

Hello  
January

Medically Fragile

Newsletter



CENTER FOR  
DEVELOPMENT  
& DISABILITY

January 2024 | Medically Fragile Case Management

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## 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.*

# Albuquerque Med Supplies and Equipment SWAP PARTY

17  
JANUARY  
10 AM - 3 PM

Located at the CDD  
2300 MENAUL BLVD NE  
ALBUQUERQUE, NM 87107  
MUST TEXT OR CALL NICHOLE TO BE LET  
IN 505-263-4984



COME DOWN TO GRAB ANY ITEMS YOU  
WOULD LIKE TO TAKE HOME WITH YOU,  
AND BRING ANY MEDICAL SUPPLIES OR  
EQUIPMENT YOU NO LONGER NEED FOR  
ANOTHER FAMILY TO USE!

# 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](#)

# 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](https://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](https://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](mailto:diverseIT@GoAdelante.org).

Thank you!

[Google Sheet](#)

[diverseIT@GoAdelante.org](mailto: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>



Adaptive Ski and Snowboarding Athlete Registration Now Open

Multi-Week Program is FULL – Private Lessons are Available!

<https://www.adaptivesportsprogram.org/upcoming-events>



**Adaptive Climbing Event will be on  
Friday, January 26, 2024.**

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



The DDSD Advisory Council on Quality Executive Committee  
*presents:*

## ***ACQ LISTENING SESSIONS***

**2<sup>nd</sup> 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](mailto:wendy@corryconsulting.com) 505-238-0047



# ***Weaving Colors:***

AUTISM & THE NATIVE COMMUNITY

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A virtual presentation series for families dedicated to discussing important topics on autism and how they are viewed and addressed in indigenous cultures.

Join us Wednesday, January 17th 1 pm - 2:30 pm MT  
as we welcome

***Diana Fuller***

## ***The School Evaluation Process for Autism***

Participants will review the definition of autism and common characteristics related to ASD. Diana will discuss the educational evaluation process and provide information on what families can expect and how to best prepare for the evaluation and after.

[Click here](#) or scan the QR Code:



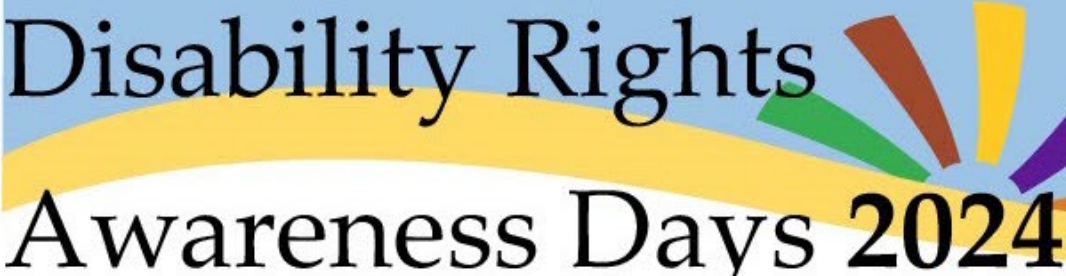
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& DISABILITY

For more information, please contact  
HSC-AutismPrograms@salud.unm.edu

Attn: Weaving Colors



# Disability Rights Awareness Days 2024



Join The Disability Coalition for the annual  
pre-legislative session forum:

**Saturday, January 13, from 8:30 to 4:00pm**

CNM Workforce Training Center:

5600 Eagle Rock Ave NE, Albuquerque, NM 87113

**A day at the Round House will be on**

**Tuesday February 6th!**

**Joins us at the State Capitol Rotunda!**

Help support the Disability Rights Awareness Days and  
sponsor a table for DRAD 2024!

**For more information on sponsoring a table contact**

**Rosalie or Heather at 505 883-4630**

# Hilos Sobre El Autismo

Un programa mensual que ofrece capacitaciones, apoyos educativos y recursos sobre el autismo a familias de habla hispana en Nuevo México.

***AODD FY 2024: Hilos Sobre el Autismo: Recursos en Español Para la Comunidad***

**Jueves, enero 11 de 2024**

**Hora: 1:00pm a 2:15pm**

**Presentadores:**

Roselyn Cintron, Health Education Consultant

Lorraine Cordova, Family Specialist

**Conoce nuestra Línea de Recursos para el Autismo:**

Apoyo Telefónico en Español para miembros de la familia y proveedoras. Ayudamos a los miembros de la comunidad a encontrar servicios, apoyos y recursos específicos para el Autismo.

**Registrar:** [Para participar presione AQUÍ o escanee el código QR](#)



**CENTER FOR  
DEVELOPMENT  
& DISABILITY**

***Teléfono: 505-272-1852 ó 1-800-270-1861***

***HSC-AutismPrograms@salud.unm.edu***





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](mailto: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

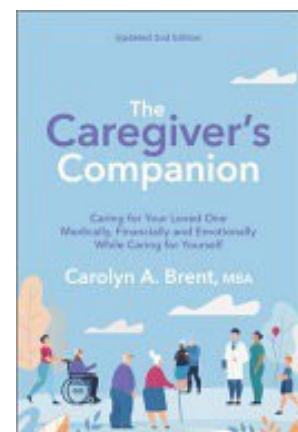
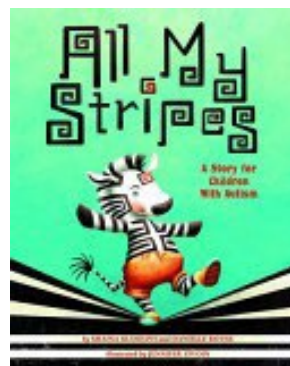
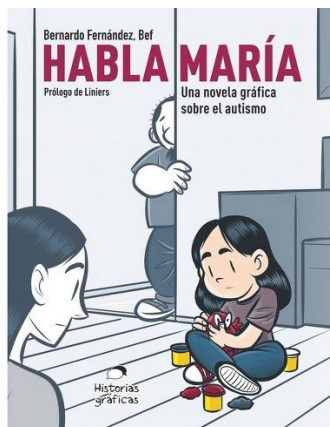
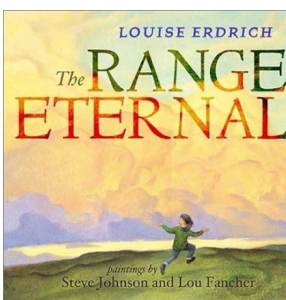


The UNM CDD Library is currently open for in-person appointments.

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](mailto:HSC-InfoNet@salud.unm.edu)  
505.272.0281 / 844.231.5003



# 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:
  - Incontinence Supplies
  - Urological Supplies
  - Enteral Supplies
  - Ostomy Supplies
  - 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



**SCT Contact Info:**

Main SCT queue ----- , ----- Direct: 505-449-2101  
SCT Fax Line ----- , ----- Direct: 505-340-2916  
SCT Email: [specializedcare@hmespecialists.com](mailto:specializedcare@hmespecialists.com)

**Re-Supply order process:**

It is advised that re-supply orders are placed 5-10 days in advance. This will give the SCT team enough time to resolve any challenges, that could delay delivery.

SCT team member must complete the following with every order:

- Confirm valid script is on file, that meets insurance requirements.
- Confirm current Auth on file. (when necessary)
- Confirm insurance is active.
- Confirm anniversary date and when new order can be dispensed. \*\*\*
- Confirm all needed item with member/care giver.
- Confirm no changes to address, phone, insurance, or physician.
- Key order in system and send to vendor for shipping. \*Shipping cut off time 3 PM

\*\*\*BCBS will not cover orders dispensed prior to anniversary date. Other insurances known to cover up to 5 days early, but not a guarantee. Reviewed on a case-by-case basis.

\*\*\* Ask your Rep about how you can now place orders on-line in the portal, from your email or through your text messages.

### **SCT Contact Info:**

Main SCT queue ..... Direct: 505-449-2101  
SCT Fax Line ..... Direct: 505-340-2916  
SCT Email: [specializedcare@hmespecialists.com](mailto:specializedcare@hmespecialists.com)

### **Afterhours & weekends:**

- Dial main number 505-888-6500.
- Select option 9 from auto attendant.
- Provide emergency to afterhours representative.
- Reduced staff available.
- Can replace malfunctioning pump, but No local inventory of formula or most supplies.
- Can process Discharge order but is more challenging and could take longer to complete. \*Recommended to provide all weekend discharges to SCT team during week.

### **Formula substitutions:**

- SCT will not make any substitution without written direction from Physician.
- SCT can provide manufacture recommended substitutions to physician for approval.
- New script for formula substitution is required, prior to dispense.
- Once a substitution is provided, it will be the formula used for all re-supply moving forward, unless changed by physician/patient. (RX must be on file)

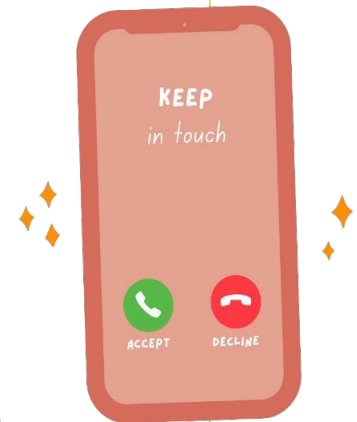
**Just a gentle reminder.... please, please stay in touch. Help us, Help you!**

A month can be a long time.

**Please let your nurse case manager know if anything comes up between your monthly visits.**

We **especially** need to know right away of the following:

- Hospitalization

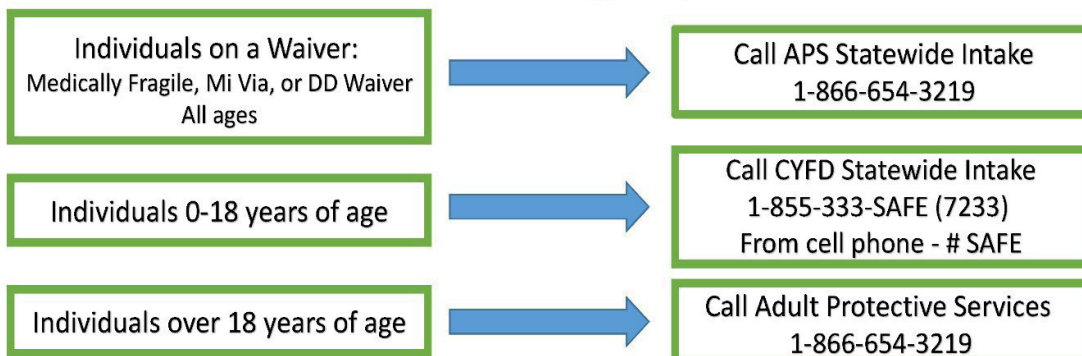


In the event of hospitalization and ER visits, we want to be there to support you. Please share with your hospital staff that your loved one is on the Medically Fragile Program. Please share your loved one's nurse case manager's name and number. We want to help make sure you have everything you need at discharge, so it is a safe, smooth transition home.

**ATTENTION! PHONE NUMBERS TO REPORT ANE HAVE CHANGED!!  
PLEASE SEE NEW NUMBERS BELOW!**

## **ABUSE, NEGLECT, EXPLOITATION REPORT IT!**

**In Case of an Emergency call 911**



*Lines are open 24/7. You can request to remain anonymous and all information is kept confidential.*

## DDSD (The Developmental Disabilities Supports Division) WELLNESS VISITS UPDATE AND ONGOING PLAN

If you are on the waiver or apart of Mi Via, below are the key takeaways from the presentation that DDSD presented regarding their wellness visits and ongoing plan.

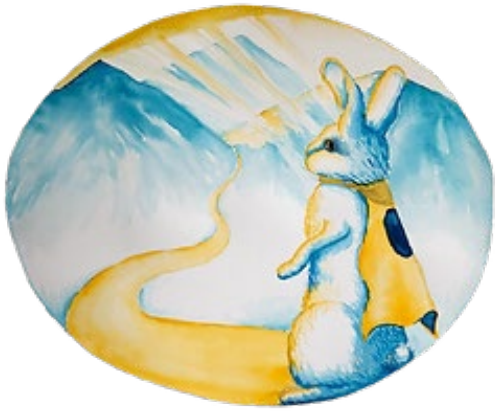
Key takeaways from the presentation are:

- DDSD has been doing and will continue to do wellness visits to individuals with new allocations
- DDSD will begin wellness visits with all other Waiver recipients beginning in October 2023, with plans to visit twice a year
  - More frequent visits may occur if necessary
- Visits will be announced and scheduled in advance, preferably one to two days in advance
  - Exceptions are if DDSD is having trouble accessing the individual/family, then they will coordinate a visit with the CM or MCO
- Visits will occur during the week and during business hours up to 7pm
  - Visits after hours or weekends will be done at the request of the individual/guardian
- All visiting staff will have badges to identify themselves
- All visit staff will have a mask available and if the family so requests them to, will wear it
- 911 will not be called for individual or guardian refusal to allow the visit, unless an immediate danger to the individual is evident
- The focus of these visits will be on the health and safety of the individual, to include a safe environment
- No head to toe body assessments will be completed
- These visits are an added safeguard to our visits and the State's responsibility to ensure the safety and wellness of Waiver recipients
- **Reporting:**
  - 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>

There is a link below here that will take you to the presentation slides that were presented during the meeting if you want to look over them.

<https://acrobat.adobe.com/link/review?uri=urn:aaid:scds:US:5ecee10e-eae4-3353-a3c2-52ff4c673ea9>

**DDSD HOME VISIT SAFETY CHECKLIST**



## 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](mailto:jenb@herospathpalliativecare.org)



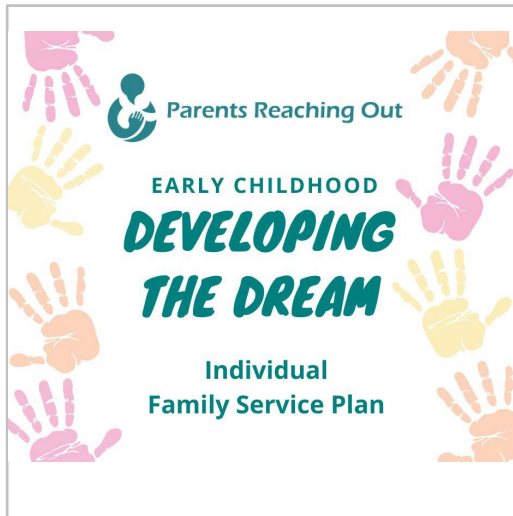
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# Happy New Year!

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Welcome to 2024!

We want to invite you to come to the workshops we are having this month. We offer a variety of workshops to meet the needs of families and professionals across the state at no cost. If you are in need of sign language interpretation or any other assistance accessing the workshops, please call us when you register or at least a week prior to the workshop at (505) 247-0192.

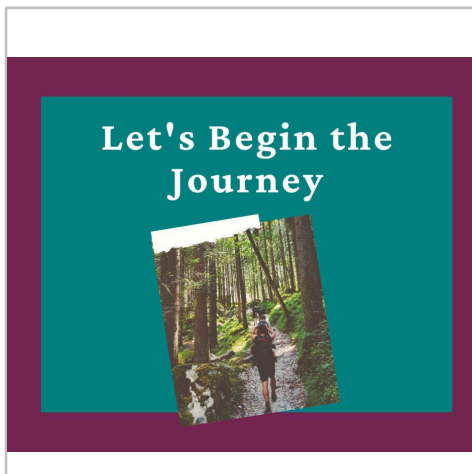


## **IFSP - Individual Family Support Plan "Developing the Dream"**

Wednesday, January 17th  
10:00 AM – 11:30 AM

Learn about Early Intervention for infants and toddlers (birth - 3) and what it means for your family. Discover how the "Individual Family Service Plan" builds on strengths & goals for your child and family, Find out about the roles and responsibilities of family service provider.

[Register](#)

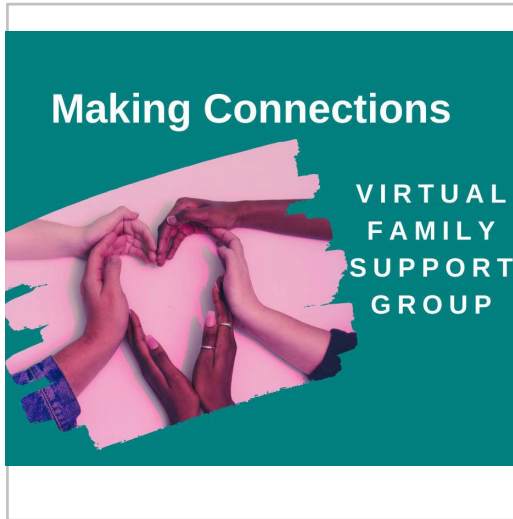


## **Let's Begin the Journey**

Wednesday, January 24th  
10:00 AM – 12:00 PM

Learn ways to build relationships through good communication. Learn about the basics of the Individual Education Program (IEP) for your child.

[Register](#)



## Virtual Parent Support Group, Connecting with families in NM

Wednesday, January  
31st 10:00am – 11:30am

Come to our monthly family-to-family support group. Share your experiences of parenting your child or grandchild with disabilities and connect with others who relate to your journey.

[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 1 Behavior = Communication

Tuesday, January 16th  
6:00 PM - 7:00 PM

In this workshop you will learn about behavior and communication - What it is, why it's important to understand, the importance of documenting your child's behavior challenges, what you can do when your child deals with behaviors in school, challenges, what a behavioral intervention plan is and how you can provide input for the behavioral intervention plan.

[Register](#)



# **Behavior Series: Part 2 Functional Behavior Assessment (FBA)**

Tuesday, January 23rd  
6:00 PM - 7:00 PM

In this workshop, you will learn what a Functional Behavior Assessment is, how and when to request one, and what data it provides to help with your child's behavioral challenges in school.

[Register](#)

# **Behavior Series: Part 3 Behavior Intervention Plan (BIP)**

Tuesday, January 30th  
6:00 PM - 7:00 PM

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](#)



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

Thursday, January 25th  
11:00 AM - 12:00PM

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.

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[Registrarse](#)

See a workshop you are interested in,  
but can't attend?  
Don't worry! Still register and we will send you the link to the  
recording to watch on your own time!

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19th Annual  
Family Leadership Conference  
Providing Real Opportunities

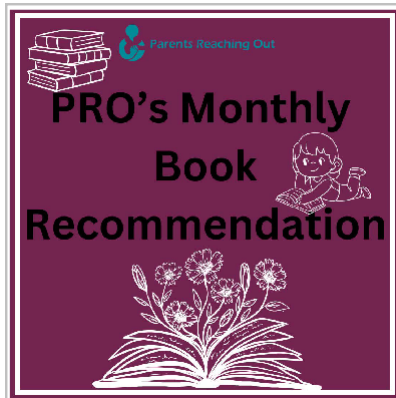
**Register Today!**



**March 22, 2024**  
Embassy Suites  
1000 Woodward Place NE,  
Albuquerque, NM 87102

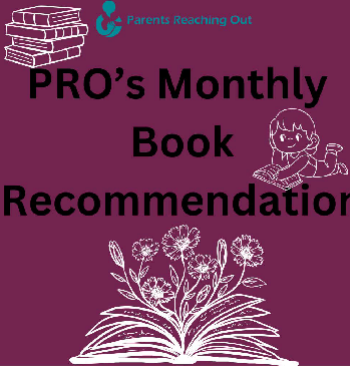
[Visit our Website](#)

[Register](#)



Parents Reaching Out

**PRO's Monthly  
Book  
Recommendation**



**I Am Not a Label:  
34 disabled artists, thinkers, athletes  
and activists from past and present**

In this stylishly illustrated biography anthology, meet 34 artists, thinkers, athletes, and activists with disabilities, from past and present. From Frida Kahlo to Stephen Hawking, find out how these iconic figures have overcome obstacles, owned their differences, and paved the way for others by making their bodies and minds work for them.

[Amazon](#)

Parents Reaching Out | 2501 Yale Blvd SE, Suite 200, Albuquerque, NM 87106 Sent by info@parentsreachingout.org powered by