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# TOGETHER





# Independent Living

maintain the independence

Independent living is not defined in terms of living on one's own; Independent Living is having the right and the opportunity to pursue a course of action and the freedom to fail and to learn from one's failures. It's having the opportunity to make one's own decisions, pursue activities of one's own choosing and being limited only in the same ways as everyone else, regardless of ability.

Fortunately, individuals with disabilities don't have to do it all on their own. Centers for Independent Living are designed specifically to assist individuals with disabilities who themselves have been successful in establishing independent lives.

## Center for Independent Living

Established in 1997, WILS is one of 22 Centers for Independent Living (CIL) in Missouri and 340 centers in the U.S.

WILS is a consumer-controlled. community-based, cross-disability, nonresidential private non-profit agency, designed and operated within a local community by individuals with disabilities for individuals with disabilities.

WILS provides an array of independent living core services which emphasize the individual's control of their life and decisions. The individual with the disability is the best judge of what they can or cannot do.

# ERVIC C

### Information and Referral (I&R)

Knowledge is Power! I&R provides education, collaborative planning, and problem-solving. I&R provides guidance to individuals on how to navigate the complex and confusing service systems. Knowledge supports an individual's capacity for self-determination and can help consumers gain needed skills to act on their own behalf. WILS can provide consumers with information and knowledge needed to make empowering and effective decisions.

### Independent Living Skills Training (IL Skills Training)

Providing life skills training needed regardless of ability or inability to perform: Activities of Daily Living (ADLs) are basic tasks that must be accomplished every day for an individual to thrive (dressing, personal hygiene, toileting, feeding). Instrumental ADLs functions also reflect on an individual's ability to live independently and thrive (managing a household, transportation and shopping, money management, preparing meals, leisure/recreation, companionship and mental support)

### Peer Support

Peer Support can be provided in multiple forms, including on an individual basis or in a group setting. WILS Peer support is structured to incorporate recreational activities and informal leisure activities. In addition to participants promoting encouragement of self-determination and personal responsibility to one another, they also provide critical support during challenging times by sharing their lived experiences. They provide each other hope and a sense of connectedness. Peer support helps people feel more knowledgeable, confident and happy and less isolated and alone.

### Advocacy: WILS provides two types of Advocacy

Individual advocacy is one-on-one support provided to a person to prevent or address instances of unfair treatment or abuse and ensures the voice of the person with a disability is heard on a particular issue that matters to them. Using self-determination, individuals express their views and concerns, has access to information and services, and provided their right to explore choice and options.

Systems Advocacy is a set of organized actions aimed at influencing public policies, social attitudes, or political processes. Systems advocacy can include: Giving support to a policy and persuading those with power to act in support of the policyGaining and exercising power to influence a political action organizing efforts by citizens to influence the formulation and implementation of a policy.

### **Transition**

Whether it is a youth with disabilities needing assistance transitioning to post high school or the workforce or an individual wanting to transition from a nursing home or rehabilitation center back to the community; WILS has a program to assist.



### **Consumer Directed Services (CDS) Program**

A Medicaid-based program which allows people with significant disabilities to self-direct their own care and stay in their own homes. In this program, the person with the disability is referred to as a consumer rather than a client or patient. A Personal Care Attendant (PCA) does not take care of a consumer, rather they assist the consumer to live independently.

PCA's assist consumer with Activities of Daily Living (ADL – the basic actions that involve caring for one's self and body) or Instrumental Activities of Daily Living (IADL – basic essential functions i.e. preparing meals, home or money management, transportation, shopping) that consumers are physically unable to do themselves or would take an exceptionally long time to do on their own.

A main component of the CDS program is consumer control, meaning the person who receives CDS is the employer of the PCA. The CDS program participants are responsible for locating, hiring, setting work schedules and managing their attendant(s).

WILS staff provide support consultation services to CDS program participants so they remain compliance with program regulations and maximize the benefit received from participating in the CDS program. In addition, WILS fiscal agent acts on behalf of the consumer performing various financial duties.



The VetAssist program is a Department of Veterans Affairs benefit for veterans or their surviving spouse, earned from military service. The program pays for skilled services, case management, assistance with activities of daily living and can be used as a part of an alternative to nursing home care.

- As a contracted home care provider with Veterans Home Care, VetAssist is another resource WILS' has available to empower elderly disabled veterans or their surviving spouses to achieve or maintain their independence and remain in their own homes.
- Working collaboratively with Veterans Home Care, WILS assists the veteran or their surviving spouse to remain in compliance with VA regulations so they can receive the maximum allowable pension benefits, paid for through the "Aid & Attendance" pension.
- WILS assists the veteran/consumer with the application process, including helping the veteran assemble and file all necessary paperwork, schedules and provides the home care workers, provides case management, and oversees the veterans VetAssist care.
- The VetAssist program is designed to assist in meeting the unmet needs of a veteran or their surviving spouse and provide necessary assistance for the person to remain in the least restrictive environment.

### **Money Follows the Person**

Money Follows the Person (MFP) is the State of Missouri Rebalancing Demonstration which supports the state's efforts to "rebalance" long-term support systems. WILS MFP Transition Coordinator works collaboratively with Missouri to transition qualified individuals from nursing facilities or habilitation centers to the community, identify and eliminate barriers that prevent people from being able to move to the community, improve the ability of MO HealthNet to provide in-home or consumer directed services, and to ensure that there is continuous quality improvement of in-home services provided.

- The overall goal for this program is to support people who have disabilities and those who are aging to move from a nursing facility or habilitation center to a quality community setting that meets their individual needs and wants.
- Eligible participants receive money to help secure and furnish their own housing upon their transition date. WILS MFP Transition Coordinator works with the consumer for 365 days, empowering the individual to demonstration they can successful transition back into the community. At the end of the demonstration period, the individual will continue to receive home and community services and supports.

### **Transportation Program**

Transportation is critical to the independence of individuals with disabilities and their ability to contribute economically, socially, and politically. Individuals with disabilities often lack viable transportation options, rural communities face even greater barriers to accessible transportation. WILS Transportation program is a fee based service which offers qualifying consumers affordable and accessible transportation to individuals with disabilities and the elderly access to important opportunities, such as health care, employment, education, and community life.

WILS Transportation program is funded by Vocational Rehabilitation Services, Missouri Department of Transportation Elderly and Handicapped Transportation Assistance Program, corporate and individual donations and WILS fundraising efforts.

### **Transportation Friend Assisted Rides (FAR) Program**

- Decades after the independent living and disability rights movements, transportation remains a primary issue for individuals with disabilities living in rural areas, they continue to be isolated, frustrated and cut off from community life.
- WILS is dedicated not only to providing transportation options to individuals with disabilities but also works to help solve problems in areas that lack transportation options, develop partnerships and engage in coordination and address accessible transportation issues.
- WILS Friend Assist Rides (FAR) Program is a gas reimbursement voucher transportation option designed to subsidize the cost of rural transportation for WILS consumers.Qualifying individuals can have a family member, friend or neighbor take them to their non-emergency medical appointments and WILS will reimburse the gas mileage to the consumer. The consumer is responsible for reimbursing their driver.



The goal of WILS Assistive Technology (A/T) Program is to improve an individual's access to, or procurement of assistive technology and/or services which would promote and increase independence or decrease issues that prevent access to daily living activities.

Assistive Technology (A/T) is any tool, device, software or equipment that can be used to help someone with a disability do something that they cannot do without assistance; A/T empowers to work around challenges and accomplish tasks an individual they

might not be able to do in their day-to-day lives.

WILS assistive technology service include evaluating need, assistance in selecting appropriate equipment, purchasing new, donated, recycled or otherwise providing for the acquisition of the assistive technology.
 WILS provides information on where people can obtain assistive technology (from another agency, business, organization). WILS will assist the consumer in finding the appropriate assistive technology at a cost the consumer can afford.

WILS Recycling and Exchange program will loan or donate AT equipment in good working condition to individuals with disabilities who have no other means of obtaining the needed equipment. Availability will be determined by inventory.

WILS assistive technology demonstration program (AT Demo Center) will allow individuals with disabilities, and older citizens, to experiment with different devices, empowering the individual to make an informed choice based on their learning about the device/equipment and determine what will best meet the individual's needs.

### **ADA Program**

WILS ADA Coordinator works to advance accessibility within WILS organization and the integration of people with disabilities into the mainstream of society, including:

Civil rights protections to individuals with disabilities similar to those provided to individuals based on race, color, sex, national origin, age, and religion.

Provide equal opportunity for individuals with disabilities including, but not limited to public accommodations, employment, transportation, voting rights, commercial facilities, auxiliary aids, local and State Government services.

Ensure public entities do not isolate, separate, or deny people with disabilities the opportunity to participate in the programs that are offered to others.

O Ensure equal participation in all WILS programs, services and events.

### **ADA Implementation and Assessments**

WILS ADA Coordinator can assist your business or organization to understand and meet the requirements of the ADA both architectural and programmatic. This may include help with a self-evaluation and working to develop and implementation as cost-effective as possible.

### **Disability Laws- Housing**

WILS ADA Coordinator can assist consumers with understanding their right under the ADA, Fair Housing Act, reasonable accommodations and modifications.

### **Disability Etiquette**

Classes for business' focused on consumer service reasonable accommodation (i.e. How to handle a request from an individual with a disability or a family member) - what you should have on hand depending on the nature of your business.

Classes for friends and family for a newly disabled consumer - Family and friends are often unsure if they are being offensive.

### Advocacy

WILS ADA Coordinator will help by providing information on the ADA regulations and statues to better inform the consumer on advocating at the city, county and state levels.

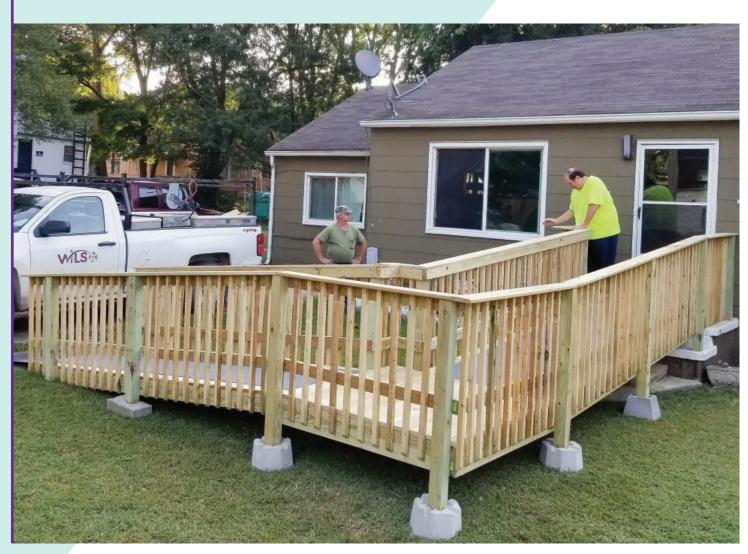
### **Community Presentations**

WILS ADA Coordinator will gladly provide presentations to groups or business about any specific elements of the Americans with Disabilities Act.

### **Ramp Program**

For many individuals the nature of their disability can impact many areas of life – including the way he or she accesses, maneuvers through, and enjoys activities at home and in the community.WILS Ramp Program offers solutions to accommodate the use of mobility aids, provides safe entry to and exit from the home to meet the functional needs of a consumer, according to the individuals personalized plan. Following American Disability Act (ADA) specifications and guidelines, WILS creates accessibility and provides the opportunity for individuals to lead more independent lives.

WILS Ramp Program is made possible through grants, corporate and individual donations, and fundraising. Payments or co-payments may be required for ramp materials.



### **Project WILS Cool**

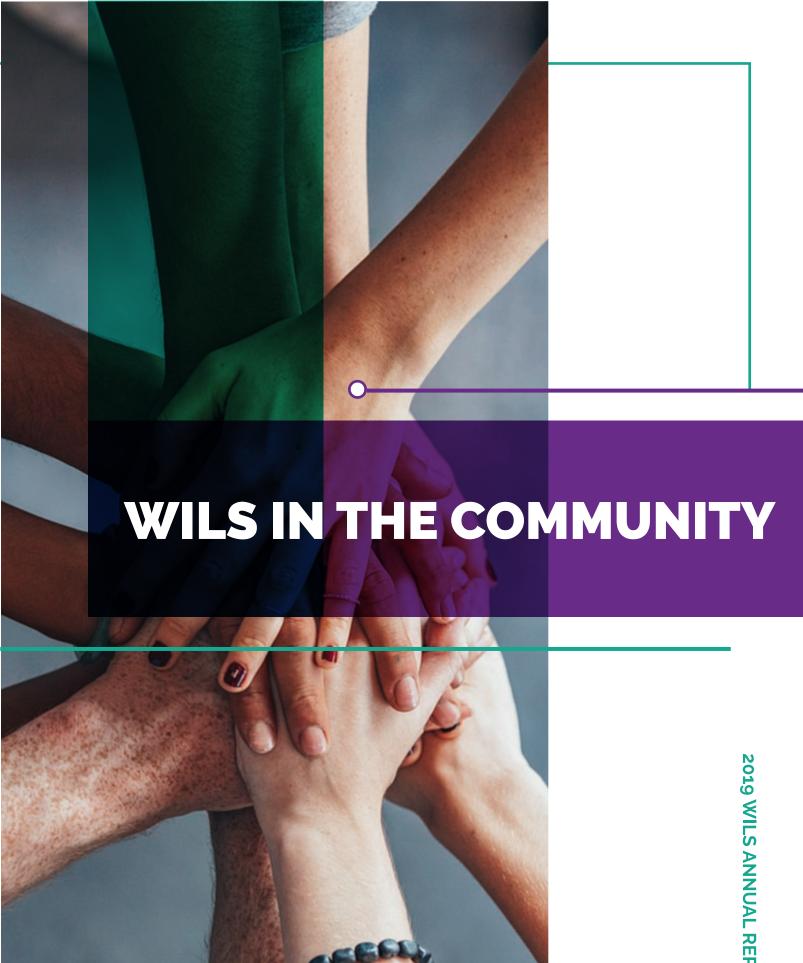
The annual WILS Cool project is an effort to help individuals with disabilities and our elderly find refuge from the summer's deadly heat with air conditioning assistance.

### **Youth Services**

Services are aimed at empowering young people to make a smooth transition from youth to adult services. WILS 5-core services remain the same for youth but tailored to the unique needs of the youth and their families. WILS will work with youth to prepare them for life after high school, and continue to support them in their transition to the adult work after educational services have ended.



**Health Care** 



# WILS IN THE COMMUNITY -

268 Hours of Agency Collaborations & Networking





2 Hours Advocating for Consumer Services, Programs and Supports

550+ Individuals Reached Through Public Policy Advocacy Efforts At The Missouri State Capitol





25 Thanksgiving Meal Baskets Distributed 753 Individuals Reached at Project Community Connect, Community & Senior Health Fairs and Events





128 WILS blankets donated to Johnson County Care Center & Riverbend Heights Health & Rehabilitation Center

1,724 Youth Engaged During School and Youth Transition Fairs in WILS 6-County Service Area





Engaged with 219 Individuals at Senior Day and Access Day at the Missouri State Fair Product Distribution Day -Household products & goods, which cannot be purchased with food stamps, distributed to consumers in **Henry County** 





293 Consumers participate in: WILS Fall Fishing Day, WILS Outdoors Without Limits, WILS Art at the Market, Scott Joplin International Ragtime Festival, WILS ADA at the K, along with tours of Daum Museum of Contemporary Art & Truman Lake Visitors Center.

WILS featured on Benton County local TV show "What's Up Warsaw?"





Literacy with Lu the Therapy Dog: WILS Children Story Time at Trails Regional Library **Books Featuring Therapy & Services Dogs Assisting** Individuals with Disabilities.

# **WILS** Social Media

17,593 Individuals Reached Through Disability Targeted Social Media Posts

629 Individuals Reached
Through Food Insecurity
Targeted Social Media Posts

1,233 Individuals Reached
Through Inclusive
Communities Targeted Social
Media Posts



www.w-ils.org #thewilsway



