



# RESOURCE CENTER

## *for independent living*

Consumer Newsletter • Fall 2017

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### Office Closures

**Nov. 10 - Veteran's Day**  
**Nov. 23 & 24 - Thanksgiving**  
**Dec. 25 & 26 - Christmas**

## You Are The Employer

Self-directing or Consumer-directing your Medicaid services means that YOU, or your representative if applicable, ARE THE EMPLOYER and have decision-making authority over certain services and take direct responsibility to manage your services with the assistance of a system of available supports. The self-directed service model is an alternate to the services traditionally provided by an agency. Self-direction of services allows Consumers/employers to have the responsibility for managing all phases of their care in a person-centered planning process.

Self-direction allows personal choice and control over the Home and Community Based Services authorized for your care and lets you decide who provides your services and how the services are provided. This means you have the decision-making authority to recruit, hire, train and supervise the individuals that provide your services.

When you choose to self-direct, it is YOU, the Consumer/employer that is in control of your care. It is your responsibility to manage your employees and ensure that your care is being provided. Along with your right to direct your own services comes the responsibility of being an employer.

Some of your responsibilities as the Consumer/employer include:

- Recruit, select, interview, hire, train, supervise and dismiss Direct Support Workers (DSW)
- Ensure all paperwork and background checks are complete before your DSW begins working for you
- Have a backup plan that includes additional DSWs that have successfully completed the required background checks should your regular DSW be unavailable to provide care
- Manage your DSWs time to stay within the services authorized by your Managed Care Organization
- Ensure your DSW is properly using the KS Authenticare system to record time worked
- Understand that if either you, the Consumer/employer, or the DSW submits false or inaccurate information regarding the work times or duties performed by the DSW, it will be considered Medicaid fraud and exploitation of benefits, which any FMS Provider is required to report to the State of Kansas
- Report any abuse, neglect, exploitation, or fraudulent activities imme-



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## RCIL Board Directors

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*Paola, KS*

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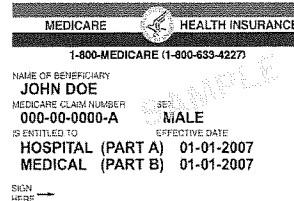
Carrie Sunday  
*Overbrook, KS*

## Alternate Formats

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

## New Medicare Cards

Starting in April 2018 through April 2019, Medicare will begin mailing new Medicare cards to individuals who have Medicare. Medicare is the red, white, and blue insurance card. The new card will have a new Medicare Number that is unique to the individual instead of their Social Security Number. The new cards will also help protect the identities of people with Medicare.



If you have a Medicare card, below are 4 things you need to know when you get your new Medicare card.

1. You don't need to take any action to get your new Medicare card.
2. The new card won't change your Medicare coverage or benefits.
3. Medicare will never ask you to give them personal or private information to get your new Medicare number and card.
4. There is no charge for your new card.

**Watch for scams!** The scam artists may try to contact you about your new Medicare card to get your current Medicare number and other personal information. They often claim to be from Medicare and use various scams to get your Medicare Number including:


1. Asking you to confirm your Medi-

care or Social Security Number so they can send you a new card.

2. Telling you there is a charge for your new card and they need to verify your personal information.
3. Threatening to cancel your health benefits if you don't share your Medicare Number or other personal information.

If someone calls you and asks for your Medicare Number or other personal information, hang up and call Medicare at 1-800-633-4227.


Medicare will mail your new card to the address the Social Security Administration (SSA) has on file for you. If you need to update your address, contact the SSA at 1-800-772-1213. The new cards will not be mailed to all Medicare consumers at the same time. You may receive your new card before someone else receives their new card. Once you receive your new card, you will need to destroy your old Medicare card and start using your new card right away. Your medical providers will need the new card in order to bill Medicare for medical services and equipment.

For more information about new Medicare cards, go to the Medicare website at [www.medicare.gov](http://www.medicare.gov) or call Medicare at 1-800-633-4227. 

## You Are The Employer Continued

*Continued from page 1*

- diately to RCIL or the authorities
- Inform RCIL of any change in address or authorized telephone numbers for the Consumer/employer
- Provide a safe work environment for your DSW

Remember, YOU ARE THE EMPLOYER. What a great opportunity for you to decide who will provide your care and when they will provide your care. Manage your employees wisely. Many people have fought hard for you to have the right to direct your own care. 

# Disability Mentoring Day

**R**CIL is actively involved in the Disability Mentoring Day (DMD) in Butler County. Our Independent Living Specialist, Macy Collins, in the El Dorado office is on the DMD planning committee along with other community partners in Butler County. They are having their DMD on November 14, 2017 at the Butler Community College Welcome Center.

What is DMD? DMD is designed to promote career development for students and job seekers with disabilities (mentees) through hands-on career exploration, job shadowing and mentee/mentor relationships. DMD is also designed to benefit from local creativity, with each community planning activities to best suit the interests and abilities of students, job seekers and local employers. Activities vary and may


include one or more of the following:

- Opening breakfast or lunch for mentors and mentees to get to know each other
- Tours of local businesses with employers describing entry level positions
- Tours of local technical schools and/or colleges
- Job readiness mini-workshops such as interviewing and resume building
- Panel discussions of employees with disabilities
- Employer mini-workshops on disability etiquette



- Job accommodations and other topics of interest

Butler County is one of the many counties in Kansas that host DMD every year. In past years, DMD has involved over 950 students and job seekers as well as 260 businesses across Kansas. Mentees experienced all or most of the activities listed above. After the event, local coordinators report many positive effects of DMD. It has inspired students to decide to continue their education beyond high school. It gave mentees a broader understanding of career possibilities and some mentees were offered a job or internship after DMD participation.

For more information about the DMD in Butler County or to find out if there is a DMD in your area, contact RCIL at 1-800-580-7245. 

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## RCIL Celebrates 33 Years!

**D**id you know that the Resource Center for Independent Living, Inc. (RCIL) has been in business for 33 years? RCIL was established on September 21, 1984. How much do you know about RCIL? Read below to learn some facts about RCIL!




Picture above is the RCIL main office in Osage City.

RCIL, provide Core Services free of charge to people with all types of disabilities. There are 5 Core Services and they are advocacy, peer counseling, independent living skills training, information and referral, and transition services.

1. Ed Roberts, former advocate for people with disabilities, helped develop Independent Living Centers around the country. He is known as "the father of independent living".
2. All Centers for Independent Living in America, such as

3. In Kansas, RCIL is 1 of 12 different Independent Living Centers and they all have designated counties to offer Core Services. RCIL provides Core Services in 15 counties throughout the Eastern part of Kansas.
4. RCIL provides over 10 addi-

tional programs and services to people with disabilities. Some of the programs are Financial Management Services for the Home and Community Based Services (HCBS), iKan-RCIL for individuals 55 years and older with visual impairments, and Assistive Technology for Kansans. Additional programs and services at RCIL have their own eligibility requirements and cover their own designated counties in Kansas.

To learn more about RCIL's programs and services, visit the RCIL website at [www.rcilinc.org](http://www.rcilinc.org) or contact RCIL at 1-800-580-7245. 

# 2017 FRIENDS GROUP SCHEDULE



## RCIL Offices are CLOSED on

**Nov. 10, Nov. 23 & 24, and Dec. 25 & 26, 2017!!**

| El Dorado   | Time | Topic                    |
|---|------|--------------------------|
| Oct 18th  | 1pm  | Budgeting 101            |
| Nov 22nd  | 1pm  | Mental Health 101        |
| Dec 20th  | 1pm  | Consumer Christmas Party |
| *Advocacy Project — Accessibility Parking Surveys |      |                          |
| *Location RCIL Office, 615 1/2 N. Main, El Dorado |      |                          |

| Emporia   | Time   | Topic                    |
|---|--------|--------------------------|
| Oct 30th  | 1:30pm | i-Kan RCIL services      |
| Nov 27th  | 1:30pm | To Be Determined         |
| Dec 18th  | 1:30pm | Consumer Christmas Party |
| *Advocacy Project — Public Transportation                       |        |                          |
| *Location Broadview Towers Apartments, 110 W. 6th Ave., Emporia |        |                          |

| Eureka  | Time | Topic                    |
|---|------|--------------------------|
| Oct 24th  | 1pm  | Budgeting 101            |
| Nov 28th  | 1pm  | Mental Health 101        |
| Dec 19th  | 1pm  | Consumer Christmas Party |
| *Advocacy Project — Develop Emergency Preparedness Plan         |      |                          |
| *Location Magic Circle Apartments, 301 Magic Circle Rd., Eureka |      |                          |

| Ft Scott  | Time | Topic  |
|---|------|--|
| Oct 11th  | 1pm  | Staying Active, Exercising with Disabilities |
| Nov 8th   | 1pm  | Fraud Prevention                             |
| Dec 13th  | 1pm  | Consumer Christmas Party                     |
| *Advocacy Project — Build an Accessible Playground at Gunn Park   |      |  |
| *Location Fort Scott Housing Authority, 315 Scott St., Fort Scott |      |  |

Friends are groups of individuals who have, or have experienced, a disability. We meet monthly to share & learn about disability related topics, to advocate for change in our communities, and to have fun!

Advocacy Project is a project to make a

change in your local community to accommodate people with disabilities. Are you interested to get involved and to make a difference in your community? Attend your local Friends group for more information!

In cases of inclement weather, please call ahead!

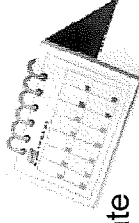
| Iola   | Time | Topic  |
|--|------|--|
| Oct 24th   | 1pm  | Staying Active, Exercising with Disabilities |
| Nov 14th   | 1pm  | Fraud Prevention                             |
| Dec 12th   | 1pm  | Consumer Christmas Party                     |
| *Advocacy Project — Disability Cookbook                        |      |  |
| *Location Iola Housing Authority, 217 N. Washington Ave., Iola |      |  |

| Osage City  | Time | Topic                          |
|---|------|--------------------------------|
| Oct 11th  | 1pm  | Funding Resources              |
| Nov 8th   | 1pm  | Cooking Tips and Demonstration |
| Dec 13th  | 1pm  | Consumer Christmas Party       |
| *Advocacy Project — Pending                                 |      |                                |
| *Location Park Place Apartments, 207 S. 6th St., Osage City |      |                                |

| Paola  | Time | Topic  |
|--|------|--|
| Oct 27th   | 1pm  | Staying Active, Exercising with Disabilities |
| Nov 17th   | 1pm  | Fraud Prevention                             |
| Dec 15th   | 1pm  | Consumer Christmas Party                     |
| *Advocacy Project — Mental Health Awareness event          |      |  |
| *Location Paola Housing Authority, 310 S. Iron Ave., Paola |      |  |

**Accommodations: Please contact us 2 weeks prior to a meeting to request accommodations.**

For more information and locations please call or email us:  
1-800-580-7245  
[info@rcilinc.org](mailto:info@rcilinc.org)




## Consumer Success Story



Our Assistive Technology Specialist Sarah met with a consumer who was paralyzed in an automobile accident two years ago and suffered a traumatic brain injury. The consumer has moved into her own apartment and has frequent visitations with her 4 year old son. The consumer explained to Sarah that she only meets with her cognitive therapist once a week and she feels that is not enough time to help her improve her memory and cognition skills. She said she adores her son and she wants to do anything for him. The consumer identified her goal with Sarah that she wants an iPad to have access to the memory and cognition programs to help her improve her rehabilitation skills. She also wants a wheelchair mount to hold the iPad for her while she sits in her wheelchair. Sarah and the consumer developed a plan. They worked together to apply for funding resources. They applied for the Assistive Technology Grant program and it was denied. That didn't stop the consumer from giving up

on her goal. The consumer wanted to apply for other funding resources so they applied for Friends of Man and United Cerebral Palsy (UCP). They both approved the consumer's application. The consumer was able to get her iPad and the wheelchair mount. She also received training on how to use the iPad from Sarah.

Sarah followed up with the consumer on her goal. The consumer was happy that she has an iPad and a wheelchair mount to hold her iPad. The consumer shared with Sarah that the cognitive therapist was able to load the memory and cognitive apps onto the iPad. She said this allows her to work on her rehabilitation skills during her spare time. She also said working on her skills more often than once a week with the therapist has helped her to remember and keep track of her appointments better. In addition, she is able to use facebook and e-mail on her iPad much easier than using her phone. 

## How To Achieve Your Career Goals

Many people with disabilities want to pursue their career goals but are afraid that doing so might disqualify their health coverage and their Social Security benefits. However, there are a lot of incentives that will help people with disabilities to achieve their career goals.


One of the programs is called Working Healthy and it offers people with disabilities who are working or interested in working the opportunity to keep their Medicaid coverage while on the job. It is a state and federally funded program that provides Medicaid benefits at a higher income and resource level than ever before.

This program can help people with dis-



**Working Healthy**  
Making health care work

abilities earn more, save more, achieve their career goals, and still maintain their health coverage. There are Benefit Specialists across Kansas available to assist people with disabilities to understand how employment may affect their benefits and explain different options to be able to work and still keep their benefits. If you would like to contact your local Benefit Specialist, go to their website at [www.kdheks.gov/hcf/workinghealthy/index.htm](http://www.kdheks.gov/hcf/workinghealthy/index.htm) or contact the Independent Living Specialist (ILS) at your local RCIL office to request a phone number to call.

There are other resources available to help you achieve career goals. If you are interested, contact the ILS at your local RCIL office. 

# You Asked for It

### What is Medicare Part D?

Medicare Part D is known as Prescription Drug Plan. It gives people a chance to explore, compare drug plan options, and choose a plan that will work for them. Medicare Part D offers open enrollment every year from October 15th to December 7th. This allows people to evaluate their current plan while comparing it with other drug plans to determine to keep their current plan or select a different plan that will meet their needs for the following year.

Contact your local RCIL office if you need assistance to enroll in Medicare Part D or change your coverage plans.

### I have a disability and I need help finding a job?

Contact your local Department for Children and Families (DCF) office and speak with a Vocational Rehabilitation (VR) Counselor. Also contact your local RCIL office to learn how to fill out a resume and employment applications.

*If you have any questions or need any resources call Independent Living Specialist at 1-800-580-7245.*





RESOURCE CENTER  
for independent living

PO Box 257  
Osage City, KS 66523

Non-Profit  
Organization  
U.S. Postage

**PAID**

Osage City, KS  
Permit No. 93

## Moved?

If you've moved or changed your phone number, name, or email address, call 1.800.580.7245 so we can keep in contact with you!

## We're on the Web!

Visit us at:  
[www.rcilinc.org](http://www.rcilinc.org)

Find us on:



## RCIL Home Office

### Address

P.O. Box 257  
1137 Laing  
Osage City, KS 66523

### Phone

1.785.528.3105 Voice  
1.800.580.7245 Toll Free  
1.877.929.7655 Payroll Help Desk

### Fax

1.785.528.3665

### Payroll Fax

1.785.528.2938

## Satellite Offices

### El Dorado

615 1/2 N. Main  
El Dorado, KS 67042  
1.316.322.7853 Voice  
1.800.960.7853 Toll Free  
1.316.322.7888 Fax

### Emporia

215 W. 6th Ave., Suite 202  
Emporia, KS 66801  
1.620.342.1648 Voice  
1.888.261.4024 Toll Free  
1.620.342.1821 Fax

### Iola

104 S. Washington Ave.  
Iola, KS 66749  
1.620.365.8144 Voice  
1.877.944.8144 Toll Free  
1.620.365.7726 Fax

### Topeka

1507 SW 21st St., Suite 203  
Topeka, KS 66604  
1.785.267.1717 Voice  
1.877.719.1717 Toll Free  
1.785.267.1711 Fax