Consumer Christmas Parties

It's that time of year again! The holidays are around the corner. Everyone is busy preparing their delicious foods and buying gifts to give their family and friends. Other annual events include the RCIL consumer Christmas parties!

Below is a listing of the dates and locations of the parties. Pick the event you would like to attend and RSVP to the RCIL office hosting that event at least one week prior. Please be sure to request special accommodations when you RSVP if necessary.

The Christmas parties are being held in conjunction with the December RCIL Friends meetings. There will be fun activities and food provided. If you have questions or would like more information, feel free to contact your local RCIL office.

RCIL staff would like to wish you a Happy Holiday Season and safe travels.

Christmas Parties Schedule

Osage City - Dec. 9 at the Park Place Apartments (207 S. 6th St.) from 1:00pm - 3:00pm

Fort Scott - Dec. 9 at the Fort Scott Housing Authority (315 Scott St.) from 1:00pm - 3:00pm

Iola - Dec. 15 at the Iola Housing Authority (217 N. Washington Ave.) from 1:00pm - 3:00pm

Paola - Dec. 18 at the Paola Housing Authority (310 S. Iron Ave.) from 1:00pm - 3:00pm

Emporia - Dec. 21 at the Broadview Towers Apartments (110 W. 6th Ave.) from 1:30pm - 3:30pm

Eureka - Dec. 22 at the Magic Circle Apartments in the South Community Room (301 Magic Circle Rd.) from 1:00pm - 3:00pm

El Dorado - Dec. 23 at the RCIL Office (615 1/2 N. Main) from 1:00pm - 3:00pm

From the Payroll Helpdesk

Many times we receive calls asking questions concerning the AuthentiCare System on clocking in and out. Here are just a few tips that might help with ensuring your Direct Support Worker’s (DSW’s) time is in the system and they will be getting paid correctly and on time.

1. DSW’s cannot work until all paperwork is complete and have an ac-

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Part-Time Job Opportunity at RCIL!

RCIL is seeking to fill part-time positions for Transitional Living Skills Specialists in Colony, Emporia, Fort Scott, LaCygne, Lawrence, and Topeka. Transitional Living Skills Specialists work with individuals who have experienced traumatic brain injuries as they re-learn independent living skills and work towards achieving their independent living goals. Flexible work schedules offered with great hourly pay and paid training. Resumes or applications can be submitted to the main office in Osage City. For additional information, please contact Tania Harrington at 800-580-7245. Employment applications are available at www.rcilinc.org/employment.

How to Protect Yourself and Your Direct Care Worker from a Fall

By Kathleen A. Cameron

Falls are a growing public health problem and can have a detrimental impact on the quality of life for adults with physical and/or intellectual/developmental (I/DD) disabilities and their direct care workers. Falls can cause fractures, traumatic brain injuries, unnecessary pain, trauma and increased costs to individuals, their families and to our nation’s health and long-term services and support systems.

Fall rates have been shown to be higher among persons with disabling condi-

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KSYLFF Seeking Delegates and Volunteers for 2016!

The Kansas Youth Empowerment Academy (KYEA) is currently searching for potential youth leaders to attend their 16th Annual Kansas Youth Leadership Forum (KSYLFF). Do you know of a youth with a disability who has an interest in leadership, who wants to become a better advocate, or who would like to meet other youth leaders with disabilities? Share information below and encourage youth to apply to the KSYLFF! The 2016 KSYLFF will be held July 11-16 at Washburn University in Topeka.

All students who are interested in attending the KSYLFF must meet the following criteria:
- reside in Kansas
- have a disability as defined with the Americans with Disabilities Act
- be in the 11th or 12th grade as of December 31, 2015
- have demonstrated leadership potential in school and the community

There will be no cost for students who are selected to attend. All lodging, food, and accommodations are paid for through KSYLFF funds. Accommodations such as personal care attendants, sign language interpreters, large print or Braille materials, and other accommodations will be provided for those delegates who need them. Interested students must fill out an application that will be reviewed through a competitive selection process. The application deadline for the 2016 forum is December 15, 2015.

KSYLFF is also accepting applications for volunteers for their 2016 Forum. They are searching for committed, enthusiastic people who are willing to devote a week to this great program. Volunteer applications are due by February 5, 2016. For more information, you can contact KYEA at 1-866-577-5932.
Sign up for KDADS/HCBS Updates

Do you receive Home and Community Based Services (HCBS) and other KanCare benefits? Would you like to hear about changes to HCBS directly from the State of Kansas by email?

Kansas Department for Aging and Disability Services (KDADS) has updated their email listserv in order to ensure all those who wish to receive email updates are able to receive them. The email listserv form can be located on the following web page: http://www.kdads.ks.gov/commissions/csp/home-community-based-services-(hcbs). Scroll down the page to the “Receive Email Updates from KDADS/HCBS” and enter your name and email address to keep informed.

Homestead Refund

Do you own your home? If so, you might be eligible to file the homestead refund. The refund is based on a portion of the property tax paid on a Kansas resident’s home and the maximum refund is $700.

To qualify for homestead refund, you must be a Kansas resident and living in Kansas the entire year. Also, your total household income must be $34,000 or less.

You must also meet one of the following requirements:
1. You were born before January 1, 1960; OR
2. You must have been totally and permanently disabled or blind during the entire year, regardless of your age; OR
3. You must have had a dependent child living with you all of last year who was born before January 1, 2015, and was under the age of 18 the entire year.

The deadline to file is April 18, 2016. If you meet the requirements and you need assistance, there are free Volunteer Income Tax Assistance programs (VITA) in every local community. They are trained by the Internal Revenue Services (IRS) on how to file Homestead tax refund and Income taxes electronically. They will be first come first served basis with evening appointments available. To find out where the VITA site in your area is located, contact your local Department on Aging, Senior Center, Public Library, or County Courthouse.

From the Payroll Helpdesk Cont.

call Payroll Helpdesk to keep records current.

4. Consumers are encouraged to call RCIL to verify that your DSW’s time worked was properly captured by KS Authenticare System.

5. RCIL has worked hard to be flexible with consumers and DSWs when a clock in and out is missing. RCIL as your EMS provider cannot be entering this information. The consumer and DSWs are required to use the KS Authenticare system like it is intended. Forgetting to clock in or out or running out of minutes is not a valid reason not to use the system. Please pay extra attention and make sure that your DSW clocks in and out as required.

6. If you have any issues with clocking in and out, call our KS Authenticare Specialist Monday through Friday 8:00 a.m. to 4:00 p.m. at 1-877-929-7655 to verify time worked.

7. Just as a reminder: The Consumer needs to verify that their DSW is working within the allotted Plan of Care and only using authorized service codes, when clocking in and out.

If you have any Questions please call Payroll Helpdesk at 785-528-5045.
How to Protect Yourself and Your Direct Care Worker from a Fall Cont.

Mobility limitations, imbalance, vision and hearing problems, and chronic conditions are factors that increase the risk of falling for adults with disabilities. If you have fallen in the past year, have balance problems or are fearful of falling, speak with your health care professional about a falls risk assessment. This assessment will identify falls risk factors to help prevent falls and injuries. Below are basic tips on how you and your direct carer worker can prevent a fall.

1. Discuss current health conditions
Certain chronic conditions, such as diabetes, arthritis, respiratory diseases, depression and pain, that are common among people with disabilities can increase the risk for falls. Make sure that you report all your symptoms and changes in your health to your doctor so that your chronic diseases can most effectively be managed. Take advantage of preventive benefits offered by your health insurance or under Medicare, as well as Chronic Disease Self-Management Education programs that might be offered locally.

2. Get vision and hearing checkups
Make sure you have a current prescription and get an eye exam at least yearly. For those with low vision, consult with a low-vision specialist. An annual hearing exam is also important and getting hearing aids can help reduce falls risk.

3. Consider a physical therapist or falls prevention program
A therapist can teach you how to improve balance, strength, and gait through exercises and advise on how best to use a cane and walker and how to reduce falls for wheelchair users. Community programs include A Matter of Balance and Tai Chi. Contact your local Area Agency on Aging (www.Eldercare.gov) to see what programs are available in your community.

4. Review medications
If you are having a hard time keeping track of medicine or are experiencing side effects, such as drowsiness, dizziness or confusion, talk to your doctor or pharmacist. Have medications reviewed each time you get a new prescription, as side effects and drug interactions can lead to falls.

5. Conduct a home safety assessment
Use the CDC's or similar checklist to improve safety around your home. For a professional home safety assessment and recommendations for home modifications, consult an occupational therapist.

For more information about falls prevention, visit NCOA.org/fallsprevention. To learn more about the KS Falls Prevention Coalition, contact Lori Haskett, Director, Injury Prevention and Disability Programs, KS Dept. of Health and Environment (LHaskett@kdheks.gov).

Kathleen A. Cameron, MPH, is a Senior Director of the National Falls Prevention Resource Center at the National Council on Aging in Arlington, VA. 

What is LIEAP?
Low Income Energy Assistance Program (LIEAP) is a federally funded program which helps qualifying households to pay their home heating and cooling energy costs. LIEAP applications are available at your local Department for Children and Families (DCF) office from mid-January through end of March 2016.

What is Project Deserve?
Project Deserve helps pay the Westar Energy electric bills for people with a severe disability. Children and adults who meet Social Security disability criteria and live in the home qualify for this program. For more information, contact Westar Energy at 1-800-383-1183 or visit their website at https://www.westarenergy.com/project-deserve-assistance.

Contact the Information and Referral Specialist at 1.800.580.7245 if you have any questions or need any resources.