

# A New START for Ashley

Ashley is a 40-year-old woman living in Arkansas. She's won medals competing with Special Olympics and hopes to live independently one day by getting her associates degree and moving out of her mother's house. Last year, Ashley had no energy, was hospitalized, and diagnosed as being in a schizophrenic catatonic state. The latest in a series of diagnoses and ineffective treatments, Ashley and her mother were giving up hope.

Then they were referred to ArkSTART where staff, with assistance from Ashley, her mother, and service providers, went through a detailed investigation of her medical history. They recommended genetic testing and she was diagnosed with Phelan-McDermid Syndrome – a rare chromosomal deletion. As a result, healthcare providers were able to reduce and better prescribe Ashley medications. These changes along with more targeted interventions from her service providers has meant that Ashley can focus on getting out into the community, be more active, and work towards independence.

The ArkSTART project is part of a national network partnering with the IOD's Center for START Services - which aims to improve the lives of persons with intellectual and developmental disabilities and behavioral health needs and their families through services and supports that emphasize local, person-centered, positive, multidisciplinary, cost-effective, and evidence-informed practices.

To learn more, visit **centerforstartservices.org** 



Photo courtesy of UNH Photography.

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## Institute on Disability/UCED

























## who we are

The Institute on Disability/UCED (IOD) at the University of New Hampshire was established in 1987 to provide a university-based focus for the improvement of knowledge, policies, and practices related to the lives of people with disabilities and their families.

#### Mission

The IOD promotes full access, equal opportunities, and participation for all persons by strengthening communities and advancing policy and systems change, promising practices, education, and research.

#### Vision

The IOD envisions a future where all people, including individuals living with disabilities, are fully engaged members of communities and where culturally appropriate supports that lead to independence, productivity, and a satisfying quality of life are available to individuals and families across the life span.

### **Consumer Advisory Council**

People with disabilities and their families are central to how the IOD plans, carries out, and evaluates its activities. The Consumer Advisory Council (CAC) is a primary way the IOD involves consumers to guide its activities and priorities.

## in Disability (UCED)

of University Centers on Disabilities (AUCD), a network of 67 university-based centers located in every state and territory in the United States. These centers are designed to facilitate the flow of disabilityrelated information between communities and universities.

Centers work with people with disabilities, their citizens.

Since 1963, centers have worked toward a shared vision that foresees a future where all Americans, including those with disabilities, participate fully in their communities. Independence, productivity, and community inclusion are key



## **A University Center for Excellence**

The IOD is a member of the Association

members of their families, state and local government agencies, and community providers on projects that offer training, technical assistance, service, research, and other resources, with a focus on building the capacity of communities to sustain all





To carry out its mission, the IOD engages in activities that address a broad range of disability topics across the life span.

#### Research

The IOD makes significant contributions to the body of knowledge related to disability through its research and evaluation. Whether faculty and staff are collecting and analyzing data, facilitating focus groups, conducting model demonstration projects, or evaluating project outcomes, IOD research is informing the services, systems, and policies that positively impact the lives of individuals with disabilities.

#### **Education/Academics**

The IOD is dedicated to preparing leaders in disability-related fields through university academics. IOD faculty and staff design and implement innovative learning experiences, interdisciplinary teaching models, and programs of study that incorporate universal design principles, include self-advocates' perspectives, and employ varied instructional methods and formats.

#### Service

The IOD supports the efforts of consumers and professionals to create more inclusive communities by providing local, regional, and national services that represent best practices and include:

- Offering professional development that is evidence-based, progressive, and culturally relevant,
- Training tomorrow's leaders in disability-related fields,
- Providing technical assistance to improve organizational and community capacities to include all citizens,
- Serving as a resource for policy makers, and
- Providing interdisciplinary evaluation and consultation to individuals with disabilities and their families.

#### **Information Dissemination**

Through active and strategic information-sharing, the IOD raises awareness and bridges the gap between disability research and practice. The IOD makes use of a variety of tactics, including traditional media and emerging technologies, with the goal of maximizing the reach, accessibility, and impact of its resources.

## areas of emphasis

The IOD aligns its projects and strategic initiatives with current and emerging national, regional, and state priorities related to individuals with disabilities. A majority of IOD grants and programs are concentrated within the following areas:









## **Assistive Technology**

Assistive technology (AT) is integral to the daily lives of many individuals with disabilities. The IOD continuously develops and expands its services and training in this area and is actively partnering on campus, throughout the state, and nationally to promote access to AT solutions and services.

## **Community Living & Employment**

Community living encompasses a broad range of IOD systemschange efforts related to adults and long-term care including employment, housing, transportation, person-centered planning, aging, and direct care. The IOD offers well-researched and practical assistance that supports thoughtful program and public policy design for adults with disabilities and those aging into disabilities.

### **Health & Genetics**

Health initiatives at the IOD aim to improve the health and social well-being of those with inherited (genetic) disorders and other disabilities. Work in this area includes a variety of activities and projects focusing on access to and the improvement of appropriate and quality health care.

### **Inclusive Early Care & Education**

When students with disabilities are provided appropriate instruction and supports, they can learn the general education curriculum, effectively communicate, have meaningful social relationships, and graduate from high school. The IOD partners with educators, administrators, and policy makers to develop and deliver the tools necessary for every student to be a fully participating member of the classroom.

