



# RESOURCE CENTER

## for independent living

Consumer Newsletter • Fall 2023

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### Office Closures

Nov. 10 - Veteran's Day

Nov. 23-24 - Thanksgiving


Dec. 22 & 25 - Christmas

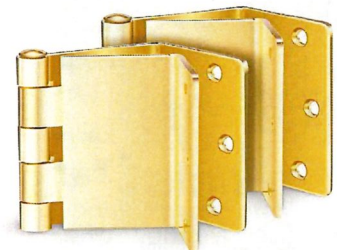
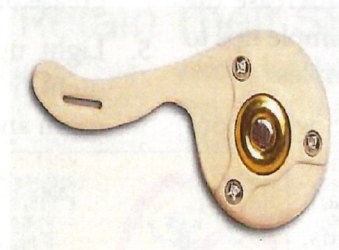
## Free Home Modification Items

**R**CIL 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

**D**uring 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*



## 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.

## 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!

## 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 changes 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 furni-

ture 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](http://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. ⚡



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



# 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!



Online Friends	Time	Topic
Oct 17th	2:00 pm - 3:00 pm	Medicare Part D
Nov 21st	2:00 pm - 3:00 pm	Thanksgiving Bingo (you must register with Adam by November 7th!)
Dec 19th	2:00 pm - 3:00 pm	Hackers & Scammers
*Location: Zoom - Video Conference by computer or phone		



El Dorado	Time	Topic
Oct 18th	1:00 pm - 3:00 pm	Chronic Pain Management
Nov 15th	1:00 pm - 3:00 pm	The Vagus Nerve and Why It's Important
Dec 20th	1:00 pm - 3:00 pm	Consumer Christmas Party
*Location: RCIL El Dorado Office 628 N. Main St. El Dorado, KS 67042		

Topic
Chronic Pain Management
The Vagus Nerve and Why It's Important
Consumer Christmas Party

Emporia	Time	Topic
Oct 30th	1:00 pm - 3:00 pm	Meet Emporia's Housing Coordinator
Nov 27th	1:00 pm - 3:00 pm	Mug Meals
Dec 18th	1:00 pm - 3:00 pm	Consumer Christmas Party
*Location: Broadview Towers Apartments 110 W. 6th Ave., Emporia, KS 66801		

Topic
Meet Emporia's Housing Coordinator
Mug Meals
Consumer Christmas Party

Eureka	Time	Topic
Oct 10th	1:00 pm - 3:00 pm	Chronic Pain Management
Nov 8th	1:00 pm - 3:00 pm	The Vagus Nerve and Why It's Important
Dec 12th	1:00 pm - 3:00 pm	Consumer Christmas Party
*Location: Magic Circle Apartments 401 Magic Circle Rd., Eureka, KS 67045		

Topic
Chronic Pain Management
The Vagus Nerve and Why It's Important
Consumer Christmas Party

Osage City	Time	Topic
Oct 25th	1:00 pm - 3:00 pm	Osage County Senior Center
Nov 22nd	1:00 pm - 3:00 pm	How Much Caffeine is in Foods and Drinks?
Dec 27th	1:00 pm - 3:00 pm	Consumer Christmas Party
*Location: Park Place Apartments 207 S. 6th St., Osage City, KS 66523		

Topic
Osage County Senior Center
How Much Caffeine is in Foods and Drinks?
Consumer Christmas Party

**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

or

To request accommodations 2 weeks prior to a meeting

Contact RCIL at: [1-800-580-7245](tel:1-800-580-7245) or [info@rcilinc.org](mailto: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](mailto:info@rcilinc.org)

The winning ticket will be drawn on October 13, 2023 and the prize will be mailed to the winner.



✂ Cut 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: \_\_\_\_\_

### Work Incentives Allow People To Work and Retain Their SSDI

An 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. 🐶



# You Asked for It

### What is the update on the SPIL Employment Workgroup?

The Kansas State Plan for Independent Living (SPIL) includes special groups to work on barriers in areas such as housing, employment, transportation, and outreach. The Employment Workgroup is focused on Centers for Independent Living (CIL) meeting four main goals. The first is to receive training on the Employment First Initiative and advocate for its implementation where needed. The second goal is to become more familiar with the "Charting the Life Course" program. The third is to provide outreach activities to educate staff, parents, and consumers about employment benefits and dispel myths. The final goal is for CILs who provide Pre-ETS and Vocational Rehabilitation services to advocate for more referrals.

If you are interested in learning more about these areas or joining our group, please contact the Osage City office at 785-528-3105.

If you have questions or need any resources, call RCIL at 1-800-580-7245.





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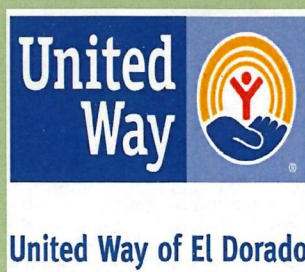
Visit us at:  
[www.rcilinc.org](http://www.rcilinc.org)

Find us on:



## HIPAA Privacy Notice

RCIL's Notice of Privacy Practices based on the Health Insurance Portability Accountability Act of 1996 (HIPAA) is available in every RCIL office and on the RCIL website at <http://rcilinc.org/resources>. You can request a copy of the notice at anytime by contacting RCIL at 1-800-580-7245 or [info@rcilinc.org](mailto:info@rcilinc.org).



## RCIL Home Office

### Address

P.O. Box 257  
1137 Laing St.  
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

628 N. Main St.  
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 201  
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