

Nursing Home Transition Program

Placement in a nursing facility does not have to be a lifelong commitment!

Do you want to have more choices in your life?

Do you want to have more control in how you live?

Do you want to live in your own home?

Tri-County ILC nursing home transition program is able to assist you or someone you know move from a nursing home to a home in the community. You or your representative must be committed to the process and be willing to advocate for independence.

Tri-County ILC works with individuals with disabilities and various agencies in transitioning them from nursing homes, assisted living centers, or other institutions into their own homes. This service allows you or someone you know to live more independently in the community.

Services available to assist you with moving into your home are:

- Creating a transition plan
- Applying for benefit and waiver programs
- Obtaining personal care attendant and/or nursing services
- Education on hiring personal care attendants
- Locating affordable and accessible housing
- Acquiring Assistive Technology
- Making your home accessible
- Independent Living Skills classes
- Recreational activities
- Peer mentoring/support
- Community advocacy

Information and referrals for:

- Employment
- Transportation
- Other disability related issues


Assistive Technology and Home Modification Services

Assistive Technology is a product that is designed to assist an individual with their everyday needs and activities. An Assistive Technology device is any item, piece of equipment or product system, used to increase, maintain ones capabilities. These items may be acquired commercially or off the shelf then modified or customized for each individual.

Assistive Technology devices include: power wheelchairs, walkers, talking computers, lifts for the home or vehicle, shower benches, or they may be home modifications like grab bars for your bathroom, widening doors, create cut out under your sinks, build ramps, etc. They are designed to assist an individual with their everyday activities. There are literally thousands of assistive technology products, and it is a struggle to decide which one is the best for you or someone you know.

We provide:


1. An individual assessment to determine the best type of equipment for each individual with disabilities.
2. We then look to see if we have that item or product in our Loan Bank (see description of Loan Bank).
3. If we don't have that equipment in our Loan Bank we would look to find funding through an individuals insurance, Critical Needs Housing funds, donations, grants, other loan programs, the Assistive Technology funds that we administer, Vocational Rehabilitation, Community Development funding, etc. *(Continued on backside)*




4. This usually requires or involves advocacy by you and us, waiting lists for funding, eligibility requirements, appeals, doctor's statements, referrals, other assessments, several bid from various vendors, and training.

5. All of which we provide.

Our goal is to work with people with disabilities to acquire Assistive Technology that is needed by individuals with disabilities to become or maintain ones independence.



Our staff has the expertise and the commitment to recommend the most current technological devices, equipment, and resources to accommodate a wide spectrum of disabilities. We also offer technical advice to businesses and community-based organizations so that they may become more accessible.



Independent Living Services

Independent living services are for all ages and types of people with disabilities. We work in setting and maintaining goals for one to become independent or maintain ones independence in the community. Our staff will work with you to develop an individualized Independent Living Plan. Each plan contains Independent Living Goals. These goals vary based on the individual's needs, wants and desires.

Examples of goals are (but not limited to):

- Finding affordable accessible housing, acquiring and using adaptive equipment, developing life skills (such as cooking, cleaning, money management, etc.), systems advocacy, individual advocacy, transportation, employment, information and referral, peer support, recreation, socialization, education, attendant service, waiver services, communication, transportation, community based living, vocational, self-care, personal resource management, nursing home diversion, etc.

Our goal is to work with you to achieve all of your goals on your Independent Living Plan. In doing so you'll have acquired the skills and services that you requested to become and maintain your independence.

Class Instruction/ Personal Growth

Tri-County ILC has the resources to offer classes to meet a variety of consumer needs. Classes include but are not limited to food preparation, low vision training, living with hearing loss, computer education, First Aid, CPR, advocacy, support groups, People First, NAMI trainings, legislative advocacy and additional subject as requested.

Young adults with disabilities transitioning from high school to the adult work world can attend classes about the workplace and personal life skills. They learn to fill out forms, set up personal budget plans, shop affordably, vacation planning and other day to day experiences. These classes are currently arranged in conjunction with Ogden and Weber School Districts, and taught at our facility. However, anyone can attend.

In the summer of 2007 we will offer classes in a program called "Living Well with a Disability". The "Living Well with a Disability Program", was developed by researchers at The University of
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Montana, Rural Institute on Disabilities, is a health promotion or wellness program for adults with physical disabilities.

Space is limited for some classes. See our calendar of events in our newsletter or on the web at www.tri-county-ilc.com.

Recreation and Community Integration

We strive to build self-esteem, confidence and physical development through recreation and physical activities. Recreation and socialization provides great physical and mental rehabilitation, not just for a person with a disability, but anyone. As of April 2007, Tri-County ILC offers therapeutic swimming, bowling, bingo, camping, cycling activities, fishing trips, ceramics class, wheelchair basketball team, wheelchair tennis, movie nights, and music/concert nights.

We also provide information and referral for other activities like: horseback riding, rock wall climbing, snow skiing and water skiing, etc.

We strive to find a way for anyone to participate in recreational activities. Whether it be through assistive technology, community barrier removal, or even just peer support. *(Continued on backside)*

All of which increase community integration for the current participants as well as the future participants.

Individual recreation and community integration services are also available. If there is an activity that you would like offered, please let our recreation coordinator know. We can also provide information on free fishing licenses to people with disabilities, and the loan of some recreation equipment.

Space is limited for some activities so please see our calendar of events in our newsletter, on the web at www.tri-county-ilc.com or call us for more information.

ADA

Tri-County ILC has developed an effective outreach, recruitment, and awareness component that will educate people with disabilities, the community, and advocates about the Americans with Disabilities Act (ADA).

If you know of a place that is not accessible and would like assistance in making it accessible, or have any questions about the ADA please call our ADA Coordinator.