

SOYLAND ACCESS TO INDEPENDENT LIVING



SAIL The Anchor

SPRING 2019



AT THE CORE

Centers for Independent Living throughout the United States are required to provide five basic services to people with disabilities in the area served. These are called the CORE SERVICES. SAIL, as a Center for Independent Living, provides the following services to people with disabilities and others in the communities when requested:

- ❖ **ADVOCACY** – It is the goal of each staff member to empower people with disabilities to advocate for themselves by assessing their needs, identifying possible risks, establishing goals to meet those needs, evaluating resources available to them and, finally, developing and implementing a strategy to take control of their lives. To further that goal, SAIL staff work diligently to educate the public, businesses and members of the legislature about issues important to people with disabilities. The SAIL Disability Awareness Team is available for educational presentations to businesses and community groups.
- ❖ **INDEPENDENT LIVING SKILLS DEVELOPMENT** – SAIL staff inform and educate people with disabilities regarding the skills, knowledge and/or abilities they need to live, work and play in their communities. Independent Living Skills Training is available for individuals or small groups on a wide range of topics ranging from cooking to money management. SAIL has Assistive Technology Labs from which equipment can be demonstrated and loaned as needed.
- ❖ **INFORMATION AND REFERRAL** – Everyone is encouraged to contact SAIL with questions about independent living products, services, equipment and civil rights. The SAIL staff will research and identify accurate information about issues that influence and affect independent lifestyles.
- ❖ **PEER COUNSELING** – People with disabilities may encounter barriers associated to a disability including adjusting to an acquired disability, experiencing changes in living arrangements or learning to use community resources effectively. Through peer mentoring, SAIL staff assist people with disabilities to explore options that provide an accommodation to address recognized barriers.
- ❖ **TRANSITION** – SAIL staff will provide information, training and/or assistance to high school age youth with significant disabilities and to individuals with disabilities living in nursing facilities so that they may remain or return to living independently in the community. Attention will also be given to people with disabilities at risk of entering institutions to provide them with the assistance and resources necessary to keep them out of such institutions.

Knowing the 5 Core Services allows consumers, visitors and callers to feel confident when requesting services from SAIL.

THE MEDICARE ALPHABET

by Amy Corbin, Triple C Coordinator

Medicare is a federal health insurance program for people that are 65 or older and people with disabilities that are eligible for Social Security benefits. Eligibility requires a work history and payment of the FICA (Federal Insurance Contributions Act) tax through an employer.

Medicare consists of several lettered parts. The most common are A, B, C and D. If you are currently receiving Medicare, you can see which parts you are enrolled in by looking at your new “red, white and blue card”. These new cards now have an enrollment ID and do not have your social security number on them. If you have not received your new Medicare Card, please contact Medicare at 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048 or visit www.Medicare.gov.

Here is a brief overview of each part and some services that might be covered.

- Part A – Hospital Insurance, usually pays for hospital, skilled nursing, hospice and some home health.
- Part B – Medical Insurance, usually pays for doctors, ambulances, labs, x-rays, durable medical equipment and supplies.
- Part C- Medicare Advantage, is a private plan for both Part A and B recipients and most often includes Part D coverage HMOs, PPOs and MSAs.
- Part D –Prescription Drug Coverage, is just that, a plan to help with the cost of prescription drugs. This type of plan is only available through a private plan or included with some Medicare Advantage or Part C plans.

All parts may have co-pays and deductibles and are subject to maximum allowed charges.

The cost for each part varies with income, eligibility and work credits. There are programs to help pay for premiums for people with limited incomes such as Qualified Medicare Beneficiary, QMB, Specified Low Income Beneficiary, SLMB, or Qualified Individual, QI, programs. If you are eligible for any of these programs you may also be eligible for the Medicare Part D Low Income Subsidy or “Extra Help”.

Some free preventative services covered by Medicare include an annual wellness visit, some cardiovascular disease, diabetic, prostate cancer, glaucoma screenings and mammograms. A few adult vaccinations are also covered. To find out more about Medicare or to see what services are covered for you, information can be found in the Medicare and You 2019 Handbook or at www.medicare.gov. You may also talk to your doctor or health care provider.

UPCOMING SAIL OFFICE CLOSINGS



The business hours at all SAIL offices are Monday through Friday 8:30 a.m. to 4:30 p.m. From February through May of 2019, all SAIL offices will be closed on the following dates.

- Monday, February 18th – Presidents’ Day
- Monday, May 27th – Memorial Day

Additional closings occur in the Charleston and Shelbyville offices when staff are in the community providing consumer services, education activities and attending meetings. When staff is out, the phone system routes all calls directly to the main office in Decatur. SAIL has an employee dedicated to answer phone calls during normal business hours



TIPS FOR WINTER WEATHER PREPAREDNESS

by Lori Smith, Program Accommodation Coordinator

To prepare for the dangers of the winter weather storms, the Illinois Department on Aging, IDOA, has compiled a list of tips and signs to look out for to avoid serious safety and health complications. People with limited mobility or live in isolation should have a plan of action in emergency weather conditions, such as snow storms and extremely cold temperatures. It is also recommended to have a contact to check in with during extreme winter weather situations.

IDOA has identified some health conditions brought on by severe winter weather:

INFLUENZA

- The flu is a contagious respiratory infection. Symptoms include fever, chills, cough, sore throat, runny nose and soreness and body aches.
- Flu shots are often recommended for all persons aged 65 years and older. Always consult your doctor before getting a flu shot.

HYPOTHERMIA

- This is a condition brought on when the body temperature drops to 95 degrees or less. Symptoms include slow or slurred speech, incoherence, memory loss, disorientation, uncontrollable shivering, drowsiness, repeated stumbling and apparent exhaustion.
- It is recommended that older persons should not set their thermostats below 65 degrees during the winter months.

FROSTBITE

- Exposed areas of the face, ears, wrists, hands and feet are most affected by frostbite. Symptoms are loss of feeling and a white or pale appearance to the skin.

INDEPENDENT LIVING AIDS and ASSISTIVE DEVICES

by Rich Adams, Visual Services Advocate



When a person has a visual impairment, independent living aids and assistive devices can increase independence in performing daily living tasks. The SAIL Visual Services Program provides this support through the Older Individuals Who Are Blind grant. This funding assists people 55 years and older who are experiencing vision loss in acquiring appliances needed to live with low vision and blindness. If you or someone you know needs services, just follow these simple steps:

- 1) **Schedule an appointment** by phone, personal visit or by email.
- 2) During the appointment, **describe how your independence has been affected by your vision loss**. The advocate will provide information about no/low cost services available, introduce different devices of magnification, gadgets useful in completing tasks around the house and sight assessments to identify what device is best.
- 3) **Identify the devices and/or aids that increases independence**. Many of these items are available to be borrowed for up to 30 days to use on a trial basis in the home. Once an aid is determined to increase independence, it can be purchased by the individual. If your financial status makes this difficult, SAIL can purchase the items needed to live more independently with vision loss.

For more information call 217-876-8888 and ask for Rich Adams.

2019 SHELBY COUNTY HEALTH FAIR

March 27, 2019, Wednesday
9:00 - 11:30 a.m.
Shelby Christian Church
200 North Hickory Street
Shelbyville, IL

Over 35 service providers with educational information for improving your health.

3 Grand Door Prizes - You will need to be present to win the Grand Door Prizes.

Many more door prizes are available to win!

- ❖ Lion's Hearing Van
- ❖ Lion's Diabetic Retinopathy Van
- ❖ "Enjoy the Strolling Musician" at the health fair



Screenings & Testing Available:

- Balance Assessments
- Blood Glucose and Blood Pressure checks
- Cholesterol Screenings
- Grip Strength Testing and Pulse Oximetry
- Spinal Scans (free)



Information Available:

- ✓ Alzheimer's Disease & Dementias Information
- ✓ Assistive Technology Equipment Demonstrations
- ✓ Breast Cancer Awareness
- ✓ Emergency Preparedness in the Home Information
- ✓ Hospice Education
- ✓ Managing Diabetes and Nutrition Education
- ✓ Nursing Home and Assistive Living Facilities
- ✓ Public Transportation
- ✓ Tobacco Quit Education
- ✓ Wellness Activity Screen
- ✓ WIC Information



For more information call Betty Watkins, SAIL Rural Outreach Coordinator, at 217-774-4322.

SAIL OFFICE HOURS

8:30 a.m. – 4:30 p.m.

SAIL WEBSITE

www.decatursail.com

CONTACT INFORMATION

Decatur Office

2449 E. Federal Dr.
217-876-8888 (V/TTY/VP)

Decatur, IL 62526
217-876-7245 (FAX)

1-800-358-8080 (V/TTY/VP)
sail@decatursail.com

Shelbyville Office

1604 W. Main St. Ste. 100
217-774-4322 (V/TTY)

Shelbyville, IL 62565
217-774-4368 (FAX)

sailsel@consolidated.net

Triple C Office

707 Windsor Rd. Suite B
217-345-7245 (V/TTY)

Charleston, IL 61920
217-345-7226 (FAX)

triplec@consolidated.net

Anyone in need of public safety or emergency services should call 911 for assistance.



by Doug Veach, Resource Advisor

The Silver Beat is an educational program created by Lisa Madigan, Illinois Attorney General, which includes a collection of fact sheets that give seniors the knowledge and tools needed to avoid becoming the victims of scams, fraud, and deceptive business practices. There are many useful and timely topics covered in the Silver Beat ranging from identity theft and debt settlement scams to valuable information about pay day loans, reverse mortgages, and personal information you should, and should not, carry in your wallet or pocketbook.

For more information on these topics and many more of interest to everyone, especially seniors, go to the website listed below.

Source: <http://www.illinoisattorneygeneral.gov/consumers/secc.html>

TRANSITION PLANNING IS FOR ALL STUDENTS WITH DISABILITIES

by Emily Dobson, Program Manager

Whether choosing a career or planning to attend college or technical school, every student with a disability needs a Transition Plan. Under the Individuals with Disabilities Education Act, IDEA, high school students who have an Individualized Education Plan, IEP, receive assistance from their case managers, teachers and others with planning those next steps after public school has ended. The planning for these students starts at age 14 ½ and allows for input from families, school personnel and community agencies that may provide services for the student in the future.

Students with a 504 Plan and their families don't always realize that their student will be eligible for some of the same services provided to students with an IEP and may not realize how to transition to a successful and fulfilling adult life. Often families in the 504 process do not receive the same assistance from schools as students with an IEP because transition planning is not required.

There are many changes for a student in transition, both those with an IEP and those with a 504 plan. Families and their students need to do some serious research and planning for transition success. Here are some questions for all transitioning students and their families to consider:

- What resources are available for exploring career and training interests?
- Am I taking the right classes in high school to reach my future goal?
- What if I want to go to college? Will I be able to get the same supports and services I get in high school?
- Will my parents still be able to advocate for me at work or at school?
- What are some resources to help me pay for college or career training?
- Who can help me find a job?

SAIL can assist students and their families with the answers to these and other questions they may have about transition planning for students with disabilities. Call Emily Dobson, Program Manager, at 876-8888 or 800-358-8080 to learn more about transition planning.