



# NATIONAL CORE INDICATORS DATA PRESENTATION

REGIONAL CENTER OF THE EAST BAY  
PUBLIC MEETING  
FEBRUARY 27, 2023

# What are the NCI Surveys

- ▶ A survey that is used by many states to assess the outcomes of services provided to individuals with developmental disabilities and their families. Questions (called indicators) address key areas of concern including employment, rights, service planning, community inclusion, choice, and health and safety
- ▶ Used by at least 42 States in varying ways
- ▶ HSRI is the organization that analyzes the results of the survey and writes a statewide report. HSRI was established in 1976 to assist states and the federal government to enhance services and supports to people with intellectual and developmental disabilities. To learn more, visit: <http://www.hsri.org>
- ▶ The California State Council administers the survey in our State

# Recent Data Available

- ▶ In Person Survey 20-21
  - ▶ Adults Over 18
  - ▶ All living arrangements

Surveys were completed in 2020 /2021 during the pandemic. Some questions are asked about experiences during “COVID” times.

These were all collected via zoom meetings.

Over 400 people from each regional center were surveyed

# Other Surveys

- ▶ Child Family Survey
- ▶ Family Guardian Survey
- ▶ Adult Family Survey
  
- ▶ Each year different surveys are conducted by the State Council in California. Approximately 43 other states conduct these surveys as well

# Where Can You Find More Information

- ▶ [National Core Indicators - CA Department of Developmental Services](#)
- ▶ Link on RCEB's website

# Understanding the Data

- ▶ Regional centers receive an 'N/A' designation within the table if fewer than 20 people responded to the survey item. CA average is reportable given that more than 20 people responded at the statewide level.
- ▶ The reports indicate percentages in green when the outcome is 5% higher than the state average. They are indicated in red when the outcome is 5% below the state average

# People Who Responded to Survey

<b>RACE</b>	<b>Actual</b>	<b>Surveyed</b>
<b>American Indian or Alaska Native</b>	<b>0%</b>	<b>0%</b>
<b>Asian</b>	<b>16%</b>	<b>15%</b>
<b>Black or African American</b>	<b>21%</b>	<b>22%</b>
<b>Pacific Islander</b>	<b>0%</b>	<b>0%</b>
<b>White</b>	<b>37%</b>	<b>40%</b>
<b>Hispanic/Latino</b>	<b>16%</b>	<b>18%</b>
<b>Other race not listed</b>	<b>NA</b>	<b>4%</b>
<b>Two or more races</b>	<b>10%</b>	<b>0%</b>

# Where People Live

Type of Living Arrangement	Percentage Surveyed	Actual
With Relative or Family	42%	55%
Own Home	12%	20%
Health Facility (ICF/Nursing Facility)	8%	less than 1%
CCF(2-3)	1%	Overall
CCF(4-6)	35%	19% People Live in
CCF(7-15)	2%	CCFs



# Ages Surveyed

<b>AGE</b>	<b>Statewide</b>	<b>Surveyed</b>
18-22	10%	4%
23-34	34%	40%
35-54	33%	35%
55-74	21%	19%
75 plus	2%	2%

# Friends

- ▶ People had friends to talk to
  - ▶ Statewide 74%
  - ▶ RCEB 75%
- ▶ Fewer people in our area had a best friend
  - ▶ Statewide 69%
  - ▶ RCEB 64%
- ▶ People reported that they could see friends when they wanted 59% of the time versus 64% Statewide
- ▶ When asked what the barriers were only 7% reported a lack of transportation compared to 12% statewide and lack of staff was not seen as a barrier. Other was an answer for many . Unfortunately this is not defined.

# Loneliness

Do you ever feel lonely?	STATE	RCEB
No, not often	55%	50%
Yes, often*	13%	13%
Sometimes*	32%	37%

# HOUSE RULES

Are there rules about having friends or visitors in your home?	STATE	RCEB
No	55%	50%
Yes, there are rules against having friends or visitors in your home*	45%	50%

# RIGHTS

- ▶ More People Had a Cell Phone in Our Area if they wanted one.
- ▶ Fewer People reported participating in Self Advocacy Events

# EXERCISE

How many times per week do you do physical activity or exercise that makes the muscles in your arms, legs, back, and/or chest work hard – like lifting weights, pushups, sit-ups, manual labor, physical therapy, etc.?		
None*	70%	81%
One or two times	10%	8%
Three or four times	7%	4%
Five or more times	12%	7%

# Health Exams

- ▶ RCEB had reported lower levels of recent dental exams, hearing and vision exams than statewide reports
- ▶ RCEB reported higher levels of flu vaccines than across the state
- ▶ RCEB consumers had higher rates of Fecal stool tests for colon cancer and lower rates of colonoscopies
- ▶ RCEB female consumers over 40 had lower rates of having had a mammogram but higher rates of cervical cancer screenings

# Satisfaction

- ▶ Interestingly when people were asked if they would like to move, 57% said No versus 62% statewide
- ▶ In our area 83% of people reported being satisfied with where they live compared to 92% statewide



# CHOICE

- ▶ People in our area reported that someone other than them chose where they lived more than statewide
- ▶ They also reported that someone else chose who they lived with at higher rates than statewide
- ▶ People often reported that others chose and assigned their staff however they did report that the staff could be changed if requested
- ▶ 87% of those surveyed knew they could request a change in a service coordinator

# Service Coordination

<b>Have you met your case manager/service coordinator (CM/SC)?</b>	<b>State</b>	<b>RCEB</b>
No*	7%	3%
Yes	89%	96%
Maybe*	3%	1%
<b>Does your CM/SC ask what you want?</b>		
No*	6%	3%
Yes	86%	91%
Sometimes*	8%	6%

# Service Coordination

<b>At the service planning meeting, did you know what was being talked about?</b>	<b>STATE</b>	<b>RCEB</b>
No*	8%	16%
Yes	78%	76%
In-between*	14%	8%
<b>Do you remember what is in your service plan?</b>		
No*	31%	24%
Yes	46%	48%
Maybe*	23%	28%
<b>Does your service plan include things that are important to you?</b>		
No*	1%	1%
Yes	89%	96%
Maybe*	10%	3%

# Culture/Language



**Do your staff support you in a way that is respectful to your culture?**

No\*

Yes

Sometimes or some staff\*

**STATE**

**RCEB**

1%

3%

97%

97%

2%

1%

**Did you get a copy of your IPP in your preferred language?**

No\*

Yes

9%

17%

91%

83%

# Community Participation

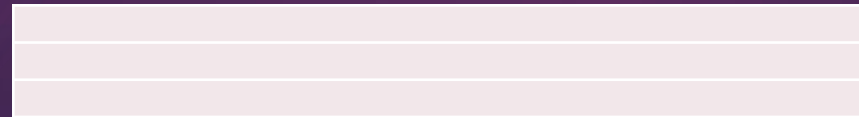
- ▶ This was during COVID and the Bay Area had many restrictions in place for longer than other parts of California
- ▶ People reported not going to church, not eating out , not going to entertainment, not doing what they wanted to do and not going on vacation at higher levels than the state average. These higher reports were similar in our neighboring Bay Area regional centers,

# COVID Questions

- ▶ There were a series of questions about “COVID TIMES”
- ▶ More people in RCEB;s area stopped going to day program
- ▶ More people wanted help with their worries
- ▶ More people had inconsistent wifi connections
- ▶ More people wanted help with remembering health tips such as wearing a mask

# COVID POSITIVES

- ▶ People reported liking staying home more and using new technology
- ▶ People reported attending social groups , exercise groups, and life skills groups using technology like zoom
- ▶ People reported liking getting services via zoom at higher rates than the overall state



# Summary

This data reflects the experiences of adult individuals served during the pandemic. Some experiences including not being able to participate in activities are tied to the specific times. However we also have information that people likes some remote activities and being at home as well.

Areas of concern include reported :

- ▶ Not receiving the IPP in one's preferred language at higher rates than statewide.
- ▶ High rates of individuals not exercising each week
- ▶ Higher rates of loneliness
- ▶ Lower rates of satisfaction with where they live
- ▶ Higher rates of people reporting rules against having guests in their homes