

Cornerstone Chronicles

BEHAVIOR SUPPORT: FIRST, THEN PROMPTS

First, then prompts can be used to motivate individuals to follow through on their everyday living skills with positive reinforcement. This intervention is typically recommended to address the behaviors that arise when an individual refuses, delays, or struggles with motivation. It is best used by pairing a non-preferred task/activity with a preferred task/activity (i.e., first wash hands, then eat).

First, then prompts can be used verbally and/or visually. They can be paired with a task schedule to help with daily activities or routine-oriented individuals. This helps to reduce information being given to an individual while providing clear expectations. Behavior consultants can create specific visual aids or utilize an app on an iPad (e.g., Choiceworks).

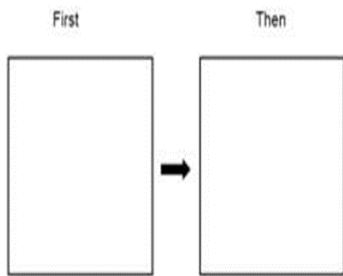


Visual aids and schedule apps can be used to develop consistent routines by ensuring that following through on demands step-by-step will lead to desired positive outcomes. This will increase their motivation, compliance, and even their independence.



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These phrases should not be used to restrict an individual from opportunities. If that individual were to refuse the “First” activity, denying the “Then” activity would constitute a restriction. Other strategies, such as providing alternative activities to complete first, or interventions tailored to the needs of the individual would be more appropriate and effective.

In my personal experience, I have used these prompts to help my individuals with morning hygiene tasks (i.e., getting dressed, showering, brushing teeth, taking meds, etc.) before eating, and with completing chores (i.e., cleaning their room, put their dish in the sink) before watching T.V. or going on a car ride. I have also successfully used the Choiceworks app to create a task schedule system that has helped one of my individuals reduce perseveration and refusal toward completing their chores at home with the understanding that they will be reinforced with breaks car rides.

SEXUAL HEALTH: WHAT IS CONSENT?

Consent is a clear and enthusiastic agreement between all parties involved in a specific interaction, activity, or relationship. It means that everyone fully understands this agreement as well. Finally, consent indicates a clear expression of willingness to participate: the freedom to say “yes” or “no” without pressure or coercion at any time.

Key Aspects of Consent:

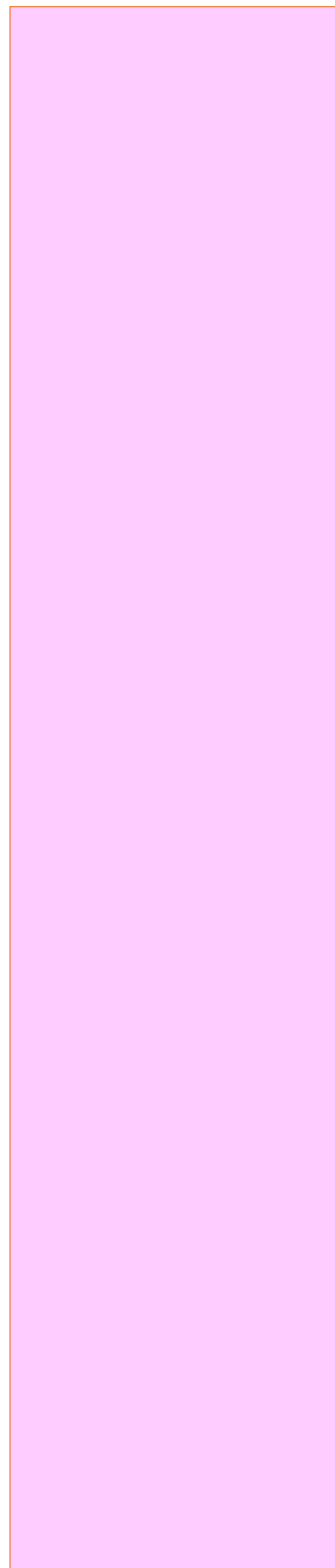
- Voluntary – Consent must be given willingly and without any external pressure. It should be a choice freely made by all parties involved.
- Informed – Those giving consent must have a clear understanding of the nature of the activity, potential risks, and any other relevant information. Informed consent ensures that individuals make decisions based on a complete understanding.
- Enthusiastic – Consent should be expressed with enthusiasm. It’s not only the absence of a “no,” but also an active and positive agreement to participate.
- Ongoing and Revocable – Consent is not permanent. Anyone involved has the right to withdraw their consent at any point during the activity, conversation, or relationship. Communication is essential to ensuring that all parties are comfortable and willing to continue. Just because someone initially consents does not mean that they can’t change their mind later.
- Mutual Respect – Consent is a shared understanding and agreement to participate in the same activity. We want to highlight the significance of respecting the boundaries of others.
- Clear Communication – All participants must express their desires, boundaries, and intentions openly and honestly. Consent should never be assumed or forced.

Consent applies to various aspects of life, not just intimate relationships. It is a fundamental component of respectful and ethical interactions in all areas. Consent goes beyond sexual interactions and is applicable in various aspects of life.

Here are some relevant contexts:

- **Medical Consent** – Before any medical procedure or treatment, healthcare providers should obtain the patient’s informed consent. This involves explaining the nature of the treatment, potential risks and benefits, and allowing the patient to make an informed decision about their health care.
- **Data Privacy and Consent** – With the increasing use of technology, individuals are often required to give consent for the collection, use, and sharing of their personal data. This is crucial in maintaining privacy and ensuring that individuals have control over how their information is used.
- **Instructive Settings** – In an instructive context, consent may be required for various activities, such as taking photographs or participating in certain events or activities.
- **Social and Recreational activities** – Participation in social or recreational activities often requires consent. This may include sports, group outings, or any activity that individuals voluntarily engage in which requires them to agree to specific terms or rules.
- **Financial Transactions** – Consent is involved in financial transactions, contracts, and agreements. Individuals need to agree willingly to the terms and conditions of a contract before entering into a financial agreement.
- **Digital Platforms and Services** – Users will give consent when signing up for online platforms or services. This can include agreeing to terms of service, privacy policies, and allowing certain permissions to use the platform.
- **Parental/Guardian Consent** – For situations involving minors, parental or guardian consent is usually required for various activities. In adult services, our individuals need to consent or give permission, unless a legal guardian was appointed through the court system.

Consent is a fundamental aspect of healthy relationships, whether in intimate settings or in other social interactions. Respecting and honoring each other’s boundaries is essential for creating a safe and respectful environment.





STAFF SPOTLIGHT: LAURA KALTREIDER

This quarter's Employee Spotlight belongs to Laura Myers-Kaltreider. Laura has been part of the Cornerstone Agency's Behavior Consultant team since 2019, she recently celebrated her 5-year anniversary. Congratulations! Previously, Laura also worked as a Communication Specialist in the agency. She continues to apply her communication skills to her cases.

Laura lives with her husband Cody and their 3 fur babies: 2 cats and a dog. Laura fills her leisure time with vegetable gardening during spring and summer. She also enjoys antiquing and baking new recipes. She makes delicious gluten free sugar cookies. Laura's favorite TV shows are The Office, Schitt's Creek, and The Big Bang Theory; in her view, comedy is a good thing!! Laura loves dill pickles, the Orioles, the Steelers, and Penn State.

One of Laura's interests is helping others find their voice. Laura makes this happen by teaching and supporting advocacy and accessing/teaching assistive technology for this purpose. Laura supports individuals with learning skills with pictures, voice buttons, iPads, and gaze devices. Laura demonstrates Tobii eye gaze functionality to individuals and trains her peers in the agency; communicating with your eyes is a powerful tool. Laura likes to utilize out of the box interventions to tackle difficult behaviors, bringing positivity to all situations, and building rapport with teams. Laura's attitude about tackling day-to-day barriers is a mantra for all to embrace: "Some days there is a problem at every corner and other days there is not. I take it all in stride."

Laura is truly dedicated to the growth and potential of all individuals and strives to implement some version of meaningful life for each of them. Every difference or change, even minor, can make someone's life more meaningful.



SUPPORTED LIVING:

Supported Living provides direct and indirect support to individuals who reside in their own homes. Individuals are assisted in all aspects of community living and maintain full control over their own schedules. Areas of focus include:

- Self-Care
- Health Maintenance
- Wellness Activities
- Meal Preparation
- Decision Making
- Home Management
- Money Management
- Communication
- Mobility and Transportation
- Relationship Development and Socialization
- Personal Adjustment
- Community Participation
- Use of Community Resources



Supported Living is a fully integrated approach to services which focuses on facilitating community inclusion and participation to increase a person's overall quality of life. Through this service, people are afforded more choice in their housing options while still ensuring they have the support necessary to meet their daily needs. Access to 24-hour staffing is imperative in assisting individuals to develop, maintain, or enhance the skills necessary to be successful in this environment while maintaining personal safety.

Eligible participants would need to have a Consolidated Waiver.

DONATIONS:

Got stuff sitting around and want to get rid of it? Consider donating for individuals in need at the Cornerstone Agency. We will take all manner of donations, including:

- Men's/Women's Clothing
- Non-Perishable Food Items
- Bakeware/Cookware
- Cleaning Products
- Furniture
- Towels/Wash Rags

If you would like to donate, please email Jennifer Speelman:

jspeelman@thecornerstoneagency.com.

TECH CORNER: FINTECH - MAKING MONEY COUNT

Fintech, a portmanteau of financial technology, seeks to improve and automate the delivery and use of financial services.

According to the *World Economic Forum*, “households with disabilities are three times as likely to be unbanked as those with no disabilities. This means they have no spending records, resulting in reduced access to financial assistance and loans. Visiting banks in person can be a daunting task for people with disabilities, in addition to the time and cost of traveling.”

If you want to set up easy, online connections to monitor your funds, you can do this by using your smartphone, tablet, or laptop.

1. Know your birthday, social security number, home address, email address, and your bank account information.
2. List this information in a separate and dedicated notebook that you can easily access.
3. Create a password that is safe. Creating a password requires a minimum of 8 characters to include an uppercase letter, lowercase letter, number, and a special character. A tip for creating a good password is to take the first letter of each word in a sentence you create (e.g., “I collect funkopops”), then add the current year and a symbol such as an exclamation point. With the above example, the password would be ‘Icfp2024!’. The longer the sentence, the longer the password, which will also make it stronger.

Now you are ready to connect to Fintech.

Investopedia provides the following list of Fintech possibilities:

- **Payment apps** like PayPal, Venmo, Block (Square), Zelle, and Cash App make it easy to pay individuals or businesses online and in an instant.
- **Personal finance apps** such as Mint, YNAB, and Quicken Simplifi let you see all your finances in one place, set budgets, pay bills, and so on.
- **Peer-to-peer (P2P) lending** platforms like Prosper Marketplace, Lending Club, and Upstart allow individuals and small business owners to receive loans from an array of individuals who contribute microloans directly to them.
- **Crypto apps**, including wallets, exchanges, and payment applications, allow you to hold and transact in cryptocurrencies and digital tokens like Bitcoin and non-fungible tokens (NFTs).
- **Insurtech** is the application of technology specifically to the insurance space. One example would be the use of devices that monitor your driving to adjust auto insurance rates.

A representative at your bank can assist you in setting Fintech up over the phone. There are also financial resources available at your local county assistance office.



FREE STUFF: GOVERNMENT ISSUED SMARTPHONE

Admit it: for most of us, our smartphones are an extension of us. Unfortunately for our wallets, they likely constitute one of our higher expenses each month. For someone on a fixed income, having a cell phone could be the difference between getting a decent amount of food or having entertainment and connection with others for the month.

There is now an option for low-income individuals to receive a free cell phone from the government with free data, minutes, and unlimited texting through the Lifeline Program. To be eligible, you must either meet federal poverty guidelines or receive any type of assistance from the following programs: Medicaid, SNAP, SSI, or housing assistance. To begin this qualification process, you will need to fill out an application to receive approval. Once a decision is made by Lifeline, you will receive an email to complete the process of getting their free smartphone. There is a limit of one per household; however, if you live with others at the same address, but your expenses are independent of their expenses, you may also be eligible for a free cell phone.

To receive more information, please refer to the link below to complete the application or conduct your own research on receiving a government issued smartphone. Here is the website containing all the information needed to begin the application process to get a free phone: <https://www.safelinkwireless.com/en/#!/aboutLifeline>.

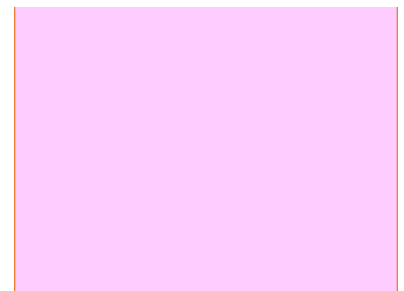
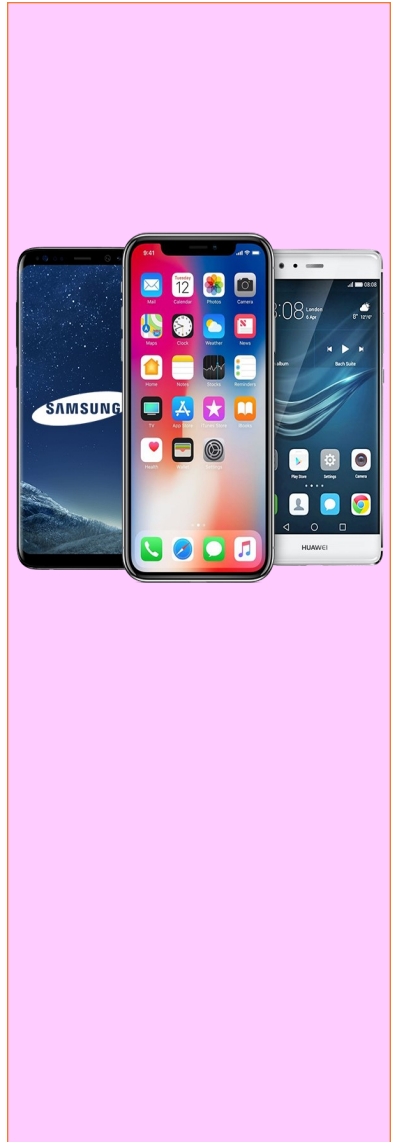
JOIN OUR TEAM:

Behavior Consultant – Conduct Functional Assessment, Write Behavior Support Plans, Train Support Teams, Attend required meetings, Review and analyze data, Knowledge of communication modalities/systems – Bachelor’s Degree and at least one year of experience working with individuals with IDD/Autism required.

Direct Support Professional – Supported Living program – Flexible schedule, mileage paid from your home, support individuals in their own home to live as independently as possible. Excellent supervision and training provided. High school diploma and at least one year of experience required.

Full-time benefits: Healthcare, vision, dental, 401k with 4% match, 10 days PTO, paid holidays, company paid life insurance, regular bonuses.

Email: BLaubach@TheCornerstoneAgency.com



UPCOMING EVENTS:

Advocacy Talks! Connections

March 16, 2024, 8:30a-3:30p

Carlisle United Methodist Church

333 East S Spring Garden St, Carlisle,
PA 17013

For Parents & Professionals of Individuals with Intellectual or Developmental Disabilities

Free Lunch, Opportunities to Network, and Meet New Vendors

Topics:

Adult ID System & Advocacy

School Advocacy 101

ABCs of IEPs

Sex Education

Transition

Job Coaching

Evals and Re-evals

Registration Required - www.cparc.org/event-registration/



ADVOCACY TALKS!
CONNECTIONS

16 MARCH, 2024
8:30 AM - 3:00 PM

CARLISLE UNITED METHODIST CHURCH
333 S. SPRING GARDEN STREET
CARLISLE, PA 17013

RESOURCES NETWORKING & SESSIONS

FOR PARENTS & PROFESSIONALS OF INDIVIDUALS WITH INTELLECTUAL OR DEVELOPMENTAL DISABILITIES.

EXPERIENCE ADVOCACY TALKS! LIKE NEVER BEFORE! SAY GOODBYE TO VIRTUAL AND GET VARIOUS IN-PERSON SESSIONS ALL IN ONE DAY!

FREE LUNCH, OPPORTUNITIES TO NETWORK, AND MEET NEW VENDORS!

Breakout Sessions:

- Adult ID System & Advocacy
- School Advocacy 101
- ABC's of IEP's
- Sex Education
- Transition
- Job Coaching
- Evals and Reevals
- Transition
- Special Needs Trusts/ ABLE Accounts

REGISTRATION REQUIRED

CPARC.ORG/EVENT-REGISTRATION/

Free registration!

Registration deadline is March 4th or when spots are all filled!

Sign up ASAP!

Advocacy is funded in full or in part by the United Way of the Capital Region, United Way of Carlisle, & grants from The Edith Trees Foundation, The Donald B. & Dorothy L. Stabler Foundation, & Partnership for Better Health & through individual contributions & fundraising.



3.21 For Life - World Down Syndrome Day 2024

Troegs Independent Brewery - www.troegs.com
200 E Hershey Park Dr, Hershey, PA 17033 11a-7p

3.21 For Life is a non-profit organization that was created by a group of individuals in Central PA who have personal connections to individuals with Down Syndrome. Eat, drink, celebrate, and dance with us throughout the day. There will be music, food, beverages, activities, fireworks, and a silent auction. Features and activities include corn-hole, face painting, beer garden, tasting rooms, and balloon art. All food will be 20% off!



Slate Hill Mennonite Church Spring Fling:

Every 3rd Friday of each month, individuals with special needs get together for dancing, bingo, crafts, etc.

Location: Swatara Township Building- 599 Eisenhower Blvd, Harrisburg, PA 17111

Cost: \$2/person, Support Staff are Free!

Mar 15th - St. Patrick's Party

Apr 19th - Bingo

June 21st - Dance

A benefit concert benefiting The Disability Empowerment Center. We invite you to spend a night with us and the Billy Joel Tribute Band.

Landis Hall at The Junction Center

1875 Junction Rd. Manheim, PA 17545

SAT · APR 06, 2024 · 7:30 PM

Doors open at 7:00 pm

\$40-50



MISSION STATEMENT

Supporting individuals with disabilities to grow, achieve, develop, maintain, and enhance skills and abilities. Through collaboration with team members, we build and sustain long-term positive life changes.

CONTACT INFORMATION:

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Fax: (717) 441-4384
Admin@TheCornerstoneAge
ncy.com



SERVICES WE OFFER:

BEHAVIOR SUPPORT

Behavior Support Services as described through the PA service definitions. This is a short-term consultative service providing a functional assessment, a behavior support plan, and training from the plan.

BASS

The BASS is a comprehensive assessment was developed to evaluate individuals who exhibit behaviors associated with the six areas of sexuality; Personal Skills, Relationships and Boundaries, Society and Culture, Sexual Behavior, Internet Awareness, and Sexual Health. The identified population for this assessment include those diagnosed with an Intellectual Disability (ID), Autism and individuals with a dual diagnosis of ID and mental health conditions. The BASS assessment results in the implementation of a Skill Development and Behavior Support Plan to enhance the knowledge associated with sexuality, and in turn, reduce the frequency of undesired sexual behaviors.

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LIFE SHARING

Life Sharing services afford the Life Sharing Provider with the support, resources, and financial means needed to continue to support their loved one in the family home. For the individual, this means choosing to live in the least restrictive setting with minimal or no interruption to their life while being supported by a trusted family member as they grow and learn new skills.