

# **Who Are We?**

**The California Department of  
Developmental Services (DDS)  
is one of 13 departments comprising  
the California Health and Human  
Services Agency**

# DDS

- **Annual budget of over \$2.2 billion**
- **Provides services and supports for over 200,000 children and adults with developmental disabilities**
- **Services are provided through state operated developmental centers and contracts with 21 nonprofit agencies called regional centers**

# Wellness Initiative

*“To promote the health and well-being of all Californians with developmental disabilities”*

# Wellness Initiative

- **Launched in 1996 to respond to concerns regarding the:**

- **Physical Health**

- **Oral Health**

- **Mental Health**

**of all persons with developmental disabilities in a community setting**

# Wellness Projects

- **Since 1996, more than 125 projects have been launched by regional centers throughout the state**
- **Over \$6 million has been allocated for local projects**
- **More than 80 partnerships have been developed**

# Project Areas

- Health Assessment and Documentation
- Medications Reviews and Training
- Women's Health
- Oral Health
- Mental Health
- Telemedicine

# Project Areas

- Aging
- Nutrition and Fitness
- Training for Health Practitioners
- Training for Consumers, Families, & Care Providers

# Wellness Initiative

## Primary Goals

- Increased Awareness of the health needs of persons with developmental disabilities
- Increased communication between primary care physicians, psychiatrists, & pharmacists
- Identification and treatment of previously unrecognized medical conditions

# Wellness Initiative

## Primary Goals

- Development of guidelines and protocols for effective health care delivery
- Improved documentation of complex medical conditions
- Development of peer mentors to train other consumers in areas of nutrition, fitness, personal safety, and other health issues

# Model Wellness Projects

*Development of a Healthy Lifestyle*

*Central Valley Regional Center 2000/2001*

Developed a comprehensive fitness program for consumers and documented the health benefits achieved.

# Project Outcome

As a result of this project, over  
88 consumers improved their  
health status

# Model Wellness Projects

*Medical Training and Support: Improving  
Lives of Clients in Supported Living  
Harbor Regional Center 2001/2002*

Improved compliance with medication  
regimens for consumers who live  
independently.

# Project Outcome

Protocols and training for common health conditions were developed and shared with consumers and Supportive Living Instructors

# Model Wellness Projects

*Stay Well and Healthy*

*San Gabriel/Pomona Regional Center*

*2001/2002*

Provided preventive healthcare evaluations, education, and access to community health resources to older consumers.

# Project Outcomes

Project enrolled 201 participants and 636 home visits were completed. 83 received comprehensive nurse assessments, and 158 received follow-up.

# Model Wellness Projects

*Intensive Multi-disciplinary Clinical Services  
Golden Gate Regional Center 2001/2002*

Developed a comprehensive multi-disciplinary clinical team approach to assess, treat, and prevent hospitalizations and to track coping skills.

# Project Outcomes

- 83 consumers were referred
- 37 intake assessments completed to date
- 26 consumers participated in skill building sessions
- 10 consumers received Group Therapy
- 15 referred for Psychiatric Services
- Joint training provided to regional center and mental health staff

# Model Wellness Projects

*Diabetes Management and Prevention for  
Consumers Living Semi-Independently  
Westside Regional Center 2003/ 2004*

Identified consumers with or at risk for  
Diabetes, determined treatment compliance,  
access to appropriate medical care, and  
monitored the change in treatment  
compliance.

# Project Outcomes

- Created a Healthcare booklet, resource guide, and CD Rom for consumers, families, and support staff.
- 503 at risk consumers have been identified to date
- 431 chart reviews have been completed
- 70 consumers with the diagnosis of diabetes identified and over 137 have a BMI > 25.
- Peer Mentors have been hired and are currently undergoing training

# Model Projects

*Get Fit, Not Fat*

*Frank D Lanterman Regional Center  
2004/2005*

Developed and implemented an educational program for consumers and program staff, implemented structured exercise programs, provided hands-on educational sessions, implemented regular peer support programs and organized a competition between consumers.

# Project Outcomes

- Developed curriculum and recruited 200 participants
- Developing a Cook Book for consumers on nutritious meal preparation
- Collaborating with Special Olympics
- Nurse Consultant has provided initial health screening assessments for all participants.

# Additional Wellness Initiative Activities

Statewide Internet Website Coordination  
([www.ddhealthinfo.org](http://www.ddhealthinfo.org))

# Developmental Disabilities Resources for Healthcare Providers

([www.ddhealthinfo.org](http://www.ddhealthinfo.org))

- This website is designed to assist physicians and other healthcare providers in caring for persons with developmental disabilities
- It is also designed to support consumers with developmental disabilities and their families in making informed healthcare decisions

[www.ddhealthinfo.org](http://www.ddhealthinfo.org) (cont.)

- Information in this site includes:
  - Medical information for specific syndromes and related issues
  - Health provider educational opportunities
  - Speaking opportunities
  - Publications
  - Links to selected websites

# Upcoming Wellness Initiative Event

## The 2006 Health and Wellness Forum

*Developmental Disabilities:  
Innovations in Diagnosis, Treatment  
and Service Delivery*

# Health & Wellness Forum

- Catamaran Resort Hotel in San Diego
- September 27, 28, 29, 2006
- Conference Information available at [www.dds.ca.gov](http://www.dds.ca.gov) in the spring of 2006

# Health & Wellness Forum

## In-Depth Sessions:

- Model Wellness Projects
- Genetics
- Difficult to Serve Populations
- ASD: Diagnosis and Interventions
- Early Start
- Risk Management

# Wellness Publications

- Pharmacy Health Notes
- Wellness Digest
- The Road to Wellness: A Guide to Managed Care for Families
- Wellness Reports
- ASD Best Practice Guidelines

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