# State of the Science: Outcomes and quality of life in community living

NAKU/NDCPD
Living Conditions and Quality of Life
Trondheim, Norway
June 20, 2013



### Research and Training Center on Community Living for People With IDD



8 miles (13 km) connecting over 69 city blocks

90,000 miles (144,841 km) of shoreline







Lutefisk capital of US

900,000 Norwegian Americans



### Promises of Quality Lives in the

Community	
Quality of Life	UN Convention (Article number)
Physical Well-Being (Health, Safety, Fitness)	Life (10) Health (25) Freedom from torture, degrade exploitation, violence, abuse (15/16)
Material Well-Being	Access to physical environment, transport, info

(Wealth, Housing, Tenure, Privacy, *Neighbourhood, Transport)* 

**Social Well-Being** (Relationships, Community *Involvement)* 

**Productive Well-Being** (Personal Development, Independence, Self-Determination,

Occupation) **Emotional Well-Being Civic Well-Being/Rights** 

(Protection under the law, participation in political and public life, state of the nation)

adation, 0,

communications & services (9) Privacy (22) Adequate standard of living & social protection (28) Respect for home & the family (23) Being included in the community (19)

Education (24) (Re)Habilitation (26) Living independently (19) Personal mobility (20) Work & employment (27) Participation in cultural life, recreation, leisure & sport (30)

Protecting the integrity of the person (17) Equality/non-discrimination (5-7) Equal recognition before the

law (12) Access to justice (13) Liberty, security of person & nationality (14, 18) Freedom of expression (21) Participation in political & public life (29)

## Promises of Quality Lives in the Community

- Legislation
  - ADA
  - Rehabilitation Act
  - DD Act
- Policy Initiatives
  - President's "Year of Community Living"
  - U.S. DHHS Community Living
     Initiative

- Court Decisions
  - Olmstead v L.C.
- Expert panel and other reports
  - Future of Disability in America
  - Healthy People 2020
  - Wingspread Conference report



#### **Community Living and Participation**

- Where and with whom a person lives;
- Where a person works and how they earn money;
- What a person does during the day;
- Quality of relationships developed with others;
- What and with whom a person does things of personal interest,

- Health (physical and emotional),
- Where and with whom they worship or practice their faith;
- Interest in and opportunity to engage in **learning** and personal growth
- Ability to make decisions and choices about their own life and activities.



#### Substantial LTSS Investments

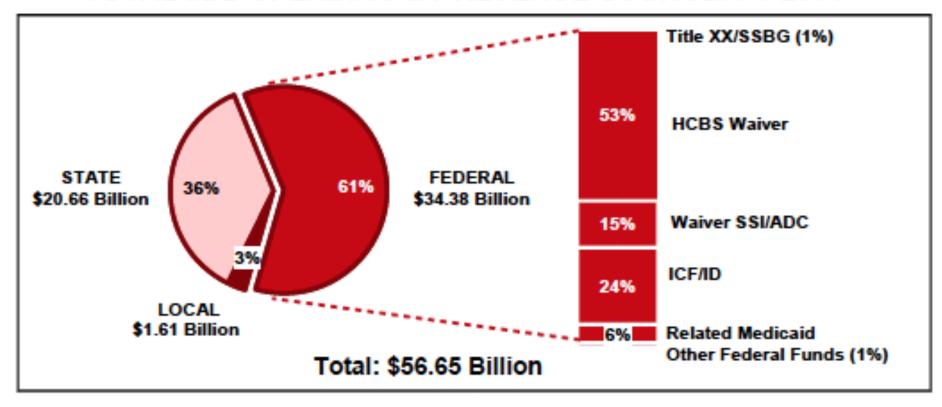
- HCBS FY 2011
  - 27.9 billion dollars
  - \$45,000 per resident
- ICF-DD services FY 2011
  - 12.57 billion dollars
  - \$148,000 per recipient
- State Operated Residential
  - \$226,000 per person

- Employment
  - Supported employment\$801,598,982
  - Medicaid \$787,000,000
- PCA/HHA/other
  - 2 billion dollars

Butterworth et.al;, 2013; Braddock et al, 2013; Larson et al, 2013

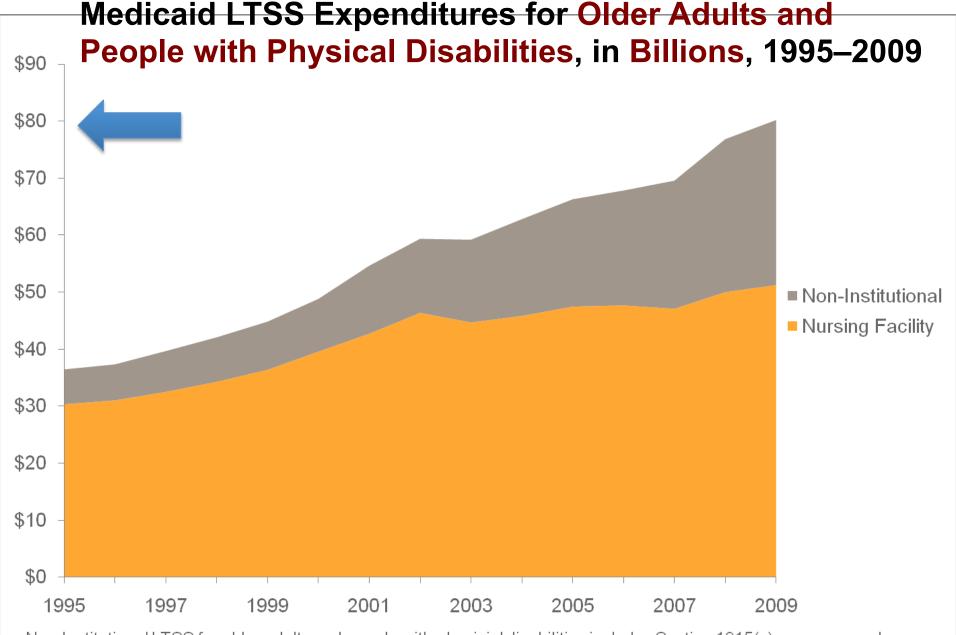


#### TOTAL I/DD SPENDING BY REVENUE SOURCE: FY 2011



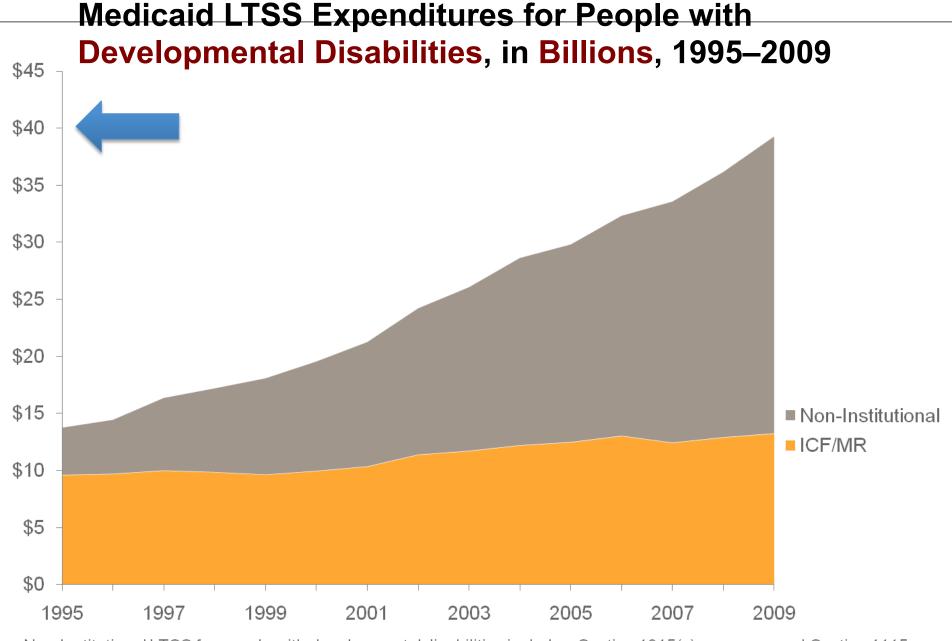
Braddock et al, 2013





Non-Institutional LTSS for older adults and people with physicial disabilities includes Section 1915(a) programs and Section 1115 and 1915(c) waivers targeting older adults and/or people with physical disabilities, as well as the following services: personal care, home health, PACE, services authorized under Section 1915(j), and private duty nursing.,

Eiken et al, 2011



Non-Institutional LTSS for people with developmental disabilities includes Section 1915(a) programs and Section 1115 and 1915(c) waivers targeting people with intellectual disability, autism spectrum disorder, and/or other developmental disabilities.

Eiken et al, 2011

#### Greater Expectation for Outcomes

- Great Recession Recovery
  - revenues in a majority of states remain at or below 2008 levels
  - 42 states closed 103 billion deficit through cuts
- OMB Memo 2012

(Office of Management and Budget, p.1).

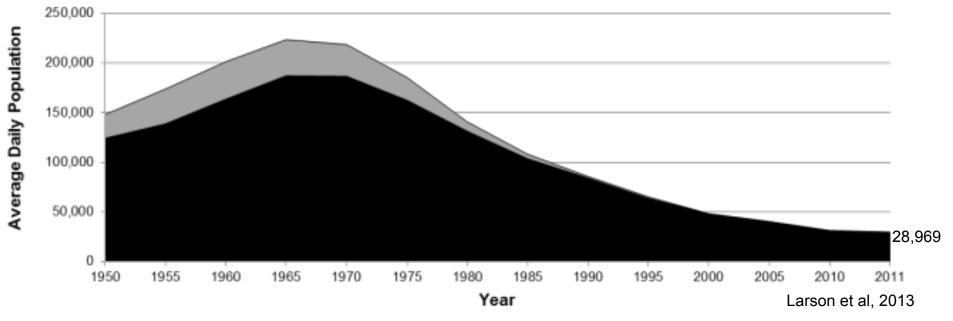
— "Where evidence is strong we should act on it. Where evidence is suggestive, we should consider it. Where evidence is weak, we should build the knowledge to support better decision in the future"





#### Decades of Deinstitutionalization

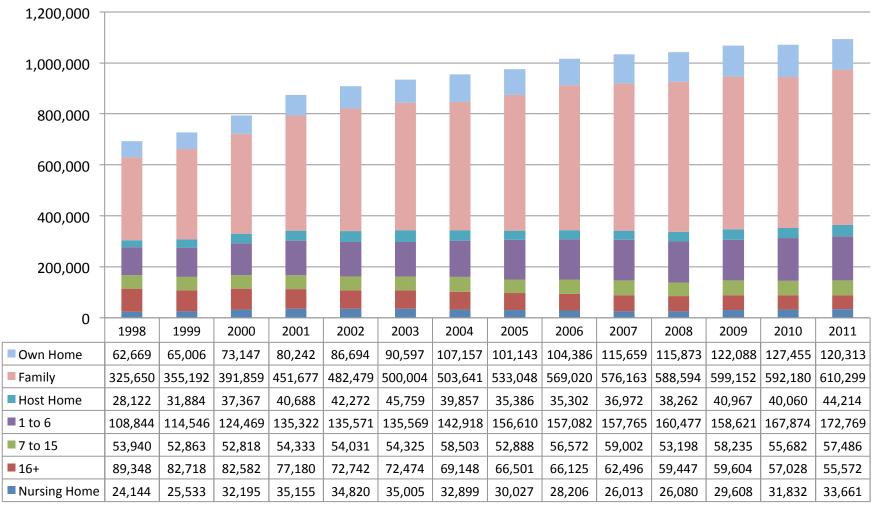
#### Average Daily Population Of Large Public IDD Residential Facilities 1950 to 2011



(Alaska, District of Columbia, Hawaii, Maine, Michigan, Minnesota, New Hampshire, New Mexico, Oregon, Vermont and West Virginia).



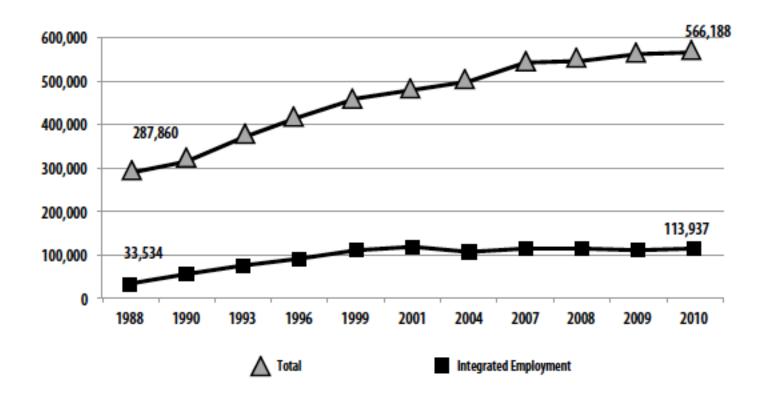
#### Place of Residence for Service Recipients with IDD 1998 to 2011



Larson et al, 2013



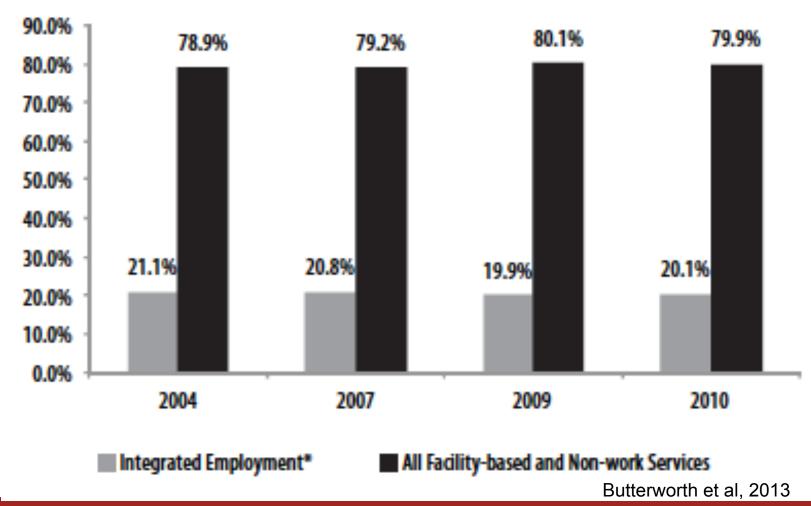
# Estimated Total Number of People Served By IDD Employment Agencies



Butterworth et al, 2013

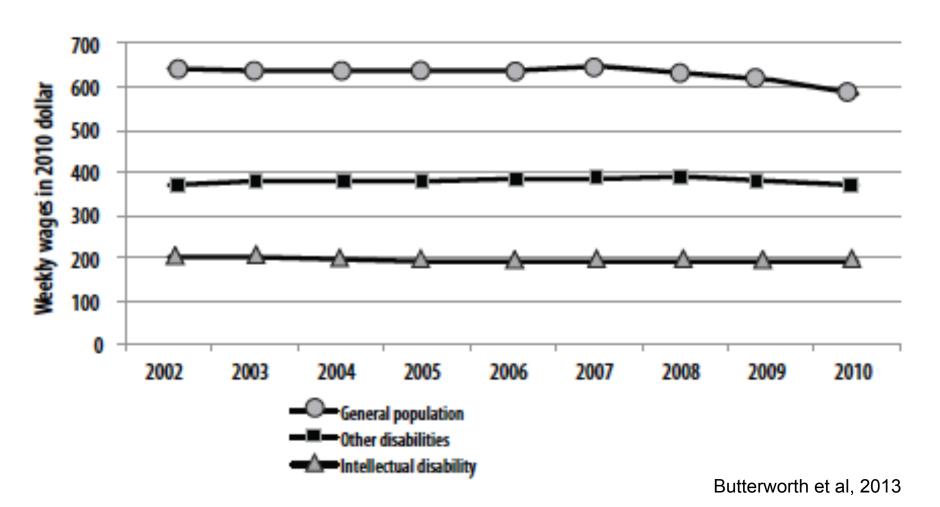


#### Estimated Service Distribution By Year





#### Weekly Wages By Year





Research & Training Center on Community Living

### University of Minnesota Driven to Discover<sup>SM</sup>

#### State of the Science Conference

Halifax, Nova Scotia July 12<sup>th</sup> and 13th, 2012

"Community Living and Employment Outcomes for People with IDD"



#### **SOSC Conference Purpose**

- Research findings
- Debates and points of contention
- Emerging and unanswered questions
- Future research questions



#### **SOSC Invited Participants**

- Brian Abery
- John Agosta
- Angela Amado
- Julie Bershadsky
- Matt Bogenschutz
- Ivan Brown
- Ann Cameron Caldwell
- Dawn Carlson
- Kristin Dean
- Eric Emerson
- David Felce
- Glenn Fuijiara
- Chris Hatton

- Tamar Heller
- Amy Hewitt
- Kathy Humphries
- George Jesien
- David Johnson
- Harold Kleinert
- Charlie Lakin
- Sherri Larson
- Rich Luecking
- David Mank
- Beth Marks
- Philip McCallion
- Mary McCarron

- Suzanne McDermott
- Keith McVilly
- Charles Moseley
- Derek Nord
- Lori Sedlezky
- Tom Seekins
- Jasmina Sisirak
- Jerry Smith
- Roger Stancliffe
- Sarah Taub
- Ann Turnbull
- Rud Turnbull
- Mike Wehmeyer



# Validating the SOSC Conference Findings

- Data/Information Gathering
  - Reinventing Quality strand
  - SABE conversations
  - Review and synthesis of SOSC conference summary by researchers



# SOCIAL INCLUSION AND COMMUNITY PARTICIPATION



#### Social Inclusion

- Social networks primarily paid staff,
   Families, and peers with disabilities
- Relationships are mediated through the family
- People may be physically included but big gaps in social inclusion
- Different factors affect social inclusion
- Effective interventions increase inclusion













#### **Effective Interventions**

- Person-centered planning circles
- Social Inclusion Facilitators (Abery & Fahnestock, 1992)
- Community Mapping (Carlson, 2000)



#### Active Mentoring (Natural support)





- One day per week, instead of working, the person attends a mainstream community group of their choice and receives support from group members who volunteer to be mentors.
- Mentors trained to provide effective support and ensure activities are available.



### Friendships, Social Inclusion and Community Participation: RTC/CL study

- Community friends: 16% to 78% by end
- Community group membership: 2% to 42%
- Community social roles: 3% to 36%

(Amado et al.,2010)



#### Larger Community-wide Approaches To Inclusion

- Chicago neighborhood organizations and leaders (Asset-Based Community Development)
- 2. Building Social Capital
- 3. Seattle Department of Neighborhoods
- 4. Model Communities (DHSS)
- 5. Community Member Forums



#### Factors Affecting "Social" Inclusion

- Regular, ongoing social contact with meaningful interaction with
  - Community associations and groups
  - Faith communities



#### Social Inclusion Research Priorities

- Research focusing on bringing the community to the person with IDD
- Increase the understanding of the role of families in promoting social inclusion
- Understand what social inclusion outcomes exist for people with IDD who live with their families.

- Increase understanding of what inclusive communities are and their characteristics
- Develop and test interventions that are designed for community members.
- Take known effective interventions to scale
- Better understand the complex interactions among factors that affect social inclusion.



### FAMILIES EXPERIENCES AND SUPPORT

#### "Family Support"

- Family support programs exist in all states (30 have legislative mandates)
- Family support included in service array.
- Great variation in "family support" program design.

#### "Family Support" Defined

- There is no single definition of "family support."
- There is no agreement on what services are "family support."

### Siblings: Psychosocial Outcomes

- Negative affect on siblings
  - Greater pessimism, distress, and demands (Griffiths & Unger,1994)
  - As mother's health declines, brothers perceive less positive affect from their siblings with a disability (Orsmond, 2000)
  - Less contact and less positive for siblings of people with autism (Orsmond, 2007)



### Siblings: Psychosocial Outcomes

- Positive effect on siblings
  - Mothers report positive effect on other children (Carr, 2004)
  - Functioning well, good health, low depression, and high reward being a sibling of a person with disabilities (Hodapp & Urbano, 2007)
  - Relationships with parents more positively affected for siblings of adults with Down syndrome versus autism (Orsmond & Seltzer, 2007)



### Sibling Support Needs

- Getting support for their caregiving role
  - Support groups (Arnold et al., in press; Heller & Kramer, 2009)
  - inclusive definition of family (Arnold et al., in press)
- Enhancing the formal support system to address sibling needs (Arnold et al., in press)
  - Improved residential supports, service coordination, transportation
  - Better pay and career advancement for direct support professionals
  - More funding for financial support
  - In-home and out-of home respite services



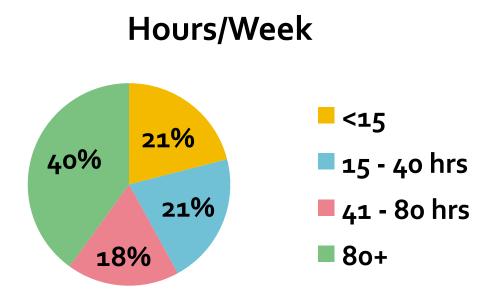
### Gaps in Sibling Research

- Demography-No good estimates
- Diversity of families (poverty, racial/ ethnic)
- Perspectives of people with disabilities
- Longitudinal studies across the lifespan
- Practice and policy interventions to support siblings



### Family Caregiving Experiences

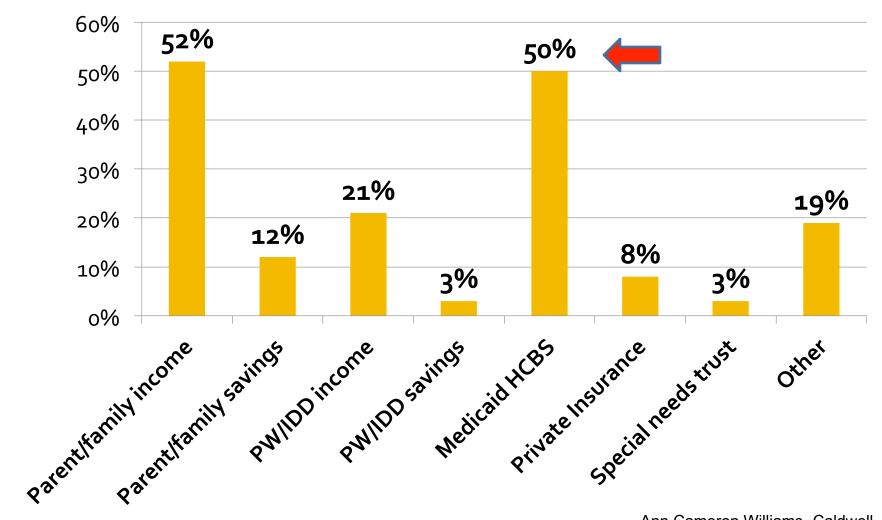
 Family caregivers provide a range of supports



Ann Cameron Williams- Caldwell, 2012



# Sources of funding for supports



# Family Support Points of Confusion/Debate

- Changes over life course
- Great range of family support needs
- Theoretical construct or service type
- Are/should supports be for the "family" or "individual"
- Varied program design



### Family Research Priorities

- Define "family support"
- Gather basic data
  - Siblings
  - People with IDD at home
- Purposeful sampling of families from diverse families
- Better understand sibling support across lifespan

- Sibling experiences, from person with IDD lens
- Develop models for blended funding
- Better understand experiences and effects of aging caregivers
- Intervention to support adult siblings



### EMPLOYMENT AND ECONOMIC SELF-SUFFICIENCY



#### Suite of Effective Practices

- Individual-level
  - Instruction
  - Self management
  - Natural supports
  - Person center career planning
- Organizational-level
  - Organizational change
  - Self & customized employment



#### **Cost Benefit**

- Supported employment has:
  - Higher social benefit
  - Greater employment outcomes
  - Less reliance on other programs



## SOSC Employment Research Priorities

- Discern effective interventions that result in increased wages, hours and advancement
- Identify key characteristics of personal networks and communities
- Identify strategies to
   effectively develop, facilitate
   and access the personal
   network and social capital

- Develop strategies to raise employment expectations
- Implement system change activities designed to improve system expectations and outcomes related to employment



#### **HEALTH AND WELLNESS**



#### 67 Studies on Physical Activity and IDD

- Below average levels of fitness
- More likely to be sedentary
- Poor fitness is associated with obesity and physical deconditioning
- Lower cardiorespiratory fitness, strength, more secondary conditions
- Proportion overweight similar to general population
- Physical activity interventions (treadmill walking, step/bike/ elliptical, and circuit weight training) increased aerobic capacity

Rimmer & Hiss (2005).



#### Overweight and Obesity (BMI ≥ 25.0) (NCI, 2009)

- People with IDD vs. General population
  - All people IDD (62.2%) significantly less than US (68.0%)
  - Men IDD (60.5%) significantly less than US (72.30%)
  - Women IDD (64.5%) not significantly different from US (64.1%)
- Obesity (BMI > 30.0) rates highest to lowest
  - By setting type: own home/apartment, family home, (host/ foster home, group home), institution
  - By diagnosis: Down Syndrome, Intellectual disability only,
     Autism, Cerebral Palsy
  - By level of ID: highest for those with mild IDD



# Wellness Curricula for Adults with Disabilities

Disabilities

Adults with

Disabilities

**IDD** 

IDD

IDD

Women with

Disabilities

IDD

IDD

Adults with

Disabilities

Development, University of Iowa

Center on Community Accessibility,

**Oregon Heath & Science University** 

NY State Institute for Basic Research

North Carolina Office on Disability

and Health, Frank Porter Graham

RTC on Aging with DD, University of

RTC on Aging with DD, University of

Published by Brookes Publishing

Rural Institute, University of

Child Development Institute

South Carolina Department of

**Disabilities and Special Needs** 

Rural Institute, University of

in DD

Montana

IL, Chicago

IL, Chicago

Montana

Title	Target Population	Developer
Continuing to Live Well with a Disability: A companion	Adults with	Center for Disabilities and

course to Living Well with a Disability

Steps to your Health

**Health Advocacy Program** 

developmental disabilities

Living Well with a Disability

Disabilities

disabilities

Healthy Lifestyles for People with Disabilities

**MENU-AIDDS: Materials for supporting nutrition and** 

Women Be Healthy, A Curriculum for Women with

**Exercise and Nutrition Health Education Curriculum** 

Health Matters: The exercise and nutrition health

education curriculum for people with developmental

Mental Retardation and Other Developmental

for Adults with Developmental Disabilities

education with adults with intellectual or

(McDermitt)

### **Continued Challenges**

- Providers lack knowledge or are not prepared to share decision making with people with IDD
- Most everyday health information does not use universal design principles
- People with IDD and care givers lack information
- Cultural gaps (providers, individuals, caregivers)



# Health and Wellness Research Priorities

- Examine how the environments in which people with IDD live and participate affect their health.
- Understand the changing health care delivery landscape and its effects on people with IDD.
- Examine the manifestation of typical age-related conditions (e.g., cancer, arthritis, hypertension) in people with IDD.
- Establish appropriate care guidelines.
- Identify specialized health intervention for people with IDD.



#### **SELF-DETERMINATION**



#### Self-Determination - Defined

- Control over day to day decisions
- Control over big decisions
- Supporting people to make things happen they want





# Self-Determination Research

- Previous research suggests a number of ecological characteristics related to self-determination including:
  - Organizational climate
  - Agency policies & regulations, and
  - The knowledge, skills, and attitudes/beliefs possessed by DSPs
  - The behaviors of DSPs

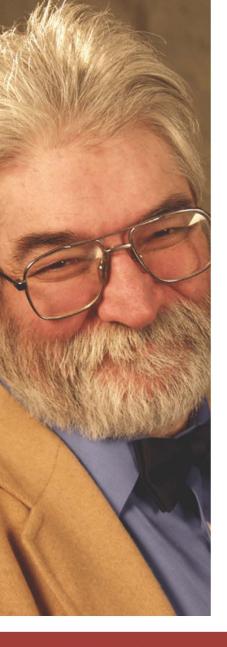




# Mediating Factors

- Social Inclusion: societal acceptance of persons with disabilities in school, work, and community contexts.
  - Degree of inclusion has an impact on opportunities for self-determination





#### SD: What We Know

- Self-determination results from an interaction between the individual and the environment.
  - SD always occurs within a social context
- The manner in which people view and express self-determination is affected by their:
  - Family
  - Age

- Sex,
- Culture



#### SD: What We Know

- Youth and adults with IDD are less self-determined then peers w/o IDD
- SD predicts higher QOL after school
- Adults with IDD value SD more then professionals/ families
- Students who leave H.S. with greater selfdetermination have better outcomes
- IQ is not predictive of self-determination
- Social abilities and adaptive behavior are related to SD



#### SD Intervention Research

- Efficacy data exists on models
  - Steps to SD (Hoffman & Field, 1995)
  - TAKE CHARGE FOR THE FUTURE (Powers et al, 2001)
  - Self-Determination Model... (Wehmeyer et al, 2000)



## Self-Determination Research Priorities

- Ecological factors, intervention efficacy in underrepresented groups
- Develop better global measures of SD
- Develop valid and reliable approaches to actually observe the exercise of self-determination

- Identify relationship factors that facilitate or cause barriers
- Evidence-based practices in SD with outcomes related to independence and inclusion



# CROSS CUTTING ISSUES AND PREDICTORS OF OUTCOMES





# Predictors and Covariates of Outcomes

- Factors associated with outcomes
  - Policy (State, National and International)
  - Setting type and size
  - Organizational and family culture
  - Individual characteristics



### **IMPACT** of Setting

- People who moved from institutions experience increases in adaptive behavior over time and in comparison to people who did not move.
  - Lakin & Larson, 2012

Setting Type	Setting Size	
Own Home	1-3	
Family Home	1-3	
Host Family/Foster	1-3	
Group residence	1-3	1-3
Group residence		4-6
Group residence		7-15
Group residence		16+



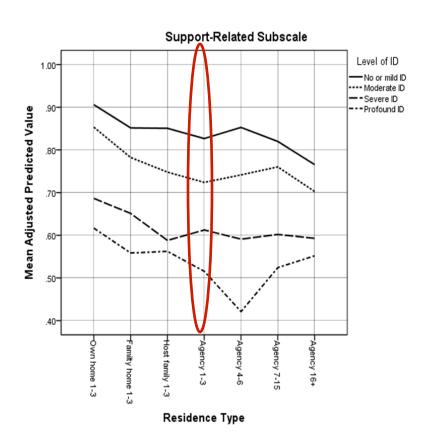
### Other Key Predictors: NCI Choices

Everyday Choice		
Block	Factors	Adj. R2
1	Level of ID	0.31*
2	Mobility, vision or hearing impairment	0.32*
3	Age	0.33*
4	Problem behavior, mental health DX, ASD	0.33*
5	Report for self; primary means of expression	0.40*
6	Setting size and type	0.42*
7	State	0.44*

Support Related Choice		
Block	Factor	Adj. R2
1	Level of ID	0.09*
2	Mobility, vision or hearing impairment	0.09
3	Age	0.09
4	Problem behavior, mental health DX, ASD	0.10*
5	Report for self; primary means of expression	0.12*
6	Setting size and type	0.20*
7	State	0.31*



# People in smaller settings make more Big choices (NCI 2009)



#### The Choices

- The people I live with
- The place I live
- The person who assists me at home
- Where I work
- The person who assists me at work
- The person who helps me get the services I need.

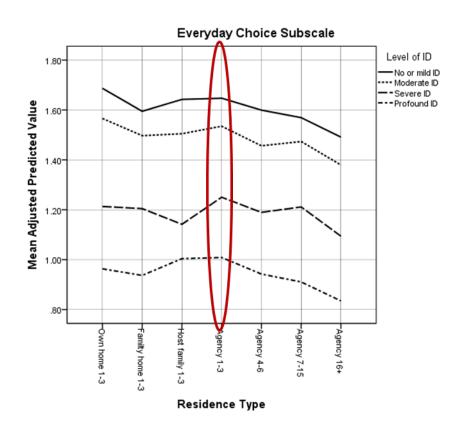
#### After accounting for

- Level of ID,
- Challenging behavior,
- Able to talk,
- State of residence
- (Mobility, vision, age)

N = 6,179, 19 states Ticha, Lakin, Larson, Stancliffe (2012), National Core Indicators, R<sup>2</sup> = 31%



# People in smaller settings make more *Daily* choices (NCI, 2009)



#### The Choices

- When I get up, eat, go to bed (48% choose alone, 23% have help, 19% decided by someone else)
- How I spend my free time
- What to buy with my spending money

#### After accounting for

- Level of ID,
- Mobility
- Challenging behavior,
- Able to talk,
- State of residence
- (Vision, age)

N = 8,892, 23 states Ticha, Lakin, Larson, Stancliffe (2012) National Core Indicators; R<sup>2</sup> = .44



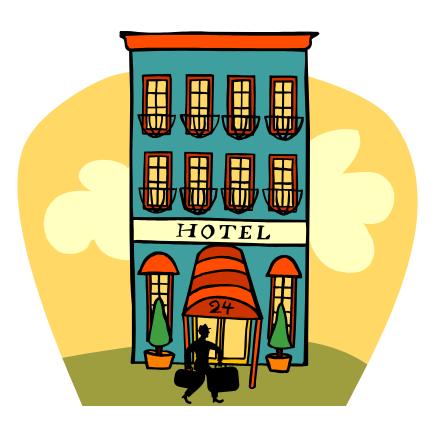
# Access to Preventative Care (NCI, 2009)

Preventative Care	Institution	Community- based group residence	Independent home/apt	Parent/ relative home
Sample Size	1,163	3,899	1,498	3,554
Physical exam in last year	96%	96%	91%	87%
Dentist visit in last year	96%	93%	76%	<b>74</b> %
Eye exam in last year	76%	74%	62%	50%
Hearing test in last 5 years	92%	81%	55%	54%
Flu vaccine in last year	94%	83%	65%	56%
Pneumonia vaccine ever	63%	38%	27%	23%
Pap test in last 3 years	86%	85%	81%	55%
Mammogram in last 2 years (women over 40)	90%	86%	84%	65%
PSA test in last year (men over 50)	72%	59%	47%	40%

NCI, 11,000 surveys of adults in 20 states



#### Have We Created a "Hotel" Model?



- People are disengaged.
- Staff do for or to the person rather than supporting person to do.
- People with the most needs get the least support to be engaged.
- Individuals with disabilities are spectators in their own lives.
- Staff can be considered glorified domestic servants.



## **Organizational Context**

Factors	Effect
Organizational readiness	Ready, Remediate or Reject
Organizational champion	<ul><li>Intervention start</li><li>Intervention sustained</li></ul>
Supervisor stability	<ul><li>Intervention start</li><li>Intervention sustained</li></ul>
Direct support staff turnover	<ul> <li>Intervention dose</li> <li>Proportion of staff trained</li> <li>Training elements completed by each person</li> <li>12 hours class</li> <li>1 on 1 on site mentoring</li> <li>6 month follow up</li> <li>Retention of trained staff</li> <li>Training/retraining for new staff</li> </ul>

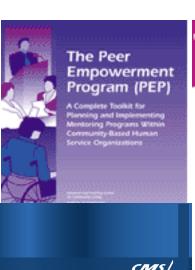


# Direct Support Workforce in IDD: What do we know?

- Wages, turnover, benefits in many states
- Factors that influence turnover
- Supervisors are important
- Wages are higher, benefits are better in more congregate care;
   wages are better but benefits are worse in self-directed models
- Training interventions seem to work
- Core competencies for DSPs and FLS
- Low investment in training across states
- DSPs have little voice
- We can reduce turnover; we have the tools and knowledge



### DSP Workforce Interventions



**Road Map of Core Competencies** for the Direct Service Workforce





May 31st, 2011

REPARED For the CENTERS for MEDICAID & MEDICARE SERVICE



Person-Centered Supports: As a DSP. my first allegiance is to the person I support; all other activities and functions I perform flow from this allegiance.

Promoting Physical and Emotional Well-Being: As a DSP, I am responsible for supporting the emotional, physical, and personal well-being of the individuals receiving support. I will encourage growth and recognize the autonomy of the individuals receiving support while being amentive and energetic in reducing their risk of

Integrity and Responsibility: As a DSE I will support the mission and vitality of my profession to assist people in leading self-directed lives and to foster a spirit of partnership with the people I support, other professionals, and the





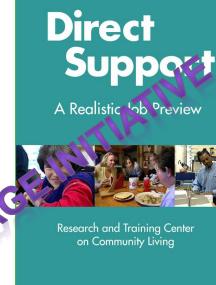
Minot State University Online Programs in Developmental Disabilities

Offered by - North Dakota Centerfor Persons with Disabilities



College of Direct Support







## Direct Support Workforce in IDD: What don't we know?

- Nothing nationally outside of public residential facilities since Braddock study
  - Numbers (how many are there?)
  - Staff to person served ratios
  - Average wage, turnover
- No longitudinal trends
  - Descriptive data on workforce
  - Outcomes of any interventions
- Differences across service type based on size/type
- Differences across states
- Policy influences that matter
- Quantified differences between LTC sectors



## CCI and Predictors of Outcomes Research Priorities

- Use large public extant data sets for systems level research questions
- Identify policy initiatives as predictors of outcomes
- Identify significant predictors in the areas of wellbeing, satisfaction, and health outcomes

- Focus on setting as a predicator of outcomes
- Describe organizational factors that predict intervention success across studies.
- Understand workforce predictors in family context



# OUTCOME MEASUREMENT AND METHODOLOGICAL ISSUES



## Using Outcome Data to Answer Important Questions

- How are people with intellectual disability doing relative to the general community?
- Are disability services and policies achieving their intended effects?
  - Are some service types more effective? For whom?
- Is this intervention (more) effective?
- Are people with a disability experiencing better outcomes than in the past?



## Outcome Measurement Challenges

- No single overarching measurement for any single outcome
- Proxy vs. self-report issue
- Extant data sets for general population
  - Rarely identify people with IDD
  - Often include complexity and lower response rates



### Assessments of Loneliness

#### **GENERAL COMMUNITY**

#### **UCLA Loneliness Scale:**

The 20-item self-report UCLA
 Loneliness Scale (Version 3) is the
 most frequently used measurement
 of loneliness in research (Russell,
 1996). Designed for the general
 community.

#### **INTELLECTUAL DISABILITY**

#### **Modified Worker Loneliness**

The Modified Worker Loneliness
 Questionnaire (Chadsey-Rusch et
 al., 1992) has 12 items; designed
 for people with intellectual
 disability.

**4-point response scale** (Never, Rarely, Sometimes, Often)

**3-point response scale** (No, Sometimes, Yes)

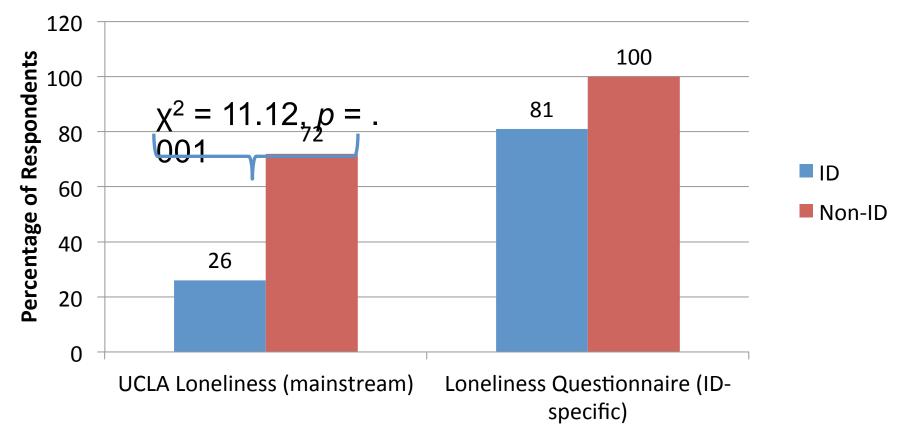
**item 12**. How often do you feel that your relationships with others are not meaningful?

item 10. Are you lonely?



### **Assessing Loneliness**

## Responsiveness by Adults with and without Primary Intellectual Disability (N = 60)







## Methodological Research Priorities

- Relationship between outcomes identified by proxy and self-report on outcomes data
- Review and consider revising instruments where both proxy and self-report measures are used
- Acknowledge constraints and difficulties in identifying people with IDD and in sampling people with IDD in large public data sets and when interpreting research





Knowledge Translation

Future Research Agenda



KNOWLEDGE FOWER

KNOWLEDGE + ACTION

POWER

JOHN ANTONIOS

## SELF-ADVOCACY (UNLINE





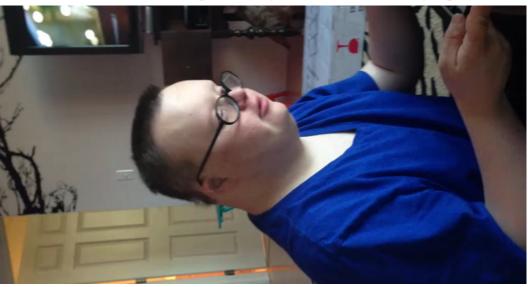
www.selfadvocacyonline.org





#### May 23, 2013 7:43pm

I am watching Geoffrey explore the Self Advocacy On Line for the first time. He is watching video after video. Learning. Thank you, UMN for developing this amazing tool!



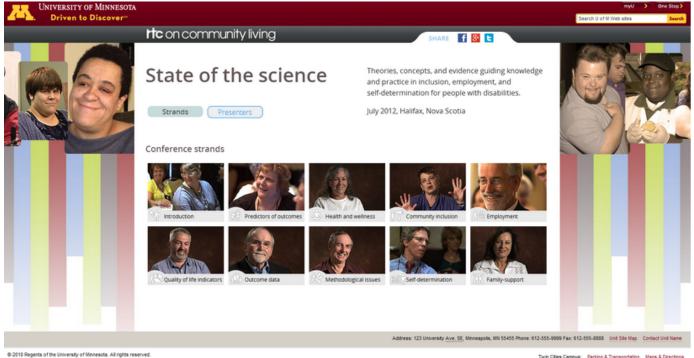




## Special Issue Intellectual and Developmental Disabilities (AAIDD)

**Researchers and Practitioners** 





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#### State of the science

Strands

Presenters

Theories, concepts, and evidence guiding knowledge and practice in inclusion, employment, and self-determination for people with disabilities.

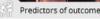
July 2012, Halifax, Nova Scotia

Conference strands









#### www.rtc.umn.edu/sosc



#### **TBD Monograph**

Practitioners, families



## RTC/CL: Future Research Agenda

- Commitment to knowledge translation
- Responsive to SOSC Priorities
- Evidence based policy focus



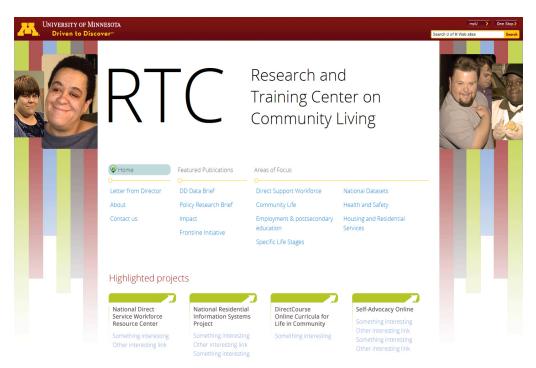
## **Concluding Thoughts**

- Cannot lose site of the 29,000 human being still in institutions
- We know, why can't we "do" in a BIG way?
- Integrated funding models
- Family context as "setting"
- Cross sector "slippage" for people with IDD
- "Research For All"



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The Research and Training Center on Community Living (RTC) operates with primary funding from the National Institute on Disability and Rehabilitation Research (NIDRR) Grant #H133B080005. It also receives funding from the Administration on Developmental Disabilities (ADD) and other federal agencies. The RTC is part of the Institute on Community Integration (ICI), in the College of Education and Human Development at the University of Minnesota.