

REACH

Resource Centers on Independent Living

**You have the Ability to REACH Success
with the Right Resources**



Emphasizing Abilities, Not Disabilities!

**We are REACHing the North Central
Texas Area with offices located in
FORT WORTH • DALLAS
DENTON • PLANO**

REACH of Fort Worth

1000 Macon Street, Suite 200, Fort Worth, Texas 76102-4527

(817) 870-9082 Voice, (817) 877-1622 Fax

E-mail: reachftw@reachcils.org

REACH of Dallas

8625 King George, Suite 210, Dallas, Texas 75235-2275

(214) 630-4796 Voice, (214) 630-6390 Fax

E-mail: reachdallas@reachcils.org

REACH of Denton

405 S. Elm Street, Suite 202, Denton, Texas 76201-6066

(940) 383-1062 Voice, (940) 383-2742 Fax

E-mail: reachden@reachcils.org

REACH of Plano

720 E. Park Blvd. Suite 104, Plano, Texas 75074-8844

(972) 398-1111 Voice, (972) 398-9649 Fax

E-mail: reachplano@reachcils.org

www.reachcils.org

The following pages in this booklet
reflect services provided at the
REACH of Fort Worth
Resource Center
on Independent Living only.

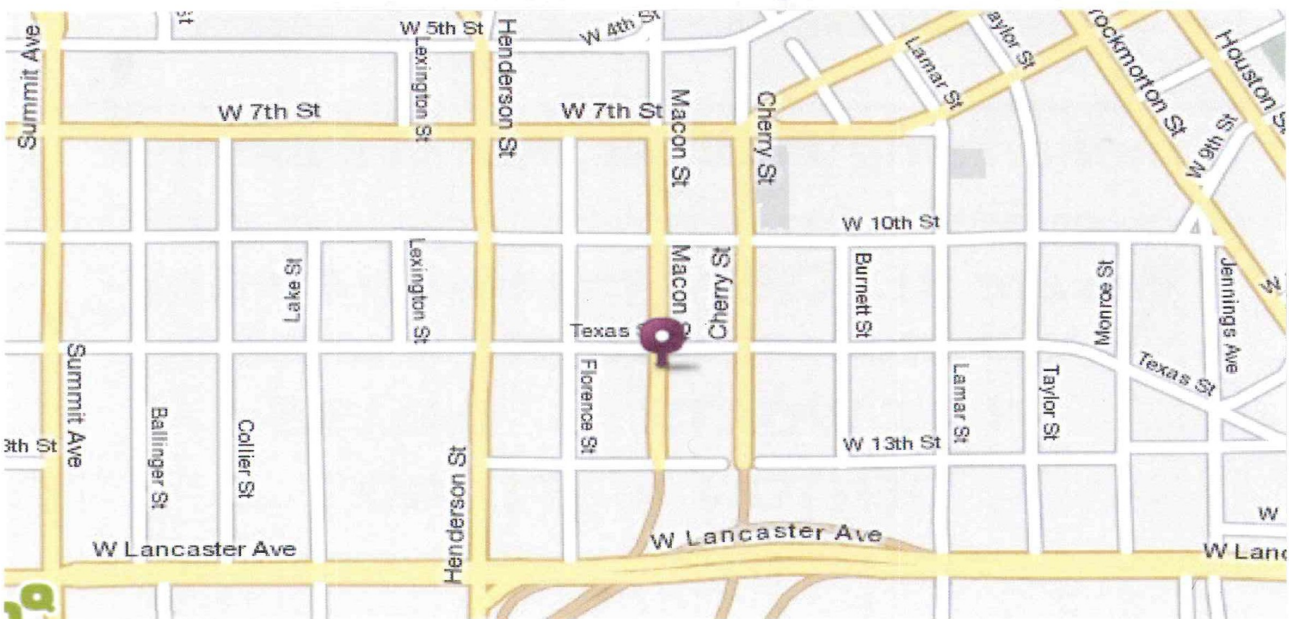
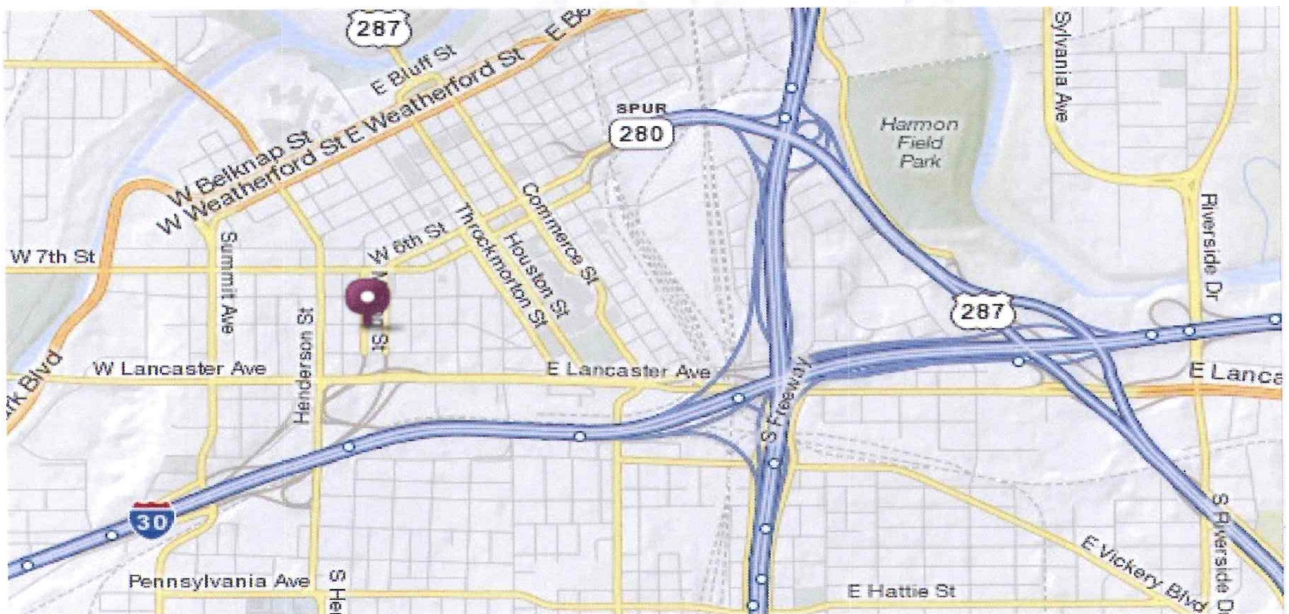
To learn more about
specific services provided in

Dallas

Denton

Plano

please contact the other centers
listed in the information provided
at the left.



REACH of Fort Worth offers the following services:

- . Information and Referral**
- . Peer Counseling/Peer Support**
- . Independent Living Skills Training**
- . Advocacy Assistance and Training**
- . Nursing Home to Community Living Relocation Assistance - *Home By Choice* program**
- . Youth Outreach and Transition Assistance**
- . Weekly Adjustment to Disability Training Sessions**
- . Technical Assistance and Training in complying with the Americans with Disabilities Act (ADA)**
- . Advice and Training on the Removal of Architectural and Attitudinal Barriers that People with Disabilities Encounter**
- . Community Education on Disability-Related Topics**
- . Social/Recreational Activities**
- . Weekly Support Group Meetings**
- . Assistive Equipment Loan of Manual Wheelchairs**
- . Ramps, Grab Bars & Handrails Installed—*Project Ramp***
- . Free Durable Medical Equipment and Supplies when Available - Walkers, Shower Chairs, Bedside Commodes, Canes, Adult Diapers, etc.**

HOME BY CHOICE (HBC) PROJECT NURSING HOME TO COMMUNITY LIVING RELOCATION ASSISTANCE

REACH, in compliance with the President's New Freedom Initiative, works in partnership with the Area Agency on Aging of North Central Texas and the Department of Aging and Disability Services to provide relocation services for eligible nursing facility residents who want to transition into the community.

REACH of Fort Worth will work with community supports to provide this much needed service to individuals who have the desire and ability to transition back into the community.

The HBC program provides assistance in accessing:

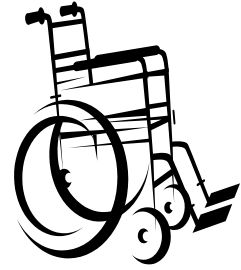
- DADS Community Care Services
- Housing resources
- Grants for paying moving expenses, rent and utility deposits, household items, and other related expenses
- Information on living in the community with suitable support and community resources
- Case Management

If you need more detailed information about this program, please contact Karen Williams at 817-870-9082.



ASSISTIVE EQUIPMENT LOAN PROGRAM

**Are You or Someone You Know
in Need of a Wheelchair?
REACH May be Able to Help!!!**



Through the Assistive Equipment Loan Program, REACH can loan you a manual wheelchair while you're waiting for other agencies or insurance to purchase a chair for you. A loaner wheelchair will keep you mobile so you can keep doctor appointments, go shopping, visit with friends, etc.

You will need the following items to borrow a wheelchair from the center:

- Proof of U.S. residency
(Texas Driver's license or TX ID card)
- Doctor's prescription stating that you need to use a wheelchair and the appropriate width of the wheelchair for your height and weight.
Your doctors' office can fax the prescription to the Fort Worth center at 817-877-1622
- \$25 cash deposit is required at the time of intake/pick-up.
Your deposit will be refunded when the wheelchair is returned to the REACH office in good condition

If you need more information, about this program,
please call Amira Salas at 817-870-9082.

(Wheelchairs are loaned based on need and the availability
of the appropriate size chair.)

YOUTH SUPPORT GROUP

**Are you prepared for college or the workforce?
Are you a teenager with a disability who has dreams and
goals for your life after your graduation?**

REACH of Fort Worth and the Department of Assistive and Rehabilitative Services (DARS) are networking with local high schools in various districts to transition youth with disabilities from adolescence to adult roles.

Assistance offered includes help in developing a resume, money management & budgeting training, dressing for success planning, dorm/apartment living information, financial aid for college/trade schools information, and MITS/Ambassador paratransit training.

Activities include field trips, group meetings & discussions, various social & recreational activities, and presentations by guest speakers.

The group is open to all youth with disabilities

**Helping teens with disabilities
REACH independence**

If you need more information about this program,
please contact Miaka Palmer at 817-870-9082.



Adjustment to Disability Group Training

Meets every Wednesday
from 10:00 am to 11:00 am

**Sessions are free and are held at the
REACH of Fort Worth Center
Space is limited**

Facilitated by Tom Schenck, M.A., M.S.
Licensed Professional Counselor

This training group gives the participants an opportunity to discuss and receive guidance on issues related to living with a disability. By attending the weekly sessions, the participants gain insights through group interaction and develop supportive relationships with other people with disabilities. The participants are also given tips and techniques to assist them to live productively and independently in the community.

TOPICS DISCUSSED IN GROUP MAY INCLUDE

- Assertiveness ● Relaxation Techniques
- Daily Living Issues ● Relationships
- Grief/Pain Management
- Self-Esteem ● Community Resources

If you need more detailed information about this program, please contact Miaka Palmer at 817-870-9080.

INDEPENDENT LIVING SKILLS CLASSES

Communication
Self Esteem
Assertiveness
Laundry/Housecleaning
Management of Attendant Care
Setting Goals
Problem Solving
Personal Hygiene
Apartment Living
Decision Making
Independent Living - What is it?
Making Choices
History of the Independent Living Movement
Money Management & Budgeting



**Helping individuals with disabilities
REACH for independence**

If you need more detailed information about this program, please contact Miaka Palmer at 817-870-9082.

WEEKLY SUPPORT GROUP

Discuss Disability-Related Issues
Receive Support For Personal Goals
Companionship Through Social Outings
Guest Speakers

**Support Group meets every Thursday from
1:00 pm – 3:00 pm**

**Activities/Topics vary from week to week.
Call the office for current schedule/location.**

Join us for :



Bowling



Outing to Restaurants



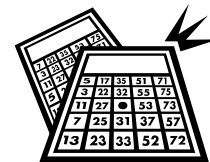
Movie Day



Shopping



Picnics



Bingo

If you need more detailed information about this program, please contact Miaka Palmer at 817-870-9082.

PROJECT RAMP IN PARTNERSHIP WITH THE CITY OF FORT WORTH

**Do you or someone you know need a
ramp, handrails or grab bars?**

REACH of Fort Worth is currently working with the City of Fort Worth under a Community Development Block Grant to provide accessible home modifications for low income individuals with mobility impairments who live in the City of Fort Worth.

If you meet the following guidelines, you may be eligible for assistance with these accessibility modifications.

- Must live in the City of Fort Worth
- Can be of any age
- Must be the homeowner or live with the homeowner
(No rental property, apartments or mobile homes.)
- Must provide proof of total household income and must meet federal guidelines for low-income households.
(Must provide a copy from each family member living in the household who is 18 years of age or older and provide Social Security numbers.)
- Property taxes must be current

****FUNDS ARE USED ON A FIRST COME, FIRST SERVED BASIS****

If you need more information about this program, please contact Amira Salas at 817-870-9082.



INDEPENDENT LIVING SERVICES PROGRAM

**Are you in need of services to help you stay
independent?**

REACH may be able to help!

REACH is working with the Department of Assistive and Rehabilitative Services (DARS) and their **Independent Living Services Program Specialist** to assist people 16 years of age and older to live independently in their own home and continue to be active in their community. Services offered through the DARS ILS Program may include:

Counseling and Guidance
Training and Tutorial Services
Adult Basic Education
Rehabilitation Facility Training
Telecommunications, Sensory and other Technological
Aids for People who are Deaf
Vehicle Modifications
Assistive Devices such as Artificial Limbs,
Braces, Wheelchairs and Hearing Aids to
Stabilize or Improve Function
Other Services as needed to Achieve
Independent Living Objectives such as
Transportation, Interpreter Services and Maintenance

If you need more information about this program,
please contact Miaka Palmer at 817-870-9082

BILL OF RIGHTS FOR PEOPLE WITH DISABILITIES

We believe that all people should enjoy certain rights. Because people with disabilities have consistently been denied the right to fully participate in society as free and equal members, it is important to state and affirm these rights. All people should be able to enjoy these rights, regardless of race, creed, color, sex, religion, or disability.

1. The right to live independent, active, and full lives.
2. The right to the equipment, assistance, and support services necessary for full productivity, provided in a way that promotes dignity and independence.
3. The right to an adequate income or wage, substantial enough to provide food, clothing, shelter, and the other necessities of life.
4. The right to accessible, integrated, convenient, safe and affordable housing.
5. The right to quality physical and mental health care.
6. The right to training and employment without prejudice or stereotype.
7. The right to accessible transportation and freedom of movement.
8. The right to bear or adopt and raise children and have a family.
9. The right to a free and appropriate public education.
10. The right to participate in and benefit from entertainment and recreation.
11. The right to equal access to and use all businesses, facilities, and activities in the community.
12. The right to communicate freely with all fellow citizens and those who provide services.
13. The right to a barrier free environment.
14. The right to a legal representation and full protection of all legal rights.
15. The right to determine one's own future and make one's own life choices.
16. The right to full access to all voting processes.

MEETING PEOPLE WITH DISABILITIES

It's okay to offer your help to someone...but ask first. Or wait for someone to ask you for help.

It's okay to ask people about their disabilities and it's okay for them not to talk about it.

Remember...just because people are using wheelchairs or crutches or just because they have a disability doesn't mean they are sick. Many people who have disabilities are healthy and strong.

When talking with people who use wheelchairs, sit down so they won't have to look up at you.

It's okay to use words like *see*, *hear*, *run* and *walk* when talking with people with disabilities.

Words like *cripple*, *gimp*, *retard*, *afflicted*, *patient*, *spastic*, *victim*, *wheelchair bound* or *suffering*, among others, are not used when referring to people with disabilities because they tend to be demeaning and promote negative perceptions.

It's okay to ask people who are deaf or people who have speech impairments to repeat what they say if you don't understand them the first time.

If a sign language interpreter is helping you speak with a person who is deaf, make sure to talk to the person, not the interpreter.

People who are blind hear as well as anybody, don't speak loudly when talking to them or other people with disabilities.

People with disabilities like to have fun. Think of ways to include them in activities with your friends or co-workers.

Canine companions, such as seeing eye dogs or service dogs, are on the job. Never pet or play with them because they can't be distracted from their work.

Do not park in the parking spaces designated for people with disabilities. They need them more than you do.

Treat a person with a disability the way you would like to be treated.