

March 2026

Quarterly Newsletter

March 19, 2026

As spring approaches, it brings new opportunities for growth, connection, and community. At WasatchSD, we remain committed to supporting you every step of the way on your self-direction journey.

Self-direction is built on choice, collaboration, and the shared goal of helping individuals live meaningful and independent lives. Whether you're managing supports, building your team, or working toward personal goals, access to the right information and resources can make a meaningful difference.

We're grateful for the trust you place in us and for the opportunity to support this community. Thank you for being part of the WasatchSD family.

— Hilary Gilmer, *WasatchSD Account Manager*

In today's email:

- Upcoming Awareness Days/Months
- Planning for Warmer Weather & Outdoor Accessibility
- Key Support Roles and Responsibilities in Self-Direction
- Participant Spotlight: Benjamin Marches to His Own Beat
- The Utah Parent Center: A Resource For Families
- March is Developmental Disabilities Awareness Month
- "Existing as a Disabled Woman Is a Radical Act"
- Self-Direction Resources for Participants and Direct Care Workers
- Share Your Story

Reminder!

A service note is required for every CareTime shift.

If you are unable to complete a mobile clock-out, please be sure to enter a brief service note for that shift.

We will be sending a follow-up email soon with more detailed instructions.

Upcoming Awareness Days/Months

March 2026 — Developmental Disabilities Awareness Month

March 2026 — Women's History Month

March 21 — World Down Syndrome Day

April 2026 — Autism Acceptance Month

April 2 — World Autism Awareness Day

April 5 — Easter Sunday

April 22 — Earth Day

May 2026 — Mental Health Awareness Month

May 5 — Cinco de Mayo

May 10 — Mother's Day

May 21 — Global Accessibility Awareness Day (GAAD)

May 25 — Memorial Day

Planning for Warmer Weather & Outdoor Accessibility

As the weather gets warmer, many people look forward to spending more time outside. Outdoor activities can support physical health, social connection, and overall well-being.

1. Check Accessibility Ahead of Time

Before heading out, consider:

- Are paths paved or smooth enough for mobility devices?
- Are accessible restrooms available?
- Is there shaded seating?
- How far is parking from the entrance?

Many parks and community spaces list accessibility features online. A quick check can help avoid surprises.

2. Prepare for Heat and Sun

Warmer weather can increase health risks, especially for individuals with medical conditions.

Plan to:

- Bring water and stay hydrated
- Use sunscreen and wear hats
- Take breaks in shaded or cool areas
- Avoid the hottest part of the day

3. Check Equipment

Before heading out:

- Make sure wheelchairs, walkers, or adaptive equipment are in good working order
- Charge batteries for powered devices
- Bring any needed supports or backup supplies

Small checks ahead of time can prevent bigger problems later.

4. Have a Backup Plan

Weather can change quickly. Have an alternative plan in case of:

- Extreme heat
- Storms
- Transportation issues

Indoor community spaces, libraries, or accessible recreation centers can be great options.

Key Support Roles and Responsibilities in Self-Direction

There are individuals and organizations that support people choosing self-directed programs. The roles and names often vary by state and program, but there are typically two key roles.

Financial Administrative Management

Often called a Fiscal Intermediary, Fiscal Agent, or Financial Management Service. The Fiscal Agent is responsible for paying workers and vendors.

The Fiscal Agent assists workers and vendors in completing required paperwork. They also issue payments and file state, local, and federal taxes.

Information and Assistance

Often called Service Coordinator, Independent Supports Coordinator, or Care Team. This person supports the individual who is self-directing. They usually assist with program eligibility and developing a Service Plan.

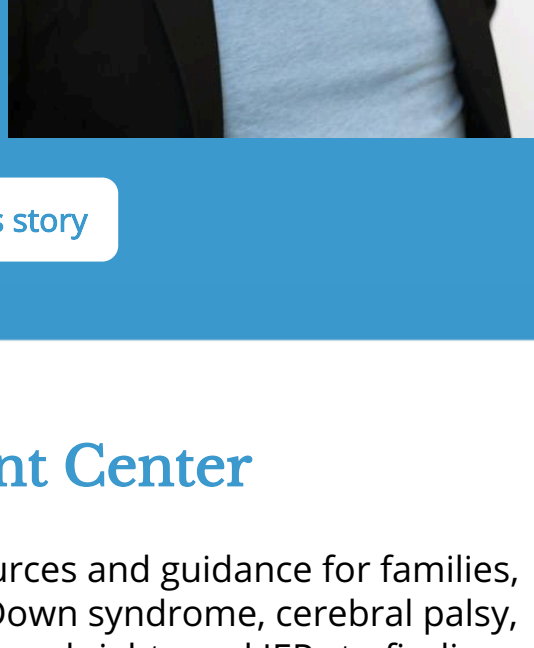
They also help identify providers and assist with other employer-related duties. They check in with the individual who is self-directing to ensure they are healthy and safe.

Participant Spotlight Benjamin Marches to His Own Beat

Some people follow the crowd. Others create their own rhythm.

When you meet Benjamin Golden, you quickly learn he isn't interested in fitting into anyone else's mold. As his mom Kristi says, "He definitely has his own drumbeat going."

And in Benjamin's case, that's true in more ways than one—he literally plays the drums.



[Read Benjamin's story](#)

The Utah Parent Center

The Utah Parent Center offers free resources and guidance for families, covering conditions like autism, ADHD, Down syndrome, cerebral palsy, and more. From understanding educational rights and IEPs to finding local support networks, their tools and information make it easier to access the help your family needs.

[Explore more resources](#)

March is Developmental Disabilities Awareness Month

This year's national theme, "We're Here: Then, Now, Always," highlights a simple but powerful truth: people with developmental disabilities have always been part of our communities and will continue to shape them in the future.

Explore resources, stories, and ways to get involved in building more inclusive communities.

[Learn more](#)

"Existing as a Disabled Woman Is a Radical Act"

March is Women's History Month. In this powerful essay, disability rights activist Emily Ladau reflects on the expectations, stereotypes, and resilience that shape her experience, writing that existing as a disabled woman can itself be an act of resistance.

[Read the full essay](#)

Self-Direction Resources for Participants and Direct Care Workers

Find more information and additional support for every aspect of your self-direction journey, including enrollment, payroll, and government resources. For Direct Care Workers, we provide links to required training.

[Stay informed](#)

Share Your Story

If you know someone who has used self-direction to build a life of independence, whether through employment, community engagement, or personal growth, we'd love to share it. Your story could be the next spotlight that inspires others to dream big.

[Share your story](#)



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