Midstate Independent Living Choices and South Wood County Recreation Center

**Adaptive Ice Skating Event**

March 25, 2020
11:00 am to 3:00 pm
South Wood County Recreation Center
Wisconsin Rapids

FREE EVENT!

Bring your own safety equipment

For general information, to register or to request an Interpreter/SSP, please contact:
Alex Lena at alena@milc-inc.org or 715-344-4210 ext. 232

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What Does Seclusion and Restraint Mean at School?

Seclusion means a student is separated from other students and is not able to leave. Being sent to the principal’s office could be a form of seclusion. When a student leaves the class for a sensory break, it is not considered seclusion if they leave the classroom on their own.

Restraint means a student is restrained either by a device or person. Straps, blanket wraps, helmets and other items are considered restraints if they prohibit a person from moving their body or head. Putting a hand on a student’s back or arm to provide comfort or guide them in a direction is not considered a physical restraint.

There are laws and regulations for using seclusion and restraints in Wisconsin Schools. The Wisconsin Department of Public Education has more information at: www.sped.dpi.wi.gov/sped_sbseclusion

If you have questions about the practice of seclusion or restraint with your child, please contact Sandi Walkush at 715-344-4210 ext. 237.

Did you know?

At MILC, we contract with the Department of Vocational Rehabilitation (DVR), who funds the classes we teach on employment skills. The classes we are currently authorized to teach are Skills to Pay the Bills and Help Yourself. Each has its own approved curriculum, which we teach through a six week interactive course. The courses are designed for a group of students. An ideal class size is 4-10 students. That doesn’t mean we cannot work one-on-one; it just means it’s designed for a group setting. Any curriculum we have can be tailored to meet the needs of the students who need accommodations. We discuss these needs with the students and their supports before classes start. Students between 14-21 years old and are enrolled or found potentially eligible for DVR Services can participate at no cost to the consumer.

Skills to Pay the Bills is a soft-skills class where students will learn through interactive assignments. The subjects are:

- Communication
- Enthusiasm & Attitude
- Teamwork
- Networking
- Problem Solving & Critical Thinking
- Professionalism

Help Yourself is our ILC Networks Curriculum which was designed by Independence First in Milwaukee, Wisconsin and is approved by DVR. This curriculum is designed to teach students Self-Advocacy Skills. Topics covered are:

- Disability History & Legislation
- Self-Awareness & Self-Esteem
- Communication Skills (Aggressive, Passive, Assertive-and the differences of each)
- The Power of Words
- Self-Determination & Running your own IEP Meeting
- Advocacy (Self/Legal/Group Systems)

~Tiffany Bredlau, IL Consultant
CAREGIVERS & CONSUMERS RECEIVING PERSONAL CARE SERVICES

Electronic Visit Verification (EVV)

WHAT, WHO, WHEN, WHY, HOW & WHERE?

WHAT is EVV?

EVV is an electronic system that uses a mobile phone app, a landline telephone, or an EVV digital device to verify that authorized services were provided. Workers will be required to send information to an EVV system at the beginning and end of each visit. The information will include:

- Date of service
- Time of service
- Location of service
- Service type
- Individual providing the service
- Individual receiving the service

WHO is affected by EVV?

All personal care and home health services, including services provided through Wisconsin Medicaid and Family Care, Family Care Partnership, IRIS (Include, Respect, I Self-Direct) and Katie Beckett, BadgerCare Plus fee-for-service, BadgerCare Plus HMO’s (health maintenance organizations), and Medicaid SSI HMOs.

WHY EVV?

The federal 21st Century Cures Act requires states to implement an EVV requirement for Medicaid-covered personal care services and home health services.

WHEN will EVV be implemented?

The Act requires states to implement EVV for Medicaid-covered personal care services in 2020 and will move forward in stages.

HOW will workers receive training on EVV?

The Department of Health Services (DHS) will implement a training plan. The details of the training plan, including who will train workers, are still being decided and will be communicated to agencies when finalized.

WHERE can you get the most current information about EVV?

Dates of upcoming public forums and recordings of past public forums and materials are posted on the DHS EVV webpage. Go to https://www.dhs.wisconsin.gov/forwardhealth/evv.htm

Questions can be emailed to DHS at dhsevv@dhs.wisconsin.gov

We will update our current workers of any new developments.

STAY INFORMED!!

The above information was listed on the DHS EVV webpage and DHS form P-02462 (07/2019)

Submitted by Human Resources
Each newsletter, MILC will be recognizing a Personal Care Worker employed with our Personal Assistant Services. This month we would like to recognize

Terri Miller!

Terri has invested much of her adult life in caregiving. She worked for the Portage County Health Care Center for 35+ years; the first 17 years she worked as a Certified Nursing Assistant with the remainder of her time worked in activities with the residents.

Terri is simply proud of being able to make the individuals she worked with laugh each day and feel comfortable around her. She wants new caregivers in the field to know that they should take pride in their work and treat the individuals they care for how they would like their loved ones to be cared for. Terri joined MILC in 2014 and has helped consumers with such things as housekeeping, companionship and running errands. She is happy to assist them with their daily needs.

Outside of caregiving, Terri enjoys bowling, reading V.C. Andrews books, walking and having cookouts with friends and family. She is also very involved with her church as a Eucharistic Minister and Reader at mass. Plus she has started a grief support group which meets once a month.

We want to thank Terri for her time and dedication to MILC’s consumers!
Some Bugs Are Cute

Some bugs can be considered cute, or even beautiful. Take the ladybug, for example, or a monarch butterfly. While I wouldn’t necessarily want one of these critters as a pet, I wouldn’t panic if one landed on me.

The ‘Flu Bug’ however, isn’t cute AT ALL! Luckily, there are ways that you can protect yourself from having one ‘land on you’.

The most important step you can take is of course to avoid people who are sick, but that can be really hard to do, since this ‘bug’ can stick around for hours on surfaces that were touched by someone who is sick. If they sneeze into their hand and then start pushing a shopping cart, chances are good that the next person to use that cart will be exposed. (Fortunately, most grocery stores have disinfectant wipes for this very reason).

Since cold and flu viruses enter your body through your eyes, nose, and mouth, you should avoid touching your face, and wash your hands frequently.

To avoid spreading an illness, stay home if you’re sick, if at all possible. And don’t cough or sneeze into your hand! Use a tissue if you have one and if not, cough or sneeze into the crook of your elbow. I hope you all have a Happy, Healthy Holiday Season!

~Nancy Keller, IL Consultant

IMMEDIATE OPENINGS!

CAREGIVERS NEEDED!

Midstate Independent Living Choices

is in search of CAREGIVERS interested in assisting individuals in their home, providing Personal Care, Supportive Home Care and/or Respite.

Great opportunity to earn extra income!

For more information or to have an application mailed to you,
Please email: ebuckles@milc-inc.org
or call 715-344-4210, ext. 222

We are looking for motivated, compassionate leaders to join our team. If you would like to be more involved with MILC in meeting our mission and serving people with disabilities:

Join our Board of Directors!

Contact Zoe Kujawa at 715-344-4210 ext. 217 or zkujawa@milc-inc.org
Assistive Technology Review at MILC:

Adaptive Eating Utensils

Ah the holidays! Time for family, friends, good company and of course food! If you’re like me, you look forward to sitting on the couch all day and eating. Some people may even have traditions for what they eat during the holidays. Being able to feed ourselves and prepare a meal is something that most people take for granted. Individuals that have physical or mental limitations may struggle with these activities. What if there were devices that aid an individual to eat/feed themselves and cook more independently? Well there are! At MILC we have adaptive plates, cups, eating utensils and so much more! For more information or to schedule a time to see these devices, give us a call!

For more information contact Alex Lena at 715-344-4210 ext. 232.

![Nosey cup](image1.png) ![Built up handled utensils](image2.png) ![Liquid level indicator](image3.png)

Bi-Ski

Winter. There are so many reasons people do not like this season: the cold weather, not a lot of sunlight, not as many outdoor activities to do, etc. I happen to really like the winter season and to participate in winter activities such as ice skating, skiing, and sledding.

If you have a disability, you may feel that you are unable to fully participate in some of these winter activities. At MILC we have Bi-ski’s that individuals can loan and go skiing. They can be used independently or with help of a friend or family member. If you or someone you know would like to try these skis, give us a call!!

For more information contact Alex Lena at 715-344-4210 ext. 232.
**What is Wisloan?**

Wisloan is a statewide, alternative loan program that allows Wisconsin residents with a disability, or their families, to purchase adaptive equipment, assistive technology or modify their homes so that they can live more independently. The applicant must be 18 and a resident of Wisconsin who wishes to improve his or her quality of life through the acquisition of items (examples include assistive technology, modified vehicles, etc.).

Both Telework and Wisloan loan amounts will depend on the item being purchased and the ability to repay. The current interest rate is 6.5%.

Bad credit, including bankruptcy is not a reason to not apply. The focus is on the ability to make the monthly payments. Reasons for credit issues are taken into consideration by the review board. Contact an IL Consultant at the MILC office for assistance in completing an application.

**What is Telework?**

Telework is a statewide, alternative loan program allowing Wisconsin residents with disabilities to purchase computers and other equipment needed to work from remote sites away from the office, including at home, on the road or at a Telework center. In addition to the purchase of equipment, the loan funds can be used for training to use equipment, extended warranties, the cost of maintenance and repair.

**What is TEPP?**

Telecommunications, Equipment Purchase Program

If you are one of the millions of people who have difficulty using a telephone, you should know that help is available through the Telecommunications Equipment Purchase Program, or TEPP. The TEPP Program provides funding, (through the Universal Service Fund), for people with disabilities to purchase specialized telephones and related equipment.

The TEPP program issues vouchers, each with different dollar amounts, based on several categories of disability. For example, the Hard of Hearing voucher is $100, the Deaf/Severely Hard of Hearing voucher is $800, and the Mobility Impaired voucher is $1,600. (Vouchers over $100 require a $100 co-pay, but there are programs available that may help cover that cost).

If you don’t know what kind of phone will work for you, we have several different types of phones that you can borrow from our Wistech Loan and Demonstration Program so you can ‘Try before you buy’.

Please contact MILC for further information about the TEPP Program or to schedule an appointment to try a few phones. (We can also assist with the application).
How To Get a Hold of Us:

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3262 Church Street
Stevens Point, WI 54481
715-344-4210 or 800-382-8484
milc@milc-inc.org or www.milc-inc.org

Newsletter Editor: Jennifer Strike: I&R Specialist

To contact the following departments dial:
Mental Health/Peer Support: Ext. 243
IL Program: Ext. 238
PAS Program: Ext. 224
Human Resources: Ext. 226
Accounting: Ext. 214

MOVING?
Let us know so we can keep you on our mailing list.
Contact us at milc@milc-inc.org

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