

Peer Connections

Taking Control: The Consumer Directed Personal Assistance Program

INSIDE THIS ISSUE:

Taking Control: CDPAP 1

MILC introduces a new program for residents of St. Lawrence County beginning March 2013. The program, CDPAP, is The Consumer Directed Personal Assistance Program. The purpose of the program is to give you the **Control** over your personal care. You become the supervisor of your own personal assistance services. You can hire who you like (subject to some restrictions), train them in the areas important to you, and supervise their work on a daily basis. Tasks are not limited as they are in a traditional care aide plan. Services that you can direct your assistant to help with include, but are not limited to the following:

Venturing Out This Summer 2

- bathing
- getting in and out of bed or a wheelchair
- toileting
- eating and drinking
- cooking and cleaning
- running errands

Consumer Satisfaction Needs Survey 3

These responsibilities are subject to a limit on the number of hours set by the Department of Social Services. If a personal assistant does not work well for you, *you* can replace them. If accepted into the program you can hire almost anyone to be your personal assistant. The only **exceptions** are:

STEHP 5

- your spouse (wife or husband)
- Members of your nuclear family who ALSO live with you (son, sibling, daughter, parent, son-in-law, daughter-in-law)

Our Mission: MILC Services 6

To be eligible for the program:

- you must be Medicaid eligible for Personal Assistance Services
- AND**
- be a "Self-Directed" person; this means being able to understand the decisions about your medical care and implement them. (If you don't believe you can be self-directing, you can designate someone who is)

*"...the program is to give you the **Control** over your personal care."*

The MILC will work primarily as the "Fiscal Intermediary;" providing help with handling paperwork related to employment. The MILC staff can also assist in constructing advertisement or use other resources to help you locate potential personal assistance; provide a detailed training manual to help you manage your personal assistance services; help with understanding what you will need to train and supervise individuals and link this program with other MILC services. If you, or someone you know would like to take control of their personal care contact us at MILC for assistance.

Venturing Out This Summer

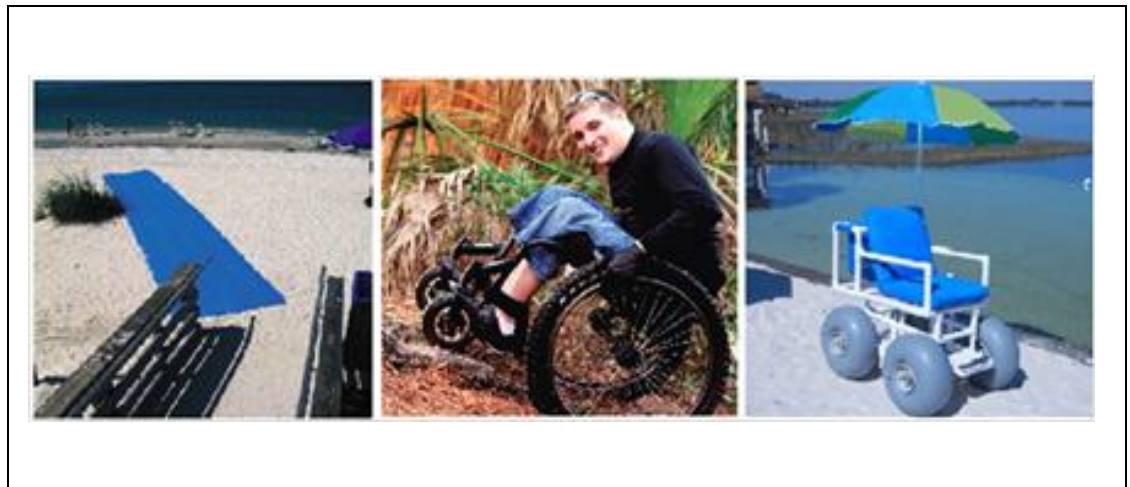
The St. Lawrence County Health Initiative and the Massena Independent Living Center (MILC) hope to make summertime a little more fun for everyone. Through the Health Initiative's St. Lawrence County "Creating Healthy Places" project, a grant funded by the New York State Department of Health- MILC was able to purchase some recreational equipment to enhance wheelchair accessibility in the Great Outdoors.

MILC maintains a free loan closet for people who wish to try, or are in temporary need of such things as:

- walkers
- shower chairs
- wheelchairs
- many other adaptive equipment items.

The closet is available to all the recreational programs in the area as well as schools and colleges. The new equipment purchased includes four "Beachrings2" wheelchair terrain mats that are each 5ft by 15ft and capable of a sixty foot run; a "Top End Crossfire" All- Terrain wheelchair with a 20in wide seat and some serious tread; and a waterproof "Rolleez IV" beach wheelchair with a 20in wide seat, sand capable tires, and removable umbrella. All items are intended for demonstration and free short-term use at our local area's public beaches, parks, and various recreational sites. For more information and to inquire about availability call MILC, Inc. at 315-764-9442 or watch the paper for a list of where these items will be this summer. And more importantly: be sure to get out and use them.

"The new equipment purchased includes four "Beachrings2" wheelchair terrain mats that are each 5ft by 15ft and capable of a sixty foot run..."



STEHP: Solutions to End Homelessness Program

Beginning in April of 2012, MILC has been operating the “Solutions to End Homelessness” program, otherwise known as STEHP in St. Lawrence County, NY. The program was created through a combined funding opportunity from the homelessness services programs fund in State Fiscal Year (SFY) 2011-2012 budget and federally allocated Emergency Solutions Grants Program and Temporary Aid to Needy Families funds from the Departments of Housing and Urban Development and Health and Human Services.

STEHP provides services to the At-Risk of Homelessness or Literally Homeless population. An At-Risk Homelessness person is someone that has been identified as being in imminent danger of losing their housing situation and without assistance would otherwise be homeless. A person who is Literally Homeless is someone who is living in a public or private place not designed for, or ordinarily used as, a regular accommodation for human beings.

Services provided through the STEHP Grant include rental assistance (arrears or first month); security deposit; utility shut off (discretionary) and moving costs (discretionary). Individuals seeking the assistance will meet with the STEHP case worker for an intake and assessment. Applicants must fall within one of the two categories listed above as well as fall within income guidelines. In order to qualify for the program, household must be at or below 30% poverty level (see below). If you or someone you know is at risk of losing, about to lose, or has already lost their housing contact MILC for help.

2012 Federal Poverty Level 30%	
Family Size	% Gross Yearly Income
1	\$11,950.00
2	\$13,650.00
3	\$15,350.00
4	\$17,050.00
5	\$18,450.00
6	\$19,800.00
7	\$21,150.00
8	\$22,550.00



“...rental assistance (arrears or first month); security deposit; utility shut off (discretionary) and moving costs (discretionary).”

Massena Independent Living Center

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(518)483-2151

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We're on Facebook!

Massena Independent Living Center

Our Mission

The MILC, like all independent living centers (ILCs) has the important, but unfulfilled Mission of working to ensure that we and our Nation's more than 45 million fellow people experiencing disabilities are one day able to participate in, and be considered as equals in, all areas and aspects of the American way of life. The fact is that despite major inroads made (i.e. Section 504 of the Rehabilitation and even the Americans with Disabilities Act itself); passive and overt discrimination which excludes people with disabilities from their participation and enjoyment of many things in the country still exist. Our goal is to end that discrimination and exclusion and ensure that people with disabilities have the opportunity to prove ourselves equal. With that the Independent Living Centers are committed to working every day at affecting the systems and attitudinal change it will take for people with disabilities to be uniformly treated, considered and viewed as the people that we ultimately are, which is ordinary everyday Americans!

Services Include:

- Peer Counseling
- Information and Referral
- Disability awareness training
- Benefits Advisement
- Individual and Systems Advocacy
- Developing Plans to Achieve Self Support for recipients of SSI or SSI/SSDI
- Independent Living Skills Training
- Architectural and Communication Barrier Consultation
- Wheelchair non-repetitive transportation

MILC is **NOT A LIVING FACILITY.** Call for more information regarding our services.
