

# TVDSA NEWSLETTER



TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

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## Upcoming Events

### January 5

#### Board Meeting

Google Meet, 8:00 pm



## Cuts to Idaho's Medicaid Program on the Table

by William L. Spence *The Lewiston Tribune*

The Idaho Department of Health and Welfare is considering a series of cost-saving measures to offset projected increases in Medicaid and expanded Medicaid expenditures next year.

The proposal could include benefits reductions, provider rate cuts and higher tax assessments on nursing homes and intermediate care facilities. Collectively, they would save the state about \$30 million in fiscal 2022, which begins July 1.

State lawmakers discussed the issue during a Legislative Council meeting Friday.

"I think all legislators need to get their heads around this issue and these numbers," said House Speaker Scott Bedke, R-Oakley.

The cost-saving measures would partially offset a projected \$91.4 million increase in nondiscretionary Medicaid expenditures next year. That's about \$60 million higher than the Department of Health and Welfare anticipated just two months ago, when it submitted its initial 2022 budget request.

Nondiscretionary expenses include things like mandatory price increases, rising Medicaid enrollment and increased utilization rates for Medicaid services.

Legislative budget director Paul Headlee told the council the \$91.4 million adjustment is being driven primarily by caseload and utilization rates.

A little more than half the total relates to the "traditional" Medicaid program, he said, while the remainder stems from the expanded Medicaid program that Idaho voters approved in 2018.

During a separate presentation to the joint budget committee in October, Medicaid Division Administrator Matt Wimmer described the increase as "eye-watering."

Whether it's offset by the \$30 million in cost-saving measures or not, the nondiscretionary increase could prompt a renewed discussion on the fate of Medicaid expansion during the upcoming 2021 legislative session.

A sizable fraction of Republican lawmakers historically opposed the expansion program and tried to block its implementation during the 2019 session. And even those who honored voter intent raised concerns about surprise cost increases.

During the October budget presentation, Sen. Jeff Agenbroad, R-Nampa, said those fears "are beginning to play out, at least based on these numbers."

**Read the full article at [mtribune.com](https://www.mtribune.com).**

### What Can I Do?

To take action and urge Governor Little to Protect Health Coverage go to **Close the Gap Idaho** for contact information, news about the cuts, and talking points to send to Idaho leaders.

# Joint Position Statement on Equity for People with Intellectual and Developmental Disabilities Regarding COVID-19 Vaccine Allocation and Safety

**American Academy of Developmental Medicine & Dentistry (AADMD)**

The development of a safe, effective vaccine is a critical component of the global response to the coronavirus disease 2019 (COVID-19) pandemic. Vaccine distribution and allocation must be done in a safe and equitable manner, and individuals with intellectual and developmental disabilities (IDD) must be explicitly addressed in any framework for vaccine allocation. The aim of this joint position statement is to address the risks facing people with IDD during the pandemic and to recommend how they should be included in vaccine allocation frameworks. The final provisions for vaccine allocation will ultimately be determined on a state level, and many different allocation frameworks exist. The following recommendations are intended to be broadly adaptable to state and national allocation frameworks.

## Summary of Recommendations

The organizations party to this Joint Position Statement, as named herein, recommend the following be included in the vaccine allocation framework:

- Individuals with intellectual and developmental disabilities who live

in group homes or other community residential settings should be considered at equivalent risk to older adults who live in congregate settings and thus be included in equivalent phases of vaccine allocation. • All direct support professionals (DSP), including group home staff, in care settings aiding persons with intellectual and developmental disabilities should be considered essential health care workers, and should be included in the appropriate phase of vaccine allocation. • Given increased rates of serious illness and death from COVID-19 in people with intellectual and developmental disabilities, persons with this diagnosis or condition should be explicitly included in the list of high-risk diagnoses that are used to determine vaccine priority. Individuals with IDD as well as those who live with or provide their care must be included in the same phase of vaccine allocation, regardless of living setting.

**Read the full statement at [aadmd.org](http://aadmd.org).**

## Volunteers Needed for 2021 Buddy Walk

Planning for Buddy Walk 2021 has begun, and we're looking for volunteers!

Thank you to everyone who has volunteered already, but we are still looking for some committee leads:

- Merchandise—Beyond T-shirts, organize fun merch for the walk
- Entertainment—Arrange for and organize the entertainment

- Food—Contact and organize food vendors
- Raffle—Find items and sponsors for our fabulous raffle

If you would like to donate your time and effort, please contact our Buddy Walk chair, Barbara Hiler at [buddywalk@idahodownsyntax.org](mailto:buddywalk@idahodownsyntax.org).



## TVDSA Scholarship Information

### Workshop Scholarship

TVDSA supports members gathering information at local and national conferences and workshops.

The TVDSA Scholarship program is not income based, so all TVDSA members are eligible. See our **scholarship application** to apply.

### Educational Scholarship

This program offers up to \$1,000 per year to a self advocate seeking higher education.

More details and an online form will be available soon.



## DSDN Rockin' Retreats

Get ready to reserve your spot for the Down Syndrome Diagnosis Network (DSDN) Rockin' Retreats (for moms and dads).

Registration for both retreats is open now, and spaces go quickly. Click the links below for more information.

**DSDN Rockin' Dad Retreat:**  
Kansas City, MO, August 6–7

**DSDN Rockin' Mom Retreat**  
Denver, CO, September 24–25

## Join TVDSA Today!

If you are not currently a member or you would like to renew your membership, you can do so **online with the TVDSA Membership Form**. You can contact us at [membership@idahodownsyntax.org](mailto:membership@idahodownsyntax.org) to verify your membership status.

## TVDSA Needs Your Help!

TVDSA is looking for someone to manage our social media accounts!

Our social media manager would be responsible for posting to our Facebook, Instagram, and Twitter accounts one to two times a week, and more often during the months of March and October.

We're looking for someone who can create interesting, informative, and fun posts about Down syndrome, TVDSA, and our Treasure Valley community. If this sounds like something you would be interested in, please contact Jennifer Rice at [secretary@idahodownsyndrome.org](mailto:secretary@idahodownsyndrome.org) for more information.

### Our Mission

To enhance the quality of life for persons with Down syndrome by promoting inclusive environments as well as advocating respect, dignity, and appropriate supports for people with Down syndrome to ensure that the world sees them as we do — Equal.

### Our Vision

A world where full inclusion is a reality rather than a goal.

### Contact Information

Treasure Valley Down Syndrome Association

PO Box 1404  
Meridian, ID 83680  
208-945-7448

[idahodownsyndrome.org](http://idahodownsyndrome.org)



## How to Help Your Child Set a New Year's Goal—and Stick With It

[understood.org](http://understood.org)

### Español

Idealmente, los propósitos para el nuevo año enseñan a los niños cómo decidir sus metas y lograrlas. Esto puede ser particularmente valioso para aquellos que piensan y aprenden de manera diferente. Su hijo puede que necesite ayuda para decidir metas razonables que será capaz de alcanzar.

### Establecer una meta para el próximo año

A pesar de lo atractivo que es alcanzar una meta, es fácil desviarse del camino. Ayude a su hijo a idear un plan sostenible siguiendo las mismas pautas que son usada para los objetivos del IEP:

**Específica:** El propósito debe incluir la meta de su hijo, la habilidad que él está trabajando y cómo piensa lograrla.

**Medible:** Su hijo deberá hacer un seguimiento de su progreso usando un gráfico o reportándose a usted regularmente.

**Alcanzable:** La meta debe ser ambiciosa pero realista, algo que mejorará las habilidades de su hijo pero que no lo abrume.

**Orientada a los resultados:** La resolución deberá explicar qué será capaz de hacer una vez que logre su meta.

**Con límite de tiempo:** El propósito debe especificar un período de tiempo razonable para lograrlo, y puede incluir metas más pequeñas en el camino (los pequeños logros pueden ser muy motivadores).

Lea el artículo completo en [understand.org](http://understand.org).

### English

Ideally, New Year's resolutions teach kids how to set and work steadily toward goals. That can be especially valuable for those who have learning and thinking differences. But your child may need some help creating meaningful goals she'll be able to stick with.

### Creating a New Year's Goal

However appealing an end goal is, it's easy to get sidetracked. Help your child craft a sustainable plan by following the same SMART guidelines you would use for an IEP goal:

**Specific:** The resolution should include your child's goal, the skill she's working on and how she'll achieve it.

**Measurable:** She should track her progress—on a chart or in regular check-ins with you.

**Attainable:** The goal should be ambitious but realistic—something that will stretch your child's skills but not overwhelm her.

**Results-oriented:** The resolution should explain what she'll be able to do once she reaches her goal.

**Time-bound:** Your child's resolution should specify a reasonable time frame and can include mini-goals along the way (mini-successes can be very motivating).

Read the full article at [understood.org](http://understood.org).

### Board of Directors

**President** ..... George Taylor  
**Vice President and Community Outreach Chair** .... Charmaine Thaner  
**Secretary and Membership** ..... Jen Rice  
**Treasurer and Spanish Contact** ..... Lucy Olmos