



# STREET FITE



## DRH Home Services Program

The Home Services Program provided by the Division of Rehabilitation provides for in home assistance for persons with disabilities. The program is intended to keep people with disabilities living as independently as possible. It is a program intended to keep people out of nursing or long-term care facilities. To qualify you must have a Determination of Need (DON) assessment done. Trained Home Services personnel must complete the assessment. It is intended to assess an individual's risk of entering a nursing or long-term care facility. If you are found to be at risk, your score translates into the number of hours per month that you will be provided in home assistance.

When we say risk we mean just that, your level of risk. No one is coming to take you anywhere you don't want to be. No one associated with this program can force you into a nursing or long-term care facility. It is their job to do the opposite. To provide services for you in your own home. The type of assistance provided is based on the tasks you have difficulty or cannot perform independently. Tasks that us in the biz refer to as ADL's or Activities of Daily Living. It can range from house keeping and laundry needs, bathing, cooking, all the way to ventilator maintenance, feeding tubes or other medical needs. The programs allows for the level of as-

sistance you are in need of. The care providers range from Personal Assistants, Certified Nursing Assistants, Registered Nurses and Licensed Nursing Practitioners. Here at the FITE Center for Independent Living we work with both individuals and providers in using this program. As the recipient you are the boss. You hire whom you like and arrange their schedule, as you like. There are program restrictions. If you are interested in home services call our offices for more information. If you have had an assessment and do not understand the program or don't understand why you were turned down we may be able to help. Give us a call today.

## ATTENTION DEAF PATIENTS!!!!

If you are deaf and are going to the doctor what arrangements do you make? Do you bring a friend who is hearing? Do you understand what your doctor is telling you? Do they make you bring family along? For hearing individuals reading this consider this. Would you want to take a friend to the gynecologist? How about the proctologist? Parents would you like to have your child inform you that you have a serious health condition? You have the right to request and receive an interpreter for your medical appointments. Even in emergency situations. Medical facilities are required to provide an interpreter by law. If this has or is happening to you call us or contact the Great Lakes Disability and Business Technical Assistance Center @ 1-800-949-4232



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## Multiple Sclerosis & Vitamin B

Multiple Sclerosis is a disability that affects the mind and body. Vitamin B is a necessary supplement to any ones every day diet, for people that have Multiple Sclerosis it can mean much more. There is a common theme among people with MS that their Vitamin B levels can be irregularly low. For one of our consumers it took them to the point they could not remember how to unlock their door to get out of their apartment. After a move that prompted a doctor switch our consumer found that they had a nearly non-existent vitamin B level. After beginning a vitamin B injection regimen, our consumer feels better than ever. They are even looking into getting part time employment. If you are under a Doctors care it is ill advised to make any changes without consulting them. Make an appointment to have your vitamin B levels checked. It is not a part of an average blood work up. You will need to request it be screened for. It is in no way a cure but as in this case can make things that much healthier.

## Elgin Home Accessibility and Home modification Program.

The weather is a mess right now. The good thing about living in Chicago land is that if you don't like the weather wait 15 minutes and it will change. With spring approaching we want to let you know about the program for

home access available through the city of Elgin. The City of Elgin will provide a one time grant to make homes accessible for the residents. Some restrictions apply. If you are in need of access modifications contact our Elgin office for more information.



## Circuit Breaker Sign-up

The FITE Center for Independent Living is hosting Circuit Breaker Signup day. It will be held on March 17<sup>th</sup> and 20<sup>th</sup> in the Elgin office and March 13<sup>th</sup> and 14<sup>th</sup> in our Aurora Office. Call us to make an appointment. Please remember to bring your proof of income for 2007. Proof of property tax, mobile home tax, and rent paid for all of 2007. If you do not have a lease you will need a notarized rent statement from the individual you make your monthly payments to. It must include the amount of the monthly payment and indicate the time you have been living there. For those under age 65 you will need proof of disability. These are the necessary documents required for the program. We cannot file your application without them. Get organized and call us to get signed up.

# Accessible Parking a Privilege not a Right!

Your parking placard is a privilege. Just like a drivers license it can be taken away if you abuse it. If you have an accessible parking placard there are a few things you should know. People that apply for and receive this placard do so because they need it. It has it issues. As an agency working in the disability field even our staff notice things. Like the dumpster parked in the aisle. People leaving their shopping carts in the parking spaces. This time of year it seems the plow had no other place to put the snow. These are things placard users deal with every day. However, do you know the rules? Are you clear on not just your rights but responsibilities of using a placard? Take our Parking Quiz to see how you score. Following the rules will keep your placards where they should be.



## Questions

### True or false

1. It's ok to be dropped off at the door and have a companion use the placard to park. As long as you are there.
2. The striped part of the parking is to show me where the next spot starts.
3. I can get a placard if I don't have a car.
4. Anyone can use my placard. There is no way to tell it belongs to me
5. I can lose my placard if my family and friends are caught using it.

## Answers

1. Answer: False. The placard is only to be used in a space if the holder is getting in and out of the car from that space. You also cannot use the placard if you are going to remain in the car while a companion runs into the building. Even if they are there for your business.
2. False: an accessible space consists of two eight-foot aisles. One is for the vehicle and the other is for access. The access aisle is for people that use wheelchairs, scooters, walkers. It gives them the space to get safely in and out of the vehicle. That space is also used by lift equipped vehicles to let the rider out. Parking there could keep someone from getting into his or her car.
3. False: the placard is for travelers. Not drivers alone. You can get a placard to be used with anyone you may ride with.
4. False: Your Placard does have information exclusive to you. It certainly doesn't have enough for identity theft should you lose it but it does contain enough for a ticket to be written if it is used illegally.
5. True: Your placard is for you and only you.

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Meet our business Members!  
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## Connie's Corner

your monthly editorial by coordinator Connie Duffin.



Well, I 'm going to keep this short. We have had probably one of the longest and not to mention one of the worst winters since the late 1970's, and as I'm writing to you now, we are under a winter storm watch-ugggh! I don't know about you guys, but I've had enough of this-really I have. In the 90's, we were spoiled because of el Niño and la Niña. This, I suppose, is nature's wrath and revenge on Northern Illinois for all the mild winters we have had in the past. But I know spring's coming in a few weeks, so I'm trying to be optimistic. And speaking of spring, I want to let you know that the Happening's Club will start again on Monday, April 21. We will be going out to see a movie at the Randall road theater location. If you are interested in seeing a movie, come out. I will give you more details next month. I will also have a flyer put together for Happening's. I will let you know right now that we will be seeing the matinee movie which usually starts around 12 or 1pm. I hope to see you there. Anyway, that's all I have for this month. I told you I would keep it short. Shalom (peace)