If you are receiving Medicaid Personal Assistance Services (PAS) you have probably already received a letter from your personal assistance services provider letting you know that your PAS services would be transitioning over into a new program called the Community First Choice Option (CFC). You do have the option of remaining on the traditional PAS program by signing that letter and returning it to your PAS provider. However, before you do so, rest assured that all of the core services you receive under the current PAS program are also available under CFC.

Community First Choice is very similar to the current PAS program but also includes several additional components not typically associated with State Plan services. Additional services include: person-centered planning, a comprehensive quality assurance system and a requirement that the people who receive CFCO services must meet Nursing Facility or ICF/MR Level of Care. For individuals who do not meet the Level of Care guidelines and are currently receiving PAS services through the PAS program, nothing will change! The current PAS program will continue to exist alongside the new CFC program. Individuals receiving services under the CFC program will also still have access to Medicaid Waiver services.

Community First Choice is a “consumer-controlled” attendant care program that supports people who need hands-on assistance, supervision or reminders in order to perform important daily life skills, such as: bathing, dressing, eating, mobility, shopping, and meal preparation. These are the same services that are available under the current PAS program. However, CFC also contains additional services not typically available under the current PAS program, such as: money management/budgeting, socialization, non-medical transportation, and emergency back-up devices.

The CFC program is designed to improve upon the current personal assistance service system in order to better meet the needs of people who need personal assistance services as well as to give consumers more of a voice in the design and delivery of their own care. This new program is an exciting opportunity for both the State of Montana and individuals who rely on personal assistance services across the state. The Department of Public Health and Human Services is currently working to get the details of this program put in place and approved by the Centers for Medicare and Medicaid services (CMS). Once that occurs, CFC program implementation will begin and consumers will have more control over their own services.

Stay tuned!
Upcoming Events

Flathead County

Social Security Orientation - First Friday of each month, 9:00 and Third Friday, 1:00
YODA Youth Group - Second Monday each month, 4:00 - 6:00
Parent Support Group - Third Monday of each month, 6:00
Men’s Discussion Group - Third Monday each month, 6:30
The Summit Medical Fitness Center, Conference Room #2
205 Sunnyview Lane, Kalispell
Women’s Discussion Group - Third Friday of each month, 1:00 - 3:00
Sign Language Class - New classes start every few months

Unless otherwise noted, classes and groups are held at:
Gateway Community Center, United Way Conference Room
1203 Hwy 2 West, Kalispell

Call Flo at (406) 257-0048 for more information or to register.

Ravalli County

Man Cave - January 23, 11:00 - 2:00, Art Adventure “Recycled Art”
February 20, 11:00 - 1:00, Second Annual Chili Feed
March, Wii Bowling - Date TBA

People First - Wednesdays, 3:00 - 4:00
January 15, Trip to Ravalli County Museum

Women on the Move - January 23, 11:00 - 2:00, Art Adventure “Recycled Art”
February - TBA
March, Wii Bowling - Date TBA

Missoula Osprey Baseball - June 21, Community Corner Group. $5 tickets, including Osprey cap and game program!

Unless otherwise noted, classes are held at:
Human Resources Council Building, Summit Conference Room
316 N 3rd St., Hamilton

Call Joel or Mary at (406) 363-5242 for more information or to register.

Missoula County

Living Well - Mondays, 10:00 - 12:00 starting Jan. 6
Working Well - Tuesdays, 10:00 - 12:00 starting Jan. 7
Independence & Gratitude - Thursdays, 10:00 - 12:00 starting Feb. 6
Growing through Pain & Progressive Loss - Wed., 1:30 - 3:00 starting April 2
Smart Money I - Fridays, 1:00 - 3:00 starting May 2
Summit Orientation - First Friday of each month, 10:00 - 11:00

Unless otherwise noted, classes are held at:
Summit ILC, Summit’s Conference Room
700 SW Higgins, Suite 101, Missoula

Call Kathy at (406) 728-1630 for more information or to register.
Statewide Advocacy Groups

Looking to improve your community? Look no further than our Montana Centers for Independent Living statewide task forces!

After some re-organizing at our last symposium, the task force groups and some of their goals are as follows:

**Community Living Task Force (formerly Housing Task Force)**
- Educate local communities and community leaders on benefits and importance of visitable construction features
- Meet with building code enforcement agencies to discuss how to improve enforcement of accessibility regulations
- Educate state agencies about the importance of subsidized housing opportunities like 811 Housing program and Housing Bridge program

**Native American Task Force**
- Develop culturally relevant IL philosophy training for Native Americans
- Present importance of Visitability and accessible housing for Native American communities to members’ respective tribes
- Develop presentations in Native tongues

**Public Relations Task Force**
- Develop creative brand promotion
- Begin outreach campaign for Medicaid for Workers with Disabilities
- Collect and publish stories and experiences of Montanans with disabilities through video, audio, social media, and writings

**Self-Determination Task Force**
- Work with DPHHS and CMS on HCBS community setting definition for assisted living
- Develop model of what the Olmstead Implementation Council would look like and what responsibilities would be
- Create broader awareness of local election process and requirements

**Transportation Task Force**
- Approach public transportation providers to begin discussions on opportunities for expanded service hours
- Develop strategies for improving intercity (between cities) transportation services
- Advocate complete streets concept and acceptable pathways

**Youth and Employment Task Force (formerly Youth Task Force)**
- Design employment training for people with disabilities
- Hold Disability Mentoring Day inclusive of employment focus with participants from all four CILs
- Establish youth groups in all service areas

So now that you know what’s going on, what are you waiting for?

Contact Summit today and get involved in making Montana stronger. After all, nothing has ever gotten better without a little hard work!
**YODA Bucks: Rewarding Self-Improvement and Community Service**

The Missoula branch of Youth Opening Doors through Advocacy (YODA) has decided to implement a reward program for members who engage in various activities including: assisting YODA, performing community service, completing classes, or finding employment.

This program, which started in November, allows members to receive “YODA Bucks” that they can trade toward things like social activities, games, event tickets, and so forth. Members under 18 or who have guardians will need their permission to trade for prizes.

YODA members unanimously voted in the new program’s rules, which also contain costs for things like attending Video Game Night, a side-activity run by YODA.

To receive more information about “YODA Bucks” or to get on the YODA contact list, contact Mike Beers or Cara Wherley at: mbeers@summitilc.org & cwherley@summitilc.org or call (406) 728-1630.

**Cost of Living Adjustment (COLA) 2014**

Social Security and Supplemental Security Income (SSI) beneficiaries will receive a 1.5 percent COLA increase for 2014.

**Other Important Changes**

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<thead>
<tr>
<th>Description</th>
<th>Individual</th>
<th>Couple</th>
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<tr>
<td><strong>SSI Federal Payment Standard:</strong></td>
<td>Individual</td>
<td>Couple</td>
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<td>SSI Student Exclusion:</td>
<td>Monthly</td>
<td>Annual</td>
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<td><strong>Social Security Disability Thresholds:</strong></td>
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<td>Substantial Gainful Activity (SGA)</td>
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<td>$770/mo.</td>
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Receive disability-related benefits, such as SSI or SSDI, and need to understand more about how they work? Want to go to work, but need to know more about how that will impact your benefits?

Contact Summit, and we’ll help you figure it out!
BULLETIN BOARD

See our website at: newsletter.summitilc.org for more ads

Accessible 4 BDR/2 BTH home. Near University. 408 S. 6th St. East. $1500/month. Call Grizzly Property at 542-2060 or Setsuko Roberts at 251-1445.

Vestil 1000lb capacity lift, model #ehlt-6678-1-43 operates on 115V, rain proof operation controller, 36 inch lift height, 2 removable rails, hinged ramp for easy loading/unloading, hardly used. $3700 OBO. Call 531-8588.


Jazzy 600 Wheelchair. Great condition, $1500 OBO. Call (406) 676-0190 and ask for Summit’s Scott or Michelle.

Permobil C300 Wheelchair. Full-featured-power-lift, footrest, backrest, vertical lift, Bluetooth, Omni-control module, enhanced steering, removable tray, E-Z lock (vehicle mount), Roho cushion. $3000 OBO. Call Theresa at 251-6450.

Quantum 600 Battery Wheelchair. Has tilt, leg lift, Roho cushion, and headrest. Candy Apple Red. Great Condition. $2000/OBO. Call (406)728-2689. E-mail wolfsden08@live.com for pictures.

3-wheel 2012 scooter. Street legal, turn signals, head lights, tail lights, basket on rear behind seat. Goes approximately 18 mph. Rechargeable battery. $1500. Call Larry Williams at (406) 882-4192 for more information.

Have something you want to sell or give away or are you looking for a hard-to-find piece of equipment?

If so, list it here by contacting Justice Ender at (406) 728-1630 or email justice@summitilc.org.

Or, list and find those hard-to-find items on the Montech item exchange website at:

http://montech.ruralinstitute.umt.edu/mtdb/

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TIPS FROM TOM

**BENEFITS OF LOW IMPACT EXERCISES**

Low impact exercises are controlled movements generally when you keep one foot on the floor. As the name suggests, low impact exercise is a type of exercise where the amount of stress placed upon the joints of your knees, hips and ankles is relatively minimal.

These exercises are ideal for many people, including those with disabilities who have limited mobility.

The athlete is still able to participate in cardiovascular exercise, while lowering the risk of injuries. The three main benefits are: increased cardiovascular health, decreased damage to joints and weight loss.

The reason low-impact exercise is beneficial to many people with compromised mobility is the reduced risk of injury. An injury may reduce future exercise or require modified motions to compensate for the injured area.

Following are some examples of common low-impact exercises: walking, swimming, water aerobics, yoga, cycling, step aerobics, hiking, cross-country skiing, snowshoeing and ballroom dancing.

*Tom Thompson, Summit Peer*

*Tom is a peer advocate in Missoula and can be reached at tomskilaw@gmail.com*
Carrie Dyrud  
SDPAS Assistant  
Carrie works in the Missoula Self-Direct Department with Betsy and Nicole, helping out with paperwork, mailings and so forth.  
She also works part time at a local law firm.  
Carrie is into music and plays the piano.  
She also has a pug called Al, who we imagine moonlights as Chevy Chase.

Alicia McLean  
Assistant Bookkeeper  
Alicia works in the Missoula Accounting Department, helping out Libby and Sally.  
She enjoys skiing when she has a chance to go.  
She’s also a musician, and plays the bassoon.  
We smell a musical team-up in the future with Carrie...  
Alicia has four children, and a twin sister who lives in Billings!

National Paratransit Card

The Department of Transportation is exploring the creation of a national, exchangeable ADA Universal Identification card.

This card would allow people who are eligible for Paratransit to travel to other areas within the United States and receive Paratransit services in that area without filling out a separate request form for that area.

To learn more, visit: http://adaparatransit.blogspot.com

Or submit concerns and questions to: DOTStrategicPlan@dot.gov
Affordable Care Act Impacts on People with Disabilities

Reforms Health Insurance Practices

• Eliminates pre-existing condition exclusions
• Bans annual and lifetime limits
• Ends insurance companies retroactively denying coverage
• Improves the appeals process when a person is denied coverage of a treatment or service
• Requires that at least 80% of health insurance premium dollars are paying for health care
• Helps states to limit unfair increases in insurance rates
• Prohibits considering health status in calculating premiums
• Requires guaranteed issue and renewals of insurance plans
• Prohibits discrimination based on health status

Expands and Improves Long Term Services & Supports

• Establishes the Community First Choice Option for states to cover comprehensive community attendant services under the state’s Medicaid optional service plan and avoid more costly nursing home and other institutional care
• Improves the existing Medicaid Section 1915(i) option for home and community based services by making it easier for individuals to qualify for services, allow states to target specific populations, and avoid more costly nursing home and other institutional care
• Reduces Medicaid’s institutional bias by creating new financial incentives for states to rebalance their services from more costly institutional settings toward home and community based services
• Extends Money Follow the Person Demonstration program that provides additional federal payments to help people transition from more costly institutions to home and community based services

Expands Access to Health Insurance Coverage

• Allows coverage for dependents until age 26
• Creates private health insurance exchanges for individuals and small employers to purchase insurance
• Provides significant subsidies to assist low income individuals to purchase coverage in the exchanges and tax credits to help small employers provide insurance to their employees
• Includes coverage of dental and vision care for children in health insurance plans sold in the exchanges
• Includes mental health services, rehabilitative and habilitative services and devices, and other critical disability services in the health plans sold in the exchanges

Improves Medicaid and Medicare

• Gives states the option to expands Medicaid eligibility to childless adults with incomes up to 133% of the federal poverty level. Federal government pays 100% of the cost until 2016 (phases down to 90% in 2020)
• Creates an option to provide health homes for Medicaid enrollees with chronic conditions. Health homes are intended to be person-centered systems of care that integrate primary, acute, behavioral health, and long term services
• Allows a free annual Medicare well visit with assessments and individualized prevention plan
• Eliminates Medicare Part D (drug coverage) co-pays for persons who are dually eligible for Medicaid and Medicare, and receiving Medicaid waiver services
• Expands Medicare Part D coverage of anti-seizure, anti-anxiety, and anti-spasm medications
• Allows states in partnership with the federal government to try new models of care to provide better health care at lower costs to people with complex health care needs who are eligible for both Medicare and Medicaid

Expands Access to Prevention Services and Other Improvements

• Eliminates co-pays for critical prevention services
• Creates the Prevention and Public Health Fund to greatly expand wellness, disease prevention, and other public health priorities
• Increases opportunities for training of health care providers (including dentists) on the needs of persons with developmental and other disabilities
• Improves data collection on health care access for people with disabilities
• Requires the establishment of criteria for accessible medical diagnostic equipment

Want more info?
Check out The Arc’s ACA Toolkit at:
www.thearc.org
AN ADVOCACY AND RESOURCE CENTER FOR
MONTANANS WITH DISABILITIES

This publication is available in alternative format on request. Please call 1 (800) 398-9002.

Summit Independent Living Center would like to thank:

PATTEE CREEK MARKET

BARNES & NOBLE

&

MONTGOMERY DISTILLERY

For donations and other efforts benefiting our organization.

Your support has gone towards making Montana a better place!

Remember, you can always sign up for the electronic newsletter by contacting:
missoula@summitilc.org