



RESOURCE CENTER



for independent living

Consumer Newsletter • Spring 2016

Upcoming Events

Visually Impaired Person (VIP) Groups

Abilene - 12:30pm on the first Wednesday of every month at the Abilene Senior Center.

Junction City - 12:30pm on the first Thursday of every month at the Junction City Senior Center.

Wamego - 12:30pm on the last Thursday of every month at the Wamego Senior Center.

**This group will have their Talking Books Club after the VIP meeting.*

Contact Mandy Smith at 1-785-528-3105 for more information.

RCIL Friends Group Schedule on pages 4

Office Closures

May 30 - Memorial Day

Important Information for Voters with Disabilities

Are you ready to vote? Are you registered? People with disabilities have many options in how to place their vote. Below are 5 ways to place your vote:

1. Use the accessible voting machine at your polling places.
2. Curbside voting within your car - 2 poll workers from different parties should be present.
3. Use the assistance of a poll worker or other individual.
4. Advanced Voting by mail.
5. Permanent Advanced Voting by mail.

Are you interested to vote? Review the "Important Deadlines to Remember" section to find out when is the last day to register to vote and to apply for advance voting ballot. You will also find dates for the primary election and general elections. To learn more about your voting rights or to request assistance with registering to vote, contact your local RCIL office. Additional information and resources can be found at <http://www.drckansas.org/drc-programs/voting>.

Important Deadlines to Remember:

June 1, 2016	Change Party Affiliation
July 12, 2016	Register for the August Primary
July 29, 2016	Apply for Advance Voting Ballot for primary election
August 2, 2016	Primary Election
October 18, 2016	Register for the General Election
November 4, 2016	Apply for Advance Voting Ballot for general election
November 8, 2016	General Election



Do You Know How to Lift and Carry Safely?

Everyday most people are lifting and carrying objects and it is a risk for back injuries. Do you know there is a proper way to lift and carry objects safely? The National Safety Council (NSC) has a number of suggestions to prevent lift-and-carry injuries and keep

your back strong and healthy. Below are just a few examples from the NCS website at www.nsc.org.

- Make sure your footing is solid and keep your back straight with no

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RCIL Board of Directors

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Alternate Formats


To receive a copy of this newsletter in an alternate format, please call 1.800.580.7245.

How to Lift and Carry Safely Continued

Continued from page 1

- curving or slouching.
- Center your body over your feet, get a good grip on the object and pull it close to you.
- Pull your stomach in firmly and lift with your legs, not your back.
- If you need to turn, move your feet, do not twist your back.

- Always use your stomach as a low-back support by pulling it in during lifting.

A strong healthy back helps you enjoy life so follow these examples to avoid back injuries. For more information go to www.nsc.org. 

2015 Homestead Refund or SAFE Senior

Do you own your home? Are you 65 years or older? You may be eligible for homestead or SAFE SENIOR refund.

The homestead refund is a rebate program for the property taxes paid by homeowners. 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:

- You were born before January 1, 1958; OR
- You must have been totally and permanently disabled or blind during the entire year, regardless of your age; OR
- 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.




SAFE SENIOR also known as "Kansas Property Tax Relief for Low Income Seniors" is a property tax refund program.

It is administered under the Kansas Homestead Act refund. The refund is 75 percent of the 2015 general property tax paid or to be paid as shown of the 2015 real estate tax statement for the residence in which the claimant lived in 2015.

A claimant may receive either a Homestead or a SAFE SENIOR refund but not both. You must meet all the following requirements for the SAFE SENIOR refund below:

- Kansas resident all of 2015
- Owned a home in Kansas during 2015
- Aged 65 years or older for all of 2015 (born before January 1, 1950) and
- "Household Income" of \$19,100 or less in 2015

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, SAFE SENIOR, 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. 

Get Ready Now.

An emergency or disaster can happen at any time. Do you have a plan in place which would help you keep in touch with your family and friends? What about some of basic essentials like food, water, electricity or even telephones? While each person's abilities and needs are unique, every individual can take steps to prepare for all kinds of emergencies from fires to tornadoes to floods. It is best to prepare for an emergency ahead of time by making an emergency plan that fits best for your own personal needs and your loved ones. Follow the 4 steps listed below to help you to create a plan for any disaster.




Step 1 Get a Kit - Of Emergency Supplies: put together basic supplies, medications and medical supplies, additional items, and copies of important documents.

Step 2 Make a Plan - For What You Will Do in an Emergency: write a plan on paper and put it in your supply kit, make a list of emergency contact, find locations where to go inside and outside of your home, make transportation arrangements if needed, and decide how to handle situation if accommodations are not available.

Step 3 Be Informed - About What Might Happen: understand

what might happen and know what types of emergencies are likely to affect your region.

Step 4 Get Involved - In Preparing Your Community: after preparing yourself and your family for possible emergencies, take the next step and get involved in preparing your community. Go to Citizen Corps website at www.citizencorps.gov for more information.

Tornadoes, thunderstorms, and lightning season are approaching. It is time to get ready now. Are you ready to prepare? Visit Ready website at www.ready.gov for more information about the 4 steps and to get a copy of their emergency supply checklist. 

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. When hiring a new DSW, always call our office and request a new DSW packet. Packets are updated regularly so only current packets will be accepted.
2. In order to remain compliant with the new Department of Labor rules that went into effect on January 1, 2016, if the Consumer has a variation in their DSW's schedule(s) due to a change in their plan of care,

the addition or termination of DSWs or the amount or type of services a DSW will perform, please contact RCIL to discuss your services.

3. Consumers are encouraged to call RCIL to verify that their DSWs time worked was properly captured by the AuthentiCare KS system. Calling RCIL on Monday or Tuesday to verify that your DSWs time is correct for the previous week will help ensure that your DSWs pay will not be delayed.
4. The Home and Community Based Services (HCBS) Consumer should be knowledgeable and understand

what services, and the amounts of those services, their Managed Care Organization has authorized for their care. It is the Self-Directed Consumer's responsibility, as the employer of their DSWs, to manage their DSWs and ensure they are working within the authorized time and services allowed on their Integrated Service Plan. The Consumer's failure to manage their DSWs time and schedules (including the AuthentiCare KS system) may indicate that the Consumer is unable to self-direct their services.

If you have any questions please call Payroll Helpdesk at 785-528-5045 or 1-785-528-3105. 



Consumer Success Story

Sandy has Moya-Moya disease and as a result she had several strokes. She had a long stint in and went to a nursing rehabilitation facility for recovery. Sandy said, "I kept repeating over and over, 'when am I going to get to go home?' Sandy didn't realize the amount of time she was at the nursing home that she didn't have a home to go back to. Sandy also said, "My brain just went on vacation and I kept thinking if I couldn't remember my name or my daughter's name then how could I live by myself?"


Issues with time-perception and memory as well as constantly feeling overwhelmed kept Sandy feeling like she might not be able to live alone. Sandy said, "I'm one of those people thought that it is very hard for me to ask for help. I've always been a very independent person." Sandy began living with her parents after she was released from the nursing facility. After a year, she received a call from the housing authority that they had an apartment available if she was ready to try living independently again. Sandy was "really excited" to move back into her own apartment but the feelings of being overwhelmed about how to maintain a successful life on her own nearly kept her from making the move. Sandy said, "I decided that I've always been a go-getter so I better take this chance. That's scary for a lot of people after they become disabled, but you have to take a chance."

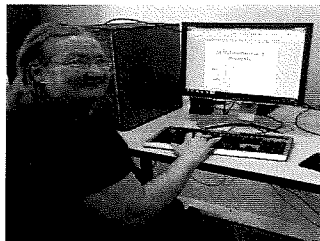
Sandy knew she needed someone or something to help her once she lived on her own but didn't know what that was. After being invited to a RCIL Friends group, Sandy learned about the Home and Community Based Services (HCBS) Physical Disability (PD) Waiver that assists people with activities of daily living. Sandy also learned about RCIL's

Core Services that could help her learn independent living skills.

After the meeting, Sandy asked the Independent Living Specialist (ILS) how she could get some help and start using those services. Sandy created an Independent Living Plan (ILP) to help her get started on her goals. She worked to learn self-advocacy skills so she could move from the waiting list into actually receiving her services. The process was not without bumps in the road due to miscommunication and paperwork errors between State agencies but Sandy didn't give up. She kept meeting with her ILS to learn new advocacy techniques, making weekly phone calls to the Kansas Department on Aging and Disabilities Services (KDADS) and the Kansas Department on Children and Families (DCF) to be sure she wasn't lost to the system.

"I can do whatever I want to!" Sandy says this is the best part of living independently. She received her PD waiver services in her apartment. Sandy said, "Having my Direct Support Workers (DSWs) in my house and helping me with what I need help with, keeps me motivated." Sandy also learned her independent living skills from RCIL. She said, "I am now my own payee again. I'm even learning how to use my phone to help keep me on task."

Sandy hopes to continue to educate people about how much can change in a person's life if they have the help they need. Sandy will be speaking to her local RCIL Friends groups to share her story. She said, "No matter what you've been through, you can still live life the way you want it! You might have to fight for it but you can do it." 



You Asked for It

Where do I apply for Medicaid?

As of January 1, 2016 KanCare (Medicaid) eligibility determination for the elderly and people with disabilities was transferred from the Kansas Department for Children and Families (DCF) to the Kansas Department of Health and Environment (KDHE).

Everyone will still be able to fill out an application for KanCare online at www.ApplyForKancare.ks.gov. For assistance or paper applications, call KanCare Clearinghouse at 1-800-792-4884 or print the application online at www.kancare.ks.gov. When application is completed and ready to turn in to KanCare Clearinghouse, it can be faxed at 1-844-264-6285 or mailed to P.O. Box 3599 Topeka, KS 66601.

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