

AUGUST 2011

Center

for

Independent

Living

3075 Adeline Street, Suite 100, Berkeley, CA ▶ info@cilberkeley.org ▶ www.cilberkeley.org

Transition To Home



CIL Peer Counselor, Lauren Steinberg and CIL Consumer Richard Cranmer

For nearly 40 years CIL has helped thousands of people with disabilities achieve their independent living goals, including transitioning from a nursing home or other institution back into the community. In March 2011 CIL became a lead organization in the California Community Transitions program (CCT), giving CIL access to additional funds to help more people transition.

CIL's peer counselors provide assistance in developing individualized transition plans and in equipping each person with the tools and resources needed to sustain their independence in the community. Opportunities to learn independent living skills such as budgeting, cooking, using a computer or public transit are made available to help each person regain or learn for the first time the necessary skills for living outside of an institution.

For those who qualify, CCT is able to assist financially with a wide range of costs, including fees associated with moving into a new home and attendant care services. We are committed to seeing every person with a desire to transition back into the community have a fair chance to do so. If you are currently in a nursing home and want to transition back into the community or know of someone who may be interested please contact **Thomas Gregory @ 510-841-4776 ext 3128 or tgregory@cilberkeley.org.**

For seniors who are newly disabled or have a progressive disability, learning the tools, techniques and resources to maintain an active and fulfilling life style may seem like a monumental task. Without the necessary community supports and access to information that is relevant to their needs seniors with newly acquired disabilities have an increased chance of falling into depression.

In order to support this growing population, CIL is now offering a series of workshops on topics that are integral to living well with a disability. Seniors with disabilities gather to discuss topics such as goal setting, self advocacy, diet, exercise, self-care, attendant care, depression, isolation and much more. The groups are lead by experts and peer counselors who have faced similar experiences and dealt successfully with the challenges upfront.

The Living Well program just completed its first session and received rave reviews. We are currently gearing up for round two and are looking for new participants and peer counselors. Unfortunately, at this time, only Berkeley residents can participate in this program. If you are interested or want more information about the Living Well program please contact **Grace Wright @ 510-841-4776 ext 3146 or gwright@cilberkeley.org.**

Living Well



CIL Living Well Participant Francesca Healy

Medi-Cal AND Your Right to Choose

August 11, 2011: 1:00-4:00PM

Until recently, recipients of Medi-Cal have been able to access medical care under a fee for service system. This has allowed recipients to choose a provider who accepts Medi-Cal coverage and have that provider paid by Medi-Cal as they would with any other insurance company. Through this system, consumers have had a greater level of choice regarding which doctors and specialists they want to work with and therefore have had much more control over their overall health and well being.



Beginning this July, however, Medi-Cal will no longer use a fee for service system. They will instead require recipients who receive only Medi-Cal to enroll with managed care agencies and work with pre-designated, pre-authorized doctors and providers. In order to ensure that community members have a complete understanding of the new system, CIL will be partnering with Community Resources for Independent Living and the Senior Services Coalition to offer a workshop on Thursday Aug 11th from 1-4pm which will cover the new set of requirements. In order to maximize consumer control with regard to health care choices, staff from Health Care Options will also be available to assist those who wish to enroll with a Managed Care Agency. Spanish translation will be available as will light refreshments. **To RSVP or for more information please contact Lauren Steinberg at 510-841-4776 or lsteinberg@cilberkeley.org.**

Please refrain from using scented products.

AUGUST 2011

CIL Workshops & Support Groups

August 10, 2011

Housing Workshop

1-3PM: [Fidel Valenzuela](#), CIL

Sexuality & Disability Support Group

6-7:30PM: [Rafe Eric Biggs](#), Bernard Osher Center

August 11, 2011

Medi-Cal Management Workshop

1-4PM: [Lauren Steinberg](#), Bernard Osher Center

August 12, 2011

Rights in a Bag

12-1PM: [Lauren Steinberg](#), CIL

August 15, 2011

Resume Writing

10-12PM: [Clarice Houston](#), CIL

How to Apply for SSI/SSDI

1-3PM: [Joel Roberts](#), Bernard Osher Center

August 19, 2011

Living Better on Social Security

2-3PM: [Max Dolane](#), Bernard Osher Center

August 24, 2011

Disabled Lesbians and Bisexual Women's Support Group

2-3:15PM: [Robin Earth](#), Bernard Osher Center

Please visit [CIL August 2011 Calendar](#) for more CIL events and detailed information.
To RSVP or request reasonable accommodations please contact us.

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