



RESOURCE CENTER

for independent living

Consumer Newsletter • Summer 2018

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RCIL Friends Group Schedule is between pages 4 and 5.	

Office Closures

July 4 - Independence Day


September 3 - Labor Day

RCIL Partners with Kansas DHP on Health Care Access

The Kansas Disability and Health Program (DHP) selected RCIL as one of the five Centers for Independent Living (CILs) in the state to conduct a total of 10 health care and fitness facilities assessments by using the Community Health Environment Checklist (CHEC). The CHEC is a tool for measuring how usable public spaces are for people with disabilities. The Director of Core Services, Adam Burnett, represented RCIL in this project.

Adam and other CILs representatives completed and passed the online training to conduct a CHEC assessment for mobility. Each CIL representative conducted two assessments in their areas. These included seven medical clinics, one vision clinic, one dental clinic, and one fitness center. Each site received a score for usability based on a possible 100 points. There were two

common reasons for a deduction in points and they were lack of an accessible exam table and lack of an accessible scale. When provided with their scores, several of the clinics made changes promptly. Two of the medical clinics installed a lower reception counter that is less than 26 inches high. Many other clinics are committed to make changes including widening the only accessible parking space.

The CHEC assessments resulted in increased awareness among facility staff of disability access issues and new relationships between CILs and medical providers in their communities. The DHP will partner with CILs again in the coming year to conduct more CHEC assessments and develop relationships with other health care providers in their communities. 



SPIL Workgroup: Employment

The Statewide Independent Living Council of Kansas (SILCK) has a Statewide Plan for Independent Living (SPIL). What is the SPIL? The SPIL was developed from feedback they received from people with disabilities and community part-



ners from all areas in Kansas. There are four SPIL workgroups in Kansas to work on increasing access and independent living for Kansans with disabilities. The workgroups are housing, employment, transportation,

Continued on page 2

RCIL Directors

Deone Wilson
Executive Director

Mike Pitts
Deputy Director

Becky Brewer
*Director of Financial
Management Services*

Adam Burnett
Director of Core Services

Tania Harrington
*Director of Disability
Services*

Alternate Formats

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

SPIL Employment

Continued from page 1

and outreach. Today we are going to give you updates on the SPIL employment workgroup.

The SPIL employment workgroup consists of persons from many different agencies such as Centers for Independent Living, Managed Care Organizations, the Kansas Council on Developmental Disabilities, and other disability services providers. Together these individuals are working towards achieving the workgroup's three main goals which are: 1) Providing opportunities for people with disabilities to learn about work incentives, 2) Providing opportunities for employers to learn the benefits of hiring persons with disabilities, and 3) Preparing or partnering with other agencies to support Disability Mentoring Day (DMD) efforts.

The workgroup meets quarterly via conference call or in person depending on the meeting agenda. During the meetings the participants are able to share ideas and resources, learn about upcoming or completed employment related events, discuss any challenges they are facing, and offer ideas and support to overcome those challenges. The workgroup is open to anyone who is interested in joining and persons with a current or previous employment experience can be especially helpful. The workgroup would especially like to invite businesses and employers to join and help carry out the goals mentioned previously.

If you are interested in joining the workgroup, or learning about your employment options, contact Adam Burnett at the Osage City RCIL office at 785-528-3105. ☎

Kansas Voting Registration Deadlines

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.

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:

July 17, 2018 - Register for the August Primary

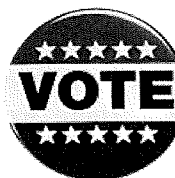
July 31, 2018 - Apply for Advance Voting Ballot for primary election

August 7, 2018 - Primary Election

October 16, 2018 - Register for the General Election

October 30, 2018 - Apply for Advance Voting Ballot for general election

November 6, 2018 - General Election ☎



Review the "Important Deadlines to Remember" 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

2017 Highlights & Donors

Throughout the year, the Resource Center for Independent Living, Inc. (RCIL) accomplished several great things, including partnering with the University of Minnesota on a research project, expanding coverage area for the older blind program, offering consumer-directed training, developing a video about a successful advocacy project in Emporia, educating elementary students and college students about disability history and awareness, participating at a youth event in Emporia, participating in Disability Mentoring Day, receiving donations from businesses and individuals, conducting ADA surveys for accessibility at voting sites, teaching independent living skills to youth, educating community partners about Kansas Centers for Independent Living (CILs), and enhancing professional training and continuing education opportunities for staff. While the accomplishments described below highlight some of the great things that happened at RCIL, there is great pride in the many accomplishments for 2017 and we are excited to find out the opportunities and challenges RCIL will face in 2018!

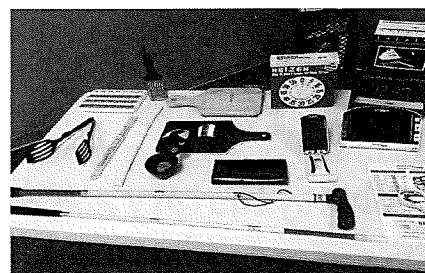
Partnership with the University of Minnesota

RCIL was one of the CILs in the nation that partnered with colleagues from the University of Minnesota's Institute on Community Integration to improve the way states and counties decide if adults with physical disabilities are getting effective, high-quality services at home and in the community. RCIL held three focus groups at the Emporia Humanitarian Center from January 25-26, 2017. Each focus group had a target audience of local advocates who were interested in sharing their voice regarding their experiences with home and community based services (HCBS) such as case management, community living support, and supported employment. The target audiences were family members who have a family member with physical disabilities who is receiving HCBS, individuals with physical disabilities who are receiving HCBS, and providers of HCBS to adults with physical disabilities. The University of Minnesota facilitated each of the focus groups and received great feedback from our local advocates.

RCIL Expands Coverage Area for Older Blind Program

The iKan-RCIL program started in August of 2010 and its purpose is to teach people who are blind or have low vision and are 55 years or older how to live as independently as possible. iKan-RCIL has been possible with contracts awarded from Kansas Rehabilitation Services (KRS) that allows funding for orientation and mobility training, assistive technology aids and devices, and independent living training. RCIL received its third contract that started on July 1, 2017 along with nine additional counties.

Since inception, iKan-RCIL has more than doubled in size from 15 counties in 2010, to 32 counties beginning in July 2017. The coverage area includes the following counties: Allen, Anderson, Bourbon, Brown, Chase, Chautauqua, Cherokee, Clay, Coffey, Crawford, Dickinson, Doniphan, Elk,



Mandy displays assistive technology devices when she gives presentations to promote iKan-RCIL services and educate the public.

2017 Highlights & Donors

Geary, Greenwood, Jackson, Labette, Lyon, Marion, Marshall, Montgomery, Morris, Nemaha, Neosho, Osage, Pottawatomie, Riley, Shawnee, Wabaunsee, Washington, Wilson, and Woodson.

Certified Orientation and Mobility Specialist Mandy Smith provides the services for this program. She travels to individuals' homes to teach the skills and/or give items that will allow individuals to be as independent as possible. She gives presentations to promote services and educate the public. She will also be hosting independent living classes through the next three years throughout the 32 counties.

RCIL Consumer-Directed Training

On November 27, 2017 the Director of Financial Management Services (FMS) Becky Brewer and Information and Assistance Coordinator Mandy Kline facilitated a RCIL Consumer-Directed Training during the Emporia RCIL Friends group meeting at Broadview Towers apartments in Emporia. There were 14 consumers that attended the training. Training topics included: How to be the employer of their Direct Support Workers (DSWs) including recruitment, screening, interviewing, hiring, training, managing and dismissing their DSWs, Enhanced Care Services, Setting the DSWs Schedule and Wage, Kansas AuthentiCare, Medicaid Fraud and Abuse, Neglect and Exploitation. Participants received a copy of the RCIL Consumer-Directed Handbook to take home and use as a resource. RCIL plans to offer more RCIL Consumer-Directed Trainings at several RCIL Friends groups during 2018.



A picture of the stoplights from the "Stoplights Don't Stop Us!" video.

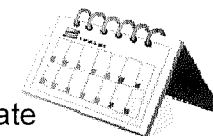
Stoplights Don't Stop Us!

RCIL and the University of Kansas Research and Training Center on Independent Living (RTCIL) worked together several months to develop a video called "Stoplights Don't Stop Us!" They were proud to publish their video on YouTube during the Fall of 2017. This video reflected on how the Emporia RCIL Friends group successfully advocated by requesting to extend the pedestrian stoplight crossings timers around downtown Emporia to allow pedestrians to walk across a street safely. This video has been used in RCIL's outreach efforts since it was published. To learn more about the advocacy project, watch this video at <https://www.youtube.com/watch?v=BQEf-y08-To>.

Disability History and Awareness Days

RCIL went to three elementary schools in the Eastern part of Kansas to educate students and faculty members about disability history and awareness in 2017. This was RCIL's second round educating on disability history and awareness at the three schools since 2012. RCIL used 4 stations designed to give them information or experience of what it is like to have a disability at all three schools. The stations were beep-ball game, van demonstration, a wheelchair maneuvering course, and a video featuring children with

2018 FRIENDS GROUP SCHEDULE



RCIL Offices are CLOSED on July 4, 2018 and September 3, 2018!

El Dorado	Time	Topic
July 25th	1pm	ADA Celebration
Aug. 22nd	1pm	Assistive Technology Resources
Sept. 26th	1pm	Prescription Assistance Resources

*Advocacy Project — Accessibility Parking Surveys

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

Emporia	Time	Topic
July 30th	1:30pm	Dirty Kanza
Aug. 27th	1:30pm	Mental Health
Sept. 24th	1:30pm	The Importance of Sleep

*Advocacy Project — Public Transportation

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

Eureka	Time	Topic
July 24th	1pm	ADA Celebration
Aug. 28th	1pm	Assistive Technology Resources
Sept. 25th	1pm	Prescription Assistance Resources

*Advocacy Project — Develop Emergency Preparedness Plan

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

Ft Scott	Time	Topic
July 11th	1pm	ADA Celebration
Aug. 8th	1pm	Self Direction Toolkit Training
Sept. 12th	1pm	Arts, Crafts, and Hobbies

*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
July 24th	1pm	Self Direction Toolkit Training
Aug. 28th	1pm	ADA Celebration
Sept. 25th	1pm	Arts, Crafts, and Hobbies

*Advocacy Project — Disability Cookbook

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

Osage City	Time	Topic
July 11th	1pm	ADA Celebration
Aug. 8th	1pm	Advocacy Training
Sept. 12th	1pm	Volunteering is Good for Health

*Advocacy Project — Pending

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

Paola	Time	Topic
July 27th	1pm	ADA Celebration
Aug. 24th	1pm	To Be Determined
Sept. 28th	1pm	Arts, Crafts, and Hobbies

*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

2017 Highlights & Donors

disabilities. RCIL held the disability history and awareness events on:

- April 25th at the Marais des Cygnes Valley Elementary School in Quenemo, KS. RCIL educated approximately 60 2nd, 3rd, and 4th graders.
- October 19th at the Burlingame Elementary School in Burlingame, KS. They educated approximately 90 kindergarteners through 4th graders. RCIL staff partnered with KYEA staff for this event by demonstrating how a vehicle can be modified to address accessibility needs of individuals with disabilities.
- November 9th at the Lyndon Elementary School in Lyndon, KS. They educated approximately 265 kindergarteners through 5th graders. There were two additional stations provided at this event and they were one-handed experience and hearing loss activity.

By the end of the day at each school, students and faculty members were inspired and had a better understanding about people with disabilities. The overwhelming positive feedback from teachers and students has prompted plans to continue to educate on disability history and awareness in elementary schools in 2018!

RCIL Outreach Efforts

RCIL participated at the Keep It a Safe Summer event at the Lyon County Fairgrounds in Emporia, KS as part of their Outreach Plan efforts. The event was held on May 24, 2017 targeting youth and families in Emporia and surrounding areas in Lyon County. There were over a thousand individuals that attended this event. RCIL displayed their booth and they provided RCIL information, freebies, and candies to everyone that stopped by their booth. One of the popular freebies RCIL gave away was disability awareness coloring books and crayons for kids. They also offered a fun activity by educating children on how to play golf in a wheelchair at their booth. This event gave away a lot of door prizes relating to summer activities to kids. Door prizes were donated by local organizations and businesses. RCIL was proud to donate two bicycles as their door prizes at this event.



Beth and Ellana displaying RCIL booth at the Keep It a Safe Summer event in Emporia.

RCIL also participated in outreach efforts in other areas in Eastern Kansas during 2017. Some of the events were Osage City Community Health Fair, Youth Leadership Forum (YLF) Real Life Event and Resource Fair, Department for Children and Families Resource Fair, Southeast Area Agency on Aging Expo, Kickapoo Health Fair, Washburn University Wellness Fair, Kansas Optometrist Association Convention, Greenwood County Coalition, Osage City Chamber of Commerce, Cowley County Homeless Initiative, and RCIL Trunk or Treat.

2017 Highlights & Donors

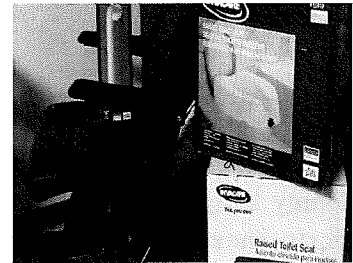
Disability Mentoring Day

In partnership with other stakeholders and community members, RCIL participated in Disability Mentoring Day (DMD) activities in Allen, Bourbon, and Butler counties during the Fall of 2017. DMD is designed to promote career development for students and other job seekers with disabilities through hands-on career exploration and job shadowing with employers. 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. For example, DMD in Butler County had 41 students. Every student had to arrange their own job shadow for a day with the employer of their choice prior to DMD. On DMD, breakfast and lunch were provided while students shared their job shadow experiences and learned from a couple of guest speakers about their experiences and resources relating to employment. Students also attended workshops to learn about interview skills, soft skills, and attire training.

DMD was a success in Allen, Bourbon, and Butler counties. RCIL plans to be actively involved in DMD next year.

Donors

While RCIL received funding from state and federal grants and waiver programs, many of our programs and services would not have been successful without the continued support of local businesses, organizations and individuals. We cannot thank our donors enough, but we would like to recognize businesses, organizations, and individuals who helped make 2017 a successful year for RCIL: Janet Arnold, Christine Babcock, Becky Brewer, Jeffrey and Michelle Bright, Clyde Burns, Julie Carlson, Kay Carothers, Rita



Durable Medical Equipment

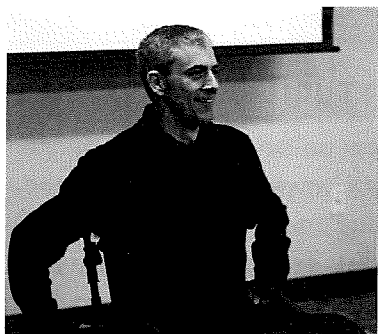
Christiason, Thomas and Donna Colstrom, Mike Conway, Loren DeBaun, Thomas and Laura DeBaun, Elle Dominquez, Brenda Dorr, El Dorado Charities Auxillary Inc., Fire District #2, Bob and Priscilla Hamman, Roger Hammond, Jan Hemberger, Kelly Hickman, Alice Keazer, Douglas Kennedy, David Kissinger, Gary and Bonnie Koerber, Betty Lewis, Jodi Lohmeyer, Janet McFarland, Casey and Cheryl Mussatto, Marilyn Noonan, Osage County Courthouse, Fred Pearson, Todd and Alice Peterson, Charles and Debra Rinzler, J.P. and E.C. Roberts, Leland and Patti Shaffer, Slusher Family Trust, Michael Stack, Bud and Janet Steinle, Gail Stromgren, Leroy and Karen Stromgren, Bob and Patty Suppon, James and Lenore Thompson, Scott and Diana Thompson, Thompson Seed, USD #420, United Way of El Dorado, Rick and Pam Wilkins, CACS Willard and Pennie Senn, Wolf Creek Employee Association, and Donald and Bertie Lou Wymore.

ADA Surveys in Lyon County

In May 2017, RCIL received a request by the Lyon County Clerk to provide technical assistance to Lyon County regarding the Americans with Disabilities Act (ADA) accessibility of Lyon County voting sites. The Director of Core Services Adam Burnett conducted 16 ADA surveys for accessibility at voting sites in

2017 Highlights & Donors

Lyon County. Adam provided the Clerk's office with reports measuring the accessibility of each polling location.



Adam presenting at ESU during their disability awareness week.

Disability Etiquette and Awareness Presentations

RCIL was honored to give presentations on disability etiquette and awareness at several places on the Emporia State University (ESU) campus in Emporia during 2017. On February 8, 2017 Director of Core Services Adam Burnett gave his presentation to a group of 25 Human Resources staff. He educated them about RCIL services, the ADA, and "Why Hire Persons with Disabilities" along with disability etiquette and awareness tips. Then RCIL received an invitation from the ESU Office of Diversity and Inclusion to give a presentation during the ESU disability awareness week. On March 13, 2017 Adam presented on RCIL services and disability etiquette and awareness to those who attended. Adam was interviewed

following his presentation by the campus newspaper and it was published in the ESU newspaper later that week.

Lastly, RCIL received an invitation from an ESU college professor to give a presentation during his Introduction to Rehabilitation class. On November 14, 2017 the Information and Outreach Coordinator/Independent Living Specialist (ILS) Beth Burnett gave her presentation about Kansas CILs along with disability etiquette and awareness to 29 students. She also shared the RCIL's video "Stoplights Don't Stop Us" during her presentation.

Transition Age Independent Living Skills (TAILS)

In 2017, RCIL staff offered TAILS to seven youth with disabilities at the Santa Fe Trail High School Next Step Academy program. TAILS was a two session program and it was held on April 28th and May 5th. ILS Macy Collins shared information about housing such as fair housing, type of housing, and landlord and tenant rights agreement. Director of Core Services Adam Burnett educated them about employment which included the benefits of being employed, resources for employment, and how to overcome fears of starting employment. At the end of the last session, each youth with disabilities completed a survey and was offered an opportunity to request a meeting with an ILS to develop and work on an independent living goal. They all believed that their knowledge, skills, and resources had increased. Several of them requested an ILS to contact them about developing an independent living goal.

Workforce Innovation Fund Cross-System Training

In 2017, there were several Workforce Innovation Fund Cross-System trainings throughout Kansas to increase knowledge and partnership among agencies who provide services relating to employment for

2017 Highlights & Donors

people with disabilities. Kansas CILs was one of the training topics. RCIL was one of the CILs in Kansas that was asked to present at two Workforce Innovation Fund Cross-System trainings. Our Information and Outreach Coordinator/ILS Beth Burnett represented RCIL and presented about KS CILs on March 7th in Emporia and September 25th in Paola.

Professional Training and Continuing Education Opportunities for Staff

RCIL had the privilege to send staff to several trainings during 2017 to help them enhance their knowledge and skills in their work. Some of the trainings were Youth Transition: The Growing role of CILs, the Kansas Poverty Conference, the Mental Health First Aid for Youth, Recognizing and Reporting Medicaid Fraud, Kansas Housing Conference, Alternate Routes: Orientation & Mobility Techniques, Identifying Abuse in the Disabled Population, Recognizing and Responding to Caregiver Abuse, Total Access for Low Vision Students, Independent Living History and Philosophy, Assistive Technology for Kansans Training, Electronic and DME Cleaning and Sanitation, Abuse, Neglect, Exploitation and Adverse Incident Reporting, and KanCare Ombudsman Training.

Setting your DSW's Schedule and Hourly Wage

As we have discussed in previous articles, many have fought long and hard for individuals with disabilities to be able to self-direct their own Home and Community Based Services. However, with the right to self-direct your own Home and Community Based Services come certain responsibilities. One of those responsibilities is working with your Direct Support Worker to determine their work schedule and set their hourly wage.

As the employer, you should have your copy of the Integrated Service Plan (ISP) developed by you and your Managed

Care Organization's (MCO) care coordinator. This Integrated Service Plan document lists the services and activities you have been authorized by the MCO to receive as well as the providers you have chosen to provide those services. The information discussed during your assessment with your care coordinator should have been used to determine the services and activities you need to remain independent in your own home. Your services might include Personal Services, Enhanced Care Services (Sleep Cycle Support) or Comprehensive Support Services. The activities might include bathing, dressing,

meal preparation, medication assistance, laundry and housekeeping to name a few.

Working within your authorized services and service budget, you and your Direct Support Worker should determine a work schedule that is beneficial to both of you.

How do you accomplish this? Review your copy of the Individualized Service Plan (ISP) that lists the services and activities that your Managed Care Organization has authorized to be paid for you. Talk to your Direct Support Worker (DSW) and determine what services that DSW will perform for you and the hours per week they are

Continued on page 9



Enter For Your Chance to WIN a FREE Prize!


The winner for the spring newsletter quiz goes to
Jennifer Whatley! Congratulations!



To be entered into a drawing for a **FREE** prize, complete the quiz below and turn it in to RCIL by July 16, 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

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

Cut Here 

Circle True or False

1. To vote in the primary election I will need to register to vote by July 17, 2018.
True False
2. If I want to vote from home for every election and I am a person with a disability I can apply for permanent advanced voting. True or False
3. The two common reasons medical clinics had deduction in points during the CHEC assessment were lack of an accessible exam table and lack of an accessible parking. True False
4. An Integrated Service Plan is developed by a consumer and consumer's MCO Care Coordinator. True or False

Name: _____

Address: _____

Phone Number: _____


DSW's Schedule and Hourly Wage Continued

Continued from page 8

expected to work. Remember, you are the employer and will set a schedule that works for both you and your DSW.

Once you have decided what service(s) this DSW will provide for you and the number of hours to be worked per week, contact RCIL to obtain a wage range for each DSW you employ. Once a wage range has been established, a form will be sent to you, the employer, to choose the

hourly wage that you want to pay your DSW from the wage range. This form must have the wage entered by you, the employer, and then signed by you and your DSW and returned to RCIL for processing. RCIL must have a completed, signed copy of this form in your file.

Please contact Erinn Whalen or Becky Brewer if you have any questions about setting your DSWs schedule and/or wage at 1-800-580-7245. 

You Asked for It

What is Advanced Voting?

It allows Kansans to vote in their own home by receiving an advanced ballot in the mail for the next election. Individuals who are interested will need to complete a form called, "Application for Advance Ballot by Mail" and turn it in to their local County Clerk's office. Individuals will have to complete the application every election if they want to vote in their own home.

What is Permanent Advanced Voting?

It allows Kansans with a permanent disability to vote in their own home by receiving an advanced ballot for every election in the mail. Individuals who are interested will need to complete a form called, "Application for Permanent Advance Voting Status". This form is good for every election you are eligible to vote in.

Contact your local RCIL office if you need assistance to apply for advanced voting or permanent advanced voting.

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



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Find us on:



RCIL Home Office

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Payroll Fax

1.785.528.2938

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1.316.322.7888 Fax

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1.620.342.1821 Fax

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