

IRIS CONSULTANT BIOGRAPHY



Consultant Name: Jenna Helminski

Company Name: MILC-ICA

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Work History (starting with most recent)

Name of Agency	Date of Employment	Job Title
Midstate Independent Living Choices	August 28, 2018	Independent Living Consultant

Care Responsibilities

Supported individuals with disabilities in pursuit of their independent living goals by providing information, assistance, peer support, advocacy, and independent living skills training. Specialized in identifying assistive technology needs and providing equipment solutions with a person-centered approach.

Educational Background

Name of Institution	Major/Degree	Degree Obtained	Date Obtained
University of Wisconsin – Stevens Point	Political Science, International Studies & French Language Studies	Yes	5/2013

Credentials

Name of Certification/Accreditation	Certifying Agency	Date Certification was Obtained
Adult Long Term Care Functional Screener	Wisconsin Department of Health Services – 07/2018	
Basic Life Support	American Red Cross - 01/2017	

Specialties (e.g., working with autism, the elderly, employment for people with disabilities or youth in transition, mental health, experience with assisted technology)

I've worked with the elderly, physically and developmentally disabled adults in various capacities for nearly a decade. Before coming to IRIS, I was a professional caregiver, an aide in an adult day service program, an administrative professional at an Aging & Disability Resource Center, an allied health professional at a general hospital, and an Independent Living Consultant. I specialized in Alzheimer's and dementia care and obtained a dementia specialist certification from the Alzheimer's Association in 2015. For several years I worked in a community lending program for durable medical equipment. As an Independent Living Consultant, I performed



assistive technology assessments for needs ranging from mobility to communication assistance. I am currently involved with the Portage County Communities on Transition as an advocate for students with disabilities making the transition from high school to postsecondary life. In addition to my involvement with transition-focused community networks, I have experience working one-on-one with students to support their integrated employment or pre-vocational goals. Lastly, my personal experience with mental illness gives me a unique perspective and understanding when working with individuals living with mental health conditions.

County/Region I'm familiar with

Manitowoc, Calumet, Winnebago, Fond Du Lac, Outagamie, Waupaca, Portage, Wood, Marathon, Langlade, Lincoln, Forest, Oneida, Vilas, and Florence counties.

Languages or Communication Skills

My native language is English. I speak some French on the side. I am comfortable communicating via interpreters/translators for individuals using ASL or who have limited English proficiency. I am trained in methods of therapeutic communication, as well.

I'm comfortable with pets in the home

Yes

More about me

I am a homegrown Wisconsinite who loves animals and all people. I believe whole-heartedly in self-determination and self-direction, the guiding principles of IRIS. What gives me joy and purpose in life is helping others to live independently and authentically in the community.
