



# Pennsylvania COLLEGE OF DIRECT SUPPORT

AN INTERNET-BASED COLLEGE FOR DIRECT SUPPORT PROFESSIONALS

## Information for People Receiving Supports and their Families

### What is the College of Direct Support?

The College of Direct Support is a web-based learning system that provides important information on many topics of significance to people with developmental disabilities and others in their lives. The courses were designed for Direct Support Professionals, but the information has been found to be interesting and helpful to many others, including self-advocates, staff they employ, family, and friends.

Here is a message about the College of Direct Support from Kevin Casey, Deputy Secretary for Mental Retardation, PA Department of Public Welfare:



"It is my pleasure to welcome you to Pennsylvania's College of Direct Support. The College of Direct Support is a national, web-based curriculum designed for individuals who support men and women with developmental disabilities. It was created by some of the leading experts in the field... Because the College of Direct Support is web-based, you have the freedom to participate at times and in places that are convenient for you. You can learn at a pace that is comfortable."

### How can the College of Direct Support be helpful to me?

As a person receiving supports or their family, the College of Direct Support provides you with:

- **Options for requesting or providing specific training to specific Direct Support Professionals as needed.**
- **Confidence that training is built on the principles of person-centeredness, respect, inclusion, and rights.**
- **Access to important information that helps you understand and navigate the support system.**
- **Access to training that helps you to effectively hire, coach, and support Direct Support Professionals who work for you.**

### What will I learn about in the College of Direct Support?

The College of Direct Support provides carefully designed training in many key areas, including:

- **Safety at Home and in the Community**
- **Maltreatment of Vulnerable Adults and Children**
- **Supporting Healthy Lives**
- **Individual Rights and Choice**
- **Community Inclusion**
- **Supporting Family Connections, Friends, Love, and the Pursuit of Happiness**
- **Cultural Competence**
- **Introduction to Medication Support**
- **Person-Centered Planning and Supports**
- **Employment Supports**

**New courses are being developed all the time!**

## What do other self-advocates and family members say about the College of Direct Support?

"The courses on the College of Direct Support gave me great information that I can personally use and gave me great ideas to support our Direct Care staff. The lessons were easy to understand. They focused on things that are really important to me such as being part of the community, safety and ways to help people live meaningful lives. I have been recommending it to every provider agency I know of. "

Family member

"At first I was hesitant about taking a course on a computer, but it was easy to do. The lessons kept my attention. I really enjoyed the video clips of people sharing their experiences. I was pleasantly surprised that it allowed me to stop in the middle of any lesson I was taking (interruptions are part of my life) and when I had time to log on again, it took me right back to where I left off."

Family member

"I liked that one (course) about making friends. My sister was with me to help me with the computer. She liked it too. We had a good time together."

Self-Advocate

## How much will it cost me to use the College of Direct Support?

As a person receiving supports through your local Mental Retardation Office or a family member of a person receiving supports, you can take all courses in the College of Direct Support free of charge.

## How do I find out more?

For additional information about the College of Direct Support, contact:

**Sarah Rollin**  
**OMR Consultant**  
**800-441-3215 x255 [srollin@pattan.net](mailto:srollin@pattan.net)**

**Jeannie Goryl**  
**Assistant Director OMR Consulting System**  
**800-360-7282 x3715 [jgoryl@pattan.net](mailto:jgoryl@pattan.net)**

## How do I register for the College of Direct Support?

Adults currently receiving support and services through their local Mental Retardation Office and their families can access CDS by contacting:

**Sherri Graven:**  
**814-542-2501 [cdssupport@tiu11.org](mailto:cdssupport@tiu11.org)**