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Lower Grafton and Sullivan Counties

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# PathWAYS of the River Valley

PathWAYS is dedicated to expanding the opportunities that enrich the lives of people with disabilities. Our passion is working together with children, adults and their families to create their own desired future in their own community. We provide services in a spirit of partnership and respect.

## NEW HAMPSHIRE BUREAU OF DEVELOPMENTAL SERVICES AREA AGENCIES

### Region Agency Name

I Northern Human Services

II **PATHWAYS** of the River Valley *servicing*

- Acworth
- Canaan
- Charlestown
- Claremont
- Cornish
- Croydon
- Dorchester
- Enfield
- Goshen
- Grafton
- Grantham
- Hanover
- Langdon
- Lebanon
- Lempster
- Lyme
- Newport
- Orange
- Orford
- Plainfield
- Springfield
- Sunapee
- Unity
- Washington

III Lakes Region Community Services

IV Community Bridges

V Monadnock Developmental Services

VI Gateway Community Services

VII Moore Center Services

VIII One Sky Community Services

IX Community Partners

X Community Crossroads

**PATHWAYS**



### Participant Directed and Managed Services (PDMS) -

Provides services that place the participant, family and/or guardian in a decision-making role regarding support staff, their individual budget and overall service design. Participants need to have exited school services to qualify for PDMS support. Participants do not have to be living with their family to choose PDMS. Services through PDMS must allow each individual to manage services on a day-to-day basis, including designing services, selecting providers, deciding how funds will be spent and ongoing oversight of their services.

### Enhanced Family Care (EFC) Services -

Provides services to individuals who are unable to live safely on their own in the community qualify for adult foster care services through Pathways' EFC department. This service works to find the right family environment match to provide the best quality of life. Direct services typically include assistance with needed personal care, medical oversight, accessing the community, meal planning/prep, supervision/access to support, assistance with life goals, and safeguarding where/when appropriate. Social connections and community inclusion is supported and encouraged to promote well-being and belonging. We contract directly with caregivers to provide these services.

### Service Coordination -

Provides support to organize, facilitate and document service planning for individuals, guardians and teams. This includes developing a written service agreement for an individual that focuses on the individual's abilities, health, interests, and achievements. Services may also include advocacy and coordination for evaluations, screenings or assessments, assistive technology, comprehensive risk assessments, behavior plans and other clinical or health related evaluations.

## Services (cont.)

### **Community Participation Services (CPS) -**

Provides services in Southern Grafton County and Sullivan County, with the main service areas being Claremont, Newport, and Lebanon. CPS works with individuals on completing goals established by their teams, engaging in volunteer work in the community, participating in enriching activities and engaging with the community. Individuals in CPS typically spend their day with one to two other individuals and a Direct Support Professional (DSP). They work together to design what activities they are going to engage in each day. Some of the activities we support are swimming, walking/hiking, bowling, volunteering with Meals on Wheels, and volunteering with other local businesses. Individuals participating in this program can receive CPS services anywhere from one to five days per week.

### **Community Supports and Services (CSS) -**

Provides services to individuals who are working to develop the skills needed to live independently and/or maintain their independent living situation within the community. Services are typically provided between three and ten hours per week, however, they can vary depending on the individual's circumstances. The objective for individuals receiving CSS services is to work towards fading staff support with a goal of complete independence.

### **Employment Options -**

Connects individuals we serve with local business towards the goal of a successful, paid employment experience. The team helps individuals develop goals for employment and provides the encouragement and support to help each person achieve their goals.

## Who We Are

PathWays of the River Valley is one of ten area agencies in NH established to provide and/or coordinate services for individuals with developmental disabilities in designated NH regions. PathWays is the Region 2 Area Agency and covers the towns from Lyme (north) to Langdon (south) and Lebanon (west) to Sunapee (east). PathWays was established in 1973 and the Area Agency system was developed ten years later.

PathWays is a non-profit agency that serves people with disabilities in their home communities. PathWays works with children, adults, and their families to provide ongoing, individualized support. PathWays works with local agencies, programs and businesses to provide individuals with meaningful work, recreation and community life.

PathWays of the River Valley is the result of a merger in 2006 that combined the resources of Developmental Services of Sullivan County (DSSC) of Claremont, and United Developmental Services (UDS) in Lebanon and is governed by a Board of Directors comprised of local citizens.

**“We all take different paths in life, but no matter where we go, we take a little of each other everywhere.” -Tim McGraw**

## Services

### **Family Centered Early Supports & Services (FCESS) -**

Provides services for children birth to three who have a developmental delay or are at risk for a delay. Utilizing natural settings like your home, childcare or places in your community, your Service Provider will help you integrate developmental activities into your everyday routines. We strive for our services to be natural and fun to encourage your child to enjoy practicing new skills. Our services include information and referral, service coordination, education advocacy, and transition.

### **Transition Services -**

Provides transition services to eligible young adults, age 14-22 years, transitioning from school to adult services. Coordination includes support and information in the development of a school transition plan that will better prepare young adults as they move out of the school system to adult services as appropriate. Specific supports provided may include review of school plans, attendance at school meetings, application for guardianship and requests for adult services funding.

### **Family Support -**

Provides services, activities, and interventions for children and adults to assist the family in remaining the primary source of support for the individual. Family Support offers respite, information and referral, environmental modifications that offer adaptations to the individual's home or vehicle to ensure access, and service coordination. Other supports and services provided are family networking, crisis intervention and emotional support, promotion of inclusive social and recreational opportunities, conferences and workshops in response to families' requests, and financial assistance. Our goal is to educate and empower families to identify access and utilize available resources in ways most helpful to them.

### **Residential Services -**

Operates four small certified residential homes and one licensed facility, in which Residential Support Professionals (RSPs) provide 24/7 support to one to eight individuals. Each home's needs are customized to support the individuals living within. These supports typically include meal preparation, personal hygiene, maintaining a clean-living environment, engaging in the community, grocery shopping, working towards personalized goals and recreational activities. The staffing structure varies from program to program depending on the needs of the individuals that reside there.

### **Adult in Home Supports (AIHS/521) Services -**

Provides services that are tailored to the competencies, interests, preferences, needs, and lifestyle of the individual served. This can include residential services or combined community participation and residential services for individuals with developmental disabilities or acquired brain disorders who reside in their families' homes. Supports include assistance and instruction to improve and maintain an individual's skills. If applicable, there is a relationship between the area agency and the family member as a provider or subcontractor.



