

# All in for Kids

A CLTS Program Family Newsletter

All in for Kids: CLTS Program is a newsletter created to keep you and your family informed about the supports and services available through the CLTS Program. The newsletter is published by the Wisconsin Department of Health Services.



## Self-Advocacy Can Help Kids Get Their Needs Met

As your child grows and makes their way in the world, it is important that they develop the skills to get their own needs met. This is called **self-advocacy**. When your child develops self-advocacy, it means they can:

- Make decisions about their own life or be part of those decisions.
- Help to solve problems they have.
- Learn how to get information.
- Know their rights and responsibilities.
- Figure out who can help them when they need it.
- Let others know their needs and opinions (with support if needed).

Self-advocacy has many benefits, such as:

- Increasing your child's self-confidence and self-worth.
- Building skills to solve conflicts and handle upsets.
- Allowing your child to become more independent.
- Helping develop self-identity.
- Getting the supports and services or other help for your child's needs.

### Ways to Help Develop Self-Advocacy in Kids

Children with disabilities may need extra support or creative thinking to help them gain self-advocacy skills. Here are a few ways you can help your child learn and practice those skills:

- **Give them ownership of their problems**—Listen to them but do not jump in with solutions right away. Give your child a chance to figure it out on their own first.
- **Be their backup**—Let your child take the lead, but let them know you are there to help if they need it.
- **Encourage independence**—For example, let your child order their own meal in a restaurant or ask a store clerk for help.
- **Show them the value of speaking up**—Tell your child about a time when you spoke up for yourself and how it turned out. Share how you felt before and afterward.

Self-advocacy can give a child more control over their life and boost their future success. Talk to the support and service coordinator (SSC) if this is a goal you would like your child to work on! ❖

## JOIN OUR EMAIL LIST

For faster delivery, sign up to receive the electronic version of this newsletter and other emails about the Children's Long-Term Support (CLTS) Program. Go to [public.govdelivery.com/accounts/WIDHS/subscriber/new?topic\\_id=WIDHS\\_554](https://public.govdelivery.com/accounts/WIDHS/subscriber/new?topic_id=WIDHS_554). You can also sign up for other Wisconsin Department of Health Services (DHS) long-term care program emails at [www.dhs.wisconsin.gov/dms/ltc-email-signup.htm](https://www.dhs.wisconsin.gov/dms/ltc-email-signup.htm). Feel free to spread the word if you have friends or family who might be interested in the newsletter or the CLTS Program.

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## New Resource to Use Step-by-Step Through the Deciding Together Process

DHS has created a new online resource called the Deciding Together Guide: What It Is and What It Isn't. This resource was developed for your family and the SSC to use together. It is an easy-to-follow tool to help the team walk through each step of the Deciding Together process. You can use it when new goals or needs have been identified or when deciding on or updating supports and services.

The guide is available online at [www.dhs.wisconsin.gov/library/p-02246c.htm](http://www.dhs.wisconsin.gov/library/p-02246c.htm). You can also get a copy from the SSC—just ask! ❖

# WHAT IS DECIDING TOGETHER?

The CLTS Program uses a team approach to decision-making called Deciding Together to support each family and child. In this approach, the family is the expert on their goals, strengths, and needs.

## New Brochure Explains Children's Long-Term Support Program's Parental Payment

The CLTS Program helps pay for certain supports and services. Some families and caregivers also pay part of a service's cost. This is called a **parental payment**. If your family has been paying a parental payment, you may want to check out our new brochure for more details.

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It answers questions such as:

- What services might I have to pay for?
- How much might I have to pay?
- Will the amount I pay ever change?
- What if I can't afford it?
- What information do I need to provide?

You can find the parental payment brochure at <https://www.dhs.wisconsin.gov/library/p-03342.htm>. Talk to the SSC if you have additional questions about the parental payment. ❖

### **Now Available: Improved Children's Long-Term Support Provider Directory**

Good news: the CLTS Program's online provider directory has been upgraded! It has a new look and a few improvements:

- You can search for providers based on their distance from an address. This makes it easier to find a provider closer to your home, work, or any other address.
- Search results show provider locations either in a list or on a map.
- You can print a list of your search results.

We hope these changes make the directory more helpful and easier to use. The directory can be found at [cltsproviderdirectory.wi.gov](https://cltsproviderdirectory.wi.gov). ❖

### **Children's Long-Term Support Family Spotlight**

We heard from one family telling us how the CLTS Program helped their son Jaren toward a health and wellness goal. The family enjoys being active together and were able to get an adaptive bike that is modified for Jaren's abilities through the CLTS Program. Jaren's mom Rachel says, "We use the bike daily to go on walks as a family as it allows Jaren to be active alongside us, as well as the opportunity for him to learn how to pedal and steer on his own one day. The bike creates an opportunity to do something together and remain active each day!" ❖

## **DID YOU KNOW?**

The online CLTS provider directory is a simple-to-use listing of provider information. Its search tool makes it quick and easy to find a provider.



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## The Children's Long-Term Support Program Wants Your Family Stories and Photos!

The All in for Kids newsletter is for families, and we want to feature your photos and experiences for other readers to enjoy! You can share things like:

- A positive interaction with the CLTS Program or an example of how it has helped your family or child.
- A photo or story of an activity you did with your child.
- A photo of artwork or something else your child has made.

Email your family story or photo to [dhsclts@dhs.wisconsin.gov](mailto:dhsclts@dhs.wisconsin.gov) with "All in for Kids" in the subject line. You can also send ideas for stories you would like to see in the newsletter. We look forward to hearing from you! ❖

## Helpful Resources for Families

Latest information about COVID-19, including information about vaccinations for children, vaccine booster doses, and testing:

[www.dhs.wisconsin.gov/covid-19/index.htm](http://www.dhs.wisconsin.gov/covid-19/index.htm)

### COVID-19 vaccines have been approved for younger children.

Now everyone aged **6 months and older** can get a free COVID-19 vaccination from their health care provider, community-based vaccination clinic, local or tribal health department, or pharmacy.

Find out how at:

[www.dhs.wisconsin.gov/covid-19/vaccine-get.htm](http://www.dhs.wisconsin.gov/covid-19/vaccine-get.htm)

**New!** Everyone 5 years and older needs an updated (bivalent) booster dose to stay up to date with COVID-19 vaccines. The updated booster protects against the virus variants that cause most current COVID-19 cases. Information about booster doses:

[www.dhs.wisconsin.gov/covid-19/vaccine-booster.htm](http://www.dhs.wisconsin.gov/covid-19/vaccine-booster.htm)

**New!** COVID-19 at-home testing program. Get free rapid COVID-19 tests sent to your home. Learn more at:

<https://www.dhs.wisconsin.gov/news/releases/111722.htm>

## FOR YOUR INFORMATION

COVID-19 is still around. Vaccination is the most effective way to prevent it. You can also help stop its spread by:

- Wearing a mask on public transportation or at crowded gatherings. You can wear a mask even if it is not required.
- Staying home when feeling sick.
- Getting tested if you have symptoms or after close contact with someone who has COVID-19.

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Children 2 years and older can protect against COVID-19 by wearing a mask. Learn more at:

[www.dhs.wisconsin.gov/covid-19/parents.htm](http://www.dhs.wisconsin.gov/covid-19/parents.htm)

Tips for talking about COVID-19 vaccinations with family and friends:

[www.dhs.wisconsin.gov/covid-19/vaccine-talk.htm](http://www.dhs.wisconsin.gov/covid-19/vaccine-talk.htm)

How to prevent the flu:

[www.dhs.wisconsin.gov/influenza/prevention.htm](http://www.dhs.wisconsin.gov/influenza/prevention.htm)

Information about developing self-advocacy skills:

[www.parentcenterhub.org/priority-selfadvocacy](http://www.parentcenterhub.org/priority-selfadvocacy)

Previous issues of All in for Kids: CLTS Program:

[www.dhs.wisconsin.gov/clts/family.htm](http://www.dhs.wisconsin.gov/clts/family.htm) (Scroll down to the Family

Newsletter section.)

## FAMILIES CAN APPEAL

It is natural for people to have differences of opinion from time to time. People, doing the best they can, may still disagree. Every family has the right to formally appeal a decision about supports and services with the Division of Hearings and Appeals. You can request a hearing using the form at [doa.wi.gov/Pages/LicensesHearings/DHAWorkandFamilyServicesUnit.aspx](http://doa.wi.gov/Pages/LicensesHearings/DHAWorkandFamilyServicesUnit.aspx) or by letter. Mail your form or letter to: DHA, P.O. Box 7875, Madison, WI 53707-7875. Filing an appeal is not seen as a negative action. It is simply one way to work through differences.

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All in for Kids: CLTS Program is a newsletter published by the Wisconsin Department of Health Services for children and families in the CLTS Program.

The CLTS Program makes Medicaid funding available to support children with substantial limitations due to developmental, physical, or severe emotional disabilities who are living at home or in the community. Funding may be used to support a range of services based on an assessment of the child's and family's specific needs and identified goals or outcomes. For more information, visit [www.dhs.wisconsin.gov/children/index.htm](http://www.dhs.wisconsin.gov/children/index.htm).

Para leer este boletín en español, visite [www.dhs.wisconsin.gov/library/akids22.htm](http://www.dhs.wisconsin.gov/library/akids22.htm).

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