

# Breaking Barriers Together

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### Our Mission:

Delta Center for Independent Living partners with people with disabilities and their communities to remove barriers and promote positive changes leading to greater independence for all.

## 2008 ELECTION IS ...

There are many important elections coming up that effect the lives of all Americans and especially people with disabilities. It is important to know the issues as well as the candidates who are up for office. Elections are being held for your local & state office.

The polls are open from 6:00 am to 7:00 pm on Tuesday November 4, 2008.

If you need transportation to the polls, please have your ride request to Vito by 5pm on Thursday, October 30th.

What are my rights as a person with a disability? (See pg. 5)

Who do I contact if I believe they have been violated? Contact the designated Head official at that polling location. If the problems are not resolved, contact your local county board of elections.



## TAP FOR TELEPHONE & ASSISTIVE TECHNOLOGY REUTILIZATION PROGRAM

Delta Center provides adaptive telephones to people who have difficulty with hearing, vision or mobility. If you live in Missouri, have a phone line and meet the income guidelines, you qualify for a phone for **NO CHARGE**.

Contact Carrie for more info.

If you are in need of a cane, walker, wheelchair, shower chair, etc. and you meet the income guidelines, you can get one for **NO CHARGE**. If you have equipment that you no longer need, donate it to our program and it will be given to people who need it. An in-kind donation letter can be provided. Please contact your ILS for more details. If you don't have an ILS, contact Delta Center and ask for Carrie.



**Delta Center for Independent Living**  
envisions a world of acceptance, access, independence and self determination for all.

Delta Center offers 4 Core Services which include:

**Information and referral services** which are available to individuals who have questions about resources in their communities.

**Peer Support Network** allows consumers to connect with other individuals within the community who have a similar disability. This networking allows consumers to speak with others about personal experiences, coping skills, daily life or pass along vital information about living with a disability.

**Independent Living Skills Training** is available to consumers who are in need of skills training in order to live their lives more independently. Some of these skills include: budgeting and personal finance management, daily meal preparation and home organization and cleanliness.

**Advocacy Network** meets quarterly to discuss barriers affecting you in your local community. Advocates identify their agendas on disability issues in their communities.

## ATTENDANT SERVICES

- ⇒ Do you live in St. Charles, Lincoln, Warren, Franklin or St. Louis counties?
- ⇒ Do you have a physical disability?
- ⇒ Do you need support with cleaning, cooking, personal care?
- ⇒ Would you like to choose the person that helps you?

If you receive MO HealthNet (formerly Medicaid), then Consumer Directed Services (CDS) could be for you. If you qualify for CDS, you could hire an attendant to assist you with your daily needs.

Anyone over the age of 18 including friends, neighbors, family members (but not a spouse), can be chosen as an attendant.

If you don't have an attendant in mind, Delta Center can provide a list of people who have been through a background check and could possibly work for you.

## TRANSPORTATION



Check out the  
Transportation  
schedule at  
[www.dcil.org](http://www.dcil.org)

Delta Center is able to provide transportation in St. Charles, Lincoln and Warren Counties where none is otherwise available. In order to qualify for this program, consumers have to go through an intake process and be able to direct their own care.

Rides are available:

- For medical appointments, essential shopping, social service appointments and support groups.
- One round trip per week within St. Charles, Lincoln or Warren County on a set day of the week.
- One round trip for a medical ride per month to St. Louis County on a set day of the month.
- Must be requested at least 3 working days in advance.
- Appointment times start at 10 and should be no later than 1:00 pm.

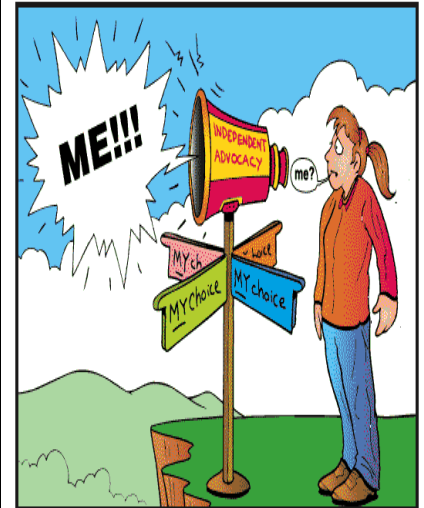
For more information on Transportation, contact **Vito**.

## ADVOCACY NETWORK

Consumers meet quarterly to discuss issues affecting individuals with disabilities in St. Charles, Lincoln and Warren County. Advocates formulate agendas on the efforts to make the community more inclusive for individuals with disabilities

At the end of the month, prior to the November 4th election, we will be holding a teleconference to discuss the issues that are important to you. Your voices need to be heard.

If you are interested in being a part of our teleconference and learn more about the Advocacy Network or if you want to keep informed via email, contact Kyle at ext 241!



## ACCESSIBILITY ISSUES

- ◆ Do you have accessibility issues in your community?
- ◆ Do you feel you are being discriminated against in housing?
- ◆ Are you interested in going out in the community to assist with accessibility surveys to ensure that everyone can access public places such as libraries?

If there is a place in St. Charles, Lincoln or Warren counties that is not accessible, contact Carrie at ext 247. We can arrange for a training on how you can learn about your rights and how to become more involved in improving accessibility.



## CONSUMER ASSISTANCE FUNDS

Delta Center for Independent Living has Consumer Funds available to help with utilities, rent or food to assist consumers in living independently in their own homes.

If you are in need of Consumer Assistance Funds, please speak with your Independent Living Specialist to see if you are eligible. If you don't have an ILS, contact Delta Center and they will put you in touch with someone who can assist you. Please ask for the Information and Referral hotline for assistance.





If you have an email address and would like to receive this newsletter via email, please email Carrie at: [carriechick@dcil.org](mailto:carriechick@dcil.org).

This newsletter is also available at [www.dcil.org](http://www.dcil.org).

Do you need the newsletter in an alternate format? If so, please let us know and we will be happy to provide it in the format that best suits you.



Helen has been a Delta Center consumer since March of 2004. She receives Personal Care Assistance through the Consumer Directed Services program. She lives with her daughter/attendant and her young grandchildren. They recently moved into a new home built by Habitat for Humanity. It has been a long process that started back in March of 2007.

Their new home is fully accessible utilizing universal design. Her daughter, Angel has contributed multiple hours in the construction of their home and several others in the community. This has been a dream come true and Helen feels blessed in receiving the help of organizations such as Habitat for Humanity and thanks Delta Center in helping to facilitate the process.

### THE AMBASSADOR PROGRAM

Delta Center volunteer Ambassadors help spread the word to other potential consumers who might benefit from the services that the Delta Center for Independent Living provides. The Ambassadors for this year have been selected and their training is underway. There will be an update on the success of the program in the next DCIL Newsletter

If you are interested in finding out how you can become an ambassador, contact your Independent Living Specialist (ILS) or call Mitch at ext 222 for more info.





What is the difference between Medicare and Medicaid?

Medicare is a federal health insurance program for people 65 and older and certain people under 65 with disabilities. Medicaid, which is administered by the states, is a program of health coverage for certain people with low incomes and very high medical bills. To be eligible for Medicare, only age or disability are considered. To be eligible for Medicaid, age, disability or family status are taken into account as well as an individual's (or family's) income and resources.

Coverage-Under Part A of Medicare, inpatient care in hospitals, skilled nursing facilities and other institutions are covered. Under Part B, outpatient services, physician services, medical services and equipment are covered. Home health care is covered to differing degrees under both Part A & B.

Consequently, Medicare covers many healthcare services provided by its beneficiaries, it does not cover certain types of care that are important to older people and people with disabilities.

Each state designs its own Medicaid program (MO Healthnet), which consists of both optional and mandatory eligibility groups and mandatory optional services. Each Medicaid program must cover inpatient and outpatient hospital services, x-ray and laboratory services, physician services, nursing facilities (which is more extensive than Medicare's skilled nursing facility coverage), home healthcare services and midwifery services. In addition to the required services, states can include many optional services in their programs. Each state does include some prescription drug coverage. Generally Medicaid covers a broader scope of services than Medicare; however, Medicaid is income based while Medicare is based on disability or age. If you received Social Security Disability for 24 consecutive months, then you are eligible for Medicare. Contact the Social Security Administration (SSA) at 1-800-772-1213.

COUNTY CLERKS OFFICES



**Warren County**

Barbara Daly  
County Clerk  
104 W. Main Street  
Suite B  
Warrenton, MO 63383  
(636)456-3331

**St. Charles County**

Rich Chrismer  
St. Charles County  
Election Authority  
397 Turner Blvd  
St. Peters, MO 63376  
(636)949-7550

**St. Louis County**

Board of Election  
Commissioners  
Joseph Goeke  
12 Sunnen Dr. Suite 126  
Maplewood, MO 63143  
(314)615-1800



**Lincoln County**

Elaine Luck  
County Clerk  
201 Main Street  
Troy, MO 63379  
(636)528-6300 ext. 1



**Your Voting Rights at the Polls**

- ◆ If you have a disability and wish to vote, you may request curbside voting. In this process, a bipartisan team of election judges will bring a ballot to your car. You should call your election authority before choosing to vote in this manner. You should also have another person with you to notify the poll workers.
- ◆ If you are a person with a disability, you may contact your local election authority to request assignment to an accessible polling place. The election authority is required by law to have at least one accessible poll in their jurisdiction, and they must assign you to it. Your ballot will count even if the accessible site is out of your precinct.
- ◆ Every voter must have identification with name and address on the document-such as a driver's license, state ID, voter ID card, polling place notification card, utility bill, government paycheck, university ID or bank statement. The identification does NOT need to be a photo ID. Any documentation mentioned can be presented.

## National Council on Independent Living

### Disability Forum

On November 2, 2007, the National Council on Independent Living partnered with several other organizations, including Granite State Independent Living, to present a "Presidential Candidates' Forum" in Manchester, N.H., that focused on disability issues. The forum was non-partisan and all presidential candidates were invited to attend. The following is what the Candidates had to say about disability related issues. It can also be read online at [www.ncil.org/ElectionNews.html](http://www.ncil.org/ElectionNews.html).

#### Senator Barack Obama

I learned about the experience of living with disability from my father-in-law, Frasier Robinson. At the age of 30, Frasier was diagnosed with multiple sclerosis. For the next 25 years, as his condition progressed, he carried out his responsibilities to his family with grace and dignity. My wife, Michelle, has told me about the hidden toll it took on her family, the added burden on her mother, the complexity of planning even the smallest family outing to avoid the barriers they were sure to encounter, the uncertainty of the family's future.

Frasier's story reinforces some simple and indelible lessons: that we must build a world free of unnecessary barriers, stereotypes and discrimination, that policies must be developed, attitudes must be shaped, and buildings and organizations must be designed to ensure that everyone has a chance to get the education they need and live independently as full citizens of their communities. And that every nation has a special responsibility to look after those who can't live on their own. Because everyone deserves to live with dignity and respect.

The U.S. should lead the world to achieve this vision. But 17 years after Congress enacted the Americans with Disabilities Act, America's leadership has faded. As president, I will restore it. We'll start by ratifying the U.N. Convention on the Rights of Persons with Disabilities.

But we also have work to do here at home. First, we must provide Americans with disabilities the educational opportunities they deserve, which is why I support full funding of the Individuals with Disabilities Education Act and expanding college opportunities for students with disabilities.

But we can't wait until children arrive at the schoolhouse door. We should screen all infants for the full array of potential impairments and set a national goal to rescreen all 2-year-olds. Some conditions, like autism, don't appear until age 2, so infant screening is not enough. And to meet the needs of the growing numbers of Americans with autism, we need to have a comprehensive approach that includes not just screening but early intervention, research and education services.

Second, we must end workplace discrimination- something I fought against as a former civil rights lawyer. I strongly support the ADA Restoration Act to overturn those Supreme Court decisions that wrongly narrowed the ADA. And my administration will lead the way by hiring more federal employees with disabilities and encouraging private-sector companies to do the same. Moreover, if we're serious about bringing more Americans with disabilities into the workplace, we need to sign universal health care into law, which is what I'll do by the end of my first term. And with the growing number of veterans returning with combat stress disorders and traumatic brain injuries, we should ensure that we're providing the resources to address these conditions.

Finally we must support the independent community-based living for everyone who chooses it. That's why I'm proud to support the Community Choice and CLASS acts. And it's why I will expand access to assistive technology as president. Together we can build a world that's just and inclusive for all. Thank you. [Read the specifics of Obama's plan in greater detail at <http://my.barackobama.com/page/content/awdplan>.]

## Disability Forum..continued

**Senator John McCain**

It's probably one of our fundamental Judeo-Christian-valued obligations to care for those in our society who need to be given the opportunity to have a full and complete life, and that's what you are all about....

You know, America is built on the freedoms that constitute the core of our values. Those with disabilities are no less entitled to these freedoms. The private ballot is an important part of those freedoms, and we had a bill in 1998 to ensure people with disabilities could get into polling places and vote in private. That bill became part of the disability provisions that eventually ended up in the Help America Vote Act. Some of us worked together on a national coalition to pass that legislation. I'm concerned today that we honor our commitment to the veterans who have fought for this country. They are the finest generation, and the care of those wounded in the battle should be nothing less than the best.

Just give me a minute and I would like to just say that our veterans' health care is not what we want it to be, to say the least. The scandal that was uncovered by the media was a disgrace and I'm happy that Bob Dole, a great veteran of World War II, and Donna Shalala, former Secretary of Health and Human Services, came up with a set of recommendations that I think are important to improve veterans' health care. I hope you will all contact our members of Congress and say, "Get the Wounded Warrior Act passed so we can start taking care of our veterans." George Washington in 1789 said the willingness with which young people will have to defend their country will be directly related to how veterans of present wars are being treated. We are not getting them the care they need, and I want to thank the VA for their hard work, their treatment of combat-related disease- excuse me- combat related wounds, obviously PTSD (post-traumatic stress disorder), which will be a big problem. One of the many mistakes we've made in the war in Iraq is we didn't plan on the number of wounded brave young Americans who would come home and need treatment. I will promise you as president of the United States I'll give that my highest priority, and I know that no matter how we feel about the war in Iraq, we are united in our commitment to caring for these brave young Americans.

... The problem with health care in America is not the quality of health care; we have to reform the way we spend money and the health-care dollar spent in hospitals, nursing homes and other institutions. We can provide better care and lower costs by utilizing preventive methods to keep citizens in their homes. We must reward coordinated care and care-management programs that provide superior care for chronic conditions. Those conditions are central to the rising costs, and in addition we can aggressively reform insurance laws and medical regulations to ensure vigorous competition that delivers insurance, drugs and other therapies in more convenient settings and at lower costs. I want to thank you for your advocacy for our citizens who are amongst our finest and greatest. I want to thank you for providing an opportunity for every American to go just as far as their ambitions will take them. Some of the greatest love and affection that I have given or been honored to have in my life is by Americans who have had to overcome great challenges, and since the Americans with Disabilities Act was enacted, many Americans have responded positively and creatively. The country has become more accessible for people with a broader area of disabilities and who now have greater opportunities than ever before. We obviously need to continue; we need to make sure that the ADA is enforced everywhere; we need to see where there needs to be additional improvements and changes made, and that's why you are doing what you are doing while you are here where you are, because you are serving a cause far, far greater than your self-interest, and I'm honored to be in your company and honored to know you, and most of all on behalf of millions of Americans who can't say thank you today, please accept my heartfelt thanks. Thank you and God bless. John McCain does not currently have a venue for further information on disability issues. You can learn more about his policies in general at [www.johnmccain.com](http://www.johnmccain.com) .

5933 South Hwy 94 - Suite 107  
St. Charles, MO 63304-5608  
Phone: (636)926-8761  
Fax: (636)447-0341  
Website: [www.dcil.org](http://www.dcil.org)

**dcil!** DeltaCenter for independent living