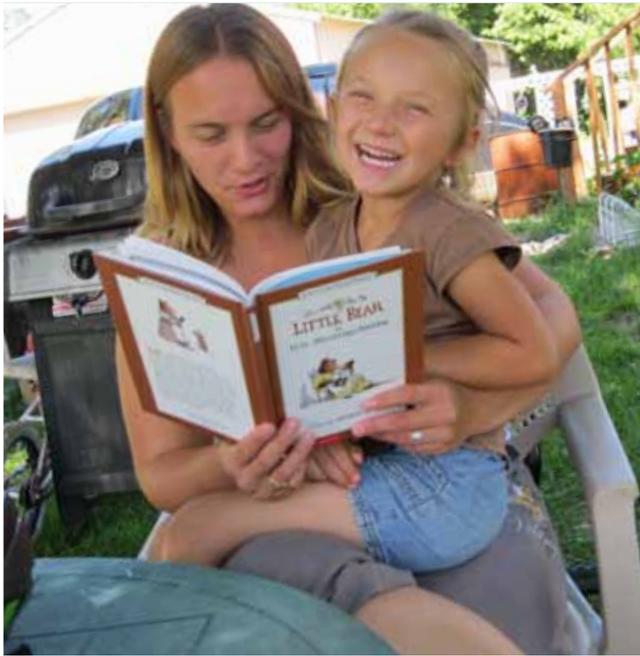




M I N N E S O T A

# Statewide Independent Living Council

2012 Annual Report ■ October 1, 2011 – September 30, 2012



Minnesota Statewide  
Independent Living Council

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## WHAT IS THE STATEWIDE INDEPENDENT LIVING COUNCIL (SILC)?

The Statewide Independent Living Council (SILC) is authorized under the federal Rehabilitation Act, and appointed by the governor, to provide guidance to Minnesota's independent living services. The council's primary responsibilities include the development and preparation of a State Plan for Independent Living and to monitor, review, and evaluate the implementation of the plan. The SILC also coordinates activities with the State Rehabilitation Council and other councils that address the needs and issues of specific disability populations. All regularly scheduled meetings of the Statewide Independent Living Council are open to the public, as are its records, reports, and activities.

## VISION OF THE STATEWIDE INDEPENDENT LIVING COUNCIL

By the year 2020 Minnesota will be providing a comprehensive range of independent living services which empower persons with disabilities to live as independently as possible.

## MISSION OF THE STATEWIDE INDEPENDENT LIVING COUNCIL

The Minnesota SILC shall advance the philosophy of Independent Living, maximizing the choices, leadership, empowerment, independence and productivity of persons with disabilities, and promote the integration and full inclusion of persons with disabilities into American society.

## 2014 STATEWIDE PLAN FOR INDEPENDENT LIVING (SPIL)

The SILC is beginning its work on the next Statewide Plan for Independent Living which is due to Rehabilitation Services Administration by July 1, 2013. During the coming months, the SILC will be seeking input and feedback on the plan through forums, hearings and online options. Check out the SILC website at [www.mnsilc.org](http://www.mnsilc.org) for further information.

On behalf of the Minnesota Statewide Independent Living Council I am pleased to present to you our 2012 annual report, which describes the hard work and dedication of SILC members and of many others who work to enhance independent living and consumer choice in Minnesota.

This report highlights what has been done, and what is currently being done, to strengthen and improve independent living services in our state. In the past year, the SILC concentrated on enhancing relationships and collaborations with other councils, boards and organizations that work to empower people with disabilities to live independently in order to support our work throughout the state. We have strengthened our collaboration with the State Rehabilitation Councils (SRCs) by ensuring representation on their councils, conducting a joint public forum and working on joint efforts on behalf of Minnesotans with disabilities.

The 2012 public forum, co-sponsored by the SILC and the two State Rehabilitation Councils, highlighted disability disclosure issues around employment and how they affect young adults in transition. Additional joint efforts

included presenting information to the Minnesota Department of Transportation (MNDOT) on the specific needs of Minnesotans for more effective transportation, especially in rural areas of the state.

The SILC is excited about the highly successful collaboration between Vocational Rehabilitation Services (VRS) and Minnesota's eight Centers for Independent Living. Successful employment outcomes have increased for those consumers who receive both VRS and Independent Living services. Reduced service costs for people with disabilities and increased tax dollars from their employment helps all Minnesotans.

Home accessibility needs have also been an area of focus for the SILC in 2011-12. A study will be available on our website in 2013.

It has been my privilege to serve as chair of the SILC for 2012. I want to thank the former members of the SILC, as their work has served to propel us forward. I also want to thank the current members for their generous donation of time and energy to ensure that the needs of Minnesotans with disabilities are heard and efforts to support them in their independent living needs continue.



The SILC has learned from people all over the state about the independent living services in their area. Although people with disabilities continue to have many barriers to full inclusion in their communities, it is exciting to learn about what works as well. There are many innovative and creative projects going on statewide.

*Mickey Kyler*  
*SILC Chairperson*

## STATEWIDE INDEPENDENT LIVING COUNCIL MEMBER ROSTER

Barb Chromy  
Parent

Michael Fosnot  
Public Member

Heidi Johnson  
Advocate

Idelle Longman  
Parent

Larry Lura  
Public Member

Cynthia Moore  
Public Member

Suzanne Renfroe  
Public Member

Sean Roy  
Other Service Provider

David Sherwood-Gabrielson  
State Agency

Marvin Tibbets  
121 Project Director

Roberta Cich  
Center Representative

Kathleen Hagen  
Advocate

Michele Kyler  
Parent

Linda Lingen  
State Agency

Mark Mertens  
Other State Agency

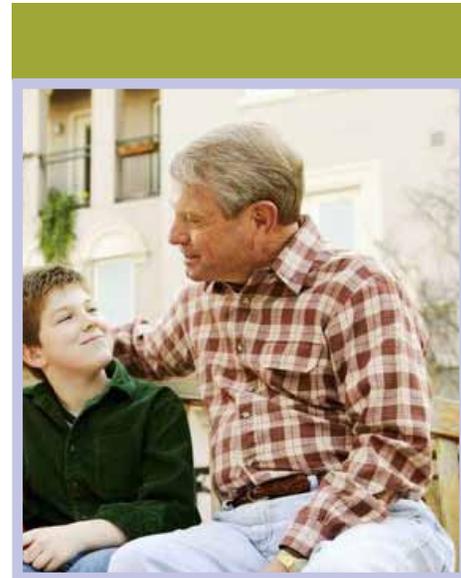
William Negaard  
Business Representative

Ann Roscoe  
MNSCOD Member

Sharla Scullen  
Public Member

Randy Sorenson  
CIL Director

Julia Washenberger  
Advocate



## CONSIDER BECOMING A MEMBER OF THE STATEWIDE INDEPENDENT LIVING COUNCIL

If you are interested in statewide independent living services and supports, the SILC provides an opportunity for you to contribute. SILC members are community volunteers appointed by the governor. Membership must always include persons with a broad range of disabilities from diverse backgrounds, as well as at least one director of a 121 Project (Native American Vocational Rehabilitation Program), and at least one director of a Center for Independent Living. The SILC may include representation from more than one Center for Independent Living, parents and legal guardians of individuals with disabilities, advocates of and for individuals with disabilities, representatives from private businesses or organizations that provide services for individuals with disabilities.

For more information about the council go to [www.mnsilc.org](http://www.mnsilc.org) or contact Pam Taylor, 612-518-1497 or [mnsilc1215@gmail.com](mailto:mnsilc1215@gmail.com)



## INDEPENDENT LIFESTYLES INC. CENTER FOR INDEPENDENT LIVING (ILICIL)

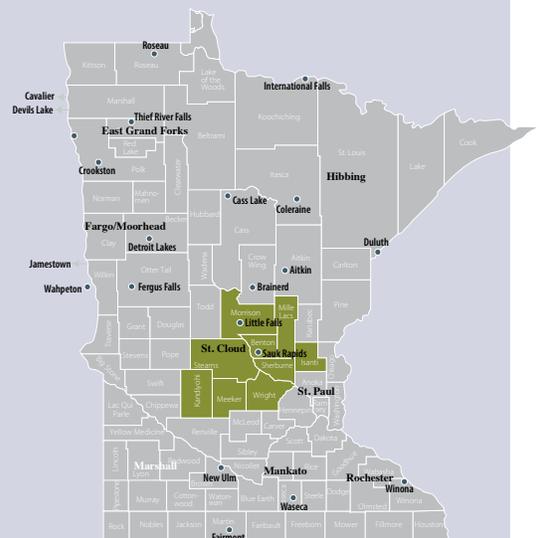
Stefanie struggled with basic reading skills and was embarrassed about her lack of reading ability. She was a very good worker and was even promoted to managerial positions at various fast food places, but the jobs did not last because her lack of reading skills interfered with long-term employment. She met an Independent Living specialist last March and quickly became a part of the collaboration between Vocational Rehabilitation and the Centers for Independent Living (for more on the VR/IL collaboration see page 9).

Stefanie and her IL specialist began weekly sessions that focused on the fundamentals of reading. The IL specialist explained that reading was just another form of problem solving, like the jig-saw puzzles Stefanie loved to piece

together. Reading was based on words hooked together to form sentences and paragraphs to tell a story. There were stories to read for fun and there was technical reading for individual employment plans (IEPs), job applications, or job manuals. Stefanie learned to recognize word patterns that formed words as well as prefixes and suffixes. Then she tackled sentences and paragraphs. Before long Stefanie was reading. The IL specialist pointed out the structure of IEPs and other technical documents. A reader can look for captions or topic sentences to provide clues to the main idea.

Stefanie practiced reading children's books to her kids. She also practiced her skills by reading women's magazines, job applications and manuals. Then she started picking up books to read

just for fun. It was an amazing day when Stefanie announced she just finished reading her first novel and could share the story highlights. Stefanie started a job at Kohl's and also cleans houses once a week. She has become an improved self-advocate, competent reader, and enhanced her parenting skills as well as her employment options.



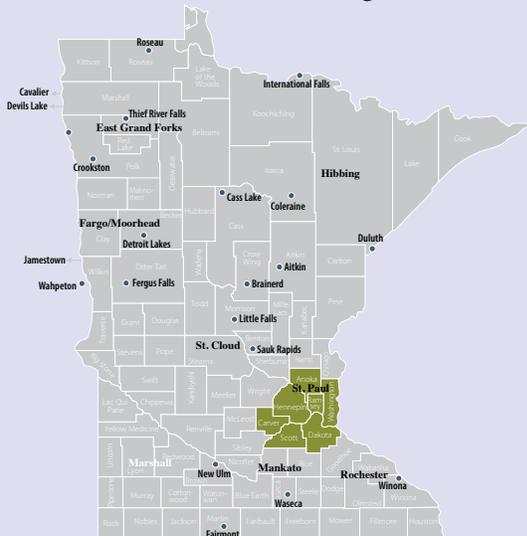


## METROPOLITAN CENTER FOR INDEPENDENT LIVING (MCIL)

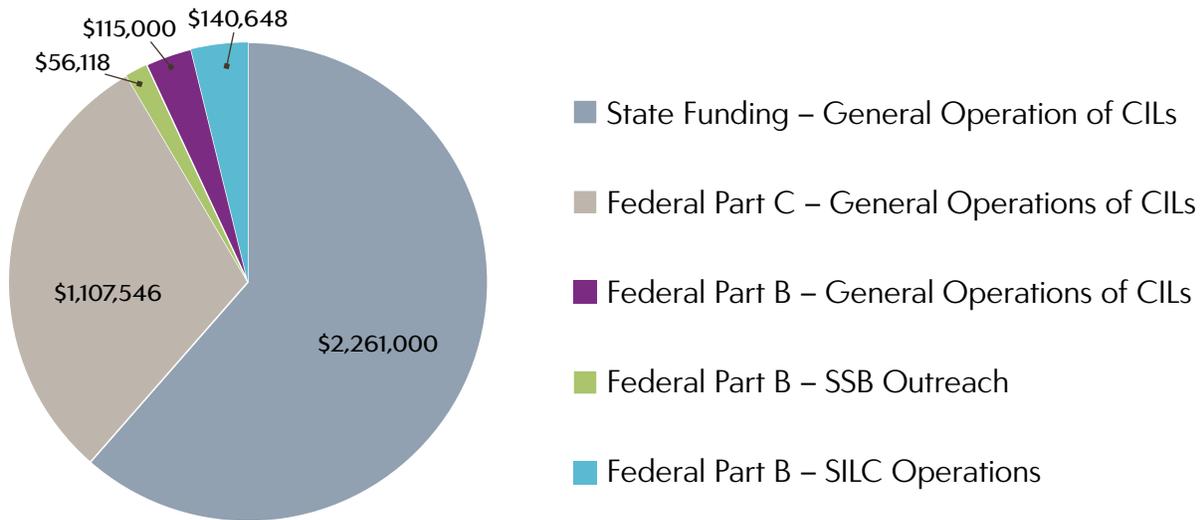
Jody Schueneman is a 52-year-old woman with multiple sclerosis who grew up in Mankato. She is a retired psychologist. She was hospitalized after a motor vehicle accident and then transferred to transitional care at The Lutheran Home in Belle Plaine. She was referred to the Metropolitan Center for Independent Living (MCIL) in October 2011.

Jody's brother Rich supports and assists Jody with decision-making and encourages her in many ways. After a long search, MCIL was able to find a home at Dungarvin Hiawatha in Minneapolis, where

Rich and friends can visit. Jody shares her thanks and satisfaction with potential consumers whenever MCIL visits the facility.



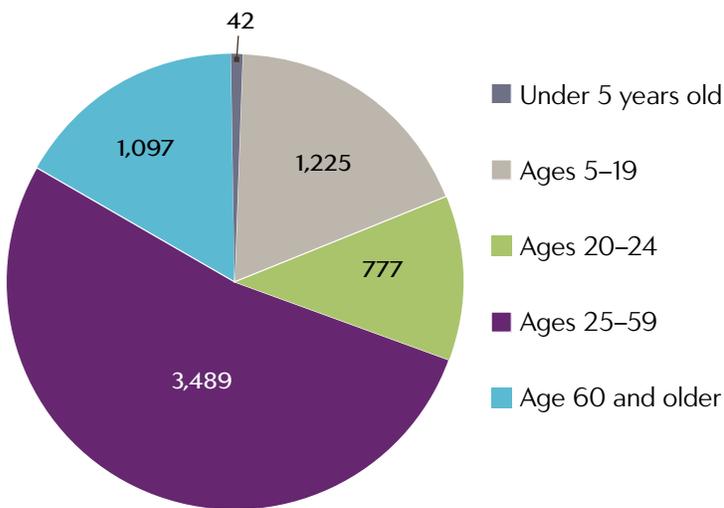
## INDEPENDENT LIVING FUNDING DISTRIBUTION



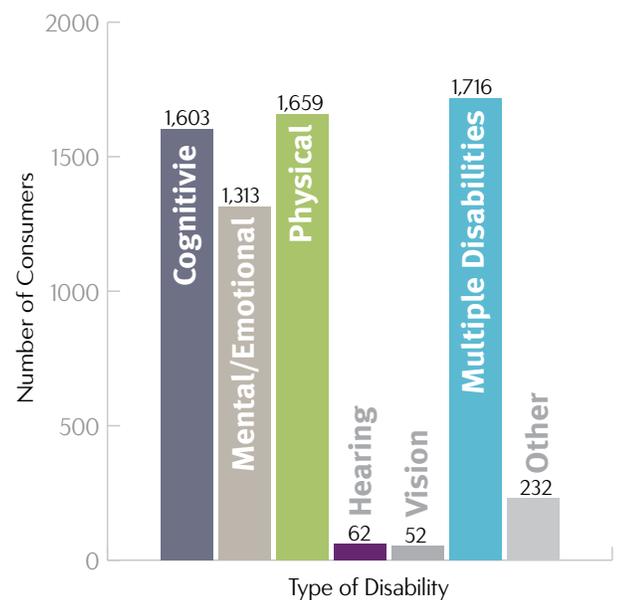
## TOTAL NUMBER OF PEOPLE SERVED BY CENTERS FOR INDEPENDENT LIVING

In FFY 2012 Minnesota’s eight Centers for Independent Living served 6,637 individuals, and also provided a total of 67,212 services, including the Independent Living (IL) core services.

### AGE BREAKDOWN



### DISABILITY





## NURSING HOME RELOCATION

One important role of Minnesota's independent living system is to assist individuals to relocate from nursing homes into community-based living arrangements. Nursing home relocation results in substantial cost savings, as well as other non-financial benefits to individuals with disabilities.

The cost of nursing home care in the United States is more than \$150 billion annually. Nearly two-thirds of this cost is paid by taxpayers, primarily via Medicaid and Medicare. In Minnesota a private room in a nursing home averages \$85,534 a year (\$234.33 per day), while a shared room costs \$76,716. The annual cost for a private room in an assisted living facility is \$37,632.

Relocation Services	FFY 2012
Number of individuals successfully relocated from nursing homes to community-based living arrangements.	241

The annual cost of maintaining the 241 individuals in the chart above in a nursing home, based on this average daily rate, is \$20,612,838.45 (241 individuals x \$234.33 x 365). The average annual cost for serving those same 241 individuals in the core service areas at a CIL would be \$112,547 (241 x \$467, the average daily cost in FY 2012 of CIL core services).

These projected savings do not represent an "apples-to-apples" comparison because a portion of those 241 individuals would likely qualify for a waived program in the community, meaning that the average daily cost would be higher than just the \$467 average cost for CIL services. However, even with

an add-on of waived services in the nursing home or community-based settings, Minnesota CILs provide a highly cost-effective service. This cost-effectiveness extends further when we include individuals for whom we actually prevent a more costly out-of-home placement. Funding sources for relocation efforts include state and federal funding allocated to each CIL, waivers and/or purchase of service contracts with counties. Funding streams accessed by individual CILs differ, but generally more than one funding source covers the expense of nursing home relocation efforts in each CIL service area.

## IL/VR COLLABORATION

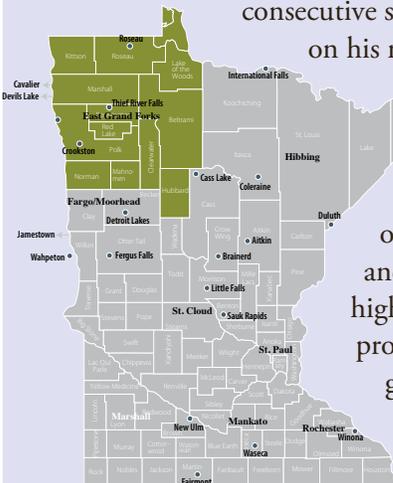
In September 2012, Vocational Rehabilitation Services (VRS) decided to continue funding for local VRS-IL collaborations through September 30, 2013, using an approach that emphasized the advantages of co-location and that focused Independent Living service delivery exclusively on Vocational Rehabilitation consumers. Providing access to IL services significantly enhances a VR consumer's ability to achieve an employment outcome. Further, the co-location of CIL staff at workforce centers or VRS offices or, alternately, the benefits of co-location through CIL staff time dedicated to VRS-related services, has strengthened the effectiveness of this partnership. From October 2011 through September 2012, 1,349 consumers received both VR and IL services through the collaboration. Since October 2011, 283 individuals have exited VR with an employment outcome and 169 have exited without employment. This translates into a rehabilitation rate of 62.6 percent. For individuals who did not receive IL services during this same period, the rehabilitation rate was 56 percent.



## OPTIONS RESOURCE CENTER FOR INDEPENDENT LIVING (OPTIONS)

Options worked with Casey, an individual with autism, since he was in fourth grade. After many years of assisting Mom and Dad in developing his goals, Options helped Casey transition to developing and taking ownership of his goals. Casey was able to graduate from high school and go on to college. Options assisted him in learning how to manage his own budget and apply for services through the Vocational Rehabilitation program, Free Application for Federal Student Aid (FAFSA), Disabled Student Services, and social service programs. Casey now is living independently, managing his own budget, hiring and firing his personal care attendants (PCAs), and pulling a 4.0 GPA for three

consecutive semesters. Reflecting on his recent success, Casey observed: “If I could have had this much control over my education and life when I was in high school, I would probably have liked going.”



## SOUTHEASTERN MINNESOTA CENTER FOR INDEPENDENT LIVING (SEMCIL)

Kathleen participated in the Rochester Public School Transition to Adulthood Program (TAP, a program for students with disabilities who are 18 - 21 years old). She had been kicked out of her parents’ house; she had no job and no money. A friend, who had used SEMCIL’s services, referred her to SEMCIL.

With the help of transition services from SEMCIL, Kathleen learned to develop her own goals and identify the steps she needed to take to accomplish her goals. The first step was to apply for essential services and supports: county services, jobs, food support and living arrangements. SEMCIL assisted Kathleen in completing her applications, getting connected to disability services for her post-secondary classes, finding an apartment, and becoming employed.

Kathleen’s next step included cooking classes and driver’s training. She received one-on-one support to gain budgeting skills. When her lease was up, SEMCIL helped Kathleen and her boyfriend find an affordable, accessible place to rent. SEMCIL also supported Kathleen at her IEP meetings. Kathleen needed help in working with the school staff so that her IEP better met her needs.

After high school, SEMCIL helped Kathleen make the transition into a full-time position as a direct support professional. Kathleen had identified this job as something she felt she would be good at doing. She is happy and successful in her job.

Kathleen says the most valuable thing about SEMCIL’s transition services is that “there is always someone available and willing to help. The staff always find a way to help and invite me to return whenever I need something.”



## STRATEGIC GOALS

The SILC has established three strategic goals for Minnesota's independent living system. The goals not only guide the work of the SILC but also serve as a framework by which the successes and accomplishments of the system can be measured and evaluated. The three goals are:

1. All Minnesotans with disabilities receive needed services from the current independent living system.
2. Minnesota's independent living program operates effectively and efficiently.
3. The Minnesota independent living program advances the network of independent living services, advises on independent living issues, including policy development and stable and sufficient resources to serve the needs of Minnesotans with disabilities.

## 2012 ACCOMPLISHMENTS AND HIGHLIGHTS

### COLLABORATIVE EFFORTS

- Co-authored a letter to MNDOT regarding transportation needs of people with disabilities, especially in rural areas.
- Co-hosted a public forum on the decision about whether and when to disclose a disability when seeking employment. Forum participants reviewed the Americans with Disabilities Act and other state and federal regulations. Forum participants suggested that disability disclosure can help in receiving accommodations and in gaining protection from on-the-job harassment or discrimination. The June 27 forum was co-sponsored by the Statewide Independent Living Council, the State Rehabilitation Council-General, and the State Rehabilitation Council-Blind.
- Convened a public forum in Alexandria – which is in an area of the state that is historically underserved by independent living services – to learn about the challenges, barriers, needs, successes, and limitations of

IL services in that region, and to explore possible ways to expand the availability of services. The forum was extremely well-attended and input from the participants and panelists will be incorporated into Minnesota's new State Plan for Independent Living.

- In collaboration with the Minnesota State Council on Disability (MSCOD) the SILC provided input and resources for the publication and distribution of an emergency preparedness guide for people with disabilities and employers.

### VETERANS OUTREACH

- The SILC Veterans Task Force developed a flyer listing CIL services to Minnesota veterans and their families: <http://www.mnsilc.org>
- A section of common Questions & Answers on CIL services to veterans and their families for use on the Minnesota Disabled Veterans Association website was developed by the SILC Veterans Task Force.

### SITE VISIT TO THE SOUTHEASTERN MINNESOTA CENTER FOR INDEPENDENT LIVING

Each year the SILC holds at least one meeting at one of Minnesota's Centers for Independent Living. The site visit usually consists of a two-day meeting: one day devoted to learning from the center and one day for conducting the SILC's business meeting. The 2012 meeting was at the Southeastern Minnesota Center for Independent Living (SEMCIL) in Rochester.

The SILC learned about a unique community effort to identify barriers to participation in the community for residents, including those with disabilities. SEMCIL played a key role in this effort by leading groups that identified key barriers to community participation for people with disabilities.

- Kim Hicks, lead transition coordinator, gave a presentation called "The Keys to Unlock a Successful Transition." She has been with SEMCIL for more than four years and is very proud and passionate about her program.

- She does IEP advocacy and training. The student or parent can call for a meeting any time there is a concern about how the IEP issues. If the student wants to be successful, he/she needs to be involved and know the laws. Kim stated that many schools ask them to participate in writing the IEP. SEMCIL has worked diligently to develop a good relationship with local schools.
- The program includes students with a range of disabilities receiving post-secondary education and runs year around. Some of the messages around good transition could be shared with parents of students without disabilities as well. They are universal.
- Helping students learn self-determination and become good self-advocates is central to a smooth transition into adult living.
- Kim conducts winter break workshops and summer school workshops. Topics may include: introduction to finances, cooking, driver's permit and public transportation, sexuality and parenting.
- Collaboration with the schools in the area and the Community Transition Interagency Committee (CTIC) is part of this program. In addition to working with others and learning about their areas, this also helps advertise SEMCIL services.

Kim started a parents' group, called "Social Oddity" that focuses on autism spectrum disorders. Both the young adults and parents met with legislators to introduce a bill. It went all the way through the Senate, before being stopped. They will try again next legislative session. Kim reports this was a great learning experience for all involved.

The SILC benefitted greatly from learning more about SEMCIL, the local community and the issues in SEMCIL's service area faced by people with disabilities. This information will become part of the information used by the SILC as they begin developing the 2014-16 State Plan for Independent Living.

## 2012 COLLABORATIVE PARTNERS

### CENTERS FOR INDEPENDENT LIVING

Metropolitan Center for Independent Living (MCIL)

Southeastern Minnesota Center for Independent Living (SEMCIL)

Independent Lifestyles Inc. Center for Independent Living (ILICIL)

Access North: Center for Independent Living of Northeastern Minnesota (CILNM)

Options Resource Center for Independent Living (OPTIONS)

Freedom Resource Center for Independent Living (FREEDOM)

Southwestern Center for Independent Living (SWCIL)

Southern Minnesota Independent Living Enterprises and Services (SMILES)

### AGENCIES AND COUNCILS

Minnesota Consortium of Citizens with Disabilities (CCD)

Minnesota Department of Employment and Economic Development (DEED) Division of Vocational Rehabilitation Services (VRS)

Minnesota State Council on Disability (MSCOD)

State Services for the Blind (SSB)

State Rehabilitation Council, General (SRC-G)

State Rehabilitation Council, Blind (SRC-B)

### 2012 PUBLIC FORUM PARTNERS

Andhe Disability Services

Windmill Project



This report can be made available in alternative formats upon request  
Brad.Westerlund@state.mn.us ■ 651.259.7351 ■ 1.800.328.9095  
(Minnesota Relay 711; Speech-to-speech telephone re-voice is 1.877.627.3848)

