



Improving and sustaining the quality of health and healthcare for all people with intellectual/developmental disabilities (I/DD) in New Mexico

CDD Information Network

The Center for Development and Disability (CDD) was established in 1990 and is New Mexico's University Center for Excellence in Developmental Disabilities Education "authorized by the Developmental Disabilities Assistance and Bill of Rights Act to build the capacities of states and communities to respond to the needs of individuals with developmental disabilities and their families". It offers an array of programs, one of which is the Information Network.

The Information Network provides high quality library services and connections to community resources on a local, state and national level. It offers access to disability related materials and services. The targeted audiences are: individuals with individuals with disabilities, families, advocates, case managers, school personnel, healthcare professionals and others.

Services include: Information specialist, specialized library (located in Albuquerque) with disability related books, videos, DVDs, periodicals and journals (check-out or onsite use), information tip sheets, accessible computer work station for public use,

Disability Resource Directory (available 24/7 to anyone with Internet access), outreach booths, information presentations/trainings, resources and other services.

For more specific details on services offered by the Information Network, access informational tip sheets & videos (Employment, Medicaid Waivers, Brain Injury, IDEA, Social Security, Accessibility, Other), use the Disability Resource Directory etc. go to their website:

http://cdd.unm.edu/infonet/index.html

Located at:

2300 Menaul Blvd NE
Albuquerque, NM 87107
Info Specialist: 800-552-8195 or 505-272-8549
Library Svc: 800-827-6380 or 505-272-0281
HSC-InfoNet@salud.unm.edu

Hours of Operation:

Monday—Friday
9:00 AM—12:00 PM
1:00 PM—5:00 PM



UPCOMING EVENTS & TRAININGS:

Constipation

Presented by K. Burke, L. Vizcarra

Sept. 25th, 2015 @ 1pm

@ Cosmiac

Free

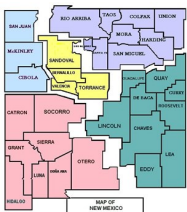
3.25 Nursing CEs will be applied for
3.0 Social Work CEs will be applied for

Save the Date!

NM DDNA October 2nd

We have free trainings throughout the year, which are open to anyone on various topics. Please visit our website for topics, dates and registration.

http://coc.unm.edu



DDSD REGIONAL OFFICES:

The DDSD Regional Offices offer a local resource to help find and access the many services

and providers available to individuals with intellectual and developmental disabilities (I/DD) and their families.

Office Locations/Regional Nurses:
Metro Regional Office (MRO):
5301 Central Ave. NE Suite 1700
ABQ, NM 87108
800-283-5548

Tom Burkross, RN 505-841-5518
Tom Truby, RN 505-841-5536
Anthony Vincent, RN 505-222-6614

NW Regional Office (NWRO):
2910 E. Highway 66
Gallup NM 87301
866-862-0448
Allison Byrnes, RN 505-326-5784

NE Regional Office (NERO):
224 Cruz Alta Suite B
Taos, NM 87575
866-315-7123
Judith Pierce, RN 575-758-5934

SW Regional Office (SWRO):
1170 N. Solano Dr. Suite G
Las Cruces NM 88001-2369
866-742-5226
Glenda Baker, RN 505-528-5184
Dora Stewart, RN 505-528-5184

SE Regional Office (SERO):
726 S. Sunset Suite B
Roswell NM 88023
866-895-9138
Maria Sanders, RN 505-624-6100

http://nmhealth.org/about/ddsd/

ARTICLES: END OF LIFE SERIES

"UNTIL THE LAST BREATH"

Available at coc.unm.edu

MEETINGS:

DDMI TUG: (@ CoC & Telehealth)

Second Monday of each month
@ 12:00-1:30

¿QUÉ ES?: ADVANCE HEALTHCARE DIRECTIVES –AN INTRO

An advance healthcare directive is an official/legal document about healthcare choices. It allows an individual who has decisional capacity to: 1) let others know what his/her medical treatment preferences are when he/she is unable to express his/her wishes and 2) name who will carry out those preferences. Having this in place “directs” what medical care he/she would want or would not want if he/she were to become seriously ill. It can help that individual receive the type of care that is consistent with his/her values .

There are usually multiple steps involved in putting this in place:

- 1) Selecting a Healthcare Decision Maker (or agent) who will make medical decisions for you if you are unable to. Choose someone you trust, who has your best interest at heart and knows your wishes

- 2) Making your wishes known (verbal or written). Provide specific instructions about your medical treatments decisions based on your beliefs/values and keep in mind the quality of life you desire. Classically, this involves decisions around things like: a) If your heart stops, do you want cardiopulmonary resuscitation (CPR) to be done to try and restart it? b) If you stop breathing, do you want a breathing tube/ventilator to breath for you? c) If you are unable to eat, would you want a feeding tube to be used for nutrition/ hydration?
- 3) Documenting your decisions. There are multiple forms available (Advance Directives, Living Will, Five Wishes etc.) and specific to your state. This document will require a signature and date. Notary is not required, but it is recommended. Providing verbal instructions is also valid.

The primary care provider (PCP) is a great starting point for initiating the conversation. Giving the PCP verbal wishes and having them entered into medical records are considered directives. Forms may be available through that system as well.

Useful Websites:

http://www.lifecaredirectives.com/assets/statutory_ads/NEW%20MEXICO%20SS%20AD%2009%20-%202013%20p%20Dwnld.pdf

<http://lawlibrary.unm.edu/legal-webs/new-mexico/health/index.php>

<http://nmmost.org/index.php>

<http://nmems.org>



MEDICAL TOPIC EXCERPT:

Title: “Honor in Conversation”

Presenter: Christine Wester, LBSW, MPA

Why are they considered “challenging” conversations?

- Is the issue
 - Challenging to our comfort level
 - Challenging to our values/ judgements
 - Challenging to our belief system
- Does the issue
 - Challenge our ability to be creative
 - Challenge our ability to be responsive
 - Challenge our ability to be open

Some reasons why challenging conversations are uncomfortable:

Fear:

- Something bad could happen!
- The conversation could expose differences of opinions to and that may lead to conflict!
- We are uncomfortable!

Helpful Hints:

- Overcoming fear
 - Set the tone for the conversation
 - Be clear about the issue
 - Be clear about the fear
 - Information exchange/ask for clarity
 - Options and research
 - To do list (responsibilities)
 - Follow up

For the full powerpoint presentation please go to:
<http://coc.unm.edu/common/training/honor.pdf>

For the video lecture given by Christine Wester, please go to:
<http://coc.unm.edu/training/videos.html>

Our website showcases the broad spectrum of training options provided by CoC and has an extensive list of previous videos and presentations available free of charge.

Comments/suggestions/recommendations:

email LVIZCARRA@salud.unm.edu

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¡¡eNoticias!! Archive Link

<http://coc.unm.edu/resources/Newsletter%20archive.html>



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We are on the Web!

<http://coc.unm.edu>



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