Free Home Modification Items

RCIL understands how important it is for people with disabilities to have a safe and accessible home. Sometimes even a small item can make a big difference between moving to an institution or remaining independent in the community.

We have a limited number of FREE grab bars, special door hinges, and doorknob adapters available for consumers in our Core Service counties (Allen, Anderson, Bourbon, Butler, Chase, Coffey, Cowley, Elk, Greenwood, Linn, Lyon, Marion, Miami, Morris, and Osage).

Doorknob adapters bolt on to existing hardware so no need to remove existing hardware. Swing-away door hinges will widen most entrances by swinging the door out of the entrance, adding a couple of inches to the clearance width of most doorways. Grab bars are available in different lengths. Call to discuss your need. Consumers are responsible for installation.

If you, or someone you know, need these types of items please call the Osage City office at 785.528.3105 for more information.

Attention Home and Community Based Services Participants - Appendix K Unwinding

During the time of the Public Health Emergency due to the COVID-19 pandemic, the State of Kansas received permission from the Centers for Medicare and Medicaid Services (CMS) to allow several temporary exceptions (via Appendix K) to the State’s Home and Community Based Services (HCBS) programs/waivers. The exceptions were designed to provide HCBS participants more flexibility to access services. The Public Health Emergency ended on May 11, 2023 and now the State is in the process “unwinding” (ending) most of the temporary exceptions.

Here is a summary of the exceptions that align with the services that RCIL provides which are being “unwound” (ending) effective 11/11/2023:

Continued on page 2
Appendix K Unwinding Continued

Continued from page 1

Background Checks - Direct Support Workers (DSW) providing HCBS services cannot start until the required background checks have been completed.

Daily Hour Limit - Personal Care Services (PCS) hour limits and required criteria to exceed limits are returning.

Enhanced Care Services (sometimes called ECS or Night Support) - must be provided by someone living outside the home of the HCBS participant.

Conflict of Interest - Spouses, parents of minor participants, and other legal representatives can only be paid via the HCBS programs/waivers if they meet certain conditions as outlined in the waiver and policy.

Service Utilization - HCBS participants must receive at least one service every 30 days to remain eligible for HCBS.

Changes that are becoming permanent:

Paid Family Caregivers - Pending waiver amendment approval by CMS, adult HCBS participants may employ family members or other persons living in the home as their paid DSW to provide approved daily living activities as outlined in Person Centered Support Plans.

Six Simple Tips To Prevent Falls

Fall prevention is an important topic to consider as we get older. Our physical and health conditions change and sometimes the medications used to treat those conditions may increase the risk of falling. Here are six simple tips to prevent falls with some examples.

1. Make an appointment with your health care provider - your doctor may want to talk about your medications, any previous falls, and your health conditions.

2. Keep moving - walking, water workouts, or tai chi (a gentle exercise that involves slow and graceful dance-like movements). These activities reduce the risk of falls by improving strength, balance, coordination and flexibility.

3. Wear sensible shoes - consider wearing properly fitting, sturdy, flat shoes with nonskid soles.

4. Remove home hazards - move furniture and household items from walkways and high-traffic areas, remove loose rugs from your home, and immediately clean spilled liquids, grease or food.

5. Light up your living space - place night-lights in your bedroom, bathroom and hallways, use glow-in-the-dark or illuminated switches, place a lamp within reach of your bed, and turn on the lights before going up or down stairs.

6. Use Assistive Devices - handrails for both side of stairways, a raised toilet seat with armrests, grab bars for the shower or tub, and a shower chair and a hand-held shower nozzle for bathing while sitting down.

For more examples on these six simple tips on fall prevention, visit the Mayo Clinic website at www.mayoclinic.org.
Direct Support Workers Cannot Work When...

A Direct Support Worker (DSW) cannot claim time worked for the consumer when the consumer is out of the home for the following reasons:

- Consumer is in the hospital
- Consumer is in a nursing facility
- Consumer is in a rehabilitation facility
- Consumer is incarcerated

Medicaid will only pay one provider at a time. If Medicaid is paying for the consumer to be in the hospital, nursing facility or rehabilitation facility, they will not pay a DSW to be providing Home and Community Based Services (HCBS) while a consumer is not in their home.

A consumer that is incarcerated (in jail or prison) is not eligible for Medicaid. Therefore, they are no longer eligible for HCBS and a DSW should not be claiming time worked for that consumer.

A Direct Support Worker cannot claim any time worked for the consumer when they are out of the home. The following are some activities DSWs have mistakenly believed they could be paid for when the consumer is out of the home:

- pick up the consumer’s mail,
- taking care of their pets,
- watering their plants,
- cleaning their home while they are gone,
- shopping,
- preparing future meals for when the consumer returns home
- deliver clothes or other personal items to the consumer
- staying with the consumer in the facility (unless special circumstances have been approved by the Managed Care Organization)

RCIL is notified by the Managed Care Organization when a DSW was paid to work for a consumer on the same dates the consumer was out of the home due to hospitalization, etc. Wages paid to the DSW while the consumer was out of the home will be recouped from the DSW or consumer, and will be reported to the Medicaid Fraud division of the Attorney General’s office.

Turning in time worked while a consumer is out of the home for those reasons listed above is Medicaid fraud and may be prosecuted by the Kansas Attorney General’s office.

Marion County Resource Guide

Information and Referral (I&R) is a Core Service that RCIL offers to anyone with or without a disability. RCIL staff receive calls from consumers with questions about available community resources in their county. Below are a few resources available in Marion County.

Contact RCIL at 785-528-3105 if you have questions or need assistance to locate resources in your area.

<table>
<thead>
<tr>
<th>Agency Name</th>
<th>Services</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marion County Department on Aging</td>
<td>Transportation, Medicare Counseling, Wellness Program, Commodities, Tax Assistance</td>
<td>620-382-3580</td>
</tr>
<tr>
<td>Marion County Health Department</td>
<td>Immunizations, WIC (Women, Infants, and Children), Car Seat Inspection, Bicycle Helmet Program</td>
<td>620-382-2550</td>
</tr>
<tr>
<td>Mid-Kansas Community Action Program</td>
<td>Rent and Utility Assistance, Educational Assistance, Financial Counseling, Food and Nutrition Supplements</td>
<td>316-775-3000</td>
</tr>
<tr>
<td>North Central Flint Hills Area Agency on Aging</td>
<td>Friendship Meals, Employment Assistance, Housing Assistance, Long Term Care Services, Senior Farmers’ Market Program, Physical Wellness Programs</td>
<td>800-432-2703</td>
</tr>
<tr>
<td>Prairie View Mental Health Center</td>
<td>Outpatient Therapy, Medication Management, Autism Spectrum Disorder Services, Psychological Testing, Substance Use Treatment</td>
<td>800-992-6292</td>
</tr>
</tbody>
</table>
2023 RCIL FRIENDS GROUP SCHEDULE

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>El Dorado</td>
<td>Oct 18th 1:00 pm - 3:00 pm</td>
<td>Chronic Pain Management</td>
</tr>
<tr>
<td></td>
<td>Nov 15th 1:00 pm - 3:00 pm</td>
<td>The Vagus Nerve and Why It's Important</td>
</tr>
<tr>
<td></td>
<td>Dec 20th 1:00 pm - 3:00 pm</td>
<td>Consumer Christmas Party</td>
</tr>
<tr>
<td></td>
<td>*Location: RCIL El Dorado Office 628 N. Main St, El Dorado, KS 67042</td>
<td></td>
</tr>
<tr>
<td>Emporia</td>
<td>Oct 30th 1:00 pm - 3:00 pm</td>
<td>Meet Emporia's Housing Coordinator</td>
</tr>
<tr>
<td></td>
<td>Nov 27th 1:00 pm - 3:00 pm</td>
<td>Mug Meals</td>
</tr>
<tr>
<td></td>
<td>Dec 18th 1:00 pm - 3:00 pm</td>
<td>Consumer Christmas Party</td>
</tr>
<tr>
<td></td>
<td>*Location: Broadview Towers Apartments 110 W. 6th Ave., Emporia, KS 66801</td>
<td></td>
</tr>
<tr>
<td>Eureka</td>
<td>Oct 10th 1:00 pm - 3:00 pm</td>
<td>Chronic Pain Management</td>
</tr>
<tr>
<td></td>
<td>Nov 8th 1:00 pm - 3:00 pm</td>
<td>The Vagus Nerve and Why It's Important</td>
</tr>
<tr>
<td></td>
<td>Dec 12th 1:00 pm - 3:00 pm</td>
<td>Consumer Christmas Party</td>
</tr>
<tr>
<td></td>
<td>*Location: Magic Circle Apartments 401 Magic Circle Rd., Eureka, KS 67045</td>
<td></td>
</tr>
<tr>
<td>Osage City</td>
<td>Oct 25th 1:00 pm - 3:00 pm</td>
<td>Osage County Senior Center</td>
</tr>
<tr>
<td></td>
<td>Nov 22nd 1:00 pm - 3:00 pm</td>
<td>How Much Caffeine is in Foods and Drinks?</td>
</tr>
<tr>
<td></td>
<td>Dec 27th 1:00 pm - 3:00 pm</td>
<td>Consumer Christmas Party</td>
</tr>
<tr>
<td></td>
<td>*Location: Park Place Apartments 207 S. 6th St., Osage City, KS 66523</td>
<td></td>
</tr>
</tbody>
</table>

Iola, Paola and Fort Scott Friends group meetings are cancelled until further notice.

RCIL Offices are CLOSED on Nov. 10, Nov. 23-24, and Dec. 22 & 25, 2023!

Due to COVID-19 ALL Friends group meetings are subject to change. PLEASE CALL AHEAD to check the status of your meeting.

For more information about RCIL Friends group meetings, or To request accommodations 2 weeks prior to a meeting Contact RCIL at: 1-800-580-7245 or info@rcilinc.org

In cases of inclement weather, please call ahead!
Enter For Your Chance To WIN A FREE Prize!

To be entered into a drawing for a FREE prize, complete the quiz below and turn it in to RCIL by October 12, 2023 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 October 13, 2023 and the prize will be mailed to the winner.

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Cat Here. Fill in the Blanks

1. RCIL has grab bars, special door hinges, and __________ available for consumers who reside in their Core Service counties.

2. Wearing properly fitted nonskid shoes is one of the __________ simple tips to prevent falls.

3. A DSW __________ claim time worked when their consumer is in the hospital, nursing facility, rehabilitation facility, or incarcerated.

Name: ________________________________
Address: ________________________________
Phone Number: _______________________

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Work Incentives Allow People To Work and Retain Their SSDI

A n RCIL Independent Living Specialist (ILS) was contacted by “Jeff” who said he had recently been approved for disability, but he was struggling to keep up with his expenses. He also had just learned he would soon be losing his KanCare at the end of the pandemic declaration. Jeff asked his ILS about his options for going back to work, but wanted to keep his Social Security Disability Insurance (SSDI).

The ILS met with Jeff and explained the work incentives that Social Security has in place. The work incentives allow people to work and retain their SSDI. Jeff learned he can earn about $1,400 per month and keep his full SSDI check. The ILS also reminded Jeff that his Medicare would not start for nearly two more years which means he would have no medical coverage. This, and the loss of his KanCare, was also a major concern for Jeff. The ILS connected Jeff with a Working Healthy Benefits Specialist to learn about getting on the Medicaid buy-in program and keeping his KanCare medical coverage. Jeff was excited to hear about these incentives. He got a part-time job at a local café and started earning extra money. He also learned about other Social Security work incentives and the income reporting requirements. Jeff reported back to his ILS later and said he been getting along great since.

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RCIL Consumer Newsletter