

# PASCO News

November 2020

## Staying Resilient as a Community

**COVID-19 cases are rising across Colorado and we must continue to stay safe and healthy as we enter the colder months.**

We understand all of the moments that are being missed, all of the plans that have been shelved, and all of stress that comes with living in a world where fewer things are in your control. But now, more than ever, we should continue to show the resolve that has been ingrained in all of our lives.

The Tri-County Health Department recently reported that contact tracing and case investigation have revealed that many people who have tested positive for COVID-19 have attended public or private gatherings. These events appear to be an important source of current spread of COVID. We here at PASCO encourage everyone to continue to following the safety precautions that have been put in place.

### Exposure Notification System

The state of Colorado has launched an exposure notification system. You can participate if you choose. This system will notify you on your phone if you may have been exposed to someone contagious with COVID-19. This tool is designed to protect workers in environments with direct customer or patient interactions.

To learn more please visit: [addyourphone.com](https://addyourphone.com)



### 24/7 Counseling Support

It is OK to turn to someone for help. If you are experiencing anxiety, depression, trouble sleeping, or just need some support during these challenging times please reach out to Colorado Crisis Services. All phone calls are free and confidential.

Talk to someone: 1-844-493-8255  
or Text "TALK" to 38255  
[coloradocrisisservices.org](https://coloradocrisisservices.org)



### Are you practicing

**#SafeSix?** *courtesy of tchd.org*



**#1**  
Stay 6 feet  
from others



**#2**  
Wear your  
mask  
around any-  
one outside  
of your  
household



**#3**  
Wash your  
hands often



**#4**  
Be extra  
safe if  
you're at  
higher risk



**#5**  
Stay home  
when sick



**#6**  
Get tested  
if you have  
symptoms

# What is IHSS in Colorado? by Robyn Kaplan

In Colorado, IHSS represents self-directed care. At PASCO, we believe the individual receiving services is the best person to make decisions regarding their own care. That is why advocates such as David Bolin, a member of PASCO's Advocacy Team, have worked hard and fought to allow for In-Home Support Services, or IHSS, to be expanded as a service provided by agencies such as PASCO. David advocated for this service in Colorado, because *"IHSS is a participant-directed service delivery option, that empowers the recipient of services to direct their own care with support from an agency."*

Our team of advocates are largely credited for the design and expansion of IHSS services. They participated in sit-ins, protests, meetings, and more in order to get the funding passed through Medicaid. Their advocacy efforts are now focused on expanding these services to other waivers, so that even more individuals can benefit. Currently, IHSS services are provided under the Elderly, Blind, and Disabled (EBD), Spinal Cord Injury (SCI), and Home and Community-Based Services (HCBS) waivers; we hope to see this one day as a benefit to anyone who qualifies for long-term services with Medicaid.

Participant direction was the key to expansion David Bolin helped design for IHSS in Colorado. What was his inspiration in designing it? The recipients. *"Whether it be from children's services to adult services, or from a nursing home into the community, the goal for me has always been: let the person who knows what they need, direct their services. They know their disability better than anybody - It's all about the recipient of services."*

## Advocacy Corner by David Bolin



**Home and Community-Based Services Person-Centered Budget Algorithm** - The Office of Community Living within Department of Health Care Policy & Financing continues to work on the development of the Person-Centered Budget Algorithm. In collaboration with stakeholders, they have developed new processes for eligibility determination, needs assessments, and support planning for individuals seeking or receiving Home and Community-Based Services (HCBS). The Person-Centered Budget Algorithm is an important component of the assessment and support planning process to ensure a consistent method for assigning budgets for all members receiving HCBS.

The next stakeholder meeting is scheduled for Monday, November 16th, 2020 at 9:30am and 5:00pm. You can join the meeting at [cohcpf.adobeconnect.com/pcba/](https://cohcpf.adobeconnect.com/pcba/) or by dialing in at 720-279-0026 / Toll Free 1-877-820-7831 with Participant Code: 982280#.

# Community Events connection for the community



## Virtual Accessible Karate

Join us for an adaptive karate class from the comfort of your own living room. It is for kids and adults of all ages as well as all levels of karate skill. We have an instructor joining us from Exclusive EMA Martial Arts.

So join virtually, have some fun, enjoy some movement!



Nov 12 2020



Online



4:00 pm - 5:00 pm

**Let's Connect! RSVP for your preferred events at: [pascohh.com/community-events/](https://pascohh.com/community-events/)**

## Celebrating the Disability Rights Movement Through Art

Artist Gina Klawitter honors the anniversary of the ADA and highlights the work that still needs to be done.

The exhibit features a sculpture of Jennifer Keelan-Chaffins, a disability rights icon who at 8 years old got out of her wheelchair and began to climb the steps of the U.S. capitol to encourage Congress to pass the ADA. "I've created the sculpture by shaping and hardening fabric over Jennifer's posed body, which is climbing between a wheelchair's wheel and simulated steps" says Gina. The sculpture of Jennifer is meant to demonstrate both her power and the obstacles she and others still strive to overcome.

You can see this sculpture and learn more at the All the Way to Freedom exhibit now showing at History Colorado Center through January 3, 2021.

For more info please visit: [gklawitter.com/projectada](https://gklawitter.com/projectada)



☎ (303) 233-3122 📍 9197 W. 6<sup>TH</sup> AVE. STE 1000  
🌐 [PASCOHH.COM](https://pascohh.com) LAKEWOOD, CO 80215

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