

# Home Modifications & Access

CILCP's **Home Modifications & Access Services** increase participants' independence and prevent hospitalization or nursing home entry by making homes more safe and accessible for people with disabilities.

## What we do:

### **Home Safety Assessments:**

CILCP provides individualized home assessments to ensure requested modifications will be beneficial to the participant. CILCP considers the progression of disabilities, the age of the participant, and the structure of their home when making assessments.

### **Project Oversight:**

CILCP staff provides guidance and oversight on Home Modification projects from start to finish.

## How we're different:

### **Home Modifications are individualized.**

CILCP Home Modifications are designed for and with the individual and tailored to their needs. CILCP ensures that each participant fully participates in the entire Home Modification process.

### **Home Modifications are sustainable.**

CILCP Home Modifications help prevent injury, improve quality of life, increase independence, lessen repeat visits to hospitals and divert nursing home stays.

## Our impact:

### **Innovative Thinking. Safer Homes.**

By making homes more accessible to people with disabilities, participants are less likely to require short-term or long-term hospitalization or rehabilitation.

*"We did not think this house could be made accessible. We were too emotionally caught-up that we could not see where things could be modified, and with their expertise—they could!"*

**Beverly LaVia**



For more details on **Home Modifications & Access Services**,  
visit us at [cilcp.org](http://cilcp.org)

# HomeCare for Living Well

**HomeCare for Living Well** (HCLW), one of the CILCP's Live Well Allies<sup>1</sup>, provides in-home, non-medical attendant-care services to people with disabilities.

## What we do:

### **Provide Attendants:**

HCLW selects attendants to meet the unique needs of each participant.

HCLW hires and trains all HomeCare attendants, and encourages participants to give feedback on their satisfaction, so they continue to receive the highest level of care.

### **Attendant Services Include:**

- home-making
- companionship
- personal care
- and more!

## How we're different:

### **HomeCare for Living Well Services are respectful.**

In support of the Living Well Philosophy, HCLW takes time to ensure that each attendant is trained and prepared to work with individuals with disabilities. Attendants are not only taught about the health and safety of participants, but how to treat them with respect and dignity.

### **Home Care for Living Well Services are thoughtful.**

In support of the Living Well Philosophy, HCLW understands the uniqueness of each participant, and works to ensure they are matched with a compatible attendant, who understands their individual wants, needs, and desires.

<sup>1</sup>Live Well Allies consist of agencies and businesses that have incorporated the Living Well Philosophy into their day-to-day operations and have a shared vision with the CILCP.

## Our impact:

### **Meaningful Assistance. Greater Quality of Life.**

In-home attendants help participants manage everything from activities of daily living (ADL's) to their medical appointments and chores. By providing participants with a companion who can monitor their health and well-being, HCLW decreases participant's likelihood of requiring emergency care and services, or being admitted into a nursing home.

*"Having an attendant makes me feel safe. I'm not afraid anymore."*

**Jessica Marquez-Gates**



 HomeCare for Living Well

For more details on **HomeCare for Living Well**,  
visit [homecareforlivingwell.com](http://homecareforlivingwell.com)

# DeafBlind Living Well Services (Statewide)

CILCP's **DeafBlind Living Well Services** (DBLWS) improve the quality of life for participants who are deafblind (a combined hearing and vision loss) in Pennsylvania.

## What we do:

### **Train Support Service Providers:**

DBLWS trains Support Service Providers (SSPs) to connect people who are deafblind to their environment by guiding them through buildings and offices, facilitating communication, and providing information about their physical surroundings.

### **Coordinate Support Service Providers:**

DBLWS connects SSPs to participants who are deafblind who need environmental interpretation in order to complete a variety of activities such as shopping, training and education, or time spent with friends and family.

*"My favorite part of the job is that I help other people become more independent."*

### **Marsha Drenth**

Program Manager for  
DeafBlind Living Well Services

## How we're different:

### **DeafBlind Living Well Services are one-of-a-kind.**

DBLWS is the only statewide SSP service in Pennsylvania.

### **DeafBlind Living Well Services are inclusive.**

SSPs provide social and communal information to individuals who are deafblind, which allows them to fully participate in society and develop relationships.

## Our impact:

### **Increased Independence. Equal Participation.**

DeafBlind Living Well Services bridge the gap between individuals who are deafblind and their communities, allowing them to live active, engaged lifestyles, consistent with the Living Well Philosophy.



**LIVING WELL**  
WITH A DISABILITY<sup>SM</sup>

For more details on **DeafBlind Living Well Services**,  
visit us at [cilcp.org](http://cilcp.org)

# Health and Wellness

CILCP's **Health and Wellness Program** educates participants with disabilities, and encourages them to pursue a healthy lifestyle in order to improve their quality of life.

## What we do:

### **Living Well Fitness Center:**

CILCP has a fully accessible Living Well Fitness Center for participants to use. They are encouraged to visit the Fitness Center regularly, to increase their strength and mobility.

## How we're different:

### **CILCP Health and Wellness Services are customized.**

CILCP's Living Well Philosophy holds that every person has unique health and fitness goals. As a result, each participant is encouraged to pursue *their* highest level of personal health, strength, and mobility.

### **CILCP Health and Wellness Services are preventative.**

CILCP understands that participants who maintain a healthy lifestyle are at a lower risk for health complications, and the need for emergency services, short-term or long-term hospitalization or rehabilitation.

## Our impact:

### **Healthier People. Happier Lives.**

The Living Well Philosophy holds that people should not just live with their disabilities, but they should live *well*. By encouraging a healthy, active lifestyle, CILCP is confident that participants will experience a better quality of life, with fewer health complications and lower rates of institutionalization.

*"After spending a few months on the accessible bicycle, I have developed enough leg strength to transition myself from my wheelchair to a chair or bed. I keep improving and I keep getting stronger."*

**Milton Evans**



For more details on our **Health and Wellness Programs**, visit us at [cilcp.org](http://cilcp.org)

# Specialized Services

## (Statewide)

CILCP provides statewide **Specialized Services** to people in nursing homes and other home or community-based facilities who have been referred by the state.

### What we do:

#### **Ensure Participants are Receiving Adequate Care and Provisions:**

CILCP staff meets with participants in nursing homes on a regular basis to discuss their care and respond to questions or concerns.

#### **Offer Support:**

CILCP provides encouragement to individuals living in nursing homes and other home or community-based facilities through community integration, peer mentoring and other supportive services.

#### **Administer the PA Exceptional Durable Medical Equipment (DME) Program:**

Through the DME program, CILCP staff meet with targeted nursing facility residents to discuss durable medical equipment needs, and make recommendations to the nursing facility, while monitoring the progress of their application process.

*“CILCP is our advocate. They assessed my Aunt, identified her desires, and found ways to increase her quality of life. She lights up when she receives music therapy at the nursing home. It brings her great joy.”*

**Cheyenne Morris**



### How we're different:

#### **Specialized Services are responsive.**

CILCP hears questions, comments, and concerns from individuals living in nursing homes and other home or community-based facilities and responds to feedback, increasing the quality of life for participants.

#### **Specialized Services create community.**

Through peer support and community integration, CILCP encourages individuals living in nursing homes and other home or community-based facilities to engage with one another and become active members of the community which exists both inside and outside of their housing facilities.

### Our impact:

#### **Trusting Relationship.**

#### **Worry-Free Transition.**

By listening and responding to the wants and needs of participant members, CILCP staff develops a trusted relationship with participants, acting as a liaison between the residents and their facility, lowering the threat of illness and complications associated with transition or unsatisfactory care.

For more details on **Specialized Services**, visit us at [cilcp.org](http://cilcp.org)

# Living Well With A Disability

CILCP's **Living Well With A Disability Program** (LWWD) provides participants with a wide range of services to enhance their quality of life, beyond physical measures of well-being.

## What we do:

### **Living Well 360 Assessment (LW360):**

CILCP provides participants with an assessment of their skills, supports and resources, including identifying their barriers to living well.

### **Living Well Plan:**

CILCP's Living Well Specialists develop a Living Well Plan with each participant, including action steps and resources. It is meant to provide a roadmap to guide participants through the pursuit of their goals.

### **Living Well Specialists:**

CILCP Living Well Specialists function as Navigators, guiding participants throughout their transition to long-term support and services.

### **Transition Services:**

#### ● **Youth Transition Services:**

CILCP's Living Well With A Disability program provides young adults with tools such as workplace readiness, advocacy, and independent living skills to help them achieve their goals.

#### ● **Nursing Home Transitioning (NHT):**

CILCP's Nursing Home Transition Specialist connects participants to home and community-based services, while providing housing search and moving assistance to eligible participants in 13 PA counties who wish to transition from the nursing home to the community.

## Our impact:

### **Greater Independence.**

### **The Opportunity to Live Well.**

The LWWD Services are designed to reduce participants' need for care, while transitioning them into active, healthy members of society.

## How we're different:

### **Living Well With A Disability is life-changing.**

By supporting and encouraging people with disabilities to pursue their goals and ambitions, LWWD has improved the mental and emotional health of participants, ultimately increasing their total quality of life.

### **Living Well With A Disability is replicable.**

The CILCP Living Well Philosophy has been replicated by various organizations across the state.

*"They knew I was in a depression. And they made sure that I understood that there was someone there for me."*

**Karren Gilchrist**



**LIVING WELL**  
WITH A DISABILITY<sup>SM</sup>

For more details on other **Living Well With A Disability Services**, visit us at [cilcp.org](http://cilcp.org)

# Living Well Transport Services

CILCP's **Living Well Transport Services** (LWTS) provide transportation services to people with disabilities.

## What we do:

### **Provide Safe Transportation:**

CILCP drivers are trained to secure a wide variety of wheelchairs to the van, reducing the risk of injury.

### **Fight for Further Access to Transportation:**

CILCP believes that access to affordable, accessible transportation is a basic human right. Mobility allows a person to connect with her/his community and other essential life destinations.

## How we're different:

### **LWTS reduces the need for emergency care.**

By providing participants with transportation to their regular doctor's appointments, participants are less likely to require emergency care.

### **LWTS allows participants to live well.**

By providing participants with transportation to community events, dinner with friends, or a last-minute decision to see a movie, they are more likely to experience the positive emotional and mental benefits gained through human interaction.

<sup>1</sup>U.S. Department of Transportation: Bureau of Transportation Statistics. (2003). *Transportation Difficulties Keep Over Half a Million Disabled at Home*. Retrieved from: AAPD: The Leadership Conference Education Fund. *Equity in Transportation for People with Disabilities*.

## Our impact:

### **More Accessible Transportation. Greater Inclusivity.**

- People with disabilities make up 6 million (40 percent) of the almost 15 million people in the country who have difficulties getting the transportation they need.<sup>1</sup>
- CILCP would like to reduce this number by providing LWTS to people with disabilities across Pennsylvania.

*"I had an appointment and I'm thinking, 'okay, how am I going to get all of the way there?' The Center has a van and they decided to help me out."*

**Karen Myers**



For more details on **LWTS** and information on how to access this service, visit us at [cilcp.org](http://cilcp.org)

# Living Well Your Way

**Living Well Your Way** (LWYW) is a non-profit 501(c)3 whose mission is to empower people with disabilities to live well by providing quality service coordination. As one of CILCP's Live Well Allies<sup>1</sup>, LWYW has adopted, promoted and incorporated the Living Well Philosophy.

## What we do:

### **Provide Service Coordination:**

LWYW works with participants to identify and organize all necessary services to live well in the community.

### **Services May Include:**

- medical
- social
- advocacy
- service arrangement
- identification of local resources

## How we're different:

### **LWYW takes a comprehensive approach to care.**

In line with the Living Well Philosophy, LWYW assesses the entire individual and then provides recommended services that will improve their total quality of life, beyond physical measures.

### **LWYW is well-connected with resources in the community.**

LWYW has experience working with many local service providers, including the CILCP, and is able to provide high quality recommendations to participants.

## Our impact:

### **Comprehensive Services. Quality Coordination.**

LWYW partners with families and individuals with disabilities to ensure they receive the most comprehensive array of high-quality services possible.

*"After my Mother had her stroke, I was overwhelmed by the services and care she needed. Living Well Your Way walked patiently alongside me, and helped me coordinate all the services she would need. I was so relieved to know I was not alone."*

### **TeClaire Yougoua**

<sup>1</sup> Live Well Allies consist of agencies and businesses that have incorporated the Living Well Philosophy into their day-to-day operations and have a shared vision with the CILCP.



For more details on **LWYW** and information on how to access this service, visit [livingwellyourway.org](http://livingwellyourway.org)

# Consultation & Trainings

CILCP offers a variety of **Consultation Services & Trainings** to organizations that wish to increase their awareness and level of accessibility.

## What we do:

### ADA Surveys:

CILCP provides written ADA surveys or walk-throughs of facilities and programs for compliance with the ADA 2010 Standards for Accessible Design.

### ADA Trainings:

CILCP offers a variety of trainings as part of the Mid-Atlantic ADA Center, some of which include:

- ADA Basics
- Communication
- Employment
- Access
- Health Care

### Disability Awareness:

CILCP staff, board members and volunteers train groups of participants on disability awareness. Individualized training is also available.

## Our impact:

### Increased Accessibility. Greater Inclusion.

By training organizations to be inclusive to people with disabilities, CILCP can increase the ability for participants to obtain employment, housing, and transportation that will enable them to seek greater independence.

## How we're different:

### CILCP consultants are highly qualified.

Staff includes an International Construction Codes (ICC) Certified Accessibility Inspector, a Certified Environmental Access Consultant and numerous Certified Aging in Place Specialists.

### CILCP consultants have personal experience.

Not only are CILCP trainers experts on ADA accessibility compliance and disability inclusion, they are also individuals who have personal experience with disability, and can draw on experiences to provide consultation to businesses and organizations.

*"When CILCP came to our office to do an accessibility walk-through, the staff was extremely professional. They were very observant and gave great insight into ways we could improve our facility for people with disabilities."*

### Robert L. Bausinger II

Keystone Human Services Regional Director



For more details on **Consultation & Trainings**, and a list of references, visit us at [cilcp.org](http://cilcp.org)