

# **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**

**PLANO • DALLAS  
FORT WORTH • DENTON**

### **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](mailto:reachplano@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](mailto:reachdallas@reachcils.org)

### **REACH of Fort Worth**

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

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

E-mail: [reachftw@reachcils.org](mailto:reachftw@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](mailto:reachden@reachcils.org)

[www.reachcils.org](http://www.reachcils.org)

The following pages in this booklet  
reflect services provided at the  
**REACH of Plano**  
**Resource Center**  
**on Independent Living** only

To learn more about  
specific services provided in

Dallas

Fort Worth

Denton

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

**REACH of Plano 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
- 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
- Assistive Equipment Loan of Manual Wheelchairs
- 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 Plano staff 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 Susie Reukema at 972-398-1111.



# **INDEPENDENT LIVING SKILLS CLASSES**

Learn about the latest in Assistive Technology by visiting the center's Assistive Technology Computer Lab.

Learn new ways to cook in order to accommodate your disability. Learn tips and techniques to help you do laundry and clean and improve your reading and math skills. Volunteer to participate as an "REACH E-Magazine" writer and participate in our ever-changing list of events such as the Photography Exhibit and the Art Exhibit.

Become more independent by attending skills classes to improve your communication style, build self-esteem, become assertive, supervise your personal care assistant, manage your money, set goals, problem solve, make decisions, and learn about the disability rights and independent living movements.

For more information about these programs, please call Julie Espinoza at 972.398-1111.

# **Outreach, Advocacy & IL Skills Training**

**Assistance offered to people with disabilities by providing support and advocacy.**

Issues range from locating housing, housing discrimination, lease interpretation, and tenant housing issues which may include evictions and accessibility.

Education is also provided on an ongoing basis about local, state and national legislative initiatives affecting people with disabilities.

Additional help is available to assist with negotiations on employer/employee relations.

Skills training on how to develop a resume, complete an online job application, and how to conduct a job search are offered.

For more information about these programs,  
please call

Dianne Landen at 972-398-1111.

# **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 your chair to be repaired or 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)
- \$25 cash deposit is required at the time of intake/  
pick-up. Your deposit will be refunded after the  
wheelchair is returned to the REACH of Plano office  
in good condition.

If you need more information about this program,  
please call Cynthia Rogers at 972-398-1111.

(Wheelchairs are loaned based on need and the avail-  
ability of the appropriate size chair.)

# Benefits Counseling Services

A Trained and Certified Benefits Counselor who was trained by employees from the Area Agency on Aging's Health Information Counseling and Advocacy Program (HICAP) is available to carry out activities with Texans with disabilities by providing information about health insurance and public benefits.

Services include providing accurate and objective counseling, assistance and advocacy in relation to public benefits such as Medicare, Medicare Savings programs, Medicaid, Social Security, and the Food Stamp program.

To access services that disseminate eligibility criteria, requirements, and procedures about individual rights, and planning/protection options, contact Dianne Landen at 972/398-1111 at the REACH of Plano center.



## **Social/Recreational Activities**

### **Monthly Craft Group and Monthly Outings**

Participate in social interaction with others by joining our monthly craft group. New projects and crafts provide a creative outlet, help develop new skills, and offer a chance to take home a completed project that you've made. There is no cost for these classes or for the materials.

The monthly outings are activities that the consumers plan, whether it's meeting at a local restaurant, coffee shop or movie. Join us for fun and socializing. Financial responsibility for these outings are up to each person attending.

For a schedule of these activities, call  
Cynthia Rogers at 972-398-1111.



**Becoming the “T.R.U.E.” You  
“Talented, Respected,  
Unique & Empowered”  
Self-Awareness Series**

Enroll in a 6 week series that will explore personality types and communication styles.

Learn tools to reduce anxiety and increase self-esteem.

Develop strategies for overcoming roadblocks and learn tips for ways to develop supports and create personal goals.

The sessions are offered free to participants and they are facilitated by Barb Petsel, LPC, MS, RN.

You must register for the 6 week self-awareness & growth series since space is limited.

To register call Dianne Landen at 972-398-1111

## **BIF 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.

**REACH of Plano  
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Plano, Texas 75074-8844  
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