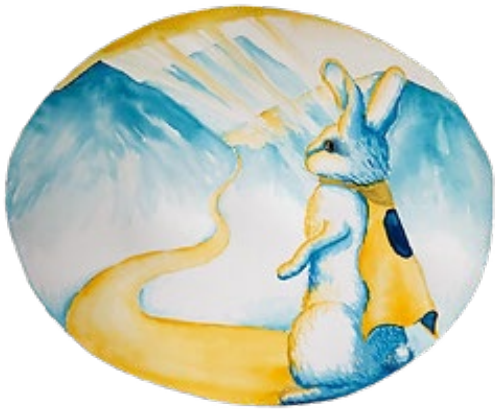
JOIN US VIA ZOOM

<https://us02web.zoom.us/j/6605544111>

Meeting ID: 660 554 4111

The meetings will be an open forum for anyone who would like to join us. Please come and share your thoughts, questions, concerns, suggestions, experiences, ect. on what is happening in the NM DD system.

Contact Wendy Corry, DDSD ACQ Admin. for more information
wendy@corryconsulting.com 505-238-0047



Hero's Path Palliative Care

<https://www.herospathpalliativecare.org/>



One-on-One Family Support for Medical Trauma and Coping with Stress

Our team fosters healing and coping through Dr. Korie Leigh's services. Korie provide individualized support in one-on-one meetings with the child, siblings, parents, or the entire family through zoom, phone calls, or in-person (within a 100 mile radius of Santa Fe) to meet your specific needs.

We understand children with medical complexity often experience daily medical trauma with their care. Many families run the equivalent of an intensive care hospital unit in their homes causing siblings and parents to feel that trauma while living in an almost constant state of high stress due to the medical needs of their sibling/child.

Please reach out to learn more!
jenb@herospathpalliativecare.org

Accessing Supplies

Durable Medical Equipment (DME) providers support access to necessary supplies and equipment.

Some tips in accessing necessary supplies:

- Diapers are available through Medicaid beginning at age 3 years old.
 - The child's medical provider can provide an order, with their visit notes, to the DME provider contracted with the child's MCO.
- Placing the order 5-10 business days prior to the supply anniversary date allows time for the order to be filled and shipped.
- For backordered supplies, such as formula, the child's provider will need to provide an order for an alternative.
- If a certain supply is needed above the amount that Medicaid allows, the child's medical provider can request an exception with appropriate justification and approval from the MCO.

Accessing equipment, like a wheelchair

1. Identify DME providers contracted with the MCO
2. If accessing an equipment/wheelchair evaluation with a therapist, they can help navigate the DME provider
3. Wheelchairs may be authorized for an eligible recipient:
 - a. Under 21 years of age, every 36 months or 3 years
 - b. For adults, every 60 months or 5 years.
 - c. Earlier authorization is possible when dictated by medical necessity.

Finding a DME provider

Contact the insurance/MCO, refer to the insurance/MCO member handbook, or view insurance/MCO website to identify contracted DME providers

Recycle or reuse DME equipment

Look for places like [Adelante's Back in Use](#) in Albuquerque which takes donations of equipment and recycles it to new individuals who need it.

Includes equipment like, wheelchairs, walkers, and hospital beds.

HME Specialists News

Do you prefer:

- To place your orders online?
- A list of supplies being provided?
- To know your last order date and next eligible order date?
- A reminder it is time to re-order supplies?
- Do you have an email address?

Then your account might just be eligible for HME's re-supply Connect platform.

The Re-Supply Connect platform provides outreach via:

- Text Message (after opt in)
- Email
- Automated Phone Call

Receive notification it is time to re-order based on eligibility. The family/member will be provided an opportunity to place monthly order at time of notification.

What qualifies your account?

- If your supplies include:
 - o Incontinence Supplies
 - o Urological Supplies
 - o Enteral Supplies
 - o Ostomy Supplies
 - o CPAP Supplies

(No other supplies are eligible at this time, like Trach/Vent supplies)

How do you get "Connect"-ed?

- Notify HME/your HME SCT Representative that you would like an invite to the Connect platform

Good Health Habits for Preventing Seasonal Flu

Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.



Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

Cover your mouth and nose.

Cover your nose and mouth with a tissue when you cough or sneeze, and throw the tissue in the trash after you use it. If no tissue is available, cough or sneeze into your sleeve/clothing.

Clean your hands.

Wash your hands often with soap and water; if soap and water are not available, and hands are not visibly soiled, use an alcohol-based hand rub.

Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

[For more information click here](#)

NM Department of Health. (n.d.). Good Health Habits for Preventing Seasonal Flu. Influenza vaccinations. <https://www.nmhealth.org/about/phd/idb/imp/flu/#vaccination>

Do you need to find a place to receive your flu vaccine? Do you have an egg sensitivity or allergy? Do you need a shot geared to people 65 years and older?

Visit <https://stopflu.org/> and click on [locate your nearest vaccine](#) to find your specific vaccine options near you.

Albuquerque area- if you are interested in the possibility of homebound flu vaccines, please email Nichole and let her know.

Get Four Free At-Home COVID-19 Tests

Every home in the U.S. is eligible to order an additional 4 free at-home tests beginning November 20. If you did not order tests this fall, you may place two orders for a total of 8 tests.

Your order of COVID tests is completely free – you won't even pay for shipping.

<https://special.usps.com/testkits>



Before You Throw Out "Expired" Tests: Check [FDA's website](#) to see if your COVID-19 tests' expiration dates have been extended

<https://special.usps.com/testkits>

[FDA Website for expiration date check](#)

FREE eXPLORA MEMBERSHIP

This will be One Membership per Household.
This will be a family membership which includes:
up to 6 people within a family; at least one
member must be 18+.

If you would like to receive a free year membership I will need to add your information to Explora. This information will include: Primary Adult First and Last Name, your address, city, state, zip code, email, phone number, and let me know if you need the instructions sent in Spanish.

Please respond to me (nrajala@salud.unm.edu) with the following information if you would like to receive this membership!



GRATIS

EXPLORAR AFILIACIÓN

Esta será una membresía por hogar. Esta será una membresía familiar que incluye: hasta 6 personas dentro de una familia; al menos un miembro debe ser mayor de 18 años.

Si desea recibir una membresía anual gratuita, tendré que agregar su información a Explora. Esta información incluirá: nombre y apellido del adulto principal, su dirección, ciudad, estado, código postal, correo electrónico, número de teléfono y avísame si necesita que le enviemos las instrucciones en español.

¡Por favor respóndame
(nrajala@salud.unm.edu) con la siguiente
información si desea recibir esta membresía!



Want to Explore a Career in Tech and Increase Your Skills?

FREE
course



- Women
- People with Disabilities
- People of Color

Are eligible for **FREE** training!

Next class starts January 8



Apply Now! diverseit.org

Our DiverseIT team has been awarded an amazing grant from the **Encantado Foundation** to train people with disabilities, women, and people of color for tech fields. ***Intro to Tech is one of the classes being offered for FREE thanks to this grant.*** Through Intro to Tech people will learn how to troubleshoot a computer, how to edit photos and videos, how to edit a website, and more. Participants need to understand the basic operations of a computer to take this class, which is designed to provide an overview of potential tech careers while people are learning new skills. The next course begins January 8, 2024 and will be held Mondays and Fridays 9:00 am - 12:00 noon at our DiverseIT Computer Repair and Training Center. (5400 San Mateo Blvd, Suite C, Albuquerque NM 87109) The course will run through the end of February.

To enroll or learn more, visit DiverseIT.org and look for the lime green section that talks about the Encantado courses or go directly to our Google sheet to apply. If you have additional questions, you can email the program manager, Mariah Vigil, at diverseIT@GoAdelante.org.

Thank you!

[Google Sheet](#)

diverseIT@GoAdelante.org



Parental Advocacy in Special Education Information Night

Time: 7:00 p.m.-8:00 p.m. Thursday



December 7, 2023: Advocating in School

January 4, 2024: The importance of Vision Statements

February 1, 2024: Advocacy and Policy Making

March 7, 2024: Dissecting the IEP-What Questions to Ask When...

April 4, 2024: SAT, 504's, and Evaluations: How to Request a Comprehensive Evaluation

May 2, 2024: Summer and Beginning of the Year Needs

Please Join Us: Parental Advocacy in Special Education Night

Time zone: America/Denver

Google Meet

Video call link:

<https://meet.google.com/nmo-teoi-sbh>





Our Mission

To provide superior dental care to homebound and special needs individuals in their home or care facility regardless their ability to pay.

About Dental Care in Your Home

Dental Care in Your Home is a private 501 (c)3 nonprofit corporation founded in 2010 by a Dental Hygienist. We now we service over 800 patients. DCIYH provides dental services to homebound, hospice and patients with special needs in their homes or care facilities.

Website:

<http://dentalcareinyourhome.org/index.html>

Facebook: <https://www.facebook.com/DentalCareInYourHome/>

Address: 1776 Montano Rd NW

Albuquerque, NM 87107

Office : 505-615-0951

Fax: 505-792-6737

Email Address: admin@dciyh.com



PRESENTS...



Little League

Challenger

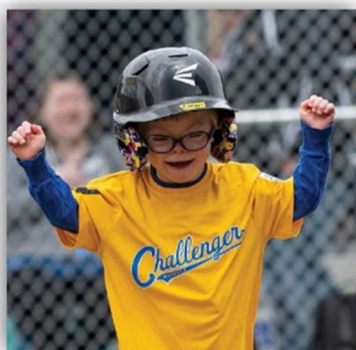
Sunset Little League's Challenger program is designed to provide an opportunity for individuals with intellectual and physical challenges to enjoy the benefits of Little League participation in an environment structured to their abilities.

Divisions Available:

Little League Division (ages 4-22)

Senior League Division (ages 15+)

REGISTER TODAY



Teams structured based upon ability not age, and dedicated companion volunteers participate with players, adding assistance when needed.

For Information:

(505) 249-0838

littleleagueinfo.sunset@gmail.com



What is AYSO EPIC?

The mission of the AYSO EPIC Program is to provide athletes with disabilities the additional support they need to fully participate in a quality soccer experience. The ultimate goal of the AYSO EPIC Program is to provide a holistic AYSO experience for players, families, and volunteers, from team uniforms, to playing on a team, to cheering from the sidelines, for all participants.

To learn more about AYSO Epic:
<https://ayso.org/epic/>



Albuquerque Region

To find the Region
in your area

Toy Lending and Resource Libraries



Did you know...
There's a library in your community where you can borrow toys, educational materials, videos and books for parents and caregivers for FREE? Our Early Childhood Services Center Toy Lending & Resource Libraries are strategically located in communities all throughout New Mexico. All you need is an ID to borrow!

Libraries located in:
Albuquerque, Espanola,
Gallup, Las Cruces
and Roswell

<https://www.newmexicokids.org/toy/>




NEW MEXICO
Early Childhood
Education & Care Department

[Click Here for More Information](#)


EARLY CHILDHOOD
SERVICES CENTER

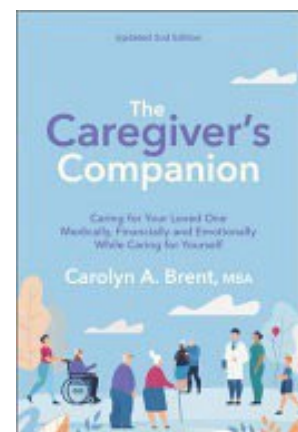
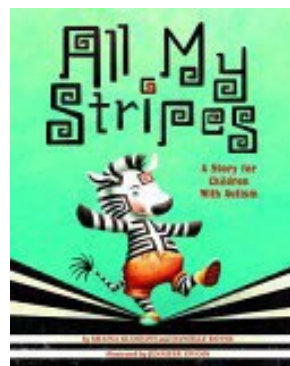
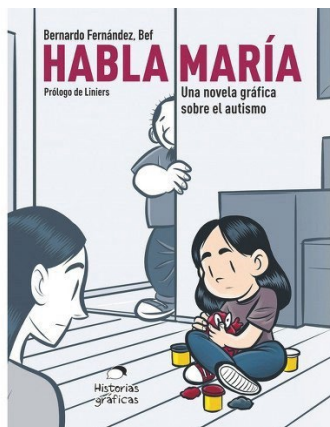
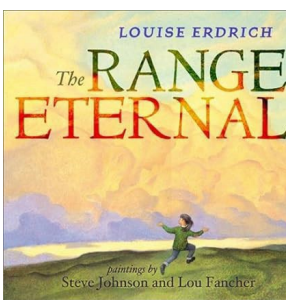


The UNM CDD Library is currently open for in-person appointments.

Can't make it into the library in-person? The UNM CDD Library can mail you items with a paid return shipping label, at no cost to you!

[Check out the virtual library here.](#)

HSC-InfoNet@salud.unm.edu
505.272.0281 / 844.231.5003





Parents Reaching Out

FEBRUARY FLYER



**Keeping it all Together
-Recordkeeping-
Tuesday, February 13th
10:00am - 11:30am**

Learn about record-keeping for your child's healthcare and education information. Learn how to organize and utilize these documents in advocating for your child.

[Register](#)

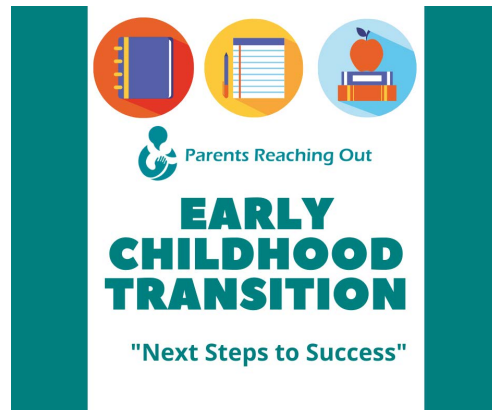
**Keeping It All
Together**
Organizing your child's records



**Next Steps to Success, Early
Childhood Transition**
Wednesday, February 21st
10:00am - 12:00pm

Find out about Early Childhood transition from the birth to 3 years old program and into a pre-school setting for 3 & 4 year olds. Learn about other supports for your young child, learn ways to build relationships through good communication and find out about the IEP Process and being a part of the IEP team.

[Register](#)



**Virtual Parent Support Group,
Making Connections with families in NM**
Wednesday, February 28th
10:00am – 11:30am

[Register](#)





Behavior Series:

In this workshop series, you will learn about behavior as a form of communication, identifying behavior challenges, documentation of behavior challenges, what a functional behavior assessment is and how to request one if your child is dealing with behavioral challenges, and what a behavioral intervention plan is and how you can provide input for the behavioral intervention plan.

Behavior Series: Part 3 Behavior Intervention Plan (BIP) Tuesday, February 6th 6:00pm - 7:00pm

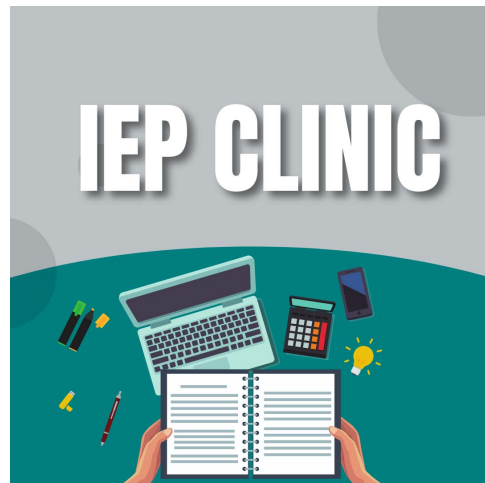
In this workshop, you will learn what a Behavior Intervention Plan is, how to provide input for your child's Behavior Intervention Plan, and why a Behavior Intervention Plan can be useful for your child's challenging behaviors in school.

[Register](#)

Developing IEP Goals that Support Reading Wednesday, February 28th 5:30pm - 6:30pm

In this workshop, we will be discussing how to develop SMART IEP goals for reading and tips for parents and staff.

[Register](#)



Parents Reaching Out

**Grupo Virtual de Apoyo en Español Para
Padres de Niños con Discapacidades
Miércoles 21 de febrero
4:00pm - 5:00pm**

El grupo de apoyo le proporcionará un lugar seguro para compartir sus experiencias y conectarse con otros padres. Le proporcionará un espacio para hablar sobre los éxitos, las frustraciones y las preocupaciones que enfrenta como padre de un niño con una discapacidad.

[Register](#)

**Grupo Virtual de Apoyo
en Español Para Padres de
Niños con Discapacidades**



Parents Reaching Out

NOW HIRING!

NICU Family Specialist Part-Time position

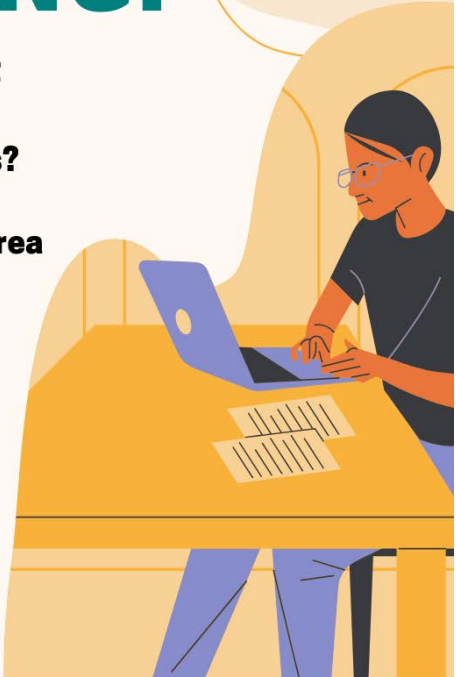
- **Do you like helping others?**
- **Flexible Schedule**
- **Live in the Albuquerque area**
- **Join Our Team!**

Parents who have prior experience of having had and cared for a child in a Newborn Intensive Care Unit are strongly encouraged to apply!

**For more information and to
view the job description: :**
<https://parentsreachingout.org/join-our-team/>



Parents Reaching Out
Call 505-247-0192 | www.parentsreachingout.org



[More Information](#)



19th Annual Family Leadership Conference

Providing Real Opportunities



Parents Reaching Out

March 22, 2024

Embassy Suites

1000 Woodward Place NE
Albuquerque, NM 87102

Register Today!

[More Information and Registration](#)

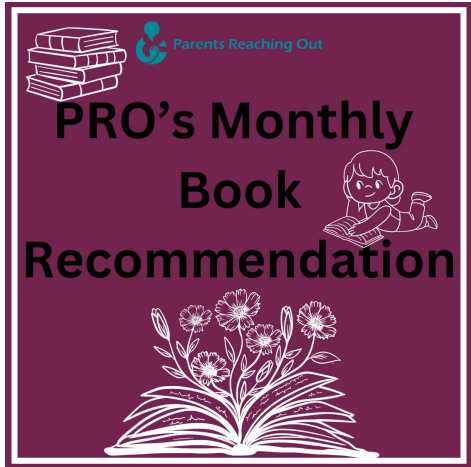
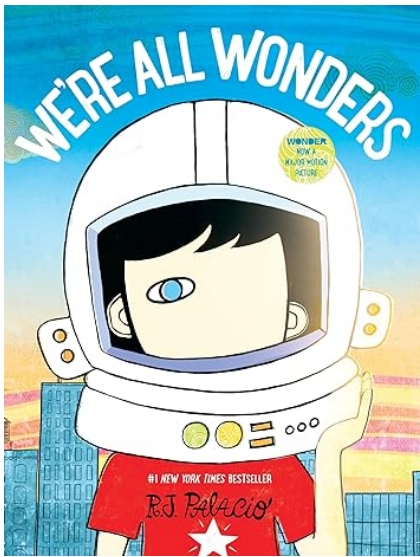


Parents Reaching Out

We're all Wonders
by: R.J. Palacio

Palacio shows readers what it's like to live in Auggie's world—a world in which he feels like any other kid, but he's not always seen that way. We're All Wonders may be Auggie's story, but it taps into every child's longing to belong, and to be seen for who they truly are.

Amazon



Parents Reaching Out

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