



Charting Achievements in Independent Living

**Presented by the Oregon Network of
Centers for Independent Living
January 2007**

EXECUTIVE SUMMARY

The term “Independent Living” (IL) is commonly used in the disability community to describe specific services assisting individuals with disabilities to attain and/or maintain more independent lives. The four core services that make up the foundation of Independent Living Services include: information and referral, Independent Living skills training, peer counseling and individual and systems advocacy. These services are delivered by local Centers for Independent Living (CILs), with the philosophy that...

- ◆ ALL individuals are created equal, with certain inalienable rights, including life, liberty, and the pursuit of happiness. . .
- ◆ ALL people have the right and should not be barred from equal opportunities to control decisions about their lives and pursue activities of their choosing; and to assume full citizenship, inclusion, and the associated responsibilities and risks that come with this right. They should have the right and responsibility to be active participants in their families, communities and careers—as contributory peer citizens.
- ◆ Responsibility, self-determination, informed choice, independence, and accountability apply to ALL people regardless of whether a person has a disability.

Promoting and sharing Independent Living philosophy is particularly crucial in the disability community where people often believe they have no choices—that they are no longer equal citizens. The ability to make choices and receive equal access empowers people with disabilities to participate in and contribute to their local communities and society as a whole.

One of the exciting achievements of the provision of Independent Living services is the reduction of publicly funded supports needed by self-reliant and responsible individuals with disabilities.

Data was recently collected from Oregon Centers for Independent Living, which demonstrates a portion of the cost savings resulting from Independent Living services. The data was collected for FY2006 on approximately 3% of the total number of consumers who had open Consumer Service Records (CSR's) in Oregon's nine CILs.

The savings from only 3% of the consumers served in Oregon last year totals \$1,959,484!

**(Please see the demonstration matrix at the conclusion of this document.)
Independent Living services are a great public investment!**

However, cost savings is really just one benefit of Independent Living services. Please read the following stories and hear from consumers what Independent Living services can mean to real people in **your** community. Watch productivity and self-confidence grow. See goals achieved and observe the pride of moving from dependence on others and on governmental resources to self-sufficiency and independence.

T.J.: Better Than Before!

The Challenge

My life took an unexpected turn in 2002 when I became a victim of road rage that resulted in a major motor vehicle accident. Injuries sustained included spinal and vestibular (inner ear) injuries and traumatic brain injury (TBI). Locating a resource to assist me with my physical therapy was easy; trying to find one that would address my brain injury was not.

The CIL Solution

I started coming to Central Oregon Resources for Independent Living (CORIL) in March of 2005 and enrolled in their TBI Program, which utilizes Brain Train©, a cognitive retraining computer program. Working from a profile customized to my particular needs, I have been able to regain and improve my skills in such areas as: attention/concentration, visual memory/recall, visual perception, spatial orientation, abstraction/reasoning, etc. Through weekly one-on-one sessions, I have been able to organize not only my thoughts, but also my entire life! My Independent Living Specialist helps me with whatever projects I bring in, from drafting essays to providing resources for grants, to establishing a reasonable budget, and the list goes on.

The Outcome

I currently attend the local community college taking 12 credit hours per week and have maintained a 3.6 GPA. Upon receiving my Associates Degree, I intend to pursue my Bachelors and Masters degrees at the University of Oregon. The combination of Brain Train© training and peer support/counseling from CORIL have shown me that I don't have to settle for the pre-accident me; the world is my oyster and I intend to collect as many pearls (life experiences) as I possibly can.

Savings to the State

By staying off of Social Security benefits, I have been able to save the government at least \$7,476 annually.

The Organization

CORIL (Central Oregon Resources for Independent Living) is one of over 13,000 public benefit organizations in Oregon. Serving (predominantly rural) Central Oregon, CORIL maintains two separate, yet complementary, programs that comprise the varied functions that serve the communities of Bend, Sisters, Redmond, Madras, Prineville, Sunriver and La Pine. CORIL's IL Center and the CORIL Work Center work side-by-side toward the assurance that people with disabilities are empowered to maximize independence, productivity and inclusion in community life.

Alfredo Osuna: Proud to Contribute!



The Challenge

As a young Hispanic homosexual in a small community, I turned to drinking and drugs as methods to cope. My addictions grew to the point that I became involved in illegal activities such as selling drugs, indecent exposure and promiscuous behavior. Rather than the family oriented person I had been, someone my family and friends turned to in times of need, I became distant and completely centered on my wants.

The CIL Solution

One day changed my life. I was arrested on drug charges. During my incarceration I found out that I had tested positive for HIV. I contacted Eastern Oregon Center for Independent Living (EOCIL), and the IL Specialists began providing information to me and became a sort of "pen-pal" during my years of incarceration. EOCIL's IL Specialists coordinated with my Department of Corrections Release Counselor to ensure my continued medical care and access to appropriate social services.

Today, I am a very different person. Since June 2004, I have taken control of my addictions and am leading a life that I, and my family, can be proud of. I am committed to my sobriety and being a role model. I am active in Safe Haven, an alcohol/drug recovery program, where I have become a mentor to others, having successfully completed my probation requirements. I enrolled in Cosmetology School, and am now able to further my career choices as a Certified Beautician. I am an active and contributing member of the community and a volunteer of EOCIL. Through the guidance and assistance provided by EOCIL I have proven to my family that I am on the road to recovery. I am once again an integral part of my family's support system. I no longer live selfishly, for myself.

Savings to the State

The cost per day of incarceration in the state of Oregon is an average of \$67.53. That is a costs savings of over \$24,000.00 per year for me to remain out of prison. I now work in the community and pay taxes. This is money that I have made and contributed to society versus taking from it. I continue to look forward to a bright and healthy future. It feels great to be a productive member of society!

The Organization

EOCIL serves a broad geographic region including Malheur, Harney, Grant, Wallowa, Umatilla, Morrow, Baker, Wheeler, Gilliam & Union Counties. Besides the main office in Ontario, EOCIL maintains a satellite office in Pendleton. While providing the core IL services, EOCIL also operates a number of other projects including their national award winning HIV/AIDS Project. EOCIL's existence in a very rural area, with many unserved and underserved populations, has presented opportunities for EOCIL to work to enhance independence for people with disabilities in Eastern Oregon's tribal communities.

Debra Powers: On the Road to Success

Challenge

At the time when most people are graduating from high school, my life went from horribly gray to completely dark. Since that time because of prejudice and stigma I have endured, I hesitate to admit my dark secret mental illness.



The CIL Solution

Facing a lifetime of counseling, medications and consequences of my disability, in 1998 I decided to try again to make a change. After years of failure on my own, I sought assistance from Vocational Rehabilitation (VR) in achieving my goal of an independent lifestyle. Among the helpful services I received through VR services, a job developer contacted HASL and arranged a working interview. I was hired a few days later.

The Outcome

After working for ten months at HASL, it is still as rewarding as the first day. I have been given the opportunity to express my capabilities and to function in a professional capacity. HASL has helped me on my way to becoming completely self-sufficient and independent of state and federal benefits! Working with professional individuals and receiving on-the-job training has enhanced my skills and experience. With the help and support of the staff at HASL, I've had the privilege and opportunity to further develop skills I learned at community college through internships, and at temporary staffing agencies.

The staff at HASL has trained me to work in the front office, and has shown support and openness in every facet of the work experience. The Independent Living Specialist provided benefits planning services helping me to understand the Supplemental Security Income (SSI) processes and regulations so that I can continue to work without concern about consequences of a severe relapse in my condition.

The Savings to the State

In my ten months at HASL I have been able to reduce the government benefits I require by \$7,000 and have also contributed over \$9,000 to the local economy. Though my overall monthly income has not grown, I do not have to endure the shame and self-loathing that would only make my problems more intense. I feel happy on a daily basis by helping others and that has happened through my association with HASL. It feels great to experience success!

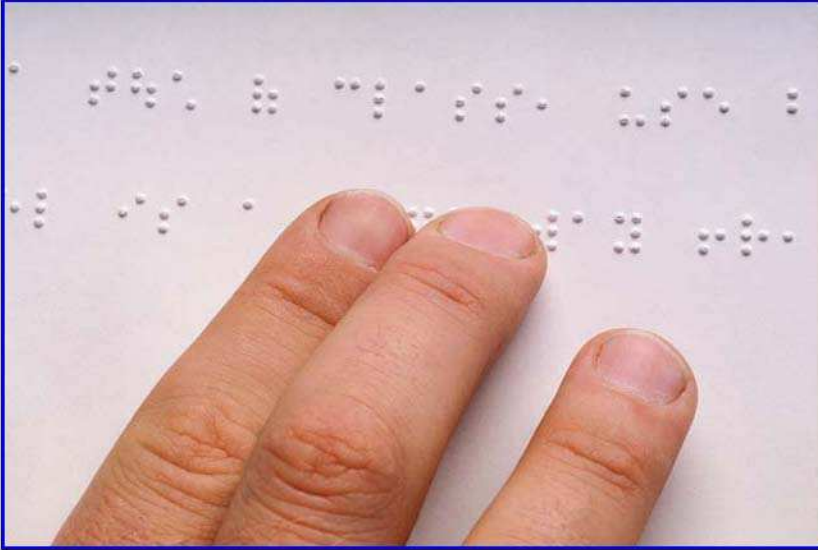
The Organization

HASL Independent Abilities Center serves Josephine and Jackson counties, and has been based in Grants Pass since 1986. In addition to providing the four core IL services, HASL's mission of "Improving Quality of Life by Finding Solutions for Today" has led them to develop specific projects to address the social, recreational, durable medical equipment, and accessible transportation needs of people with disabilities in their area.

Chris Cook: Independent Living Resources (ILR) Consumer Reaches for her Goals

The Challenge

I am Chris Cooke, and I am a 41-year-old Portland native who is also blind. While the challenges of blindness may be obvious, I am not someone to avoid a challenge. My desire to overcome barriers led me to ILR.



The CIL Solution

ILR's involvement with me included assistance with Braille and mobility skills, as well as providing peer mentoring. Through ILR, I maximized my independence and have achieved a variety of goals.

The Outcome

I often find myself being the only blind person in new situations. After I graduated with a piano performance degree from George Fox University in Newberg, I taught band to elementary through high school students for 12 years, becoming one

of a handful of blind instructors for sighted students in the country. I had to know every note that was played, every fingering, and where each kid was in the classroom. I translated the band music into Braille so that I could read the music.

I became a believer in alternative medicine after I tripped and injured my head 10 years ago. My health spiraled downward, I lost weight and developed a persistent rash on my face. At first I went to conventional doctors, who gave me cream for the rash, a bottle of antidepressants and sent me on my way. When that treatment was not successful I sought out an alternative-medicine physician. I was told my rash came from 'problems of the inside coming out.' After changing my diet and receiving an herbal treatment to eliminate toxins, I regained my health. This experience catapulted me toward becoming one of 81 graduates of the National College of Naturopathic Medicine, which is celebrating its 50th anniversary. I am on my way to becoming a naturopathic physician — perhaps the first one in the nation who is blind. I believe that having vision has very little to do with practicing naturopathic medicine.

Sometimes I feel that I am 'put under a microscope,' but I never let being blind stop me from achieving my goals. I love going into uncharted territory that really drives me to do things that maybe someone else has not done before.

The Organization

ILR serves Multnomah, Washington and Clackamas counties, serving the most concentrated population of people with disabilities in the state. Besides the four core IL services, ILR has developed a variety of other projects and services including their Braille transcription services, benefits planning, and artistic expression opportunities.

Richard: Finding Hope to Regain My Independence

The Challenge

I was born with polycystic kidneys and liver (they were filled with cysts that would eventually spread elsewhere). Before the age of two, I was having allergic reactions to a growing list of substances and had already experienced my first asthma attack. When I started school, my learning disability caused the other children to think I was stupid. Every day brought new humiliations. When I entered high school, I developed scoliosis (a curvature of the spine), which made sitting at my desk for long periods physically painful. I decided to drop out of school and find work.

In order to secure a good job in logging, I hid my physical challenges. I am not a whiner. I didn't tell anyone about the pain I constantly endured. I was a hard worker and I proved myself to be both reliable and trustworthy. My positive attitude, quick smile and willingness to help others made everyone like me. Life was good!

As years passed, the cysts began to spread to my other internal organs. My immune system weakened, and my pain increased. Frequent colds and other infections eventually cost me my job, my health insurance, my residence and eventually my marriage. With savings used up, a rotting, moldy trailer was the only place in which I could afford to live. I began selling possessions to buy food and medical care. I resisted public assistance because I was proud to be paying my own way. How could I accept charity?

When I could no longer tolerate the physical pain I experienced when being active, I gave in and applied for the Oregon Health Plan and monthly food stamps bringing me to a new low in my life. Then a fire destroyed what was left of my trailer!

While living in a car, I found the strength to reach out to a local agency, Progressive Options, that I remembered hearing about. I located the address and then I walked several miles to the agency.

The CIL Solution

At Progressive Options, I was connected with critical assistance needed to provide shelter and to address my failing physical condition. From that base, Progressive Options began the task of showing me how to build my emotional health, and take the first steps toward regaining my self-sufficiency and my dignity. I eventually began to develop goals for my future. A peer mentor at Progressive Options began walking with me through the process of obtaining my GED.

The Outcome

Besides getting basic education, my next goal was to start my own small business. Today you will find a different me – one who is on my way to an exciting and independent future.

The Organization

Progressive Options serves people with disabilities in Lincoln County. With seasonal logging and fishing industries causing high unemployment levels on one hand, and tourism driving up housing prices on the other, community inclusion for people with disabilities is a prime challenge for Progressive Options – where many people with disabilities encounter homelessness.

Jessica Singleton: Learns to Live Independently



The Challenge: Finding Security for Jessica & Her Family

I was able to become Independent from the services I received from SPOKES Unlimited. I have a developmental disability. I lived with my parents until I was forty-eight years of age. My mother made all my decisions for me. She did everything for me, and she wanted me to stay as her child. When my mom died, my dad wanted to make sure that I would be taken care of if and when something happened to him, so my great niece brought me to SPOKES Unlimited. I could not get services through Developmental Disability services because I grew up where I was never tested in

school so I had no proof of my IQ. When I went to SPOKES Unlimited, I had no idea of what or where to go to get the things that I needed.

The CIL Solution

SPOKES Unlimited helped me to learn about supports I needed such as HUD, an apartment, food stamps and medical assistance. I learned that I made good and bad decisions and that there are always consequences that come with each decision. I learned how to problem solve so I can make a good decision. I was able to call and get a disability rate for a basic phone line on my own because I have confidence in myself now. I learned how to budget my money, pay my bills, and prioritize my money and my time. I learned how to make decisions. I have worked for Southern Oregon Goodwill washing dishes at the hospital for five years. I live on the money I make. I do not receive Supplemental Security Income (SSI). I have certain hobbies that are important to me. I have now learned to prioritize my time and hobbies so that I can make more money. I love to bowl, and people from SPOKES come to watch me. They are my cheering section.

Transportation is a huge issue for me because my employer always wanted me to work evenings. I could get to work on the bus, but not home because the bus system stops running at 7:00 PM. SPOKES advocated for me to be able to get transportation for after work, and to get a set schedule so that I can arrange for transportation. I was able to get the same schedule every week and was able to get transportation. SPOKES Unlimited has made it possible for me to become and stay Independent

Savings to the State

Because of the services I receive from SPOKES I enjoy living on my own. Had they not helped my family and me with this process, I probably would have been placed in an adult foster home, which would cost the state \$5964.00. Since I am gainfully employed and making better choices, I am saving the state money by contributing to unemployment insurance rather than drawing from it. This is a net savings of approximately \$1300.00.

The Organization

SPOKES Unlimited, Inc. serves Klamath and Lake counties, and became a Center for Independent Living in 1988. Besides the four core Independent Living services, one of the key services SPOKES provides is Lifespan Respite Care that arranges short-term temporary assistance for people with special needs allowing caregivers (typically family members) a periodic break from the daily routine. Respite is important in reducing stress on caregivers, and decreases abuse and neglect of people with disabilities.

Richard: From 'Invisible' to Visible and Inspired

The Challenge

My name is Richard and at one time I used to describe myself as 'invisible'. I have a college education. After my injury, I was unable to work and became homeless. I ended up turning to alcohol as a way to mask the pain of no longer being a productive member of society. As a result my life became a revolving door of ER visits, jail time and fines, assault victim, and bills I could never pay.

The CIL Solution

At Umpqua Valley disAbility Network (UVDN), I found that I am not invisible. I was treated with dignity and respect. At UVDN there were people who listened and understood; there were people who asked what **I** wished to do in life. UVDN assisted me to define steps that would lead to the realization of my goals.

UVDN gave information to both my payee and me. This information helped us realize that I could purchase a trailer and have affordable housing in the long term. The center provided the transportation for me to shop for travel trailers, advocacy for residency in a park located near a super market with a pharmacy, and arrangement for free moving and set up of the trailer I purchased.

A former personal care provider was contacted and agreed to allow me to return as a patient with agreed assistance from UVDN. Communication with hospital patient advocate and protective services allowed us to develop targeted IL skills to be defined and provided to me. Transportation was provided to court appearances. Court personnel requested that UVDN assist me in complying with all court-related matters. I received peer mentoring in lifestyle choices that has helped me step away from unhealthy relationships and work towards sobriety.

The Outcome

I am now enjoying the things many people take for granted: a safe and warm place to sleep, regular medical care, daily meals, paying bills, and most of all writing poetry. I would like to share the following poem with you.

I am now enjoying the things many people take for granted: a safe and warm place to sleep, regular medical care, daily meals, paying bills, and most of all writing poetry. I would like to share the following poem with you.

Some search, some find, work in the world of love.
In yours colors are lined, and the gold that is in your heart is easily discovered.
Never depleted, however minded.

Savings to the State

I am told that because I have a home, that I am dealing with my legal problems and that I no longer require frequent ER visits, the savings to the state are as follows:

4 hospital stays @ \$3,614 = \$14,456; 5 ER visits @ \$512=\$2,560; 5 ambulance trips @ \$800 = \$4,000; 31 days County Jail @ \$92 = \$2,852; Total = **\$23,868**.

The Organization

UVDN's mission is to serve people with all types of disabilities, their families, and loved ones by fostering independent living, facilitating personal growth, honoring individual choice, raising disability awareness, and promoting full inclusion in the community. UVDN serves Douglas County.

Sam: Gaining Pride and Confidence

The Challenge

I have schizophrenia. It started early in high school. I was about fifteen years old when I first noticed it. The doctors that I saw at the time said it was from high stress levels caused from my living conditions. I had a very hard time through my high school years. I became very sleepy when I got medicated. I hid my disability for a couple of years until in my junior year of high school, in the summer time, an event happened at my home which put me into a mental hospital and after that my illness became worse. I found myself in many different mental hospitals and treatment facilities. This lasted for about a year. After I received the right type of medication I was able to return home. The worst part of this illness is that I have lost a lot of my friends. The good part of this is that my father has started to treat me much better. I was treated very badly by my classmates. Maybe if they had known about my illness they would have understood my problems and been more understanding and treated me better.

The CIL Solution

I was referred to South Coast Independent Living Services (SCILS) in the 10th grade. I received a one on one mentor from the SCILS. I also received work experience from employment. I attended a variety of workshops and training which have prepared me for independent living and work readiness.

The Outcome

At this time, I have learned about my disability. I had felt very hopeless and I didn't care about my future. I now have learned independent living skills and I am no longer living in a transitional home. I am keeping myself out of mental hospitals. I feel much better now and at ease. I can control and cope with my disability. I now like myself a lot better because I have a handle on my disability, instead of my disability having a handle on me. Independent Living has been a great part of my life. I am very grateful for all of their help.

My advice to the family of a disabled person would be to listen to their child when they say something is wrong with them. They should watch for the warning signs. If your family doesn't understand your problems you should seek help from a school counselor and see what they can do for you and if not a counselor get someone else you can talk to.

Savings to the State

Because I am keeping myself out of mental hospitals I am proud that I am saving the state \$71,610 per year.

The Organization

SCILS, based in Brookings, is Oregon's newest center. We provide services to Coos and Curry counties. Our focus is on young people with disabilities transition services, advocacy and access to assistive technology.

Jennifer Pratt: Defying Doctor's Predictions

The Challenge: Changing My Life and the Lives of Others

At 13, I developed psoriasis. By age 18, I began to experience symptoms of psoriatic arthritis, and eventually found it difficult to pick up a phone book or even stand up. It took me six years and several doctors to realize I had a significant disability. A doctor assigned by the Social Security Administration told me that I couldn't work because of the severity of my arthritis. At that point, I was hit with severe depression, had a mental breakdown, and gained a lot of weight. Over the next few years, I had an unplanned pregnancy, an unplanned marriage, and three years later, an unplanned divorce. After about a year and a half of living in poverty as a single mother with a disability, I had no choice -- I had to find a job to support my daughter and myself. But what could I do?

The CIL Solution

It was difficult to envision success without a role model or friends with a disability. Since I had always liked math, I began studying for an Associates Degree in Accounting. Then I went to the Office of Vocational Rehabilitation (OVR), and was introduced to an organization called Lane Independent Living Alliance. Jon West offered to hire me on a trial basis as a Data Specialist to assist with billing. If that didn't work out, he said LILA could provide mentoring and assistance in my job search.

The Outcome

That was over a year ago. LILA and OVR have worked together to accommodate my needs in a number of ways, such as a large screen monitor for my impaired vision, and some flexibility in my working hours, because of my arthritis. At LILA, I began to do something I had never done before – participate in activities with people who have disabilities.



My first step was to join a group of young adults with disabilities called the Purple Dragons which was started by a young woman with spina bifida named Jocie Carter (shown in the accompanying photo with me and Jon West). Through this group, I discovered that even with a disability you can have fun; this is something I didn't believe before.

I began taking an American Sign Language class through LILA. My goal is to learn how to communicate with deaf co-workers and consumers. In a fairly short period of time, I found that I could communicate many basic ideas in sign language – this has also expanded my sense of who I am and what I can do. Once again I am finding that I have “abilities” rather than just disabilities.

Savings to the State:

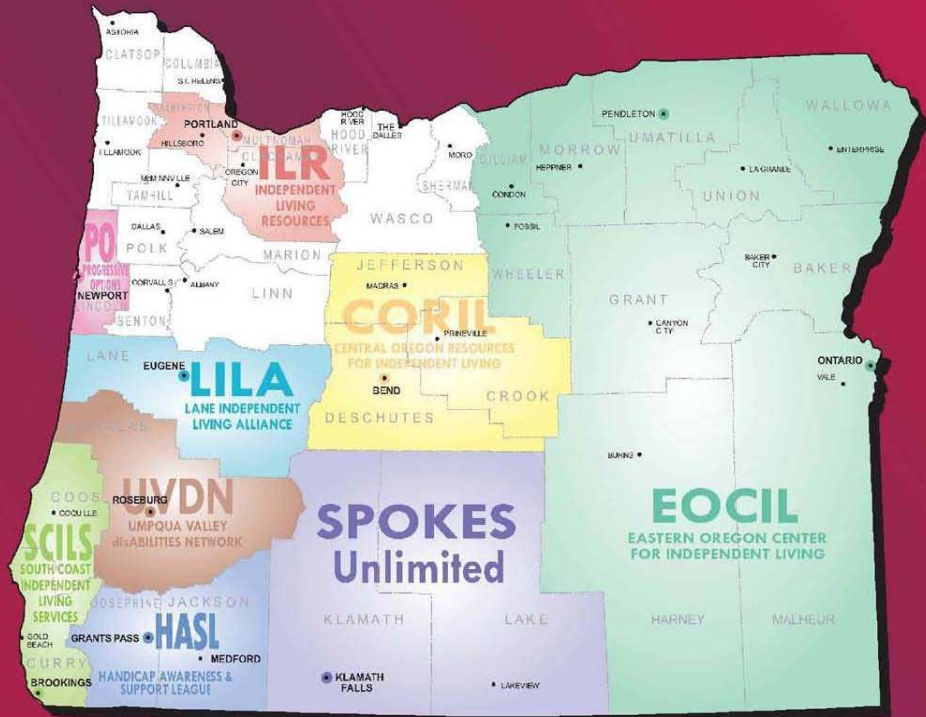
While it is true, I can only work part-time with my physical condition, I have managed to defy my doctor's view that I cannot work. My work income, combined with disability benefits, meets our needs for food and housing. Because I am working I contribute \$300.00 toward the cost of my needed injections. Without this medical intervention I would end up going to the emergency room and requiring frequent hospital stays which in turn would cost the state around \$20,000 for each stay.

The Organization

LILA serves Lane County. As a Center for Independent Living, they have had a strong advocacy component as they have delivered the four core independent living services. In addition, LILA maintains a Hard of Hearing and Deaf Center, a Disability Navigator Program, and a strong involvement in the Eugene performing arts community.

OREGON

STATE INDEPENDENT LIVING COUNCIL



The Mission of the SILC is to promote choice, equal access, and full inclusion of people with disabilities, throughout the State of Oregon

White areas designate counties yet unserved by a Center for Independent Living.

Oregon Centers for Independent Living (CILs) at time of publication.

Note: These CILs meeting Rehabilitation Act Section 702 standards. Only those CILs that meet all Section 725 Standards & Assurances are considered part of what is known as the "Network of CILs"

CORIL

**(Central Oregon Resources
for Independent Living)**

Jim Lee, Director ~ Glenn Van Cise, IL Liaison

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glennvc@coril.org ~ www.coril.org

Service areas: Deschutes, Crook and Jefferson Counties

EOCIL

(Eastern Oregon Center for Independent Living)

Kirt Toombs, Director

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541-889-3119 (voice/TTY), 541-889-4647 (Fax)

eocil@eocil.org ~ www.eocil.org

EOCIL Pendleton Satellite Office

17 SW Frazer, Suite 325, Pendleton, OR 97801

(541) 235-2224 (voice), 541-276-1037 (fax)

Service Area: Baker, Gilliam, Grant, Harney, Malheur, Morrow, Umatilla, Union, Wallowa and Wheeler Counties

HASL (Independent Abilities Center)

Randy Samuelson, Director

1252 Redwood Avenue, Grants Pass, OR 97527

541-479-4275 (voice)

haslstaff@yahoo.com ~ www.haslonline.org

Service Area: Jackson and Josephine County

ILR (Independent Living Resources)

Barry Quamme, Director

2410 SE 11th Avenue, Portland, OR 97214

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ilrpdx@qwest.net ~ www.ilr.org

Service Area: Multnomah, Washington & Clackamas Counties

LILA (Lane Independent Living Alliance)

Jon West, Director

Addresses:

P.O. Box 12106, Eugene OR 97440 (mailing)
99 W. 10th Ave. #117, Eugene, OR 97401 (physical)
541-607-7020 (voice), 541-345-7021 (fax), 541-284-9474 (Message)
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Service Area: Lane County

Progressive Options

Peter Rea, Director

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Service Area: Lincoln County

SCILS

(South Coast Independent Living Services)

Elaine Lortscher, Director

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Service Area: Coos & Curry Counties

SPOKES Unlimited

Wendy Howard, Director

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Service Area: Klamath & Lake Counties

UVDN (Umpqua Valley disAbilities Network)

John DeGroot, Interim Director

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johndegroot@uvdn.org

Service Area: Douglas County

2006 IL Cost Savings Samples

| Consumer | Accomplishment | Items Saved To Date | Estimated Savings | Results & Comments | Services Rendered |
|----------|---|--|---|---|---|
| AO | Obtained employment, kept out of state managed facility | Stay in state managed facility | \$341/day X 365 days = 124,465 | Resides in own home, obtained employment and is healthy | Peer counseling, information & referral, advocacy, IL skills training |
| SK | Kept out of state managed facility/state mental institution | Stay in state managed facility | \$341/day X 365 days = 124,465 | Resides in own home | Peer counseling, information & referral, advocacy, IL skills training |
| ST | Kept out of state managed facility | Stay in state managed facility | \$341/day X 365 days = 124,465 | Resides in own home | Peer counseling, advocacy, IL skills training |
| MB | Kept out of state mental institution | Stay in state mental institution | \$341/day X 365 days = 124,465 | Resides in own home | Peer counseling, IL skills training, information & referral, advocacy |
| MM | Retained employment | Employment, Voc Rehab Services | \$800 Voc. Rehab. \$750/mo for sheltered workshop training X 12 months = \$9,800 | Employment continued at Wal-Mart | IL skills training and advocacy |
| JW | Transitioned from homelessness to housing | Visits to hospitals to obtain treatment and to stay warm | \$65/day X 31 days = \$2015.00; Emergency Medical Care due to HIV health status = \$20,000; Total savings = \$22,015 | Resides in own home | IL skills training, information & referral, advocacy |
| LN | Transitioned from state managed facility | Stay in state managed facility | \$341/day X 365 days = 124,465 | Moved into own home | Advocacy, information & referral |
| MH | Kept out of state mental institution | Stay in state mental institution | \$341/day X 365 days = 124,465 | Resides in own home | Information & referral, advocacy, peer counseling |
| CT | Kept out of state managed facility | Stay in state managed facility | \$341/day X 365 days = 124,465 | Resides in own home | Information & referral, advocacy, peer counseling |
| JR | Obtained insurance and medications | Emergency visits to hospital to obtain medications | \$4,500 | Obtained no cost/low cost medications | Information & referral, advocacy |

2006 IL Cost Savings Samples

| Consumer | Accomplishment | Items Saved To Date | Estimated Savings | Results & Comments | Services Rendered |
|----------|---|---|--|---|---|
| CD | Obtained housing, medical insurance and rehabilitation services | Unpaid medical bills and medications due to emergency visits for illness and alcoholism | \$8,000 | Obtained no cost/low cost medications, insurance and affordable housing | Information & referral, advocacy, peer counseling, IL skills training |
| FG | Obtained employment, kept out of state managed facility | Unemployment and stay in state managed facility | \$3,000 employment and \$341/day X 365 days = 127,465 | Obtained employment and resides in his own home. | IL skills training, information & referral, advocacy |
| FB | Obtained food and kept power and water turned on | Funding for utilities and food | General Assistance \$450/mo X 12 months = 5,400 | Obtained food from local food bank, developed financial budget, assisted with working out an agreement with power company and water company | Peer counseling, advocacy, information & referral |
| GT | Kept out of residential care | Cost to Medicaid | \$1181/mo X 12 months = \$14,172 | Resides in own home | Information & referral, advocacy |
| RB | Employment | Reduced State & Federal Benefits | Contributed \$16,689 to local economy | Employed, and now paying taxes | Information & referral, benefits planning, job training |
| RT | Employment | Reduced State & Federal Benefits | Contributed \$14,959 to local economy | Employed, and now paying taxes | Information & referral, advocacy, job training |
| MP | Employment | Reduced State & Federal Benefits | \$150/mo X 10 months = \$1,500 | Employed, and now paying taxes | IL skills training, advocacy |
| NA | Released from hosp to home | Cost of nursing home (3 mo) | \$173/day X 90 days = \$15,582 | Resides in own home | Information & referral, advocacy |
| CW | Released from hosp to home | Cost of nursing home (1 mo) | \$173/day X 30 days = \$5,194 | Resides in own home | Information & referral, advocacy |
| AK | Nursing home to own home | Cost of nursing home (4 mo) | \$173/day X 120 days = \$20,776 | Resides in own home | Information & referral, advocacy |
| DS | Employment | State & Federal Benefits | Approx. \$18,000 | Employed, and now paying taxes | Information & referral, benefits planning, job development |
| MK | Obtained low/no cost meds | Cost to Medicaid | \$891/mo X 12 months = \$10,692 | Received meds | Advocacy, information & referral |
| VA | Obtained low/no cost meds | Cost to Medicaid | \$750/mo X 12 months = 9,000 | Received meds | Advocacy, information & referral |
| WR | Employment | State & Federal Benefits | \$7,000 | Employed, and now paying taxes | Information & referral |

2006 IL Cost Savings Samples

| Consumer | Accomplishment | Items Saved To Date | Estimated Savings | Results & Comments | Services Rendered |
|----------|---|--|--|---|--|
| TF | Kept out of assisted living | Cost to Medicaid | \$712/mo X 12 months = \$8,544 | Resides in own home | Information & referral, advocacy |
| TM | Kept out of assisted living | Cost to Medicaid | \$712/mo X 12 months = \$8,544 | Resides in own home | Information & referral |
| KR | Obtained employment, got off SSDI | SSDI costs over 6 months | SSDI \$850/mo x 6 months = \$5,100 | Resides in own home | Advocacy, information & referral |
| DR | Obtained proper assistive listening device necessary to maintain employment | Avoided unemployment and food stamps | Unemployment \$600/mo x 6 months = \$3,600; food stamps \$118/mo x 6 months = \$708; Total savings = \$4,308 | Currently living independently and enjoying her job | Peer counseling, information & referral, IL skills training, self-advocacy |
| RS | Switched from government medical benefits to private pharmaceutical corporate donor | Cost of Oregon Health Plan and OMAP pharmaceutical assistance | Government benefits \$800/mo x 7 months = \$5,600 | Resides in own home | Advocacy, information & referral |
| LD | Obtained job and skills to manage vertigo without using hospital and assisted living | Monthly food stamps and 1 overnight hospital stay per month, assisted living housing | Food stamps \$150/mo x 12 months = \$1,800; 1 overnight hospital visit \$3,614/day x 12 days = \$43,368; Assisted Living Level 1 \$712/mo x 12 months = \$8,544; Total savings = \$53,712 | Successfully employed and living at home | Peer counseling, information & referral, IL Skills Training, Advocacy |
| RT | Consumer threatening violence against others avoided jail through counseling/advocacy | Jail time and publicly funded court expenses | County jail \$92/day x 30 days = 2,760 | Consumer understands situation, living by boundaries, improved communication skills | Peer counseling, information & referral, IL Skills Training, Advocacy |
| UW | Successfully mentored homeless deaf person out of legal troubles and helped her to use natural supports | Jail time and emergency room costs | County jail \$92/day x 30 days = 2,760; emergency room use \$512/visit x 3 visits = \$1,536; Total savings = \$4,296 | Return to home, to children, and to family support system | Peer counseling, information & referral, IL skills training, advocacy |
| JW | Mental health consumer self-advocated in a case of justifiable homicide, gained independent living skills | Publicly funded legal costs and emergency room costs | County jail \$92/day X 175 days = \$16,100; emergency room \$512/visit x 2 visits = \$1,024; Total savings = \$17,124 | Proper medical care, IL skills in how to live with vertigo (vestibular issues) | Peer counseling, information & referral, IL skills training, advocacy |
| ND | Consumer with mental health disabilities became independent | Adult foster care costs | Adult foster home costs \$725/mo x 12 months = \$8,700 | Living independently, developing a business | Peer counseling, information & referral, IL skills training, advocacy |

| 2006 IL Cost Savings Samples | | | | | |
|-------------------------------------|--|--|--|--|--|
| Consumer | Accomplishment | Items Saved To Date | Estimated Savings | Results & Comments | Services Rendered |
| AF | Obtained successful employment | Cost of SSDI | SSDI \$850/mo x 6 months = \$5,100 | Gained self-advocacy skills, is currently employed, living independently | Peer counseling, information & referral, IL Skills Training, Advocacy |
| DD | Obtained correct hearing aid and assistive hearing device education necessary to maintain employment | Unemployment and SSDI costs | Unemployment benefits 1,869/mo x 6 months = \$11,214 | Maintained job, hearing better with proper assistive devices | Peer counseling, information & referral, IL skills training, self-advocacy |
| SP | Enabled consumer with severe vertigo to live independently | Avoided Assisted Living and stopped 1x month use of emergency room treatment | Assisted Living Level 2 \$942/mo x 12 months = \$11,304; emergency room use \$512/visit x 12 visits = \$6,144; Total savings = \$17,448 | Living independently and staying out of hospital | Peer counseling, information & referral, IL skills training, self-advocacy |
| AW | Consumer with vertigo stayed out of nursing home | Nursing home costs | Nursing home \$173/day x 91 days (3 months) = \$15,743 | Living at home | Peer counseling, information & referral, IL skills training, self-advocacy |
| SE | Kept out of mental institution | Stay in institution | \$341/day x 30 days x 9 months = \$92,070 | Resides in own home | Peer counseling, information & referral, IL skills training, advocacy |
| GL | Kept out of jail | Jail time | \$67/day x 60 days = \$4,051 | Resides in own home | Peer counseling, information & referral, advocacy |
| WW & TW | Transitioned from homeless to housing and employment | Shelter expense | \$65/day x 6 days = \$390 x 2 consumers = \$780 | In own home & working | Peer counseling, information & referral, IL skills training, advocacy |
| JF, EH, NG, | Obtained employment | 13 weeks of unemployment insurance | \$249/wk X 13 weeks X 3 consumers = \$9,711 | Employed, and now paying taxes | Peer counseling, information & referral, IL skills training |
| VG | Stayed out of foster care | Adult foster care costs | \$402/mo x 12 months = \$4,824 | Resides in own home | Youth mentoring, IL skills training, peer counseling, information & referral |
| BE | Stayed out of foster care | Adult foster care costs | \$497/mo x 6 months = \$2,982 | Resides in own home | Youth mentoring, IL skills training, information & referral |

2006 IL Cost Savings Samples

| Consumer | Accomplishment | Items Saved To Date | Estimated Savings | Results & Comments | Services Rendered |
|----------|-----------------------------------|---|--|---|---|
| AB | Children out of foster care | Additional foster care costs for 6 kids ranging from 4-14yrs | \$387/mo x 12 months = \$4,644; \$402/mo x 4 kids x 12 months = \$19,296; \$497/mo x 12 months = \$5,964; Total Savings= \$29,904 | Family reunited | Skills training, peer counseling, advocacy, resource development |
| BB | Child remained out of foster care | Foster care for an infant for 12 months | \$387/mo X 12 months = \$4,644 | Family stayed intact | IL skills training, peer counseling, advocacy, family services |
| ER | Employed | 13 weeks of unemployment | Approx. \$100/wk X 13 weeks = \$1,300 | Employed, and now paying taxes | IL skills training, resume development, peer counseling, information & referral |
| JS | Increased working hours | 13 weeks of unemployment | Approx. \$100wk X 13 weeks = \$1,300 | Increased her working hours, less dependence on state funded programs | Peer counseling, IL skills training, information & referral, advocacy |
| BV | Kept out of adult foster care | Cost of foster home placement | \$949/mo X 12 months = \$11,388 | Resides in own home, learned skills to remain independent | IL skills training, Brain Train®, advocacy, peer counseling, family services |
| AG | Kept child out of foster care | Foster care for a toddler | \$387/mo X 13 months = \$5,031 | Child remained in home, parent learned skills to keep her child safe | IL skills training, advocacy, information & referral, resource development, peer counseling |
| PY | Kept out of adult foster care | Cost of foster home placement for moderate to high needs individual | \$949/mo X 12 months = \$11,388 | Resides in own home, considering a roommate | Budget skills training, advocacy, information & referral, peer counseling, resource development |
| KF | Child removed from foster care | Foster care for 2 toddlers for 12 months | \$387/mo X 2 kids X 12 months= \$9,288 | Family reunited & child remained in same school | Advocacy, information & referral, family services, service coordination |
| JH | Child returned home early | Foster Care for a 9 year old for 12 months | \$402/mo X 12 months = \$4,824 | Family reunited | Advocacy, information & referral, family services, service coordination, IL skills training |

2006 IL Cost Savings Samples

| Consumer | Accomplishment | Items Saved To Date | Estimated Savings | Results & Comments | Services Rendered |
|----------|--------------------------------------|-------------------------------------|---|---|--|
| JO | Stayed out of hospital | Hospital stay for 72 hours minimum | \$3,614/day X 3 days = \$10,842 | Resides in own home, learned skills to remain independent | IL skills training, budget training, peer counseling, advocacy, information & referral |
| RH | Employed | SSI payments | \$603/mo X 12 months = \$7,236 | Employed and paying taxes | IL skills training, resume development, peer counseling, information & referral |
| CL | Stayed out of a nursing home | Nursing home payments | \$173/day X 90 days = \$15,570 | Resides in own home | IL skills training, peer counseling, information & referral |
| RL | Employed full time | SSI payments | \$603/mo X 12 months = \$7,236 | Employed, no longer on SSI, and is paying taxes | IL skills training, peer counseling, advocacy, information & referral |
| NS | Out of SNF and into foster care | Reduction between SNF & foster care | \$5,194/mo x 3 months = \$15,582 (SNF) - \$3,543 (foster care) Total Savings = \$12,039 | In group home | Peer counsel, I&R, advocacy, skills training |
| HI | Kept out of mental institution | Institutional costs | \$341/day x 365 days = \$124,465 | In own home, working part time | Peer counsel, I&R, advocacy, med. mgmt. |
| CB | Kept out of assisted living facility | Assisted living facility costs | \$712/mo X 6 months = \$4,272 | In own apt., volunteering | Peer counsel, I&R, advocacy, skills training |
| SC | Became re-employed | SSI | Reduction in SSI \$3,744 | Back to work | Job development, advocacy, skills training and mentoring |
| SS | Became employed | SSI | Reduction in SSI \$3,139 | School to work transition | Job development, advocacy, skills training and mentoring |
| DW | Became re-employed | Unemployment insurance | Reduction in Unemployment \$2,817 | Back to work | Job development, advocacy, skills training and mentoring |
| RL | Became re-employed | Unemployment insurance | Reduction in Unemployment \$3,111 | Back to work | Job development, advocacy, skills training and mentoring |

2006 IL Cost Savings Samples

| Consumer | Accomplishment | Items Saved To Date | Estimated Savings | Results & Comments | Services Rendered |
|----------|---|--------------------------------------|---|-----------------------------------|---|
| KK | Became re-employed | Social Security costs | Reduction in Social Security \$1,842 | Back to work | Job development, advocacy, skills training and mentoring |
| KK | Became re-employed | Unemployment insurance | Reduction in Unemployment \$2,426 | Back to work | Job development, advocacy, skills training and mentoring |
| MB | Became re-employed | Social Security costs | Reduction in Social Security \$4,868 | Back to work | Job development, advocacy, skills training and mentoring |
| PG | Transitioned from mental hospital to home. | Stay in institution | \$341/day x 30 days x 7months = \$71,610 | In own home | Peer youth mentor |
| VV | Kept out of behavioral health unit | Cost to Medicaid | \$800/day X 30 days = \$24,000 | Reconnected with PCP, in own home | Information & referral, peer counseling, IL skills training |
| JS | Transitioned from assisted living to foster home to own home, kept out of behavioral health | Cost to Medicaid | Residential care \$1,180/mo X 4 months = \$4,720; foster home \$712/mo X 3 months = \$2,136; BHU \$800/day X 7 days = \$5,600; Total = \$12,456 | Resides in own home | Information & referral, peer counseling, IL skills training, advocacy |
| RG | Transitioned from homelessness to housing, stayed out of jail, obtained PCP | ER visits, hospital stays, jail time | Hospital \$3,614/stay X 4 stays = \$14,456; ER \$512/visit X 5 visits= \$2,560; ambulance \$800/trip X 5 trips = \$4,000; County Jail \$92/day X 31 days = \$2,852; Total = \$23,868 | Resides in own home | Information & referral, peer counseling, IL skills training, advocacy |
| RV | Kept out of residential care | Cost to Medicaid | \$1,180/mo X 12 months = \$14,160 | Resides in own home | Peer counseling, IL skills training, advocacy |
| SS | Kept out of behavioral health unit | Cost to Medicaid | \$800/day X 14 days = \$11,200 | Stayed in own home | Peer counseling, IL skills training, advocacy |
| ZS | Kept out of behavioral health unit | Cost to Medicaid | \$800/day X 21 days = \$16,800 | Stayed in own home | Information & referral, peer counseling, IL skills training |
| JB | Transitioned out of mental health system | Cost to Medicaid | \$294/month X 9 months = \$2,646 | Stayed in own home | Information & referral, peer counseling, IL skills training, advocacy |

2006 IL Cost Savings Samples

| Consumer | Accomplishment | Items Saved To Date | Estimated Savings | Results & Comments | Services Rendered |
|----------------------|--|-------------------------------|--|--|---|
| RR | Employment support | VR Services | \$45/hr X 28 hours = \$1,260 | 10 applications, 3 interviews | Information & referral, peer counseling, IL skills training |
| JJ | Maintained employment | SSI, VR Services | Reduction in SSI = \$2,437 | Employed | IL skills training, peer counseling |
| JG | Kept out of behavioral health unit | Cost to Medicaid | \$800/day X 14 days = \$11,200 | Stayed in own home | Information & referral, peer counseling, IL skills training |
| TK | Maintained employment | VR Services | VR Services = \$800 | Employed | Information & referral, peer counseling, IL skills training |
| TJ | Improved cognitive functioning | SSDI costs over 12 months | \$623/mo X 12 months = \$7,476 | Successfully attending local community college | Information & referral, peer counseling, IL skills training, advocacy |
| KM | Kept out of behavioral health, retained employment | Cost to Medicaid, VR Services | Behavioral health \$800/day X 9 days = \$7,200; VR Services \$45/hour X 25 hours = \$1,125; Total = \$8,325 | Employed, remained in own home | Information & referral, peer counseling, IL skills training |
| TOTAL SAVINGS | | | \$1,959.484 | | |