



INDEPENDENT LIFESTYLES, INC

A Center for Independent Living

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“A TEAM PROMOTING INDEPENDENCE AND CHOICES FOR PEOPLE WITH DISABILITIES, THEIR FAMILIES, AND COMMUNITIES”

INFORMATION AND REFERRAL

Independent Lifestyles provides up-to-date information about disability and available services with an extensive library of disability related materials and current information about accessibility laws, rules and regulations.

Independent Lifestyles maintains a working relationship with related agencies and resources to make appropriate referrals as necessary.

Information and Referral helps you identify various options and resources that supports choice and independence for people with disabilities.

INDEPENDENT LIVING SKILLS

The Independent Living (IL) Skills Program is designed to assist people with disabilities in learning new and healthy independent living skills. The Independent Living (IL) Specialist works directly with the consumer teaching hands on skills that promote independent living. The consumer and the Independent Living Specialist write an independent living plan together to meet specific individual needs for the achievement of independence.

Possible areas of skills training include, but are not limited to:

- Self-Esteem
- Relationships
- Housing
- Transportation
- Cooking/Nutrition
- Assertiveness
- Financial Management
- Benefits Management

REPRESENTATIVE PAYEE SERVICES

Independent Lifestyles offers representative payee services for consumers who are mandated by the Social Security Administration to have a responsible party maintain their benefits.

TRANSITION SERVICES

This program assists students with disabilities in learning new and healthy independent living skills. The IL Specialist works one-on-one teaching hands-on skills that promote independent living. The student works on skills that the student selects with the IL Specialist.

PEER MENTORING

The Peer Mentoring Program is the foundation of Independent Lifestyles, Inc. The program is about people with disabilities serving as role models as they are the ones who can best share their experiences with disabilities with their peers.

This program assists individuals in:

- Overcoming external barriers
- Goal Setting
- Self-Esteem
- Socialization
- Community Integration

This program is funded in part by United Way of Central Minnesota.

United Way
of Central Minnesota



INDEPENDENT LIVING SKILLS ASSESSMENT

Independent Lifestyles recognizes that consumers have a variety of independent living needs as well as differing abilities and barriers that may keep them from living as independently as possible. Independent Lifestyles has designed a comprehensive Independent Living Skills Assessment that is completed with the consumer with hands-on practical application. This tool is asset based and aims to also highlight consumers strengths and abilities. The following categories are included on a full day assessment:

- Personal Hygiene
- Dressing and Clothing Care
- Health Care
- Cooking/ Eating and Nutrition
- Home Management and Home Safety
- Financial Management
- Personal Growth/ Awareness and Problem Solving
- Community Access and Awareness

You have the option to purchase the full assessment, choose one module or select groups of modules to fit the individuals needs.

ADVOCACY SERVICES

One of the core services provided by Independent Lifestyles is advocacy on behalf of individuals with disabilities, their families and care givers. There are a wide variety of situations in which Independent Lifestyles could be called on to provide advocacy assistance. Advocacy assistance could be provided to the individual consumer on any topic such as employment, education, the “system”, and accessibility. Independent Lifestyles provides advocacy on a one-to-one basis providing assistance to the consumer to achieve greater independence. Independent Lifestyles is also committed to advocacy on a systems level addressing and removing barriers for people with disabilities so they can live more independently.

Advocacy Committee

Independent Lifestyles Advocacy Committee includes Staff, Consumers and Community members who join together to support each other in their self-advocacy efforts as well as to address disability issues in the community.

ACCESSIBILITY SERVICES

Independent Lifestyles Accessibility Program offers accessibility assistance to consumers to become more independent in their homes, vehicles and the community.

Some of the assessment projects are ramps, door widening, lifts, bathroom and kitchen remodeling as well as various other projects. The accessibility program extends its services into the community by providing education regarding ADA regulations and business assessments.

The John Mertens Memorial Fund was established in memory of John Mertens, Independent Lifestyles' Accessibility Specialist. He passed away in November of 2007 after 30 years of dedicated service to the community by supporting people in their homes through home modifications. The money in the fund goes to those who are unable to receive funding to make modifications necessary for them to maintain their independence in their home.

PCA CHOICE

Independent Lifestyles PCA (Personal Care Assistant) Choice program is designed for individuals who want more independence in managing their personal cares. The consumer is responsible for the hiring, training and supervision of their PCA's while Independent Lifestyles acts as the fiscal intermediary.

Eligibility

You must be eligible for or receiving Medical Assistance (MA) or MN Care Expanded benefits (for pregnant women or children under age 21) or be eligible for the Alternative Care program for qualifying seniors.

You must be able to make decisions about your care or have a person as your responsible party who can make decisions about your care for you.

Consumer Responsibilities

- Finding, Hiring, and Training of PCA Staff
- Finding back up PCA Staff

- Supervising PCA Staff
- Creating a PCA Care Plan with your QP (Qualified Professional)
- Scheduling PCA's and a QP
- Monitoring and evaluating PCA Staff
- Entering into a written agreement with Independent Lifestyles
- Maintaining documents of the PCA tasks and actions

Role of PCA Choice Agency

- Billing Contracted Provider for PCA and Qualified Professional (QP) services
- Paying and withholding taxes for PCA Staff and QP
- Applying for Criminal Background checks for PCA and QP
- Maintaining all written agreements for PCA and QP Staff
- Keeping documentation of your services.

**Private Pay options also available.