



Advocacy Matters

A digital newsletter produced by
The New Jersey Self-Advocacy Project

August 2020

The summer is winding down! Have some fun in the sun while it's still hot and then take a look at what we have to offer!

We have been providing [resources regarding COVID-19](#) and will continue to do so through our website, emails and social media accounts.

NJSSAN members met with Senate staff to discuss the need for COVID-19 relief funds for people with I/DD and DSPs as part of the [#WeAreEssential](#) campaign.

Paul S. Aronsohn, Ombudsman for Individuals with Intellectual or Developmental Disabilities and Their Families, [wrote an open letter](#) to the Presidential Candidates about making disability rights a priority.

The Arc of New Jersey Family Institute has [created a fact sheet](#) regarding self-directed services through [NJ Medicaid Personal Preference Program](#)(PPP) and the [Division of Developmental Disabilities \(DDD\)](#).

Our hashtag this month is **#SummerSafety!** Next month will be **#IWon'tFALLForThat** to discuss fallacies, myths, and misunderstood facts.

We're still promoting participation in the 2020 Census, so [make sure to fill it out if you have not already.](#)

We are continuing our Stay Healthy at Home webinar series! [Register for our weekly webinars each Tuesday and watch the recorded versions of our past webinars here.](#)

[We've started our new interactive series, Healthy Lifestyles Project: Live!](#) You can check out our past events below and [register for upcoming ones here.](#)

We are continuing our weekly live Brain Games each Thursday at 1 PM! [Watch old videos here](#) and [join in every week on Facebook.](#)

We continue to post all across our social media pages! You can find tutorials on

[yoga and meditation](#) as well as [healthy recipes](#).

Let's reflect back on the month of August!

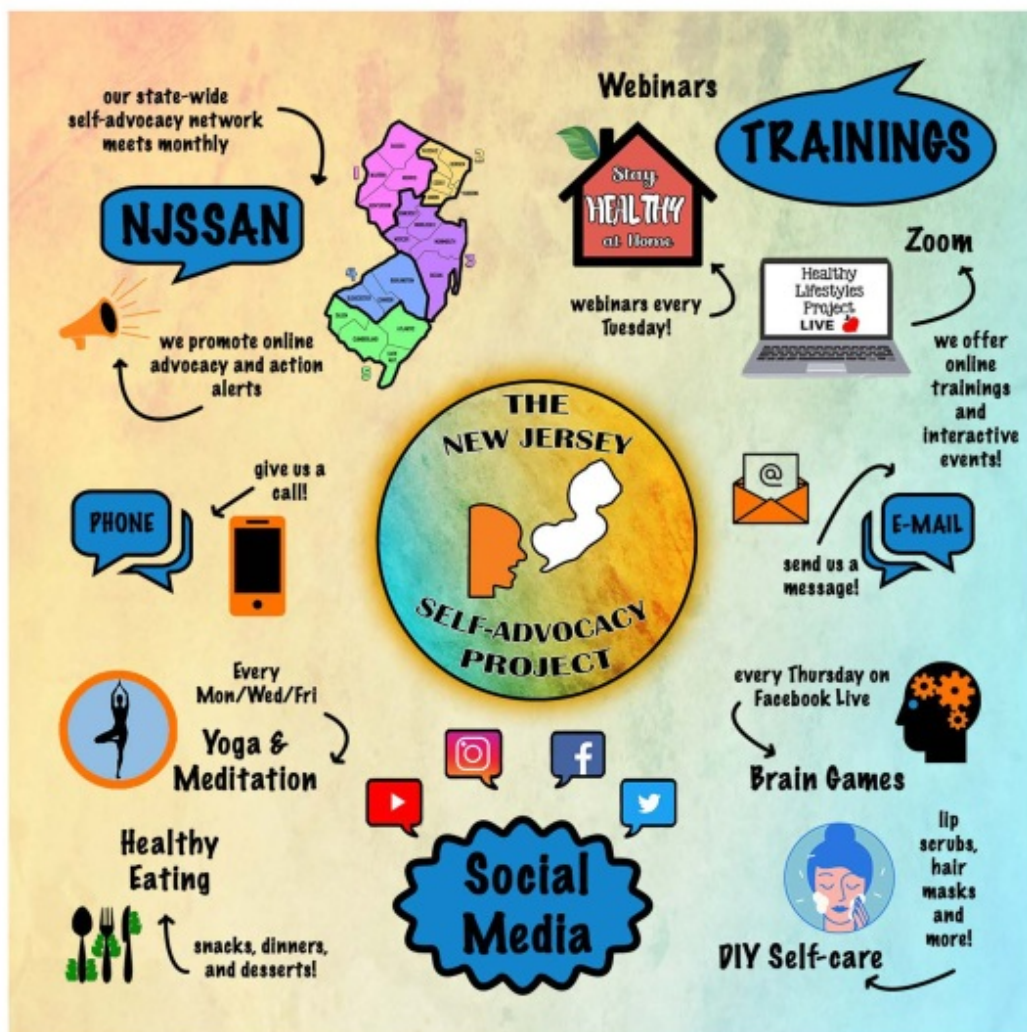
NJSAP Update

We are still here for you! We continue to post advocacy information, COVID-19 updates, healthy lifestyle tips, instructional videos and ways to stay active in advocacy while social distancing. If you ever need to contact us, please don't hesitate to email NJSAP@ArcNJ.org or call 732-749-8514.

We are holding monthly NJSSAN Council meetings virtually! [For information regarding your Council area, please click here.](#)

We've also added a new [Resources hub](#) to our website to help you find the resources we offer quickly as well as other helpful websites, infographics, and videos from other agencies. We'll continue to update this page so check back often!

NJSAP IS STILL HERE FOR YOU!



Click here to download this graphic with clickable links!

COVID-19 Resources



For resources on preventing, coping with, and understanding the coronavirus (COVID-19), please visit [The Arc of New Jersey's website.](#)

You can download our recent issues of [Positive Pulse for more coronavirus information and ways to stay healthy and entertained.](#)

[The CDC created a website to address COVID-19 related questions & concerns for DSPs, which you can find here.](#)

Download our new guide on face masks for all the guidance you need to stay safe outside! [You can watch our webinar for even more information.](#)

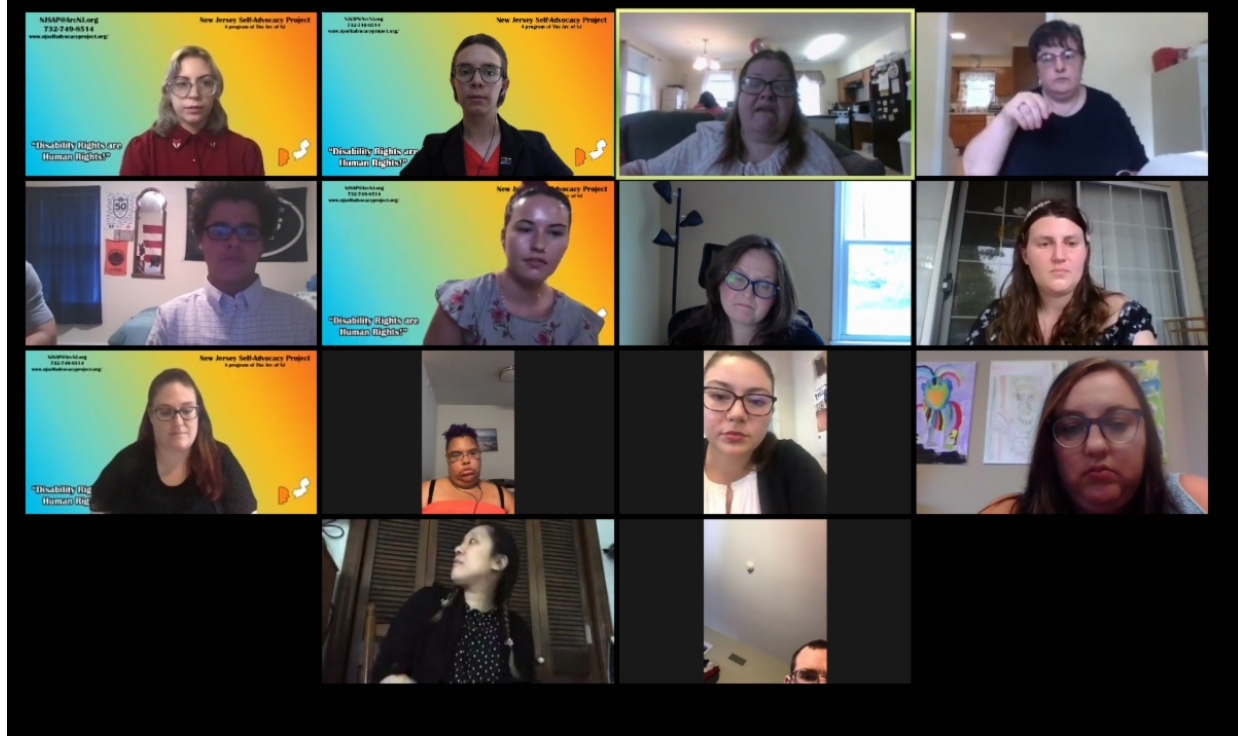
We'll be having another webinar for COVID-19 updates in September, so stay tuned and [register here!](#)

Funding for People with I/DD & #WeAreEssential Campaign

On August 12th, members of NJSSAN met with Rosie from Senator Menendez's office to discuss the ways COVID is impacting people with I/DD.

On August 17th, NJSSAN members met with Bianca, Molly, & Alfred from Senator Booker's office discussing again the need to include disability priorities in the next COVID relief bill.

Thank you to everyone who took the time to prepare and speak, and thank you to the Senators' staff for listening!



Great news, everyone! The Governor's proposed FY21 Budget does not include cuts to Department of Human Services funded services and supports for people with intellectual and developmental disabilities and their families. In addition, the Budget proposal does include funding to raise wages for Direct Support Professionals. In light of the devastating impact of COVID-19 on the state's revenues, this is an absolutely tremendous victory and a deserved recognition of the DSP workforce and the assistance they provide to people with intellectual and developmental disabilities both before the pandemic and throughout the past 6 months.

Open Letter to the Presidential Candidates

The fact sheet explains eligibility standards, budget determination and use, and record keeping for each program. It also includes a list of key acronyms and a glossary of terms you may encounter while researching which program is right for you. Click the images below to download the fact sheet!

IS PPP THE SAME AS PCA?

PPP is an alternative to traditional agency-delivered services through NJ Medicaid's Personal Care Assistant (PCA) services benefit. PPP allows an individual and the family to have more control over the services they receive. The individual's Medicaid managed care organization (MCO) determines eligibility for PCA and PPP.

KEY ACRONYMS

PPP - Personal Preference Program
PCA - Personal Care Assistant
PPL - Public Partnerships, LLC
FI - Fiscal Intermediary
AWC - Agency with Choice
VF/EA - Vendor Fiscal/Employer Agent
EIN - Employer Identification Number
MCO - Managed Care Organization
DDD - Division of Developmental Disabilities
NJCAT - New Jersey Comprehensive Assessment Tool

CAN I USE BOTH?

With approval from both the Medicaid managed care organization and the DDD support coordinator, an individual can receive services from both programs, but must use separate EINs and may need a representative to enroll as the employer on their behalf.

PROGRAM ELIGIBILITY

BUDGET DETERMINATION

USING YOUR BUDGET

RECORDKEEPING

PPP

Must have a documented need for hands-on personal care and have a doctor's order to receive the services. Has NJ FamilyCare/Medicaid Plan A and approved by the MCO for PCA and PPP.

The MCO determines the budget, based on a formula using the number of hours from the most recent PCA Assessment.

With help from the Financial Consultant, hire staff (**including family members**) for assistance with activities of daily living including bathing, feeding, dressing and grooming. A small portion of the budget may also be used for supplies to enhance independence, not covered by Medicaid.

There are strict recordkeeping requirements for the family. Public Partnerships, LLC is the FI and is responsible for payroll, bookkeeping, and paying accurate and complete timesheets.

DDD

DDD eligible, enrolled in Supports Program or Community Care Program, ready to assume more responsibility over services.

The monthly budget amount is determined by the New Jersey Comprehensive Assessment Tool (NJCAT).

Hire staff (**excluding parents, guardians, or spouses**) for community-based and individual support, interpreters, respite, transportation, assistive technology, environmental modifications.

The FI provides administrative and payroll services. The FI for AWC is Easterseals NJ. The FI for VF/EA is Public Partnerships.

Monthly Hashtags



August's hashtag was **#SummerSafety**. Thank you to everyone who participated!

Remember to keep wearing your masks out in public, stay hydrated, and wear sunscreen outdoors!



The NJSAP Team would like to continue our social media journey by implementing monthly hashtags centered on self-advocacy and topics important to people with I/DD.

August's hashtag will be **#IWon'tFALLForThat**.

Join us in making a post on your social media platform of choice (Facebook, Twitter, Instagram; any or all!). Utilize the theme to create a post about a piece of helpful trivia, ways to stop the spread of misinformation, or how to identify false facts. Let us know **#IWon'tFALLForThat** and help inform others!

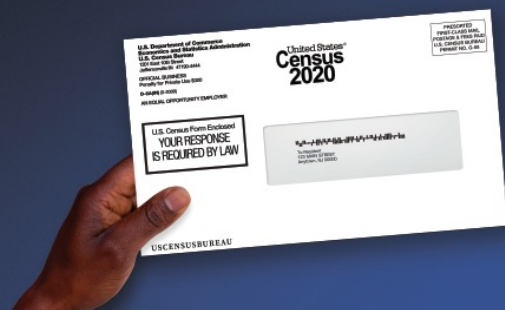
Don't forget to use the hashtag **#IWon't FALLForThat** and tag **@NewJerseySAP** (Facebook and Instagram)/ **@NJSAP** (Twitter) and **@TheArcofNJ** (Facebook and Twitter).

Don't have a social media account but still want to be heard?

Feel free to email NJSAP@ArcNJ.org and we'll post for you!

2020 Census

THERE'S STILL TIME TO MAKE A DIFFERENCE.
FILL IT OUT NOW!



STRENGTH IN NUMBERS



NJ CENSUS
2020

[CENSUS.NJ.GOV](https://census.nj.gov)

Every home has received an invitation to participate in the 2020 Census! If you haven't already, you should respond for your home in one of three ways: online, by phone, or by mail. [For more information about the Census, click here.](#)

[You can also view our recorded webinar on the 2020 Census here!](#)

- It's quick and easy! The 2020 Census questionnaire will take about 10 minutes to complete.
- It's safe, secure, and confidential. Your information and privacy are protected.
- Your response helps to direct billions of dollars in federal funds to local communities for schools, roads and other public services.
- Results from the 2020 Census will be used to determine the number of seats each state has in Congress and your political representation at all levels of government.

New Jersey's response rate is at 66.4% but we need full participation. Let's spread the word and make sure every New Jerseyan is counted!

[Click here to stay up to date on census response rates.](#)



The Healthy Lifestyles Project (HLP) is a program of **The Arc of New Jersey** and receives funding through a grant awarded by **The Horizon Foundation for New Jersey**. The program aims to provide people with I/DD with functional education about the importance of healthy choices related to diet, exercise and stress management.

Let's give a big thank you to The Horizon Foundation for New Jersey for making this possible!

HLP: Stay Healthy at Home Webinars



The New Jersey Self-Advocacy Project team is excited to announce our new webinar series! We find it important to keep nurturing our connections with you and branching out in ways that help us all continue to grow.

August's webinars included:

**8/4/20: Fitness that Fits You:
Adaptive Exercises to Stay in Shape**

**8/11/20: REPLAY:
Healthy Stress Management & Outdoor Safety Tips**

**8/18/20: Let Me Introduce Myself:
All About NJSAP & NJSSAN**

**8/25/20: REPLAY:
Healthy Communication & Staying Connected**

If you've attended one of our webinars, we're very thankful. Please spread the word and register for one of our upcoming topics!

Register now for September's webinars!

**9/1/20: REPLAY: Step by Step:
Small Changes That Can Lead You To a Healthier Life**

**9/8/20: State Update:
NJ's COVID-19 Plan for the Fall**

**9/15/20: You and Me, the DSP:
A Conversation with DSPs & the People They Support**

**9/22/20: Multiple Choice:
Q&A On Supported Decision Making**

**9/29/20: Downsizing:
How to Lower Your Carbon Footprint**

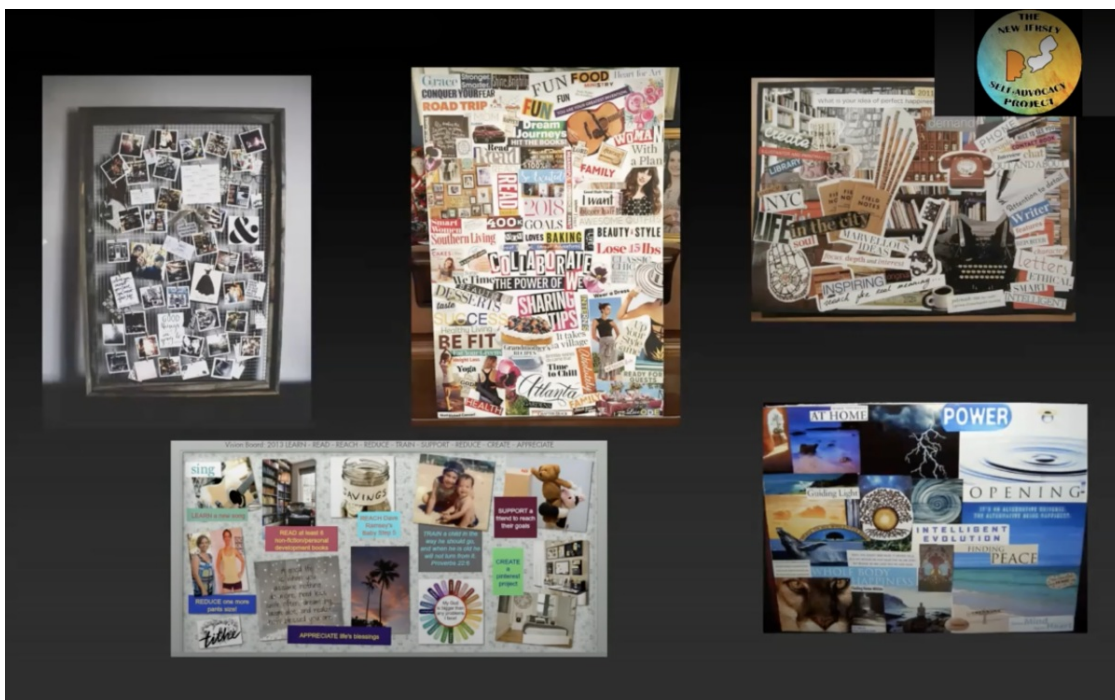
Healthy Lifestyles Project: LIVE



The New Jersey Self-Advocacy Project team is excited to introduce Healthy Lifestyles Project LIVE, our new interactive series of Zoom events! These are live, interactive events to promote healthy living for adults with intellectual and developmental disabilities.

August's events included:

Road to Relaxation: A Guided Meditation



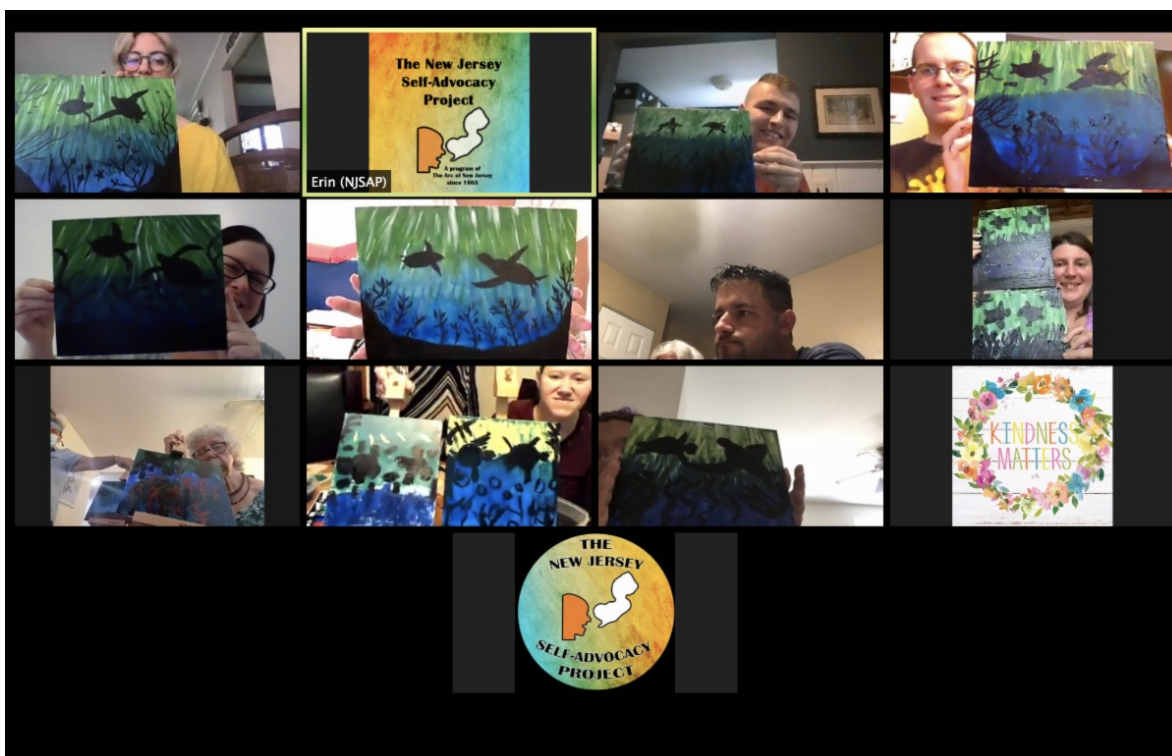
Number One With a Bullet: A Journey in Journaling

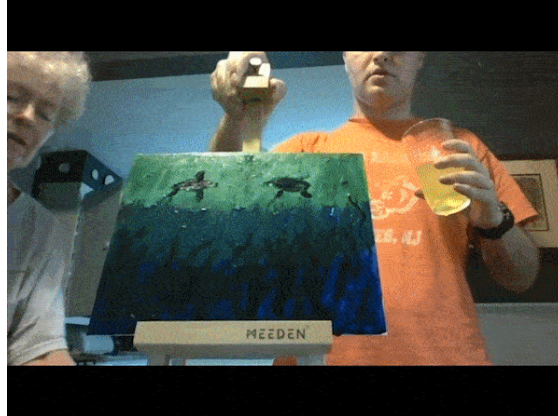


Fitness that Fits You: Adaptive Exercises to Stay in Shape



Let Me Paint You a Picture: Paint & Sip Live





Register now for September's events!

**9/2/20: Comfortable in the Kitchen:
Food Prep & Kitchen Safety**

**9/9/20: Live Scribes:
Tips for Creative Writing**

**9/16/20: The Right Fit:
Find Your Exercise with Adaptive Fitness**

**9/23/20: Power Points:
A Guide to Accupressure & Stretching**

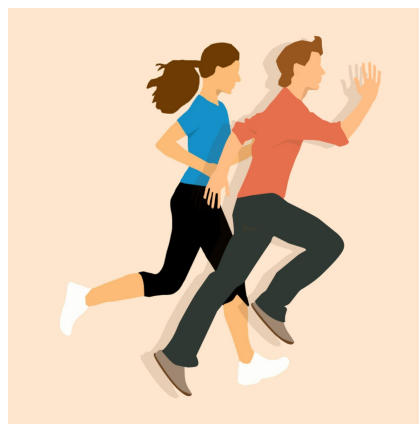
**9/30/20: Strike a Pose:
Virtual Yoga Class**

***The 9/30/20 Yoga event will include FREE yoga supplies!
This event has a capacity limit, so register early!**

HLP: NJSAP Playlist



**NJSAP Dance
Party Playlist**



**AUGUST:
WORKOUT SONGS**

Dancing is a very healthy activity! It burns calories, it is entertaining, and it raises endorphin levels to help your body minimize pain and discomfort!

The NJSAP Team wants to help you listen to good music and dance along at home with our playlists. [This month we updated our playlist with songs to work out to!](#)



You can also click the link below to submit some song ideas of your own!

[**Click here to submit a song!**](#)

HLP: Brain Games

Join the NJSAP Team for LIVE games to test your knowledge and creativity -- and to HAVE FUN.

You can't be bored when you have board games!

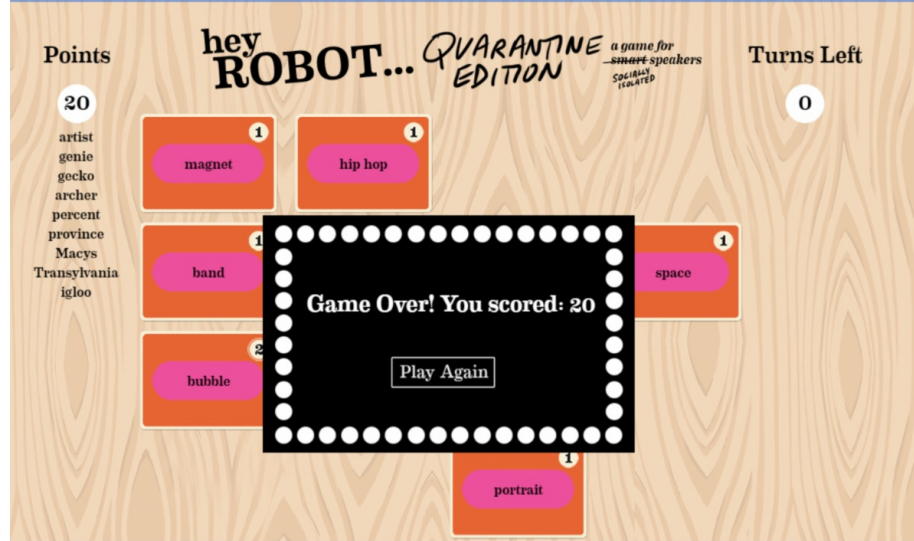
[*https://www.facebook.com/NewJerseySAP/live/*](https://www.facebook.com/NewJerseySAP/live/)

Get your thinking caps on! We presented games live on Facebook for our followers to play each Thursday in May. Each week we live stream a party game on [Facebook](#) for you to play along with us on your phone or computer! A code is provided on the live stream at 1pm and we play through a few rounds of the chosen game of the week.

Watch our previous videos below of Hey Robot and From Here to There to get an idea of all the fun that goes on!

[Be sure to join us at 1 PM every Thursday!](#)

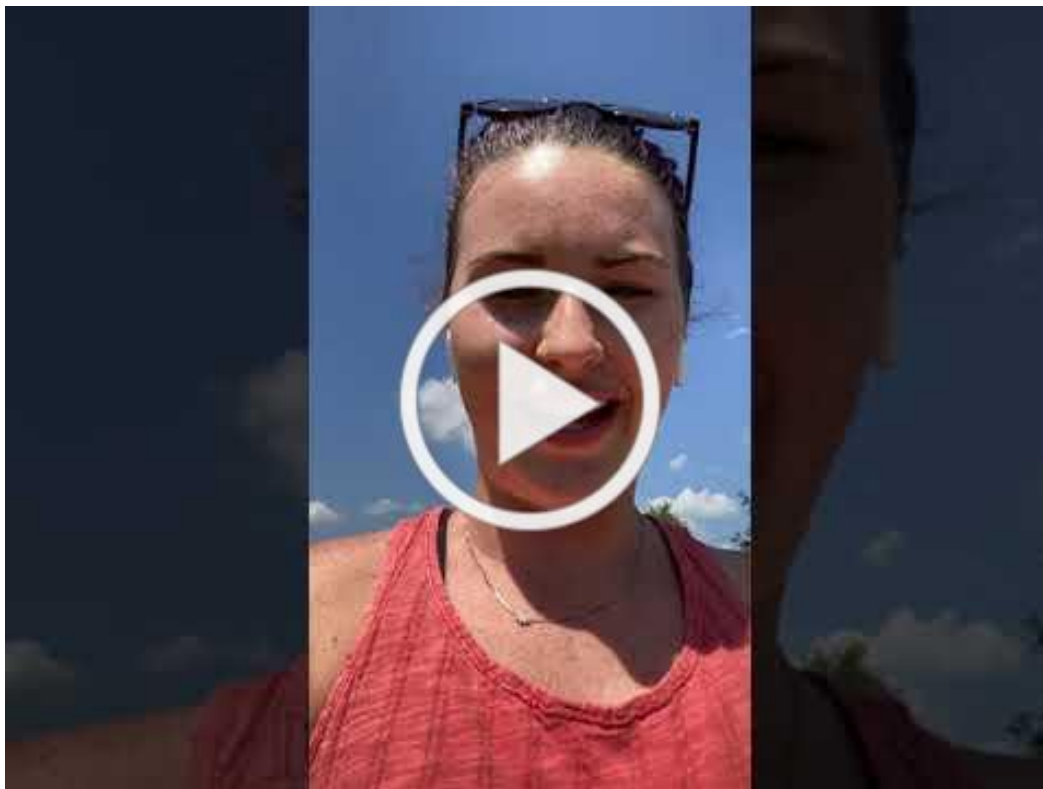




HLP: Meditation and Yoga

Yoga is great way to improve your body physically and mentally. [Follow along with the videos below to practice yoga poses and meditation.](#)

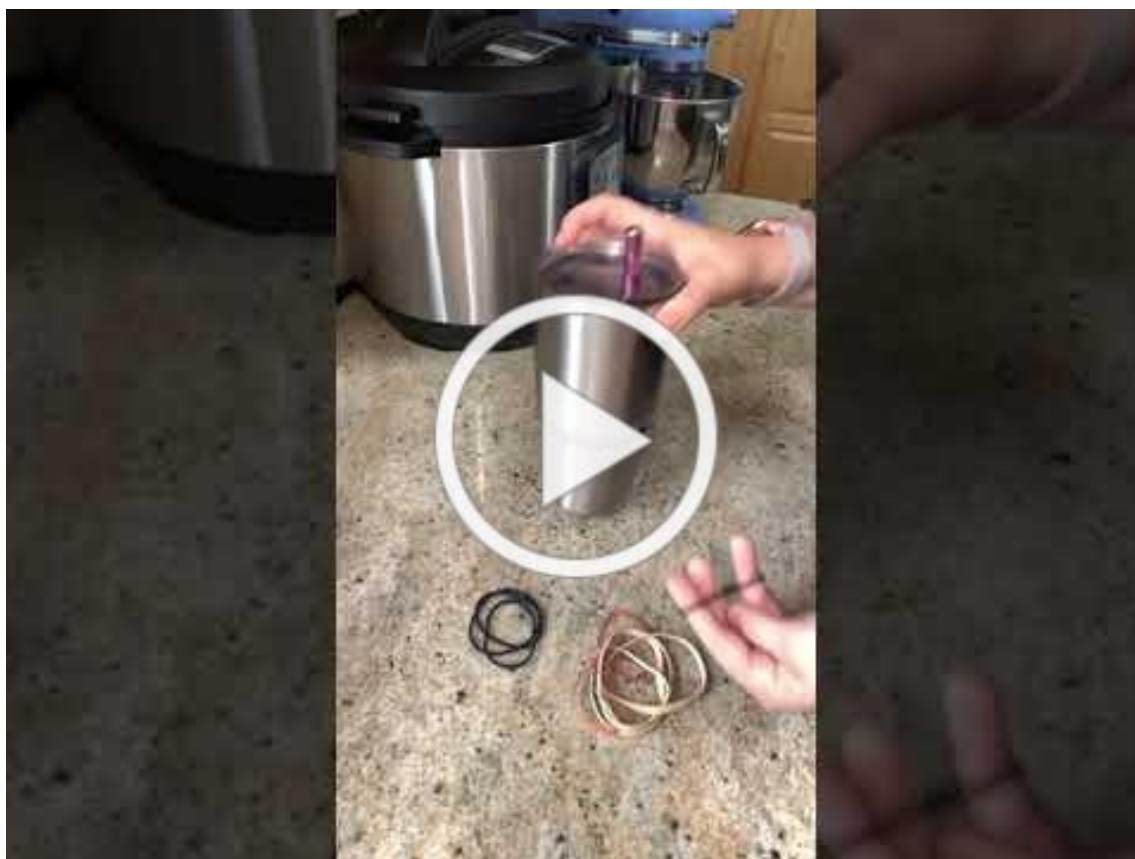
You can do this easily and comfortably in your own home. Soon you'll be feeling super and all your worries will fly away! We add videos on [Facebook](#) and [Instagram](#) every Monday, Wednesday, and Friday for you to practice along!





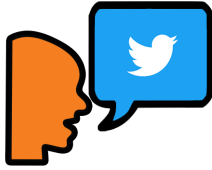
HLP: Healthy Recipes

Eating properly is a big part of keeping your body healthy! Try the tips in our videos on [Facebook](#) and [Instagram](#) to stave off hunger in a healthy way! **There are recipes for snacks, dips, appetizers, meals and more!**



*You are encouraged to share this information with others who may also be interested. However, if you are forwarding this email, please delete the "unsubscribe" link at the bottom of this page. If you do not remove the "unsubscribe" option and a person who receives your forwarded email clicks "unsubscribe," it would result in *your name* being removed from our distribution list.

Stay connected with us!



[Twitter](#)



[Facebook](#)



[Instagram](#)



[Youtube](#)

www.njselfadvocacyproject.org



New Jersey Self-Advocacy Project & Statewide Self-Advocacy Network

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People
with Intellectual and Developmental Disabilities