



ACCESS TO INDEPENDENT LIVING

### Three Rivers Inc

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# The Access

*From the Executive Director's Desk*

April 2016

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If you've stopped by the office recently you know that this is a busy time of the year. We have hosted the free tax prep volunteers here two days a week for the last few months. It is also legislative session time which means that we are tracking bills that impact individuals with disabilities, providing testimony, public education about proposed legislation, education on how to write your elected official and more. Interested in learning more advocacy skills? Give us a call.

On the National level, the Disability Integration Act is receiving attention. Please read about the DIA in this newsletter and consider providing education to your legislator on your personal story and how access to services have assisted you to remain in your home.

Other exciting things happening is the increased focus on employment of individuals with disabilities, currently a Proposal to revise Affirmative Action for Individuals with Disabilities in the Federal Government is open for comment.

This proposal includes:

- adopting the goal of achieving a 12% representation rate for individuals with disabilities, and a 2% representation rate for individuals with targeted/severe disabilities, and
- providing personal assistance services to employees who, because of a disability, need these services to help with activities such as eating and using the restroom while at work.

Kansas already has adopted an effort to increase employment of persons with disabilities in state programs. Our 3Rivers team is actively assisting individuals to achieve their employment goals and I encourage you to contact us to discuss how you can achieve your vocational goal.



# 30<sup>th</sup> 3Rivers Anniversary

Look for more information coming later this summer.

### Self Advocate Coalition of Kansas Conference

June 24-26, 2016

Downton Ramada Inn

Topeka Ks

Register Now!

Fee: Until May 31st —\$150

After May 31st —\$250

The SACK conference is a wonderful opportunity for people with intellectual/developmental disabilities to meet, share and learn from each other and experts in the field. Conference participants have the opportunity to choose from 20 different workshops during 5 breakout sessions. A motivating keynote speaker and other activities are also offered at the conference.

Find the registration packet at [www.sackonline.org/conference](http://www.sackonline.org/conference) or contact **3Rivers** for more information

This year marks thirty years of incorporation for Three Rivers, Inc. In 1985, a small grassroots advocacy group saw the need for an area Independent Living Center. They were awarded a state Independent Living grant that covered services for disabled persons living in Pottawatomie and Riley counties. Three Rivers offered Technical Assistance, Peer Counseling, Advocacy and Independent Living Skills training. Just over a year later, Three Rivers had 141 open cases and the director began to seek local funding in three additional counties.

Over the years Three

Rivers has ebbed and flowed with the budget. Expanding to a staff of twenty-five and five satellite offices, down to a staff of eleven during the lean years. All the while, Three Rivers continues to provide valuable resources and services across Northeastern Kansas.

Today, we enjoy our sixth year in our Wamego office building and have two satellite offices; Clay Center and on the Prairie Band Potawatomie Nation Reservation. There are five IL specialists on staff and we have an average monthly consumer count of over 400 people.

# 30<sup>th</sup> Anniversary



Become a card caring member of Kansas Advocacy Network Disability Organization (KAN DO). Stay connected with phone calls and join the Facebook group.

**Need a form?** Three Rivers @ 785 456 9915

**Questions** rosie@kacil.org or 785215 8048

## New Authenticare Call Menu Option

**When calling in to clock in /out you will hear:**

**Main Menu -** To check-in, press 1.

To check-out, press 2.

For hours worked this week, press 3.

For hours worked today, press 4.

**After Check-out confirmation**

To return to the main menu, press 1.

To end this call, press 2.

## Home Care Wage Information

*Paying Minimum Wage and Overtime to Home Care Workers: A Guide for Consumers and their Families to the Fair Labor Standards Act*

This guide can be found at:

[www.dol.gov/whd/homecare/homecare\\_guide.pdf](http://www.dol.gov/whd/homecare/homecare_guide.pdf)

This resource guide includes information on the companionship exemption, live-in exemption, and joint employment. It also has helpful information on minimum wage, overtime, and compensable travel time under the FLSA.

Record keeping requirements and special FLSA rules for family members are also covered in the guide.

## Safety Resources from CDC & NIOSH

[Caring for Yourself While Caring for Others](#) is a free curriculum to assist trainers in meeting the health and safety training needs for home care workers and to enhance communication between home care workers and their clients. The activities in this curriculum are designed to encourage participants in promoting safe and healthy work environments.

[Homecare Workers' Handbook](#) provides an overview topics covered in the course as well as topics that are not covered. It is a useful resource that contains practical tips for home care worker safety.

Visit the Center for Disease Control website to view the training modules and the handbook.



- ◇ Are you registered to vote?
- ◇ Have you moved since you last voted?
- ◇ Are you unsure of your polling place?

Three Rivers is here to assist you! We can help answer your questions, make sure you are registered & get advanced voting ballots to you.

**Call Us Today @ 800.555.3994**

 **Every  
Vote  
Counts**

# Legislation and Advocacy

## Independent Living Day at the Capital

On March 22 Three Rivers Staff and consumers joined CILs from across Kansas to share about disability rights, access to jobs, living in our own homes.... Being a part of our community.



Above: A view of the crowd gathered in the rotunda.

Left: Three Rivers staff listening and supporting the consumer speakers! "I L"

## Disability Integration Act

Senator Schumer (D-NY) introduced the Disability Integration Act (S. 2427) on Dec 18 2015. This civil rights legislation builds on the work of ADAPT to end institutional bias. It will assure that seniors and all persons with disabilities have access to home and community based services (HCBS) as an alternative to institutionalization.

When enacted DIA will require *public entities and insurance providers that pay for long term services and supports (LTSS):*

- *Cannot discriminate against people with disabilities when providing HCBS*
- *Must establish adequate payment structures for HCBS*
- *Must inform people with disabilities of their right to receive services and community supports*

Also *Public entities must increase affordable and accessible housing options.*



To find out more about DIA visit

[www.adapt.org/main.diamain](http://www.adapt.org/main.diamain)

## Audio-Reader Network

The University of Kansas Audio-Reader Network is a reading and information service for the blind and print-disabled. Through a grant from the Rice Foundation, the network will be able to fund Audio-Reader's Braille Program guide, closed-circuit radios for Audio-Reader listeners, and it will pay for Audio Description training for both Audio-Reader and Spencer Museum of Art staff and volunteers. This will ensure that cultural events, such as local theater and exhibitions at the museum, will be accessible to individuals who are blind and visually impaired.

The Audio-Reader's Braille Program guide allows listeners who are blind to choose when to listen to their local newspaper or the next installment of a book on the Audio-Reader broadcasts that take place 24 hours a day, seven days a week from the KU campus. The Network provides free readings of newspapers, books and magazines to thousands of listeners in Kansas, Missouri and beyond.

For more information about Audio-Reader visit:

***reader.ku.edu***

or

**785-864-4600.**

You may also contact Meredith Johanning at 785-864-4937 or email [mjohanning@ku.edu](mailto:mjohanning@ku.edu)



## Visually Impaired Persons Support Group

The **last Thursday** each month, **12:30pm**  
**Wamego Senior Center** --501 Ash Street  
Come and learn about available assistive technology, services, and share with others and their families.

### AARP Free Tax Preparation

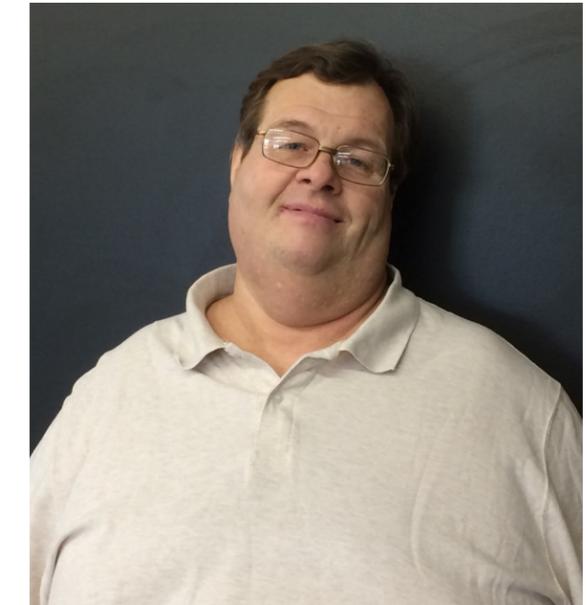
For the last five years Three Rivers has served as the host site for free tax preparation for those with low to moderate income, persons with disabilities and seniors. One hundred ninety returns have been filed by the certified volunteers this season.

Appointments were scheduled February through mid April.

## New Faces at Three Rivers



Carrie Dozier is our new Accounting Assistant. She grew up in central Nebraska and moved to the area just last summer. In her free time she enjoys the outdoors, especially sand volleyball.



You may have already talked to Mark Moss as he joined Three Rivers at the reception desk part-time last month. He has a social service background and has lived in Wamego since 2010. Mark enjoys walking and time with his Australian Shepard, Laney.



Three Rivers staff enjoying lunch together at Christmas.

# Consumer Corner

**Anthony Gano** had the opportunity as a consumer to join the 3Rivers Staff in Topeka at IL Day. In addition to the day's events, he enjoyed touring the capitol building lingering in the library. He hopes to participate next year by sharing his own success story.

Anthony continues to work on his high school diploma, maintaining a B average. He especially enjoys his science classes. His goals are college and a job.

Anthony lives independently but shares his apartment with his cat Precious. While not busy studying, he enjoys gardening.



Brad Caudill, skills trainer, and Kevin Anderson with the step stool they designed and built for the Wamego Three Rivers office.



They even surprised us by including our logo!

**Hilary Garrett** is a full time student at Cloud County Community College (CCCC) studying Mass Communications with an emphasis in journalism.

**Semester highlight:** Taking pictures and learning about her camera in a Digital Photography class.

**Music:** Christian Music.

**Activities:** DJ Hopeful Hilary broadcasts on Wed. 3-5pm on the college station.

**Outside of class:** Socializing with friends and participating in her church group.

**Best thing about CCCC:** Having the freedom to pursue her education and goals without worrying about the limitations of cerebral palsy.



## 3Rivers Welcomes New Board Member



Sarah Pacheco joined 3Rivers as a board member during the March meeting. Sarah is a Kansas native, growing up in Clay Center and is a graduate of KSU. After living in Colorado for ten years, she and her husband, Thomas, returned to the area just last fall. They lead an active lifestyle and enjoy the outdoors. You can find them hiking, camping and on their ATVs. They round out their family with a beloved English Bulldog.



## Low Cost Internet Service Available

AT&T is offering low-cost wireline home internet service to qualifying households with:

- At least one resident who participates in SNAP
- An address in AT&T's 21 state service area



- No installation or activation fees.
- No credit deposit.
- No commitment

Speeds available for as low as \$5/month  
Service will be available starting April 22.

Visit [www.att.com/access](http://www.att.com/access)  
OR

Contact 3Rivers for more information.

## Updated Contact Information for KanCare Eligibility

All medical (Medicaid /KanCare) applications and reviews must be mailed to:

**KANCARE Clearinghouse / PO Box 3599 / Topeka KS 66601**

Phone 1 800.792.4884

**Children & Families Fax**

1.800.498.1255

**Elderly & Disabled**

1.800.264.6285

Because of large call volume, please leave a message with your name and phone number. If it is urgent, fax a letter explaining the details to the appropriate number for your case.