

SEMCIL

SE MN Center for Independent Living, Inc.

Inspiring Independence

Centers for Independent Living



- ▶ CIL's are person-centered, community-based, cross-disability, nonresidential private nonprofit agencies
- ▶ MN has eight CIL's
- ▶ CIL's are geographically defined, each county has access to a local CIL.

What makes CIL's unique?

- ▶ At a minimum, 51% of staff must be persons with disabilities
- ▶ Likewise, 51% of Board of Directors also must be persons with disabilities.
- ▶ A CIL provides, at a minimum, the following core services:
 - ▶ Information & referral
 - ▶ Independent living skills training
 - ▶ Individual and systems advocacy
 - ▶ Peer counseling
 - ▶ Transition assistance
 - ▶ From nursing homes and other institutions to community-based residences
 - ▶ To youth with disabilities transitioning to adulthood

Independent Living Philosophy

- ▶ The main focus of the IL philosophy is control and choice of the participant.
- ▶ People with disabilities are the experts on their own needs.
- ▶ Focus on working towards equal opportunities, self-determination, and self-respect.

About SEMCIL

- ▶ Founded in 1981, SEMCIL provides Independent Living Skills Instruction & PCA services. SEMCIL also houses the Disability Hub.
- ▶ SEMCIL's mission is to elevate the voices and champion the aspirations of people with disabilities by partnering with individuals to meet their goals, educate our communities, and influence impactful change.
- ▶ Our vision is a world that respects disability as part of the human experience where dignity is the foundation of all systems. Communities are universally inclusive, and people of all abilities hold power and influence through equitable opportunity and choice.
- ▶ Our CORE VALUES are:
Challenge What's Comfortable
Consumers Lead
Cultivate Trust
Own It
Respect and Dignity for All
We Give a Damn
- ▶ SEMCIL is located in Rochester, MN, with a branch office in Winona.
- ▶ Our catchment area includes the counties of Dodge, Fillmore, Freeborn, Goodhue, Houston, Olmsted, Mower, Rice, Steele, Wabasha and Winona.

SEMCIL's Independent Living Services

- ▶ Independent Living Skills Training (all ages)
- ▶ Support Groups
- ▶ Pre-Employment Skills Training
- ▶ Assistive Technology (AT)
- ▶ Individual, Systems and Legislative Advocacy
- ▶ Home Modification, Ramps and Accessibility
- ▶ Social Security Advocacy: Assistance with Applications
- ▶ Benefits Assistance/Financial Management
- ▶ Disability Awareness

Advocacy Services

Individual advocates:

- ▶ Work one-on-one to assist consumers to learn how to advocate for themselves
- ▶ Help consumers make informed choices about services
- ▶ Keep consumers informed of their rights under federal, state and local laws
- ▶ Assist individuals to obtain support services.

Advocates assist with:

- ▶ Understanding individual rights under the Americans with Disabilities Act
- ▶ Individual Education Plans (IEP)
- ▶ Social Security Applications



Advocacy Services

“Thank you so much for all your help with our child’s IEP, I really hope we are on the right track for next year! It was so wonderful to have your support and guidance through the process.”

- Krista W.



Access

- ▶ Provides home accessibility reports for people interested in interior accessibility modifications for their homes.
- ▶ Provides ramp design services for safe and secure access in and out of a home.
- ▶ Provides education and technical assistance for the housing provider industry regarding fair housing and universal design.
- ▶ Coordinates advocacy activities that promote affordable, accessible and integrated housing.



Assistive Technology Program



Assistive technology is any item, piece of equipment, software program, or product that is used to increase, maintain, or improve the functional capabilities of persons with disabilities. SEMCIL's AT Program offers:

- ▶ AT Lab Tours - Meet with staff to see device options
- ▶ Device Demonstrations - See how devices work, compare features, and learn the benefits of a specific device.
- ▶ Short Term Loans - Unsure about a device? Try it for up to 30 days to see if it meets your needs.



Device Loan Program

CIL's received CARES Act funding to respond to the COVID-19 pandemic (COVID - 19 Aid, Relief, and Economic Security Act of 2020). SEMCIL recognized a need and has used some funds to:

- ▶ Purchase 20 iPad's - 10 iPad's have Data for consumers that don't have access to the internet.
- ▶ Purchase 50 Chrome Books
- ▶ Devices can be loaned for up to 60 days
- ▶ Staff can provide training on how to use each device and on-going support during the loan.

The purpose of the Device Loan Program is to remove barriers that may prevent individuals from communicating with friends or family, allow individuals to participate in classes/workshops, connect with various providers, etc.

Independent Living Skills

- ▶ Individually determined by the consumer
- ▶ To improve or maintain the ability of the consumer to live as independently as possible.
- ▶ Services are goal oriented, and outcome based. Staff teach new or recovering skills that have decreased as a result of onset of disability.
- ▶ Consumers work one on one with SEMCIL staff in a variety of areas based on their stated needs.
- ▶ Staff are able to meet the consumer at their home, in their community, or at the SEMCIL offices.

Transition Services

- ▶ Transition services are offered to youth and young adults with a disability 14 to 24 years of age. Transition staff assist students to gain the knowledge, confidence and the skills they need to achieve their goals of post secondary education and/or competitive employment and independent living in the community.
- ▶ SEMCIL staff works in several area high schools or alternative schools throughout our catchment area. Transition staff also provide training and classes during the summer months.
- ▶ Program Services include:
 - ▶ Self-Advocacy and Self Knowledge Skills training – Individual and Group
 - ▶ Transition Workshops and Classes
 - ▶ IEP Planning and Support
 - ▶ Independent Living Assessments



Independent Living Assessment

- ▶ A two-day, hands on, independent living skills assessment is used to identify areas of individual strength and areas for skill building.
- ▶ Staff assess an individual's capacity to perform or complete a variety of activities of daily living.

The assessment areas include:

- Cooking and Nutrition
- Healthcare and Hygiene
- Transportation
- Budgeting
- Housing Options
- Sexuality
- Advocacy
- Community Resources
- Socialization
- Recreation/Leisure
- Disability Rights
- Hygiene

Personal Care Attendant (PCA)

- ▶ Provides PCA, Homemaker and Respite services in 11 counties in Southeastern MN
- ▶ PCA Traditional - SEMCIL hires, trains and supervises the PCA's
- ▶ PCA Choice - The PCA Recipient hires, trains and supervises the PCA's

1-866-333-2466
disabilityhubmn.org



Disability Hub

Provides callers with information, referral and assistance

Local resources

Program options and eligibility

Health insurance counseling

Work and benefits counseling

Statewide 1-866-333-2466

For anyone with a disability related question

Safe, Neutral, Trusted Resource

M-F, 8:30-5:00



Questions?

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