



**Capital District-North Country  
Individual/Family Advisory Board Meeting Summary**  
Saratoga Bridges/ 16 Saratoga Bridges Boulevard Ballston Spa  
**September 23<sup>rd</sup>, 2019 from 6pm - 8pm**

---

Members Present

Pam Sproule  
Veronica Crawford

Cheryl Marcella  
Liz Crawford

Sheri Gaylord  
Lisa Shapiro

Via Phone

Jasmine Olsen  
Shelly Winters

CDNY Staff Present

Anne Ogden, CCO

Danielle Wiltsie, Director of Individual, Family & Self-Advocate Support

Carrie Wood, Capital District Regional Director

Alexis Harrington, IT Project Manager

Kate Bishop, Medisked Consultant

Renee Hebert, Care Manager Director and Presenter of the I AM and Life Plan

## **Welcome:**

Care Design NY (CDNY) welcomed all self-advocates and family members for attending the meeting.

## **Introductions:**

The Advisory Board Members introduced themselves along with CDNY Employees.

## **Summary of Last Meeting:**

Review of the Meeting Minutes from the previous meeting. The Board Members approved the previous meeting minutes.

**Renee Hebert presented on *I Am Assessments and Life Plans*:** At the previous Board Meeting, Board Members asked to have information on the I AM and Life Plan. Renee Hebert reviewed with the Board Members the process of both documents and processes. The Power Point that Renee reviewed when over the areas:

- Who needs an I AM and Life Plan?
- Who conducts the I AM and Life Plan?
- When are they completed?
- Review of Sections
- Name/personal info
- How I communicate
- People in my life
- Where I Live
- Where I Work
- Where I Learn

Advisory Board Members found this topic helpful. Care Design NY will be arranging for this presentation to be a Key Note Workshop in all the regions Care Design NY provides Care Management in. There will be information pertaining to the location, dates and times posted on the website and invites will be mailed out. There will be a Frequently Asked Question and Answer Sheet developed from these Workshops to be shared with Individuals and Families as well.

