

# SOYLAND ACCESS TO INDEPENDENT LIVING



## SAIL The Anchor



SPRING 2024

### Getting Ready for that Transition IEP

by Emily Dobson, Program Manager

Parents with students in Special Education are familiar with the “annual review” of their child’s Individualized Education Program. When the student reaches age 14 ½ and enters the Transition stage, it is time to do some extra preparation. Each Transition IEP is a key component of your student’s successful future.

Here are some tips parents can use when preparing for the Transition IEP:

- Talk to your student about the future. Do they want to work? Attend college? Learn a trade? Is the goal realistic and likely to lead to success?
- Make an agenda of topics you and your student want addressed in the meeting to be better organized and ensure the Transition IEP leads to a successful future.
- Prepare your student to be a part of the IEP process. He or she will be asked about their ideas for the future at every meeting from now until graduation. Help them write down what they want to say and encourage them to speak up and join the discussion. It is a good way to practice self-advocacy skills.
- What classes, work experience or other school programs will help your student reach his or her goal? Students who want postsecondary education may need to learn about course requirements and request those classes are added to their schedule while students seeking a job may need to learn about vocational training options such as a technical academy.
- Look over your student’s grades, progress reports and any testing that has been done since the last meeting. Is progress being made? Is the course work aligned with the post-transition goals of the student? List any areas of concern.
- Note any social and other independent living skills your student may need addressed. Community organizations like SAIL can be invited to attend the Transition IEP and share their programs and services. Inform the student’s case manager of organizations you would like to have at the meeting.
- Consult these resources for more information:
  - a. Illinois State Board of Education Parent Guide to Special Education ([www.isbe.net/specialeducation](http://www.isbe.net/specialeducation))
  - b. Family Matters Parent Training and Information Center ([fmptic.org](http://fmptic.org))
  - c. Pacer National Parent Center on Transition and Employment ([PACER.org/Transition](http://PACER.org/Transition))

# Persons with Disabilities Certification for Parking Placard

by Brenda Ingle, Triple C Coordinator

The Illinois Secretary of State website provides the following descriptions of the four types of parking placards issued in Illinois.

- **Meter-Exempt Permanent Placards** - Issued to persons with permanent disabilities who have significant impairments that cause difficulty in accessing a parking meter. This placard also allows the authorized holder to park in spaces reserved for persons with disabilities such as at a mall, grocery or retail store, etc., and exempts the authorized holder from parking meter fees and time limitations at parking meters that exceed a 30-minute time limit statewide.
- **Non Meter-Exempt Permanent Placards** - Issued to persons with permanent disabilities who still have the ability to access the parking meter and allows the authorized holder to park in spaces for persons with disabilities such as a mall, grocery or retail store, etc. This placard DOES NOT exempt the authorized holder from parking meter fees and time limitations at parking meters.
- **Temporary Placards** - Issued to persons with a temporary disability and are valid for the length of time indicated by the certifying physician, not to exceed six months if issued by the Secretary of State and 90 days if issued by a local municipality. This placard DOES NOT exempt the authorized holder from parking meter fees and time limitations at parking meters.
- **Organization Placards** - Organizational placards allow the authorized holder to park in spaces reserved for persons with disabilities when transporting persons with disabilities. This placard DOES NOT exempt the authorized holder from parking meter fees and time limitations at parking meters.

For more information on Parking Placards or Disability License Plates go to the following website:  
[https://www.ilsos.gov/services/persons\\_with\\_disabilities/disabilities.html](https://www.ilsos.gov/services/persons_with_disabilities/disabilities.html)

## Clark County Community Expo

The SAIL Charleston Triple C Satellite Office, serving Clark, Coles, and Cumberland counties, will be hosting in conjunction with the Clark County Life Center and Harlan Hall, the Clark County Community Expo on **Tuesday, April 30, 2024**, from **10:00 am until 2:00 pm** on the **upper floor of Harlan Hall located at 603 Locust Street, Marshall, IL 62441**. This was an annual event prior to the Covid-19 pandemic, and these agencies are bringing it back to the community.

This year 40 different agencies/businesses will be participating by sharing information with all who attend. Residents of Clark county are encouraged to come and find out what kinds of services are available in Clark County and surrounding areas. SAIL invites youth who will be graduating to attend the event to learn more about services available to enhance efforts towards living independently following graduation. For more information please contact Brenda Ingle or Carlee Parks at 217-345-7245 or email at [bingle@decaturisail.com](mailto:bingle@decaturisail.com) or [cparks@decaturisail.com](mailto:cparks@decaturisail.com).

## **Transition Services**

by Carlee Parks, T.C. Independent Living Transition Advocate

SAIL offers Transition Services to assist people with disabilities living in institutional settings to their goal of independent living in the community. These services include

- Training in topics such as budgeting, independent living skills, personal care, health services, personal assistant management, self-advocacy and much more.
- Assistance with housing and location for safe, affordable, and accessible housing.
- Covering the cost of deposit and first month's rent, furniture, food, household goods, personal hygiene items and initial cleaning supplies along with any durable medical equipment needed but not covered by an insurance provider.
- Home Services Program referral or Personal Assistant services when applicable.

Services continue with periodic home visits to ensure a safe and successful transition to living independently in the community. For more information contact your local SAIL office or email [cparks@decatur sail.com](mailto:cparks@decatur sail.com).

## **DISABILITY ADVOCATE PRESERVES HIS VOICE WITH IPHONE**

by Lori Smith, Executive Administrative Coordinator

Tristram Ingham is a New Zealand native who is a physician, academic researcher and disability community leader. Ingham's words are his power. He has acioscapulohumeral muscular dystrophy which causes progressive muscle degeneration in the face, shoulders and arms and can ultimately lead to the inability to speak, feed oneself and in some cases, blink your eyes. "By the end of a long day, just bringing up my voice gets a bit harder," he says. His iPhone has a new Personal Voice feature that users like Tristram, who are at risk of speech loss, can create a voice that sounds like them by following a series of text prompts to capture 15 minutes of audio.

"Disability communities are very mindful of proxy voices speaking on our behalf," he says. Providers and family have spoken for disabled people in the past. Now technology can allow a voice to be preserved and maintained. Tristram created his Personal Voice for Apple's "The Lost Voice" film, in which he uses his iPhone to read aloud a new children's book of the same name, created for International Day of Persons with Disabilities. When he tried the feature for the first time, he was surprised to find how easy it was to create and how much it sounded like him. He works, volunteers in his community and is happy to have technology to help him along the way. Perhaps most important, he says is "keeping a personal connection with friends and family and reading to his grandchildren, regardless of the state of his speaking voice."

Source: [www.apple.com](http://www.apple.com)

## MEDICAL CREDIT CARD RISKS

by Bonnie Thomas, Information and Referral Advocate

Medical Credit Cards can have some bad side effects. Medical Credit Cards are offered by financial institutions to pay for health services that insurance does not cover. Although you may sign up for the cards at the doctor's office, your doctor is not the one who is lending the money. Instead, the lender is a financial institution that has an agreement with your health care provider to do the credit approval, issue the card or loan and take over managing your account. Medical Credit Cards can promise zero interest for a certain period of time after you have used them to borrow funds. If you can pay the loan off within that period of time, the card can be a good deal. If you cannot pay it off and still have a balance after the introductory period ends, you may owe interest on the full original balance. Imagine you have one year to pay a \$2,000 dental bill at zero percent interest. At year's end, if you have repaid all but \$100 of that amount, you could own 25 % interest on the original bill, which is \$500. Hence the card could cost you more money in finance charges.

Source: AARP December 2023: by Michelle Andrews

## Social Security Number Scam

by Betty Watkins, Rural Outreach Coordinator

If there is a problem with your Social Security number or your card, the Social Security Administration will send you a letter. The Social Security office will only contact by phone when they receive a request to call someone back or when they have been working with someone on business. **They will never:**

- Threaten legal action when someone refuses to provide information. Cost-of living adjustments, COLA, notice is provided by a letter from the Social Security office.
- Interrupt the usage of a Social Security number, SSN.
- Request payment by cash, gift card, pre-paid card, wire transfer, etc.

Impostors attempt to convince the person they called that they represent the federal government and will claim identity theft or another problem associated with the SSN, account, or benefits. These impostors will continue to change and find new ways to obtain money and personal information. Just be aware of anyone claiming to be from the Social Security Office. If you have a question about your Social Security Number, call the National 800 Number for Social Security at 1-800-772-1213 between the hours of 8:00 a.m. – 7:00 p.m., Monday – Friday.

Source: [www.ssa.gov](http://www.ssa.gov)

## SAIL Employment Opportunity

SAIL has a part-time opening for an **Independent Living Transition Advocate**. **Qualified individuals with disabilities are encouraged to apply. Wages begin at \$16.80 an hour.** If you are interested in applying, please submit a resume, including three references and a statement of your independent living philosophy to Jeri Wooters, SAIL Executive Director. Resumes may be emailed to [jwooters@decatur sail.com](mailto:jwooters@decatur sail.com), faxed to 217-876-7245 or mailed to the following address.

Jeri J. Wooters  
Soyland Access to Independent Living  
1670 S. Taylorville Road  
Decatur, IL 62521

## **SAIL IS A FRAGRANCE-FREE FACILITY**

Not all disabilities can be easily observed. People who have a respiratory or breathing disability are unable to breathe when they encounter scents and fragrances in their environment. For that reason, SAIL is a FRAGRANCE-FREE facility. SAIL reserves the right to require anyone coming into a SAIL office wearing cologne, perfume, scented soaps or lotions TO LEAVE. This policy serves to protect SAIL consumers, visitors, guests and staff.

**THANK YOU FOR YOUR COOPERATION!!**



## **UPCOMING SAIL OFFICE CLOSINGS**

The business hours at all SAIL offices are Monday through Friday 8:30 a.m. to 4:30 p.m. During the months of March 2024 through June 2024, all SAIL offices will be closed on the following dates:

- **Monday, May 27<sup>th</sup> – Memorial Day**
- **Wednesday, June 19<sup>th</sup> – Juneteenth**

Additional closings occur in the Charleston and Shelbyville offices when staff are in the community providing consumer services, education activities and attending meetings. The phone system routes all calls directly to the main office in Decatur during normal business hours.

**SAIL OFFICE HOURS** 8:30 a.m. – 4:30 p.m. **SAIL WEBSITE** [www.decatorsail.com](http://www.decatorsail.com)

### **CONTACT INFORMATION**

**1-800-358-8080 (V/TTY/VP)**

#### **Decatur Office**

**2449 E. Federal Dr.  
217-876-8888 (V/TTY/VP)  
[sail@decatorsail.com](mailto:sail@decatorsail.com)**

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

#### **Shelbyville Office**

**1604 W. Main St. Ste. 100  
217-774-4322 (V/TTY)  
[saisel@consolidated.net](mailto:saisel@consolidated.net)**

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

#### **Triple C Office**

**707 Windsor Rd. Suite B  
217-345-7245 (V/TTY)  
[triplec@consolidated.net](mailto:triplec@consolidated.net)**

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

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



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### **NOTICE FOR NOMINEES TO THE SAIL BOARD OF DIRECTORS**

The SAIL Board of Directors, vested with the management and administration of Soyland Access to Independent Living, SAIL, are responsible to determine and monitor the organization's administrative, personnel and financial policies. They serve as guardians of the SAIL Mission.

#### **"Promoting Independent Living For All People With Disabilities"**

Presently there is a need for individuals interested in representing the deaf or hard-of-hearing population or with fundraising and/or financial skills, but all interested candidates will be considered. Consumers and other interested individuals should submit an application form to the Nominating Committee chair. Please call (217) 876-8888 or 1-800-358-8080.



Funding is provided through the U.S. Department of Health and Human Services, HHS, the Illinois Department of Human Services, IDHS, Division of Rehabilitation Services, DRS, Illinois Network of Centers for Independent Living – Personal Assistant Recruitment & Training Project and local fundraising projects.