

Saskatchewan's Cognitive Disabilities Strategy

The Cognitive Disabilities Strategy is meant to:

- Improve the availability of assessment and diagnosis services;
- Provide services to address the unmet needs of people with cognitive disabilities;
- Provide training opportunities to enhance the knowledge and skills of people who provide services to individuals with cognitive disabilities;
- Enhance Fetal Alcohol Spectrum Disorder prevention and intervention initiatives throughout the province;

Eligibility Criteria:

- Limitations and impairments that are present from an early age (except in the case of Acquired Brain Injury), are persistent and long-term; and,

Individuals must exhibit traits in each of the following categories:

- ***Significant limitations*** in learning and processing information. Individuals are limited in areas such as:
 - retaining knowledge – forgetting basic information or difficulty in remembering things such as appointments and dates;
 - learning skills – forgets skills or must be taught and re-taught basic day to day skills;
 - making decisions – is unable to make basic independent decisions or is influenced by others to make the wrong decision;
 - basic problem solving; and,
- ***Behaviour challenges*** which result in limited inter-personal, social and emotional functioning such as:
 - physical aggression that result in injury or the potential of injury to self or others;
 - sexually aggressive behaviour;
 - difficulty understanding social boundaries, impulse control, flat social affect, extremely annoying behaviour that severely isolates the individuals, that may result in limited social interaction;
 - communicating with others; and,
- ***Developmental challenges*** which limit capacity to adapt to daily living in areas such as:
 - significant delays in reaching developmental milestones
 - self-care – limited ability to perform tasks of personal care and grooming;
 - independence at home;
 - in the community;
 - at school work or leisure;
 - money management.

Who should apply for help from the Cognitive Disabilities Strategy?

- Individuals may have a diagnosis of FASD, Autism, or Acquired Brain Injury, but a diagnosis is not required to be eligible for assistance;
- Individuals with a cognitive disability and/or care providers who are experiencing a great deal of stress in daily living;
- Individuals who are at risk of losing, or have lost community contact and/or program placement because of behavioural issues;
- Individuals with unmet needs which require supports that do not fall within the scope of any other service provider (e.g. Social Services, Mental Health).

What does this Strategy mean for families and individuals living with cognitive disabilities?

- You can get assistance with developing an integrated case plan;
- You may be eligible for funding to access services that you do not currently receive;
- For families, it may mean respite care or additional therapy services for your child;
- For adults, it may mean having someone to help with activities of daily living, such as keeping appointments, taking medications or grocery shopping.

How can an individual get help from the Cognitive Disabilities Strategy?

There are three ways to apply for help:

1. An individual or a family member can fill out the application form.
2. An individual or a family member can ask a worker they are presently working with to help them complete the form.
3. If an individual or a family does not have anyone to help them with the form and are unable to complete the form themselves, the Cognitive Disabilities Consultant can provide assistance.

How does the Cognitive Disabilities Strategy work?

When the Intake Committee approves an individual's application, they also recommend a team coordinator. The team coordinator organizes and works with a support team to explore options, create and implement support plans around the individual's needs and desired outcomes. A plan is developed with the client to meet the unmet needs of the individual. The Cognitive Disabilities Consultant may be part of the team if required.

What does the Cognitive Disabilities Consultant do?

The Consultant works with the support team to provide suggestions and training that will support an individual to achieve his or her goals. The Consultant provides individual and group training to enhance the knowledge and skills of service providers, caseworkers and families concerning cognitive disabilities, developmental challenges and behavioural support strategies.

How can funds be accessed from the Cognitive Disabilities Strategy?

First, the Intake Committee must approve your application for support that includes an integrated case plan developed with your Support Team. The Support Team determines if the unmet needs can be addressed through an existing service. When this is impossible,

the team develops a support plan that includes the use of the Cognitive Disability Flexible Funding Benefit and forwards this to the Intake Committee. The Intake Committee then makes the recommendation to the provincial Social Services office. In order to apply for this benefit, an individual (or family member) must complete the Daily Living Skills Assessment Checklist and provide information about his/her income. This information will be used to determine the individual's maximum monthly benefit. This process may take up to three months.

The Cognitive Disability Flexible Funding Benefit can be issued to the individual or to an approved payee, such as a family member or service provider. All support plans that include access to the benefit will be reviewed on an annual basis, and additional information may be required if there has been a change in circumstance.

How can someone contact the Cognitive Disability?

Phone the regional contact in your area.

LaRonge.....	425-6671
Regina.....	751-2480/ 751-5659
Saskatoon.....	955-3344 ext.117
Prince Albert.....	765-6752
Lloydminster.....	780-875-3633
Yorkton.....	786-1384
Moose Jaw.....	691-1569
Swift Current.....	778-8438
Ile a la Crosse.....	833-3383

How can someone access diagnosis and assessment services?

Children and youth may access one of three diagnosis and assessment teams:

Prince Albert Parkland Child and Youth Development Clinic.....	765-6055
Saskatoon Alvin Buckwold Child Development Program..... (includes traveling clinics to selected northern locations)	655-1070
Regina Qu'Appelle Child and Youth Services..... (includes traveling clinics to the four southern health regions)	766-6700

Individuals over the age of 18 years may access adult assessment and diagnosis service at the following clinics:

Saskatoon Genetics/Teratology Clinic, Royal University Hospital.....966-8112
FASD diagnostic service for adults is available on the afternoon of the first Wednesday of the month. A physician's referral is required to be seen at this clinic.

Adult FASD Psychology Services, Central and Northern Saskatchewan.....373-3110
Phone to make initial inquiry or fill out referral form and fax in.

Adult Autism Spectrum Disorders Psychology Services.....249-4472
Central and Northern Saskatchewan
Phone to make initial inquiry or fill out referral form and fax in.

Adult FASD and Autism Spectrum Disorder Psychology Services.....766-6700
Southern Saskatchewan
Phone intake line to make initial inquiry.

Regina Community Clinic FASD Centre.....543-7880 x268
Phone to make initial inquiry