

## COMMUNITY INCLUSION



### GOAL

There is a legislative mandate that services and supports to persons with developmental disabilities enable them to “experience presence and inclusion in their communities” (CRS 27-10.5-102-30-a). For the purpose of this evaluation, increased inclusion in community life is defined as participating in the everyday activities of life that are typical for most adults in our society.

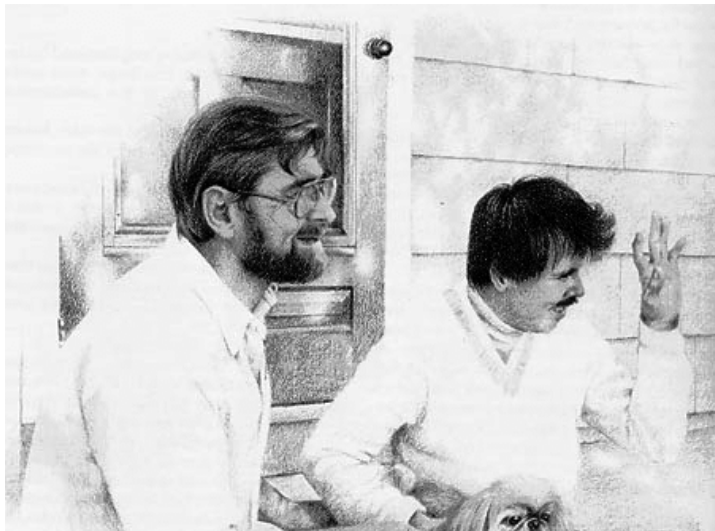
People with developmental disabilities often find it more difficult to participate in everyday activities than do other people. Even when they are physically integrated in terms of living in an apartment or home within the community, they often require supports to assist them to take part in activities that the rest of us take for granted, like going to movies, grocery shopping, using local parks for recreation, joining clubs or special interest groups. As the quote at right indicates, it is critical that we not wait to integrate individuals until they have the skills to participate in the community unassisted. Instead we need to offer them the supports they need to enable community inclusion.

This report will present information relevant to answering the following questions:

- ❖ In what types of activities are people with developmental disabilities participating?
- ❖ Are some service approaches more successful than others in meeting the goals of community inclusion? If so, is this variation related to differences in the support needs of persons receiving those services?
- ❖ Are adults with developmental disabilities provided similar opportunities for participating in their community as other adult citizens in Colorado?
- ❖ Do activity levels vary by age category, gender, minority status, or urban/rural location?
- ❖ Are services providing more opportunities for community inclusion in 2000 than in 1993?

*“But when you have a disability... you are literally removed from others and placed in completely separate classrooms and told that when you learn those skills then you can belong. Of course we have a perfect Catch-22. People can’t belong until they learn the skills, but they can’t learn the skills because we never allow them to belong.”*

*Kunc, A Need for Belonging, TASH Newsletter, 1992*



## METHODOLOGY

The Core Indicator survey contains an activity checklist that asks whether adults receiving services have participated in each of 55 different activities within the last two weeks (other time periods were used for the Political Activity area). This checklist provides a measure of community integration beyond simple physical integration in terms of location; it measures participation in activities that represent normal patterns of everyday life.

## LIMITATIONS OF ANALYSES

This evaluation is not intended to answer all questions regarding inclusion in community life. No information is available to address whether they like these activities or whether they wish they could participate more often, less often or in different activities. No information is available regarding whether they participate in these activities individually or in groups. The evidence evaluated within this section will address only the numbers and types of activities in which persons with developmental disabilities are participating. The underlying assumption implicit in these analyses and in the conclusions drawn from these analyses is that participation in more activities is indicative of greater inclusion in community life and is a desirable outcome of services.

## RESULTS

Figures 10 and 12 provide the percentage of adults who have participated in each of the activities surveyed with comparisons by different service approaches, to the general population of Colorado, across time, and by setting size for out-of-home placements (Comprehensive Services).

## OVERALL FINDINGS REGARDING COMMUNITY INCLUSION

- ❖ Consumers were participating in an average of 15 to 21 activities in a two-week period depending on their service approach.
- ❖ Adults with developmental disabilities served in Colorado have fewer opportunities than do other Colorado citizens to participate in 35 of the 55 activity areas measured. (Differences less than 5% are not counted.) In many cases these differences were quite large (Figure 10, Columns 7 & 9).
- ❖ Consumers served through CCBs were involved in a greater number of activities than those served by RCs, even when differences in their support needs were taken into account (Figure 11).
- ❖ There was no clear trend in activity level changes from 1993 to 2000, the number of activities that increased were similar to those that decreased. Most activity levels stayed at a similar level (Figure 10, Columns 7 & 9).

## COMPARISONS OF MAJOR CCB SERVICE SYSTEM APPROACHES (Refer to Figure 10, Columns 1-3)

In the first three Columns of Figure 10 below, activities of adults receiving services are compared by the two major CCB service approaches: Supported Living Services (Column 1) and Comprehensive Services (Column 2) with the statistical significance level, if any, noted in Column 3 based on the Chi Square test. The findings are summarized below.

- ❖ In any given two-week period, adults served by CCBs participated in an average of 21 activities regardless of whether they were in the SLS or Comprehensive Services program. (Not shown on Figure.)
- ❖ When each activity was considered separately, the differences noted between SLS and Comprehensive service approaches were statistically significant for 21 of the 55 activities and the direction of that difference was variable.
  - Adults receiving support in Comprehensive services participated more frequently in 9 of the 55 activities (where the difference was statistically significant). These were: having friends over to visit; having parties at the home, attending parties outside the home; attending day program or school program; dining out; attending clubs or organizations; going on picnics or visits to parks; walking, jogging or hiking; and medical visits at home.

## Outcomes of Services and Supports for Persons with Developmental Disabilities

**Figure 10: Comparison of Activity Levels for CCB Approaches, CCB to RCs, Total Adults in Services to General Populations and to Adults in Service in 1993** (note that this table is continued to the next page)

Questions Related to Activities Within Last Two Weeks	Comparison of CCB Service Approaches			Comparison of CCBs and RCs			Comparison of Gen. Pop. & Time		
	Supp'ed Living Services (SLS)	Compr ehensi ve Serv. (Comp)	Stat. Signif. Level	CCB Adults	RC Adults	Stat. Signif. Level	Adults in Service - 2000	Adults in Gen. Pop.	Adults In Service - 1993
	Col. 1	Col. 2	Col. 3	Col. 4	Col. 5	Col. 6	Col. 7	Col. 8	Col. 9
<b>SOCIAL INTERACTION WITH FRIENDS</b>									
Had friends over to visit at his/her home	26.2%	37.2%	.003	32.4%	9.1%	.002	30.9%	54.9%	36.4%
Visiting friends at their home or elsewhere	29.7%	33.6%		31.9%	2.3%	.0001	30.0%	66.6%	41.6%
Making calls to friends or others	37.1%	25.1%	.001	30.2%	2.3%	.0001	28.4%	83.9%	34.3%
Receiving calls from friends or others	37.8%	27.6%	.006	32.0%	6.8%	.0001	30.4%	90.1%	42.4%
Writing or dictating letters to friends or others	8.6%	4.4%	.03	6.2%	0.0%		5.8%	15.9%	6.4%
Receiving letters from friends or others	8.6%	4.4%	.03	6.2%	0.0%		5.8%	21.4%	7.4%
<b>OTHER SOCIAL ACTIVITIES</b>									
Having parties or social affairs at his/her home	22.3%	30.9%	.015	27.2%	50.0%	.001	28.6%	13.5%	25.2%
Attending parties or social affairs outside home	30.4%	45.4%	.0001	38.8%	55.8%	.02	39.9%	52.3%	50.8%
Interacting socially with others living in same home	78.0%	80.1%		79.2%	63.6%	.02	78.1%	83.6%	85.2%
Going out on date with a girlfriend, boyfriend or spouse	9.5%	10.9%		10.3%	2.3%		9.8%	48.9%	12.4%
Socializing with co-workers or fellow students	48.2%	47.9%		48.0%	51.2%		48.2%		
Traveling to and from work, day program or school	76.2%	81.8%		79.4%	71.4%		78.9%		
Working at a community job	41.1%	31.3%	.01	35.6%	7.0%		33.8%		
Attending day program or school	37.4%	52.6%	.0001	46.0%	86.4%		48.6%		
<b>SOCIAL INTERACTION WITH RELATIVES</b>									
Having family or relatives visit his/her home	64.1%	41.9%	.0001	51.5%	21.4%	.0001	49.7%	46.5%	42.5%
Visiting them at their home or elsewhere	56.0%	40.4%	.0001	47.2%	9.5%	.0001	44.9%	56.7%	39.6%
Making calls to family or relatives	40.9%	44.1%		42.7%	11.6%	.0001	40.8%	91.5%	43.1%
Receiving calls from family or relatives	47.7%	47.8%		47.7%	18.6%	.0001	45.9%	90.1%	42.4%
Writing or dictating letters to family or relatives	10.7%	8.5%		9.5%	4.8%		9.2%	27.6%	8.0%
Receiving letters from family or relatives	15.2%	19.0%		17.4%	10.0%		16.9%	38.7%	14.1%
<b>ENTERTAINMENT AT HOME</b>									
Playing cards, board games	34.6%	32.7%		33.5%	47.7%		34.4%	30.0%	35.8%
Participating in hobbies	35.1%	37.8%		36.6%	29.5%		36.2%	50.9%	43.4%
Reading/using books, magazines	45.9%	42.6%		44.1%	20.5%	.002	42.6%	92.0%	62.9%
Listening to music on radio, phonograph, CD, etc.	86.9%	89.4%		88.3%	90.9%		88.5%	95.1%	92.0%
Watching television (cable TV, VCR tapes on TV)	93.2%	92.1%		92.6%	76.7%	.0001	91.6%	98.4%	92.6%
Exercising at home	44.1%	42.4%		43.1%	43.2%		43.1%	50.4%	41.7%
Napping	72.1%	73.8%		73.0%	86.4%		73.9%	70.7%	78.0%

## Outcomes of Services and Supports for Persons with Developmental Disabilities

**Figure 10: Comparison of Activity Levels for CCB Approaches, CCB to RCs, Total Adults in Services to General Populations and to Adults in Service in 1993 (this figure is continued from the previous page)**

Questions Related to Activities Within Last Two Weeks	Comparison of CCB Adult Services			Comparison of CCB and RC Services			Comparison to General Population & Time		
	Support ed Living Services (SLS)	Compr ehensi ve Serv. (Comp)	Stat. Signif. Level	CCB Adults	RC Adults	Stat. Signif. Level	Adults in Service - 2000	Adults in Genera l Pop.	Adults In Service - 1993
	Col. 1	Col. 2	Col. 3	Col. 4	Col. 5	Col. 6	Col. 7	Col. 8	Col. 9
<b>ENTERTAINMENT/CULTURAL ACTIVITIES OUTSIDE THE HOME</b>									
Dining out	81.3%	88.7%	.008	85.5%	47.7%	.0001	83.1%	87.6%	76.7%
Attending churches, religious services or events	42.3%	37.9%		39.8%	29.5%		39.1%	40.9%	37.1%
Attending clubs or organizations	6.4%	11.4%	.03	9.2%	11.4%		9.4%	27.0%	13.3%
Visiting museums, libraries	26.8%	31.7%		29.6%	9.3%	.004	28.3%	28.6%	15.5%
Going to movies, theaters,	34.6%	37.5%		36.3%	14.0%	.003	34.9%	29.2%	35.6%
Picnics, parks, zoos, etc.	49.5%	66.8%	.0001	59.3%	83.7%	.001	60.8%	38.5%	57.1%
Traveling away for vacations	19.1%	24.6%		22.2%	4.5%	.006	21.1%	29.2%	21.2%
<b>RECREATION FOR FUN OR EXERCISE</b>									
Walking, jogging, hiking	67.8%	76.8%	.01	72.9%	72.1%		72.8%	68.6%	57.7%
Participating in team sports	14.1%	18.3%		16.5%	14.0%		16.3%	13.6%	11.1%
Participating in non-team sports	38.5%	32.0%		34.8%	37.2%		35.0%	35.5%	26.3%
Attending sports events as a spectator	20.6%	18.8%		19.6%	22.7%		19.8%	23.3%	18.1%
<b>INTERACTION WITH PETS</b>									
Has pets	48.2%	40.7%		44.0%	15.9%	.0001	42.2%		
Pet care or recreation at home (if you have pets)	87.5%	80.1%		83.6%	57.1%	.03	83.0%	93.7%	76.1%
Pet care or recreation away (if you have pets)	50.0%	32.5%	.005	40.8%	0.0%	.03	39.8%	60.6%	24.3%
<b>HOUSEHOLD &amp; PERSONAL BUSINESS</b>									
Shopping for groceries	73.9%	71.6%		72.6%	11.6%	.0001	68.8%	93.3%	69.9%
Shopping for other items	67.5%	67.6%		67.5%	47.7%	.004	66.3%	75.4%	70.6%
Banking, paying bills	41.5%	37.9%		39.4%	19.0%	.009	38.2%	85.7%	50.0%
Obtaining services (such as hair cuts, dry cleaning, laundromat, home repairs, etc.)	31.7%	38.2%		35.4%	36.4%		35.4%	46.2%	44.7%
Visits to medical or dental services	45.6%	48.9%		47.5%	36.4%		46.8%	32.9%	34.6%
Had medical visit at home	1.8%	11.1%	.0001	7.1%	86.4%	.0001	12.1%		
<b>HOUSEWORK &amp; HOME MAINTENANCE</b>									
Cooking, preparing meals	59.9%	48.9%	.005	53.7%	25.6%	.0001	52.0%	93.5%	69.3%
Doing dishes	65.4%	58.2%		61.3%	31.8%	.0001	59.4%	91.9%	71.7%
Cleaning house	68.3%	70.3%		69.4%	34.1%	.0001	67.2%	89.2%	76.1%
Laundry, ironing	57.4%	63.2%		60.7%	36.4%	.002	59.2%	80.0%	63.6%
Yark work, gardening	23.3%	20.7%		21.8%	4.5%	.002	20.7%	73.1%	26.6%
Minor household maintenance	19.6%	13.4%	.03	16.1%	2.3%	.01	15.2%	74.6%	23.2%
<b>POLITICAL ACTIVITIES</b>									
Is registered to vote	36.5%	26.7%	.01	31.2%	6.8%	.001	29.5%	85.5%	19.6%
Voted in the last year	23.9%	10.6%	.0001	16.6%	2.3%	.01	15.7%	81.1%	11.3%

## Outcomes of Services and Supports for Persons with Developmental Disabilities

- Adults receiving support in SLS participated more frequently in 12 of the 55 activities (where the difference was statistically significant). These were: making calls and receiving calls from friends; writing and receiving letters from friends; working at a community job; having family or relatives visit in and outside the home; pet care/recreation at home; cooking or preparing meals; minor household maintenance; getting registered to vote; and voting.

### COMPARISONS OF CCB and RC SERVICE SYSTEM APPROACHES (Refer to Figure 10, Columns 4-6)

Activities of adults receiving services are compared by community service system (CCB, Column 4) and state-operated service system (RC, Column 5) with the statistical significance level (if any) based on the Chi Square test noted in Column 6. The results are summarized below.

- ❖ Adults receiving support through CCBs participated more frequently than did those in RCs for 29 of the 55 activities (where the difference was statistically significant). However, this finding was expected since RCs serve a population with a much higher proportion of persons with significant needs many of whom have restrictions placed on their community inclusion due to behavioral or legal issues. (See the methodology section of the report for cautions when making comparisons of outcomes between RC and CCB consumers.)
- ❖ Adults receiving support through RCs participated more frequently than did those in CCBs for 4 of the 55 activities (where the difference was statistically significant). These activities were having parties in or outside their homes, picnicking or visiting parks, and having medical visits at home.
- ❖ The average number of activities in which adults participated was 21 for those served by CCBs and 15 for those served by RCs. Again, based on the higher support needs of individuals served at RCs, this finding was not surprising. As the ANOVA analysis in the next section indicates, the difference in the average number of activities drops from 6 overall between those in RCs and CCBs to between 2 to 4 activities when compared separately for each of four need/support levels.

*“In many states, people with disabilities are living in their own homes in the community with one or two friends of their choice through the assistance of support services targeted to their specific needs. As this happens, the individuals enjoy increased independence and sense of competence; improved relationships with family members and friends; and increased respect, dignity, and feeling of being a part of community life.”*

*Wright and King, National Conference of State Legislatures, February, 1991*

# Outcomes of Services and Supports for Persons with Developmental Disabilities

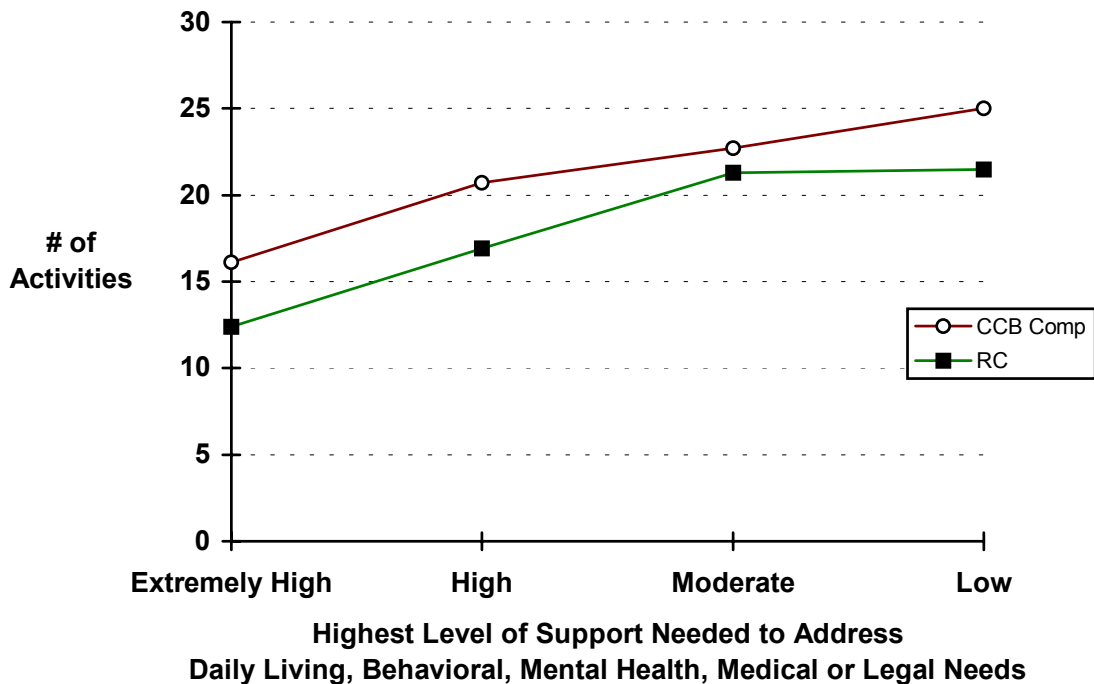
## IMPACT OF SUPPORT LEVEL ON ACTIVITY LEVELS

A special analysis assessed the impact that need levels had on the activity levels of adults at RCs as compared to those at CCBs. The need category was based on the highest support level provided to address their needs in the areas of daily living, behavioral, mental health, medical, and legal. A two-way ANOVA (Analysis of Variance) test was used, which is a statistical approach for examining the relative impact and interaction of two variables [i.e. need/support level and service approach (RC or CCB)] on a third variable (i.e., activity level). This allows us to statistically adjust for support level and independently compare RC and CCB activity levels for each support level. A total activity score was calculated by counting the number of activities in which each individual was involved with an adjustment for missing data. This activity level was compared for adults in each need/support category for RCs and CCBs.

The results of this analysis are graphed in Figure 11. This figure depicts that: Adults served in CCBs participated in more activities than did those served by RCs regardless of their need/support level (ANOVA, .0001). Therefore, differences observed in community inclusion between RCs and CCBs are not simply due to differences in the support level needs of the adults, but instead, at any need/support level, adults are more likely to participate in a greater number of activities if they are served by CCBs than by RCs. This difference averages about 2 to 4 activities per two week period.

- ❖ At both RCs and CCBs, adults are more likely to participate in a greater number of activities when they need a lower level of support (ANOVA, .0001). This also explains part of the differences observed between Columns 4 and 5 on Figure 10, since consumers at CCBs have a lower average support level and would, therefore, be expected to have a higher average activity level than those at RCs.

**Figure 11: Activities by Support Level and Residential Setting**



# Outcomes of Services and Supports for Persons with Developmental Disabilities

## GENERAL POPULATION COMPARISON (Refer to Figure 10 above, Columns 7-8)

The activity levels of adults in the Colorado general population can provide us with performance goals for community inclusion for adults with developmental disabilities. The results are summarized below.

- ❖ While statistical significance tests were not possible, an assumption might be made that a difference of 5% or greater is significant. Given that assumption, a much larger proportion of citizens of Colorado participate in 35 of the listed activities than did adults receiving services. In many cases, these differences were quite large (for example, differences ranged from 24-60% for activities grouped under the title "Social Interactions With Friends").
- ❖ These findings indicate that we have a long way to go before consumers are provided a similar inclusion in community life as are other citizens in Colorado.

## CHANGES IN INCLUSION FROM 1993 to 2000 (Compare Columns 7 and 9 on Figure 10 above.)

While statistical significance tests were not possible, an assumption was made that a change of 5% or greater was significant. Given that assumption, there was a drop in participation in 26.8% of the activities, an increase in 19.6% of the activities, and 53.6% of the activities were participated in a similar level in 1993 as in 2000.

## COMPARISONS OF SETTING SIZE FOR CCB COMPREHENSIVE SERVICE APPROACHES (Refer to Figure 12 below, Columns 1-3)

In the first three Columns of Figure 12 below, activities are compared for adults served in CCB Comprehensive Services by whether they are in a larger setting (group home of 4 or more persons) or in a smaller setting of 3 or fewer persons. The significance levels of differences are noted in Column 3 if those differences are statistically significant based on the Chi Square test.

- ❖ Adults receiving Comprehensive Services from CCBs were participating in activities at a similar level regardless of setting size for 43 of the 55 activities surveyed (i.e. any differences noted were not statistically significant and so are considered to be statistically similar).
- ❖ Adults receiving support in larger group home type Comprehensive services participated more frequently in 7 of the 55 activities (where the difference was statistically significant), including attending parties outside the home, having family over to visit, receiving letters from family, exercising at home; visiting museums or libraries, obtaining services, and/or having medical visits at home.

- ❖ Those in smaller settings participated more frequently in 5 of the 55 activities (where the difference was statistically significant), including working at a community job, having pets, shopping for groceries; minor household maintenance; and/or voting in an election.

## COMPARISONS OF SETTING SIZE FOR RC COMPREHENSIVE SERVICE APPROACHES (Refer to Figure 12 below, Columns 4-6)

In the last three Columns of Figure 12, activities are compared for adults served in RCs by whether they are in a larger setting (campus) or in a smaller setting (groups homes of 8 or less or smaller apartments). If the differences are statistically significant then the level is noted in Column 6 based on the Chi Square test. Findings are summarized below.

- ❖ Adults in RCs were participating in activities at a similar level regardless of setting size for 43 of the 55 activities surveyed (i.e. any differences noted were not statistically significant and so are considered to be statistically similar).
- ❖ Adults receiving support in larger campus type RC settings participated more frequently in 5 of the 55 activities (where the difference was statistically significant), including having social parties in the home; playing cards or board games; attending religious services; walking/jogging, and as a spectator of team sports.
- ❖ Those in smaller RC settings participated more frequently in 7 of the 55 activities (where the difference was statistically significant), including interacting socially with others in the home and with co-workers; traveling to/from work; participating in non-team sports, having pets; cleaning house; and doing laundry or ironing.



## Outcomes of Services and Supports for Persons with Developmental Disabilities

**Figure 12: Comparisons of Activity Levels for CCB Comprehensive Services by Size and for RC Campus as Compared to RC Group Homes & Apartments** (note that this table is continued to the next page)

Questions Related to Activities Within Last Two Weeks	Comparison of Sizes of CCB Comprehensive Services			Comparison of RC Campus to Group Home/Apt Programs		
	Individual Setting (3 or fewer persons)	Group Home (4+ persons)	Statistical Significance Level	RC Group Hm or Apt	RC Campus	Statistical Significance Level
	Col. 1	Col. 2	Col. 3	Col. 4	Col. 5	Col. 6
<b>SOCIAL INTERACTION WITH FRIENDS</b>						
Had friends over to visit at his/her home	35.7%	39.8%		6.9%	13.3%	
Visiting friends at their home or elsewhere	34.4%	31.5%		3.4%	0.0%	
Making calls to friends or others	27.3%	20.2%		0.0%	6.7%	
Receiving calls from friends or others	30.2%	22.6%		3.4%	13.3%	
Writing or dictating letters to friends or others	5.0%	3.3%		0.0%	0.0%	
Receiving letters from friends or others	4.5%	4.9%		0.0%	0.0%	
<b>OTHER SOCIAL ACTIVITIES</b>						
Having parties or social affairs at his/her home	27.8%	37.1%		37.9%	73.3%	.03
Attending parties or social affairs outside home	41.0%	54.1%	.02	51.7%	64.3%	
Interacting socially with others living in same home	77.7%	84.2%		79.3%	33.3%	.003
Going out on date with a girlfriend, boyfriend or spouse	45.1%	10.5%		0.0%	6.7%	
Socializing with co-workers or fellow students	45.1%	53.8%		69.0%	8.3%	.0001
Traveling to and from work, day program or school	82.9%	79.5%		93.1%	23.1%	.0001
Working at a community job	36.6%	20.7%	.002	10.7%	0.0%	
Attending day program or school	51.8%	54.5%		82.8%	93.3%	
<b>SOCIAL INTERACTION WITH RELATIVES</b>						
Having family or relatives visit his/her home	33.8%	58.1%	.0001	25.9%	13.3%	
Visiting them at their home or elsewhere	37.1%	46.8%		11.1%	6.7%	
Making calls to family or relatives	46.4%	39.5%		10.7%	13.3%	
Receiving calls from family or relatives	47.5%	48.8%		21.4%	13.3%	
Writing or dictating letters to family or relatives	7.5%	11.3%		3.6%	7.1%	
Receiving letters from family or relatives	15.9%	25.6%	.03	11.1%	7.7%	
<b>ENTERTAINMENT AT HOME</b>						
Playing cards, board games	31.7%	34.7%		27.6%	86.7%	.0001
Participating in hobbies	34.4%	44.6%		37.9%	13.3%	
Reading/using books, magazines	43.9%	41.0%		27.6%	6.7%	
Listening to music on radio, phonograph, CD, etc.	91.4%	85.4%		89.7%	93.3%	
Watching television (cable TV, VCR tapes on TV)	93.0%	91.1%		82.1%	66.7%	
Exercising at home	37.8%	51.6%	.01	44.8%	40.0%	
Napping	74.4%	72.8%		79.3%	100.0%	
<b>ENTERTAINMENT/CULTURAL ACTIVITIES OUTSIDE THE HOME</b>						
Dining out	89.9%	86.3%		55.2%	33.3%	
Attending churches, religious services or events	39.9%	33.9%		13.8%	60.0%	.001
Attending clubs or organizations	13.4%	7.4%		13.8%	6.7%	
Visiting museums, libraries	26.7%	41.8%	.003	14.3%	0.0%	
Going to movies, theaters,	23.6%	14.1%		17.9%	6.7%	
Picnics, parks, zoos, etc.	42.1%	24.5%		82.1%	86.7%	
Traveling away for vacations	23.2%	27.4%		6.9%	0.0%	



# Outcomes of Services and Supports for Persons with Developmental Disabilities

**Figure 12: Comparisons of Activity Levels for CCB Comprehensive Services by Size and for RC Campus as Compared to RC Group Homes & Apartments (this figure is continued from the previous page)**

Questions Related to Activities Within Last Two Weeks	Comparison of Sizes of CCB Comprehensive Services			Comparison of RC Campus to Group Home/Apt Programs		
	Individual Setting (3 or fewer persons)	Group Home (4+ persons)	Statistical Significance Level	RC Group Hm or Apt	RC Campus	Statistical Significance Level
	Col. 1	Col. 2	Col. 3	Col. 4	Col. 5	Col. 6
<b>RECREATION FOR FUN OR EXERCISE</b>						
Walking, jogging, hiking	74.4%	81.5%		60.7%	93.3%	.02
Participating in team sports	16.7%	21.3%		17.9%	6.7%	
Participating in non-team sports	30.2%	35.5%		53.6%	6.7%	.002
Attending sports events as a spectator	17.2%	21.3%		13.8%	40.0%	.05
<b>INTERACTION WITH PETS</b>						
Has pets	46.7%	29.0%	.001	24.1%	0.0%	.04
Pet care or recreation at home (if you have pets)	74.2%	74.4%		57.1%	0.0%	
Pet care or recreation away (regardless of whether or not you have a pet)	27.3%	39.5%		0.0%	0.0%	
<b>HOUSEHOLD &amp; PERSONAL BUSINESS</b>						
Shopping for groceries	77.2%	60.5%	.001	14.3%	6.7%	
Shopping for other items	69.5%	63.7%		41.4%	60.0%	
Banking, paying bills	38.4%	36.1%		41.4%	26.7%	
Obtaining services (such as hair cuts, dry cleaning, laundromat, home repairs, etc.)	33.6%	47.6%	.009	13.3%	41.4%	
Visits to medical or dental services	48.2%	50.8%		32.1%	57.1%	
Had medical visit at home	2.9%	27.4%	.0001	82.8%	93.3%	
<b>HOUSEWORK &amp; HOME MAINTENANCE</b>						
Cooking, preparing meals	49.6%	47.6%		32.1%	13.3%	
Doing dishes	60.2%	54.0%		41.4%	13.3%	
Cleaning house	70.4%	70.2%		44.8%	13.3%	.04
Laundry, ironing	65.8%	58.1%		48.3%	13.3%	.02
Yark work, gardening	21.4%	18.5%		3.4%	6.7%	
Minor household maintenance	16.4%	7.4%	.02	0.0%	6.7%	
<b>POLITICAL ACTIVITIES</b>						
Is registered to vote	29.5%	21.0%		6.9%	6.7%	
Voted in the last year	13.0%	5.0%	.03	3.4%	0.0%	

# Outcomes of Services and Supports for Persons with Developmental Disabilities

## GRAPHIC COMPARISON OF ACTIVITY LEVELS BY WHERE YOU LIVE AND SUPPORTS PROVIDED

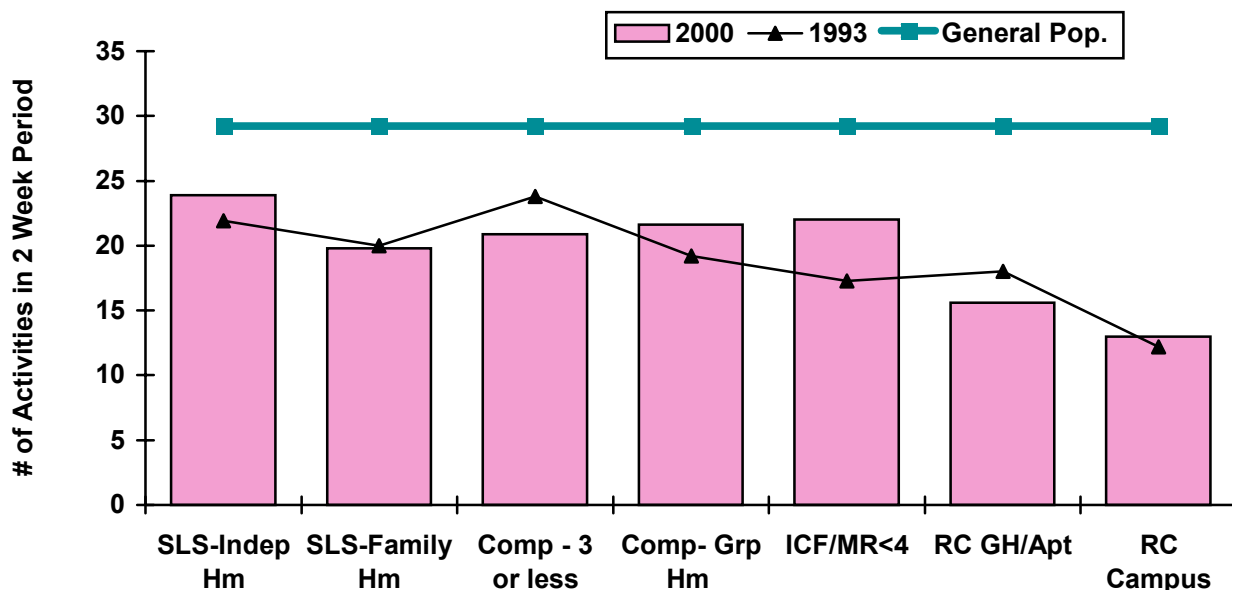
Figure 13 compares the number of activities in which adults with developmental disabilities participate by where the adult is living and how he/she is supported. (Refer to the Program Evaluation Methodology section earlier in this report for a definition of the service categories.) The purpose of this comparison is to determine if some settings/support type combinations are more successful in providing community inclusion. The activity level of the Colorado general population is provided for comparison purposes as a line at the top. The 1993 activity level of adults receiving services is also provided as a comparison as a line within the bars shown for 2000.

The following statements summarize this figure:

- ❖ Activity levels were higher in 2000 than in 1993 on the average except for CCB Comprehensive setting of 3 persons or less and for RC group homes and apartments.
- ❖ None of the current residential or supported living services offered to adults with developmental disabilities are resulting in activity levels similar to that of other adults in Colorado (i.e. the general population). Therefore, there are improvements to be made in all residential and supported living services regarding community inclusion.

- ❖ Of all settings, adults having the highest activity level are those receiving SLS who live outside their family homes. However, this finding may be related to a lower average need level (i.e. higher skills) of the individuals in that setting rather than being due to differences in opportunities for activities provided by that program. As earlier ANOVA analyses indicated, the lower the need/support level, the higher the activity level. Adults in SLS who live in their own home are typically also those with the lowest average need/support level.
- ❖ Adults living in Regional Center campuses have the lowest activity levels, however, again ANOVA analyses indicate that some of this difference is attributable to higher average need/support levels of the individuals living in these settings. (Refer to "Impact of Support Levels", where it is pointed out that the average difference in activity levels between adults served by RCs and CCBs ranges from 2 to 4 activities per two week period when support levels are adjusted for, as opposed to an overall average difference of 6 activities when support level needs are not taken into account.)

Figure 13: Comparison of Activity Levels by Residential Setting and Time



## IMPACT OF DEMOGRAPHICS ON ACTIVITY LEVELS OF ADULTS RECEIVING SERVICES

### Age

The potential impact of age on activity level was examined (Figure 14). A general trend was observed in which adults are participating in fewer activities as they age. This was true not just for adults receiving services, but also for adults in the Colorado general population. This finding also occurred in 1993.

### Gender

No statistically significant differences were found in the activity levels of adults served based on gender.

### Minorities

White adults had a higher activity level on average than did minority adults (an average of three additional activities over a two week period) (ANOVA, .0001). This result had not been present in 1993 (i.e. there had been no differences observed in activity levels of minority and non-minority adults in services in 1993).

### Urban versus Rural Setting

Adults living in urban areas did have a higher activity level on average than did adults living in rural areas (an average of five additional activities over a two week period) (ANOVA, .0001). This may partially be due to fewer public transportation opportunities being available within rural areas.



Figure 14: Activities by Age & Population Category

