

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 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 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 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

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

To learn more about
specific services provided in:

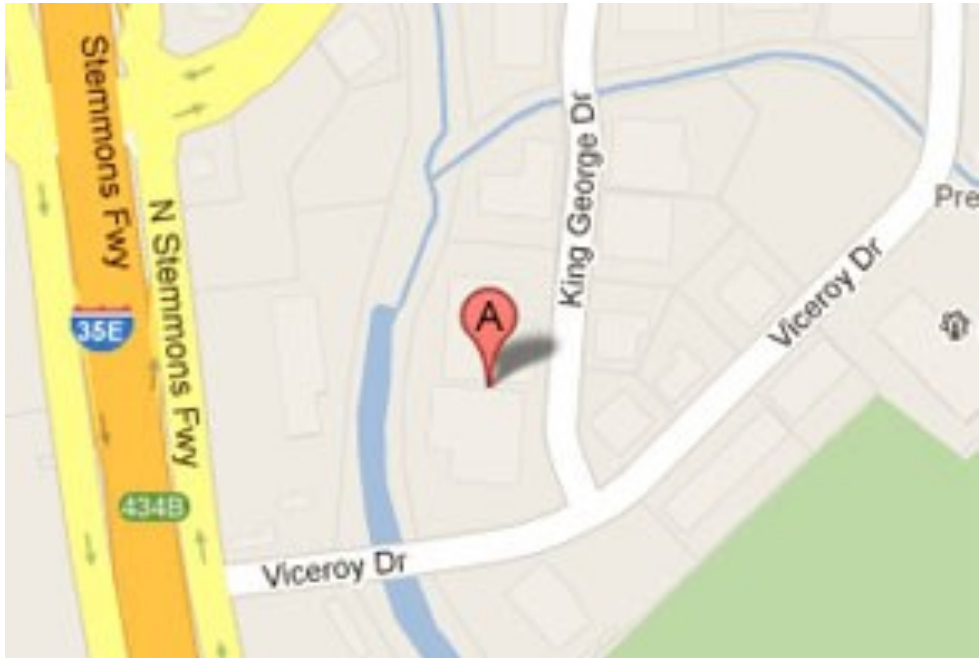
Fort Worth

Dallas

Denton

Plano

Please contact each center individually
or visit the REACH website at
www.reachcils.org



REACH of Dallas offers the following services:

- **Information and Referral**
- **Peer Counseling/Peer Support**
- **Independent Living Skills Training**
- **Advocacy Assistance and Training**
- **Youth Outreach and Transition Assistance**
- **Nursing Home to Community Living Relocation Assistance
(Home By Choice program)**
- **Adjustment to Disability Training Sessions**
- **Advice and Training in the Removal of Architectural and Attitudinal Barriers
that People with Disabilities Encounter**
- **Advocacy Group Meetings**
- **Assistive Equipment Loan of Manual Wheelchairs**
- **Community Education on Disability-Related Topics**
- **DART Reduced Fare Pass authorization letters (Form 1000) for people with
disabilities who meet DART's requirements**
- **Employment Assistance - Dressing for Success, Resume Writing, Job Search
Skills Training, Job Placement Assistance, Online Job Application
Assistance, etc.**
- **Free Durable Medical Equipment when available - Canes Walkers, Crutches,
Shower Chairs, Bedside Commodes, etc.**
- **Information on Accessible, Affordable and Safe Housing Options**
- **Training on and Technical Assistance in Complying with the Americans with
Disabilities Act (ADA)**

ASSISTIVE EQUIPMENT LOAN PROGRAM

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



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 Dallas center at 214-630-6390
- \$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 of Dallas office in good working condition

For more information and service please call 214-630-4796.
(Wheelchairs are loaned based on need and the availability of the appropriate size chair.)

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

The Americans with Disabilities Act (ADA)

The Americans with Disabilities Act prohibits discrimination against people with disabilities in:

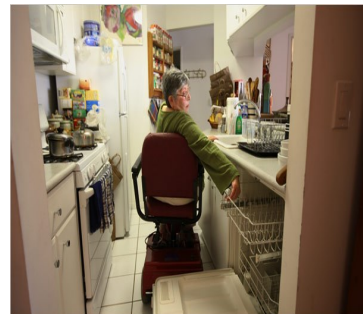
- Public & private sector employment
- Services rendered through state and local government entities
- Places of public accommodations; i.e. restaurants, theaters, stores and hotels
- Public and private transportation services
- Telecommunication services for people who are deaf, hard-of-hearing, or speech impaired

Advocacy Assistance

Do you want to learn how to advocate for yourself? Do you need help in applying for benefits? Have you been discriminated against on the job? Do you need help in filing an appeal because you were denied services? For more information and service, please call 214-630-4796.

Housing Information

REACH of Dallas offers assistance to people with disabilities looking for affordable, safe, and/or accessible housing. Do you want to rent an apartment, buy a house, move into an assisted living facility, or find a group home? To find out what housing options are available in North Texas, call 214-630-4796.



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 Dallas and the Texas Workforce Commission 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, DART's Travel Ambassador Program for bus & rail riders, and DART's paratransit service.

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

For more information and service,
please call 214-630-4796.



Adjustment to Disability Independence & Beyond Group Training

Meets the 1st Monday of Each Month
from 1:30 p.m. to 3:00 p.m.

**Sessions are Free and Facilitated by a
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 once-a-month 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 in living productively and independently in the community.

TOPICS DISCUSSED IN GROUP MAY INCLUDE

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

For more information and service, please call 214-630-4796.

INDEPENDENT LIVING SKILLS CLASSES

Communication
Self Esteem
Assertiveness
Laundry/Housecleaning Tasks
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
Basic Computer Skills

Helping individuals with disabilities REACH for Independence



For more information and service,
please call 214-630-4796

**FREE DURABLE MEDICAL EQUIPMENT
ARE YOU IN NEED OF MEDICAL EQUIPMENT
TO HELP YOU STAY INDEPENDENT?**

REACH can help!

REACH of Dallas has a large inventory of medical equipment to **give away**.....

If you are in need or know someone in need of crutches, walkers, incontinence supplies, canes, etc. contact our office to make arrangements for pick up and completion of paperwork.



FYI....

REACH ACCEPTS DONATIONS of new or slightly used durable medical equipment such as canes, walkers, shower chairs, bedside commodes, transfer benches, manual wheelchairs, and incontinence supplies; i.e., adult diapers and disposable bed pads. These donated items are then given to individuals with disabilities who request them when they are available to give away.

For more information on the Durable Medical Equipment Program,
please call (214) 630-4796

HOME BY CHOICE PROGRAM NURSING HOME TO COMMUNITY LIVING RELOCATION ASSISTANCE

REACH works in collaboration with the North Central Texas Council of Governments, area Managed Care Organizations, and the Texas Health and Human Commission (HHSC) to provide relocation services for eligible nursing facility residents who want to transition back into community living.

REACH of Dallas 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:

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

For more information and service, please call 214-630-4796.



EMPLOYMENT ASSISTANCE

Do you need help in composing a resume, practicing your interviewing skills, filling out an employment application online, dressing professionally for an interview, and/or conducting an online job search? If your answer is **"yes"** to any of these questions, REACH of Dallas' Employment Consultant can help you. Please call 214-630-4796.



Peer Counseling/Peer Support

If you need to talk with someone who understands the issues you deal with as a person with a disability, there is someone here at REACH of Dallas who is ready to listen. Please call 214-630-4796.

Information and Referral Assistance

If you are a person with a disability, a family member of a person with a disability, or a professional or caregiver assisting an individual with a disability and need help in finding community resources such as emergency financial assistance, shelter, food, transportation, medical care, clothing, and/or legal services, please call 214-630-4796.

Assistive Technology & Computer Lab

To schedule a visit and/or demonstrations of the lab's assistive technology equipment, software, devices, etc., please call 214-630-4796.

DART Reduced Fare Pass Project at REACH of Dallas

DART Eligibility Rules to get a Reduced Fare Pass:

- ◆ Certified legally blind, or
- ◆ Certified deaf or profoundly hard-of-hearing, or
- ◆ Certified to be non-ambulatory without assistance, use a mechanical aid, or
- ◆ Certified to qualify for a least 8% disability allowance through the Veterans Administration, or
- ◆ Certified to receive Social Security Income (SSDI) benefits, or
- ◆ Certified mentally Intellectually Developmentally Disabled, or
- ◆ Certified as having Epilepsy

REACH of DALLAS is required by DART to obtain a copy of your:

- ◆ TX driver's license or TX ID or Medicare card
- ◆ Name, address, & telephone number
- ◆ Proof of eligibility by either:
 - ~ Doctor's letter, or
 - ~ Medicare card (if over 65) or
 - ~ SSDI award letter or,
 - ~ VA card, or
 - ~ Medical record, and
- ◆ A release letter from the applicant asking REACH to submit their medical information to DART for the purpose of obtaining a Reduced Fare Pass.



To apply for a DART Reduced Fare Pass ID, call 214-630-4796.

**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 of 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 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.

Author Unknown

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 want 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

