



# INDEPENDENT LIVING CHOICES

*Opening doors for people with disabilities*

WE PROVIDE SERVICES TO PEOPLE WITH  
DISABILITIES WHO MAKE INDEPENDENCE THEIR  
CHOICE.

# AGENCY OVERVIEW

Established in 1982 as a private nonprofit (501c3)

## Agency Name – Independent Living Choices

- Formerly known as Prairie Freedom Center

Agency Mission – We provide services to people with disabilities who make independence their choice.

Agency tag line – Opening doors for people with disabilities

Our main office is in Sioux Falls with expansion offices in Aberdeen, Brookings, Chamberlain, Huron, Martin, Mitchell, Mobridge, Watertown, and Yankton.

- Merged with Opportunities for Independent Living (OIL) in 2011, these offices included Huron, Watertown, and Aberdeen
- Mobridge office was added in 2018
- Martin office was added 2019

# INDEPENDENT LIVING PHILOSOPHY

- Individuals with disabilities are experts on their own needs
- They should have the opportunity to decide how and where to live, if and where they work, and the manner in which they participate in their communities
- They should have the opportunity to make decisions about the services that affect their daily living and impact their independence
- All ILC services are participant-driven

# FIVE CORE SERVICES



Advocacy



Independent Living Skills



Information & Referral



Peer Support



Transition

# ADVOCACY

## **Self-Advocacy: Assisting individuals in developing the skills needed to advocate for themselves**

- Assisting people to apply for SSI/SSDI benefits
- Providing information on Guardianship/Conservatorship
- Providing an opportunity for participant input about IL and other services

# ADVOCACY

## **IL and Participant Advocacy: ILS advocates with the participants**

- When they have been victims of discrimination, harassment, and other unfair or inequitable treatment
- When attending IEP and ISP meetings
- When an accommodation or modification is needed in employment or housing

# INDEPENDENT LIVING SKILLS TRAINING

Providing hands-on training in daily-living skills (cooking, budgeting, organizing and more).

Cooking

Cleaning

Laundry

Self-Care/Personal Hygiene

Shopping

Budgeting

Sorting mail

Scheduling appointments

Organization

Leisure/Social/Volunteer Activities

# INFORMATION AND REFERRAL

**Connecting people with resources which can provide needed information to assist individuals to live independently**

- VR
- LTSS
- CSD
- SBVI
- Counseling Services
- Transportation Services
- Food Resources
- Home Repairs
- Healthcare and Dental



# PEER SUPPORT

Providing opportunities for people with disabilities to engage with others in small or large groups or on an individual basis.

- Individual Peer Support
  - One-on-One Peer Visitor Volunteers
    - Peer support provided via phone, mail, email, virtual format, or in person
- Groups
  - Disability specific-Brain Injury and Parkinson's
  - Age specific-Youth/Young Adult (16 & up)
  - Cross disability for all ages

# TRANSITION

## **Transition occurs in three ways:**

- (1) **Nursing Home Transition-** transition of individuals with significant disabilities from nursing homes and other institutions to home and community-based residences with the necessary supports and services.
- (2) **Nursing Home Deterrence-** aid individuals with significant disabilities who are at risk of entering institutions so that they remain in their home communities.

# TRANSITION CONT.

- **(3) Youth**
  - **Postsecondary: facilitate the transition of youth with significant disabilities who have completed their secondary education or otherwise left school to postsecondary life; assistance may include referral to Vocational Rehabilitation services, assistance in finding housing or providing independent living skills training**
  - **Ages 16 to 21: provide assistance to individuals ages 16-21 year in transitioning to independent living (programs vary by office)**

# OTHER SERVICES



Community Living Services



Home Modification  
Adaptive Devices



Telecommunication  
Adaptive Devices



Americans with Disabilities  
Act



Assistive Daily Living  
Services

# COMMUNITY LIVING SERVICES

Assisting individuals in obtaining accessible, affordable housing, transportation, and other community living services.

Assistance with applying for:

- Accessible, affordable housing.
- SNAP (Food Stamps)
- Paratransit/Bus training
- Weatherization Assistance Program/Energy Assistance
- Lifeline (Budget Mobile)

## HOME MODIFICATIONS & ADAPTIVE DEVICES (HMAD)

### **Providing home modifications, assistive devices, and vehicle modifications**

- **Must meet financial guidelines**
- **\$10,000.00 lifetime limit/participant**
- **Lift chairs**
- **Bathroom modifications**
- **Hand controls, foot pedals, and ramps**
- **Reachers**
- **Canes**
- **Walkers**
- **Talking watches**
- **Flashing doorbells**
- **Bed shaker alarms and more**

## TELECOMMUNICATIONS ADAPTIVE DEVICES (TAD)

Providing adapted telecommunication services, which includes an emergency phone dialer.

- Emergency Response Phone
- Picture phones
- Cordless phones
- iDevices (require financial eligibility)

# AMERICANS WITH DISABILITIES ACT

Serving as educators and consultants for contractors, businesses, organizations, and individuals regarding the American with Disabilities Act (ADA) and its guidelines and requirements.

- Providing ADA assessments in the home and public.



# ASSISTIVE DAILY LIVING SERVICES MEDICAID WAIVER (ADLS)

Providing services for people ages 18 and older, with physical disabilities affecting all four limbs, who need assistance with daily living activities. Services include personal attendant (PA) services and education/support in managing the PA services.

Offers people with significant physical disabilities an independent living alternative to a nursing facility.

# ELIGIBILITY

At least 18 years old

Must be a recipient of SSI or qualify for Medicaid

Income less than 3 times current SSI payment

Substantial impairment of all 4 limbs

e.g. SCI, CP, MS, MD, muscle/joint and brain-related disabilities

Require nursing facility level of care

Be able to manage and direct personal attendants or have representative who is willing to do so

Medically stable & free from life-threatening conditions

# ADLS SERVICES

1. Case Management
2. Consumer Preparation
3. Personal Attendant Services
4. LifeLine
5. In-Home Nursing
6. Incontinence Supplies
7. Respite Care
8. Vehicle Modifications
9. Specialized Medical and Adaptive Equipment
10. Environmental Accessibility Adaptations

# CASE MANAGEMENT

- Evaluation to determine personal care needs and ability to direct and manage personal attendants
- Develop an individual service plan with the participant
- Annual and 6-month reviews
- New evaluation and service plan each year; more often if necessary
- Identify and facilitate the use of community resources

# CONSUMER PREPARATION

Provide education and support to participant in managing and directing their personal attendant services and staff.

- Identifying their needs and effectively communicating those needs to a personal attendant
- Personal health maintenance tasks
- Managing and directing personal attendants (recruiting, scheduling, interviewing, maintaining a back-up system, dealing with issues, communicating)
- Maintaining an appropriate personal and professional relationship with the personal attendant(s)

# PERSONAL ATTENDANT SERVICES

- Assisting with routine bodily functions for bowel and bladder care
- Dressing (also includes changing prosthetic & orthotic devices)
- Meal preparation and feeding
- Repositioning in bed
- Routine bathing and grooming
- Range of motion exercises
- Assisting with medications
- Non-routine or short services, e.g. taking temp, dressing changes on clean wounds (free of infection)
- Homemaker tasks

# LIFELINE

Electronic device that enables person to get help in an emergency.

When activated, this system calls into a central office 24/7 so there is a monthly fee that is paid by the ADLS waiver for people that need more than the TAD devices offer.

# IN-HOME NURSING

- Services provided by a nurse that cannot be provided by a personal attendant
- Physical assessment (skin, lungs, etc.)
- Dressing changes on infected areas



# INCONTINENCE SUPPLIES

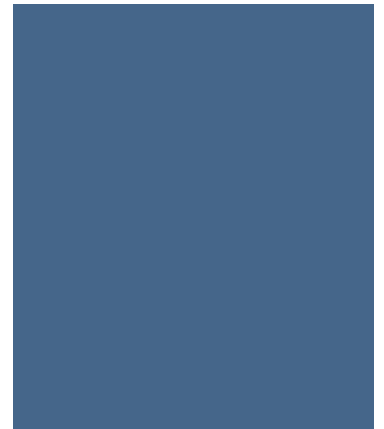
Funding for supplies related to incontinence:

- disposable briefs and pads
- moisture barrier products
- moisture wipes
- skin disinfectant
- bed pads



# RESPITE CARE

Care and supervision needed due to the temporary absence of a parent, guardian, or other immediate caregiver.



# VEHICLE MODIFICATIONS

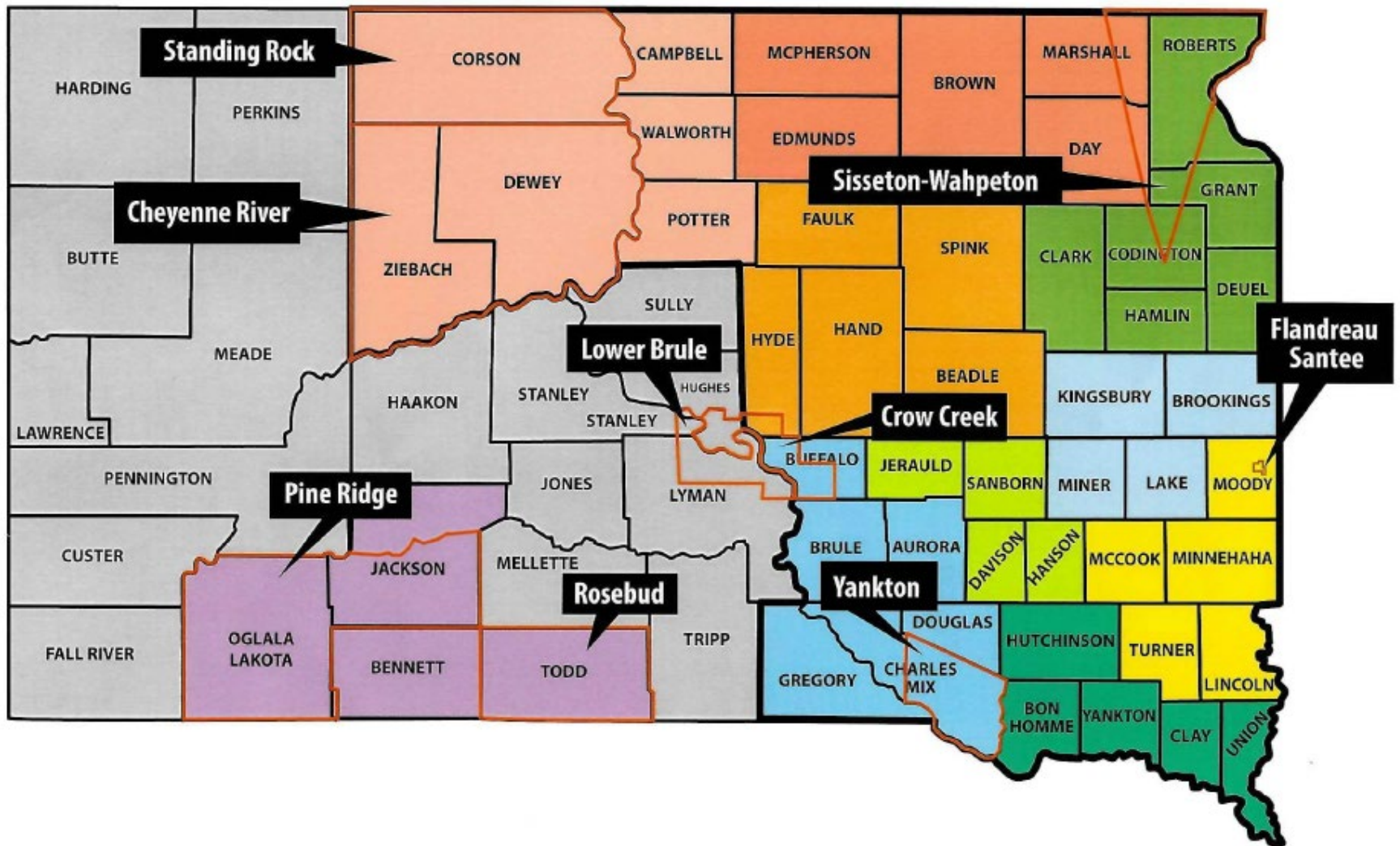
Adaptations or alterations to an automobile or van in order to accommodate the specific needs of the participant. Examples include adaptive driving features, lifts, ramps, and wheelchair securement/seating systems.

# SPECIALIZED MEDICAL AND ADAPTIVE EQUIPMENT

Devices, controls, or appliance that enable participants to increase their ability to perform activities of daily living. Examples include adaptive positioning devices, mobility aids, adaptive equipment, and augmentative communication devices and services.

# ENVIRONMENTAL ACCESSIBILITY ADAPTATIONS

Physical adaptations to a participant's residence to enable the participant to function at a greater independence within the home. Examples include ramps, grab bars, and widening of doorways.



**Independent Living Choices** **ILC 605-362-3550**

Aberdeen 605-626-2976	Huron 605-353-6710	Mobridge 605-845-2526	Yankton 605-668-2940
Brookings 605-692-5550	Martin 605-685-1421	Sioux Falls 605-362-3550	Tribal Nations
Chamberlain 605-234-1022	Mitchell 605-995-8141	Watertown 605-882-5249	

Western Resources for Independent Living **WRIL 605-718-1930**



# INDEPENDENT LIVING CHOICES

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## **ABERDEEN**

*Brown, Day, Edmunds, Marshall,  
& McPherson*

110 6th Ave SE Ste 101

Aberdeen, SD 57401

T: (605) 626-2976

F: (605) 626-2652

## **BROOKINGS**

*Brookings, Kingsbury, Lake,  
& Miner*

748 22nd Ave South

Brookings, SD 57006

T: (605) 692-5550

F: (605) 692-5558

## **CHAMBERLAIN**

*Aurora, Brule, Buffalo, Charles Mix,  
Crow Creek, Douglas, Gregory,  
Lower Brule, & Yankton*

118 S. Main Street

Chamberlain, SD 57325

T: (605) 234-1022 F: (605) 234-1023

## **HURON**

*Beadle, Faulk, Hand,  
Hyde, & Spink*

351 Wisc Ave SW Ste 105

Huron, SD 57350

T: (605) 353-6710

F: (605) 353-6710

## **MARTIN**

*Bennett, Pine Ridge,  
& Rosebud*

316 West Main Street

Martin, SD 57551

T: (605) 685-1421

F: (605) 685-1499

## **MITCHELL**

*Davison, Hanson,  
Jerauld, & Sanborn*

417 N Main Ste101

Mitchell, SD 57301

T: (605) 996-2724 (Rena)

T: (605) 995-8141(Kathie)

F: (605) 995-8142

## **MOBRIDGE**

*Campbell, Corson, Cheyenne  
River, Dewey, Potter,  
Standing Rock, Walworth, & Ziebach*

415 14th Ave East Ste B

Mobridge, SD 57601

T: (605) 845-2526

F: (605) 845-2528

## **SIOUX FALLS - (Main Office)**

*Flandreau Santee, Lincoln, McCook,  
Moody, Minnehaha, & Turner*

4107 S Carnegie Circle

Sioux Falls, SD 57106

T: (605) 362-3550

F: (605) 362-3555

## **WATERTOWN**

*Clark, Codington, Deuel, Grant, Hamlin,  
Roberts, & Sisseton Wahpeton*

312 9th Ave SE Ste C

Watertown, SD 57201

T: (605) 882-5249

F: (605) 882-7037

## **YANKTON**

*Bon Homme, Clay, Hutchinson,  
Union, & Yankton*

610 W 23rd St Ste 11

Yankton, SD 57078

T: (605) 668-2940

F: (605) 668-3060

Independent Living Choices was established in 1982 as a 501 (c) (3) private, non-profit organization.