



RESOURCE CENTER

for independent living

Consumer Newsletter • Spring 2018

SPIL Workgroup: Transportation

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Office Closures

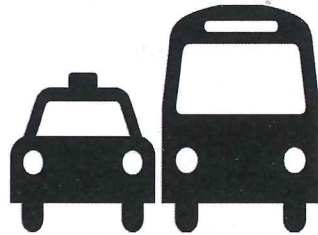
May 28 - Memorial Day

July 4 - Independence Day

The Statewide Independent Living Council of Kansas, also called SILCK, promotes the integration and full inclusion of all Kansans with disabilities. The mission of the SILCK includes, with the input from Centers for Independent Living (CIL) such as RCIL and other community partners, developing and implementing a Statewide Plan for Independent Living (SPIL). The SPIL is broken into four categories; Outreach, Employment, Housing, and Transportation. A workgroup for each category is formed and its members strive together to develop goals that each CIL will undertake. These goals will bring awareness to, develop access to, and promote opportunities for consumers with disabilities. These plans are developed and implemented along a three-year cycle in accordance with Kansas state standards.

The current year plan states that "Kansans with disabilities will have program

and physical access to opportunities that support integrated inclusive community living." One of the biggest obstacles a person with a disability can face when striving to live independently is transportation. The transportation workgroup understands this, and under guidance, developed the following goals: "Each CIL will make sure awareness and disability related transportation issues are promoted within their communities" and "CILs will educate consumers regarding accessible transportation services available in their areas." In an effort to accomplish these goals, representatives from various CILs have met with city administrators across the state as well as general public and private transportation providers to advocate for more accessible transportation vehicles as well as more inclusive routes. Each CIL has designated a "transportation expert" who can provide information on available



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Kansas ABLE

In 2014, Congress passed ABLE into law and in 2015 the Kansas legislature approved passage to have the Kansas ABLE Savings Program to be administered by the Kansas State Treasurer's office. What



is ABLE? ABLE stands for Achieving a Better Life Experience and it allows eligible individuals with disabilities to set up tax-free savings accounts

Continued on page 3

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.

I Am The Employer! – Now What?

Whether you are new to self-directing your Home and Community Based Services or have been directing your care for quite some time, it can be a little intimidating to place yourself in a role that you may have never been in before – that of the Employer.

Being able to direct your own care by choosing who you want to provide your care, when and how your care will be provided is your right but it also comes with responsibilities.

RCIL has several upcoming workshops scheduled to assist you in being the Employer. Topics include:


- How to Recruit, Select, Interview, Hire, Train, Supervise and Dismiss Direct Support Workers (DSWs)
- Understanding Enhanced Care Ser-

vices (Sleep Cycle Support)

- KS AuthentiCare (the Electronic Visit Verification Call In System)
- Having a Backup Plan (of DSWs)
- Medicaid Fraud
- Abuse, Neglect and Exploitation

Upcoming workshops are scheduled for the following areas:

- Eureka – April 24
- El Dorado – May 23
- Osage City – June 13

Watch your mail for more information or call RCIL at 1-800-580-7245 or 1-785-528-3105 and ask for Mandy Kline or Erin Whalen. 



Consumer Success Story: Accessible Van

Blake and his mother, Sonya, were in need of a wheelchair modified van. Blake has Cerebral Palsy. Blake had started school in the Lansing district but now lives in Leavenworth. Because Blake has had the same para since Kindergarten and Sonya really prefers this district, Blake continues to attend school in Lansing. Due to this Blake was required to keep his power wheelchair at school because he could not get out of district transportation. He had to use his manual wheelchair whenever he was not in school.

This was causing Blake to withdraw from interaction and appear depressed. It was also becoming very difficult and potentially dangerous for Sonya to try

to transition Blake from his wheelchair to their car; she was very concerned that she would drop him or become injured herself as he is nearing 70 pounds.

In addition to caring for Blake, Sonya provides care to her father, Floyd, who uses a power wheelchair and Blake's 5 year old sister, Alexia. RCIL Assistive

Technology for Kansans (ATK) was able to assist the family in getting funding for the van. We were able to demonstrate that the van would assist two

people who use wheelchairs, Blake and his grandfather. Through philanthropic

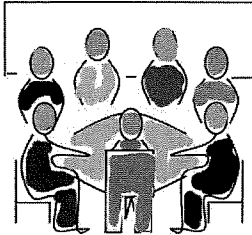


Continued on page 5

SPIL Workgroup: Transportation Continued

Continued from page 1

accessible transportation services within the state of Kansas. As new programs are developed or routes change, this can be a challenge for consumers to be kept up to date. As part of this workgroup, members are maintaining and updating a comprehensive list of transportation resources



across the state. CILs have this list available in order to further educate consumers about resources in their region.

⌚ RCIL is actively involved in all 4 SPIL workgroups. Each workgroup is a group of individuals from CILs in Kansas and community partners

to collaborate on their projects to meet the SPIL. All workgroups want to invite any consumers who are interested to be advocates for people with disabilities by participating in their workgroup or their local Kansas Department of Transportation. If you are interested and want to get involved in any of the SPIL workgroups, contact an ILS at your local RCIL office or contact the SILCK office at 785-234-6990. 6

Kansas ABLE Continued

Continued from page 1

for disability-related expenses. It also lets families of children with disabilities save for their long-term care needs.

An ABLE account can fund a variety of essential disability expenses for individuals such as medical and dental care, education, personal support services, employment training, assistive technology, housing, transportation, and more. Contributions to the ABLE account may be made by any person. Contributions to the account are also made on an after-tax basis. Earnings from ABLE funds grow tax-deferred and are tax-free if used for qualified disability expenses.

Who is eligible to have an ABLE account? An individual whose disability occurred prior to age 26 and is already receiving Supplemental Security Income (SSI) and/or Social Security Disability Insurance (SSDI)

is automatically eligible to establish an ABLE account. Those who are not recipients of SSI and/or SSDI but still meet the age of onset disability requirement (prior to age 26) will be eligible to open an ABLE account upon obtaining a disability certification from their physician.

Eligible individuals with disabilities and their families can set aside up to \$14,000 a year in their ABLE account without affecting their eligibility for SSI, Medicaid or other

Kansas ABLE
Savings Plan
A member of The National ABLE Alliance

government programs. If you are interested to set up an ABLE account or would like more information, contact the Kansas State Treasurer office at 785-296-3171 or you can visit their website at <https://www.kansasstatetreasurer.com>. 6

(All information in this article is found on the Kansas State Treasurer website.)

Save The Date!

3rd Annual
Transition Pathways Fair

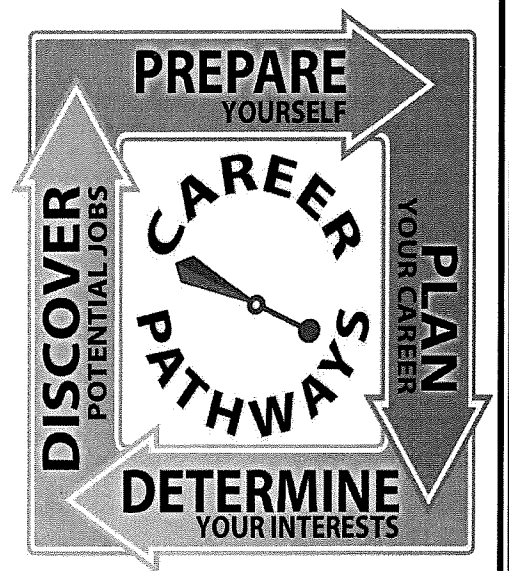
April 10, 2018

4:30 pm - 7:30 pm

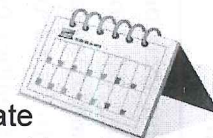
El Dorado Civic Center
201 E. Central, El Dorado, KS 67042

- College representatives
- Employers
- Adult Service Providers

Break out sessions on topics related to transition from school to careers!



2018 FRIENDS GROUP SCHEDULE



RCIL Offices are **CLOSED** on May 28, 2018!

El Dorado	Time	Topic
April 25th	1pm	Top 10 Mental Illnesses and their Myths
May 23rd	1pm	Self Direction Toolkit Training
June 27th	1pm	Beating the Heat

*Advocacy Project — Accessibility Parking Surveys

*Location RCIL Office, 615 1/2 N. Main, El Dorado

Emporia	Time	Topic
April 30th	1:30pm	Farmer's Market
May 21st	1:30pm	Dynamic Discs
June 25th	1:30pm	Dirty Kanza

*Advocacy Project — Public Transportation

*Location Broadview Towers Apartments, 110 W. 6th Ave., Emporia

Eureka	Time	Topic
April 24th	1pm	Self Direction Toolkit Training
May 22nd	1pm	Top 10 Mental Illnesses and their Myths
June 26th	1pm	Beating the Heat

*Advocacy Project — Develop Emergency Preparedness Plan

*Location Magic Circle Apartments, 301 Magic Circle Rd., Eureka

Ft Scott	Time	Topic
April 11th	1pm	To Be Determined
May 9th	1pm	To Be Determined
June 13th	1pm	To Be Determined

*Advocacy Project — Build an Accessible Playground at Gunn Park

*Location Fort Scott Housing Authority, 315 Scott St., Fort Scott

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
April 24th	1pm	To Be Determined
May 22nd	1pm	To Be Determined
June 26th	1pm	To Be Determined

*Advocacy Project — Disability Cookbook

*Location Iola Housing Authority, 217 N. Washington Ave., Iola

Osage City	Time	Topic
April 11th	1pm	iKan-RCIL services
May 9th	1pm	Gardening
June 13th	1pm	Self Direction Toolkit Training

*Advocacy Project — Pending

*Location Park Place Apartments, 207 S. 6th St., Osage City

Paola	Time	Topic
April 27th	1pm	To Be Determined
May 25th	1pm	To Be Determined
June 22nd	1pm	To Be Determined

*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:

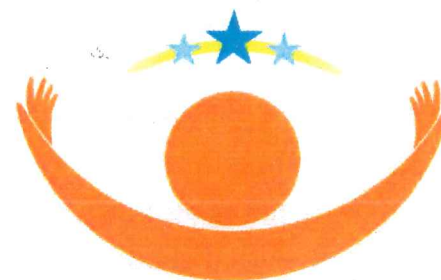
1-800-580-7245

info@rcilinc.org

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!

The Kansas Disability and Health Program

Improving the Health of Kansans with Disabilities



Disability and Health Program
kansans with disabilities can be healthy

KANSANS WITH DISABILITIES CAN BE HEALTHY.

The Kansas Disability and Health Program (DHP) has been funded by the Centers for Disease Control and Prevention (CDC) for 2016-21 to improve the health and quality of life among people with mobility limitations and intellectual or developmental disabilities (IDD).

We will do so by adapting and implementing programs that we know are effective.

Meeting a Need

People with disabilities need public health programs and health care services for the same reasons everyone does – to be healthy, active, and part of their communities.

Nationally, about 20% of the population has some kind of disability, which often makes it difficult to live a healthy lifestyle.

That trend holds in Kansas. Research shows that for Kansans with disabilities:

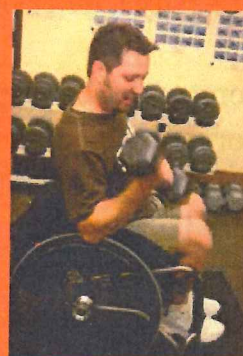
- More than 80% do not consume the recommended five servings of fruits and vegetables per day.
- Nearly 75% are overweight or obese.
- They are nearly five times more likely to report having had a heart attack and three times more likely to report having diabetes compared to their non-disabled peers.
- Only 12.8% meet physical activity guidelines.
- Only 54.3% visited the dentist in the past year.

Given these statistics, it is very clear that Kansans with disabilities need opportunities and support to improve their health.

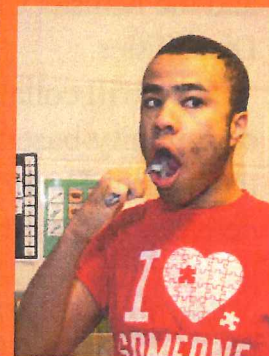
Our mission is to improve the health of all Kansans with disabilities. The program focuses on people with intellectual or developmental disabilities (I/DD) and people with mobility limitations.

We will work on improving consumers' access to and knowledge about three important health areas:

Physical Activity



Oral Health



Nutrition



Physical activity image: Florida Office on Disability and Health

The Kansas DHP will address two related problems:

- Lack of inclusion and accessibility in public health programs for people with disabilities.
- Significant health disparities (poorer health) for people with disabilities.

Working with Partners Across the State

The DHP will work with a network of partners to:

- 1) improve physical activity access, opportunities and supports;
- 2) improve knowledge of oral health and oral health system capacity; and
- 3) improve knowledge of and access to good nutrition.

A **Consumer Advisory Board** will share their ideas and help identify programs that make it easier to practice a healthy lifestyle.

The Kansas program is led by Jean Hall, PhD, director of the University of Kansas Institute for Health and Disability Policy Studies. Other KU partners represent the Research and Training Center on Independent Living and the Kansas University Center on Developmental Disabilities.

They will collaborate with other partners from community-based organizations as well as units within the Kansas Department of Health and Environment to deliver evidence-based programs.

For More Information, Contact:

Kim Bruns, DHP Program Coordinator
kbruns@ku.edu

785-864-0704

The University of Kansas
Institute for Health and Disability Policy Studies
1000 Sunnyside Rd.
3099 Dole Center
Lawrence, KS 66045

This fact sheet was supported by Grant/Cooperative Agreement Number DD000006 from CDC, National Center on Birth Defects and Developmental Disabilities, Disability and Health Branch. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC, NCBDDD, Disability and Health Branch.

Partners for Promoting Health

In addition to working with our Consumer Advisory Board, we will work with these organizations to offer programs that can help Kansans with disabilities improve their health.


- Self-Advocate Coalition of Kansas (SACK)
- Kansas Association of Centers for Independent Living (KACIL)
- Oral Health Kansas (OHK)
- InterHab
- University of Kansas Medical Center (KUMC) Area Health Education Centers (AHECs)
- Kansas University Center on Developmental Disabilities (KUCDD)
- The Arc of Douglas County
- Special Olympics - Kansas
- Families Together, Inc.
- Health Literacy Kansas (HLK)
- Statewide Independent Living Council of Kansas (SILCK)
- Kansas Council on Developmental Disabilities (KCDD)
- Disability Rights Center of Kansas (DRC)
- PedNet
- Kansas Department of Health and Environment (KDHE)
 - Bureau of Family Health
 - Behavioral Risk Factor Surveillance System (BRFSS)
 - Arthritis Program
 - Bureau of Community Health Promotion
 - Bureau of Oral Health
 - SafeKids Kansas Program
 - Injury Prevention and Disability Program
 - Cancer Prevention and Control
- And many others!

Enter For Your Chance to WIN a FREE Prize!

The winner for the winter newsletter quiz goes to Mary Reddick! Congratulations!

To be entered into a drawing for a FREE prize, complete the quiz below and turn it in to RCIL by April 14, 2018 in the following ways:

- By mail: RCIL P.O. Box 257 Osage City, KS 66523
- OR e-mailing your answers to info@rcilinc.org

Cut Here 

The winning ticket will be drawn on April 17, 2018 and the prize will be mailed to the winner on the same day.



Circle True or False

1. RCIL ATK stands for Assistive Technology for Kansans. True False
2. Individuals who are eligible for Kansas ABLE can set aside up to \$14,000 a year toward their disability expenses without affecting their benefits from government programs. True or False
3. I rent my home so I am can apply for Homestead Refund. True False
4. RCIL has 5 workshops scheduled to assist individuals who are self-directing their personal care services. True False
5. RCIL Friends groups meet weekly to share and learn about disability related topics and to advocate for change in our communities. True False
6. The SPIL stands for Statewide Plan for Independent Living. True False

Name: _____

Address: _____


Phone Number: _____

Consumer Success Story Continued

Continued from page 2

fundings, we were able to assist in raising \$9,500 toward the purchase of the modifications on the van. The balance of the van was purchased through a K-Loan. The money that RCIL/ATK helped raise, paid for almost 1/3 of the vans total cost.

With the van, Floyd has tie downs for his wheelchair in the passenger seat; Blake is behind him and his sister, Alexia is in the

back seat. It has made a dramatic difference for Blake to have his power chair at home. He is again out going, smiles and participates in conversation. Additionally, Floyd no longer has the financial strain of paying for wheelchair transportation to medical appointments in Kansas City. The family is now able to travel together to church, shopping, playground and meals out. It has made a great improvement in their quality of life. 

You Asked for It

Do I qualify for a Homestead 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. The maximum refund is \$700. To claim a Homestead refund you must have been a Kansas resident all of 2017 and had an income of \$34,450 or less. You must also meet one of the following three requirements:

- You were born before Jan. 1, 1962; 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, 2017, and was under the age of 18 the entire year.

If you need assistance, contact your Independent Living Specialist at your local RCIL office.

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



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for independent living

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We're on the Web!

Visit us at:
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

Iola

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

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