



Zooming In on the Northstar!

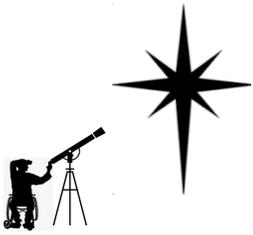


For the 2021/2022 Legislative Biennium



2022 Legislative Notebook for Developmental Disabilities Services and Supports

Provided by The Arc of Washington State and
Funded by the Washington State Developmental Disabilities Council



Developmental Disability Community's Northstar Collaboration

What is the Northstar? The North Star—aka Polaris—is famous for staying still in our sky while the entire northern sky moves around it.

The disability community's Northstar is to ensure that every person with an intellectual/ developmental disability (IDD) in Washington State has what they need to thrive in the community, no matter where they live. We thrive when families and people with disabilities have the resources they need to live full and meaningful lives in the community.

Currently, even if a person receives services, they are usually not enough to meet a person's basic needs. The State of Washington relies on families to provide unpaid care to their loved ones, making it very hard for a family to survive. Further, only about 1 out of 3 people who are eligible for services receive them.

Northstar is a large group of people with IDD, the families who love and support loved ones, and service and advocacy organizations. Together, they are trying to create an omnibus (large, all encompassing) legislative bill to address our community's urgent needs. We are working together to create a vision for everything we need, from transportation to residential services to health care. We are doing this because our community needs to do a better job of working together and explaining clearly to legislators what our community needs to **thrive**. Northstar will create a legislative proposal that addresses everyone's needs.

It is important to bring people who are new to this work along with us. Some people need help understanding the process, and some people are experienced experts who can help guide others. The new folks and the experts are working together to create the ideas for a community that works for everyone. The Developmental Disabilities Council (DDC) will make sure it is as easy as possible to participate.

We know that every person is an expert on their own lived experiences. We ask people to listen carefully to each other's stories. Our system has caused harm, trauma, and financial challenges for many people and families. Some of us can show up and tell our stories because we have privilege, meaning we benefit from things in ways that others do not. That doesn't mean people with privilege and benefits should not share, but it is important to remember that many people with IDD and their families are too stretched financially, too traumatized, and too tired to change the whole system because they're focused on staying alive or keeping their loved ones alive.

Typically, decisions about disability services in our state have been made by policy-makers who were not service recipients and who were not themselves impacted by IDD. We are creating our own Northstar, so that legislative solutions will more closely meet the needs of the IDD community. We need to be paying extra attention to the voices of people with disabilities and their families who have been traditionally marginalized or left out.

If you have questions, please feel free to email them to Adrienne.Stuart@ddc.wa.gov.





Being a Zoomer in the Zoom Boom

You don't need a Zoom account to join a Zoom meeting or webinar unless you want to create meetings of your own. You can make a Zoom account at www.zoom.com and it is free and easy to set up.

Zoom Meeting Basics

- ☺ **Select Audio:** Join using computer audio or by calling in on your phone using a provided number.
- ☺  **Microphone:** If you are speaking, click the mic icon in the bottom right corner to unmute yourself. When not speaking, click to mute yourself. If the red line is on the mic, you are muted.
- ☺  **Video (your camera):** Next to the mic, you can turn the video of yourself on by clicking Start Video. To turn your video off, click the icon again. A red line means your camera is off.
- ☺  **Participants:** When you click on Participants, a box opens with the names of other people in the meeting. Below the names are non-verbal actions, such as raising your hand to speak and answering “yes” or “no” to a question. Under the More button, you can choose to give thumbs up or down or even applause.
- ☺  **Chat Box:** When you click on Chat, a white box will pop up. At the bottom of the box, it will say “To:” with a down arrow by it. You can choose to chat with everyone or chat privately with one person. To chat, type in the bottom of the box and hit Enter. When someone else types in the Chat, the number of new messages shows at the bottom of your screen next to the icon.

Zoom Meetings versus Webinars?

Although Meetings and Webinars are similar, they do have some differences. In Meetings, you can turn your video and audio on and off, see the names of other participants and share files in the chat, not so in a Webinar. Also, in Meetings, breakout rooms can be created for small group discussion.

Webinars are used for a host and their panelists who share their video, audio and screen. You can't see other participant names, but you can post questions in Q&A, chat, raise your hand and answer polling questions. Everyone is muted unless the host unmutes you. Webinars give upcoming reminders, but only to the host and panelists. Webinars make ASL interpreting easier with the designated interpreter always onscreen. Both Meetings and Webinars can have closed captioning.

Zoom “Netiquette”

Although you are not physically in a room with the other people on the Zoom meeting, there are still rules of etiquette that apply.

- ☑ Turn your audio off unless speaking and turn off background noise (TV, music, etc.).
- ☑ Be respectful of other people's viewpoints, no matter how different they may be from yours.
- ☑ Check-in early. Many webinars can only host a limited number of people. To ensure you can attend, arrive before the crowds.
- ☑ Even though you are at home, dress for success. Don't wear your pajamas or only dress the top half of your body.
- ☑ Participate in meetings, but give others a chance to speak also.
- ☑ Eat your meal before you get on camera and don't chew gum.



2022

Legislative Notebook

For

Developmental Disability Supports and Services

ISSUES: Topical One-pagers

CHARTS: Charts/Data

BUDGET: DDA Budget Requests

FACT SHEETS: DDA Program Information

REPORTS: Relevant Report Summaries

ADVOCACY DAYS: Advocacy Day Schedules

LEGISLATORS: Legislator Information

RESOURCES: Brochures & Booklets