Pcil’s newest service, Support Coordination, is a wonderful program that allows individuals with developmental disabilities to live more productive and satisfying lives in the community. The best part of this program is that it gives individuals with developmental disabilities more choices when it comes to how they would like to spend their day. Individuals are assigned a budget which they use to choose programs from a list of qualified providers that they want.

Participants in this program are assigned a Support Coordinator, who is responsible for connecting the individual with their desired services. As a Center for Independent Living, PCIL is uniquely positioned to fulfill the Support Coordinator role. Our agency is staffed and governed by people with disabilities. Also, our programs and services are designed to provide people with disabilities the resources to live independent lives in the community. Finally, our collaboration with local agencies and service providers ensures that we have developed meaningful and productive partnerships in the community.

As is the case with many programs, there are eligibility requirements that must be fulfilled in order to be eligible for Support Coordination. A “new presenter” for services must be determined eligible for DDD services. These eligibility requirements include:

- Must be determined eligible for DDD services.
- Must be a person with a developmental disability.
- Must have a support plan in place.

Support Coordination and PCIL - A Great Fit!

By Matthew Daly
Guy Rolls Into a Pub
By Chelsea Martin

Ray, a director of a non-profit organization, went into his favorite local pub on a cold December night. He chose this spot for a casual staff meeting with his employees after work. Although some time had to be dedicated towards work and office matters, everyone was really looking forward to happy hour afterwards. Ray was feeling like the “cool” boss and even offered a round of drinks to anyone who would hang around after the meeting, since everyone had a designated driver to pick them up. The meeting went quickly and no one made a fuss about the information he delivered. Questions from staff about minor details regarding projects and proposals were not asked, as the promise of food and drinks outweighed the need for questions or opinions.

After the meeting concluded, conversations quickly turned from work related issues to typical happy hour chatter, you know - talk about families, some gossip, and funny stories that would not be approved by human resources. After a few hours of being the cool boss, Ray signed the check and said goodbye to his employees. As he left he thought how lucky he was to have such smart and likable people working for him. Unfortunately, what happened next was a “slap in the face”.

When Ray got to the parking lot he realized he was stuck. He couldn’t leave the bar because his vehicle was blocked in. He went from feeling in control and admired to frustrated and very annoyed. “Why is this still happening? How does someone not know that this isn’t a parking spot!?” he thought. Ray uses a motorized wheelchair due to Muscular Dystrophy, a condition which causes progressive weakness and loss of muscle mass. Ray’s primary mode of transportation is an accessible van. Accessible means that Ray can drive his 260 pound wheelchair onto a ramp that comes out of his van when he pushes a button. He uses this ramp to enter and exit his van, which only he can operate due to a set of custom controls (nobody could simply get into the van and back it out for Ray).

Although Ray had legally parked in a “Van Accessible” handicap parking space, someone had decided to park...
Recreation Update
By Drew Zimmerman

The cold weather hasn’t slowed down the Recreation Department offerings so far. We ended the year on a real high note with the holiday party at Project Freedom. Over 50 people came out to see Santa and Mrs. Claus. It was a wonderful evening. To start off 2015, PCIL did a recreation event we had never done before. We went bowling at Colonial Bowling and Entertainment in Lawrenceville. Over 25 people came, some with their families, and had a spectacular time. Several members of Sidekicks Respite Services were there as well. The venue was so easily accessible; it was great for people in wheelchairs to enjoy bowling as well. Recreation participants should look forward to this event again. Our Social Club dinner at Red Robin welcomed 25 people who braved the cold and tough roads to be there. Several new people showed up and had a good time. Many more events will be held in the next couple months. Be on the lookout for our bright yellow flyers in the mail. If anyone has suggestions on recreation events, please feel free to email me at drew.zimmerman@pcil.org if something interests you.

Don’t forget to renew your 2015 PCIL membership. If you are a member, you are entitled to discounts on event tickets the whole year. You also get free admission to a catered dinner, typically held in the summer, held exclusively for PCIL Members ONLY. Organizations can also take advantage of these savings and benefits. Don’t delay, contact PCIL today.

Bowling with the Recreation Department!
Transportation Tips
By Chelsea Martin

PCIL had the honor of having Louis Hoffman and Doug Gilbert of NJTIP present Travel Instruction Services. NJTIP @ Rutgers is a program that works with senior citizens and people with disabilities to increase independence by offering one-on-one and small-group travel instruction. Travel instruction consists of teaching individuals how to safely and confidently navigate public transportation. This is done by pairing individuals with a travel instructor. Instructors demonstrate travel skills by riding on the bus or train with the individual until they are comfortable to travel independently. Participating individuals are only responsible for covering the cost of their own fares during the class. Each graduate receives a free one-month bus pass. If you would like more information regarding NJTIP’s program contact the Alan M. Voorhees Transportation Center at (848) 932-4499 or you can visit their website at: policy.rutgers.edu/vtc/NJTIP.

Additional transportation resources were shared during NJTIP’s presentation that could be utilized by some of our consumers. A brief summary is given below.

Ride Provide is a non-profit transportation service for seniors 65 & over along with visually impaired adults residing in Mercer County, Plainsboro, and Montgomery. Professional drivers use private vehicles Monday-Friday from 8:30-4:30. A membership is required but is easily obtained. Reservations must be made 2 days in advance. For more information contact Ride Provide at 609-452-5140.

Tu Amigo Taxi is a service in East Windsor that offers low prices along with bi-lingual Spanish speaking drivers. Service runs to Plainsboro, Millstone, Cranbury, West Windsor, East Windsor, Princeton Junction and Hightstown. For more information contact Tu Amigo Taxi at 609-448-3434.

Princeton FreeB is a free bus service serving the Princeton Community and is open and available to people of all ages. This is a free service, for more information call 609-452-1491 or visit their website at gmtma.org.

East Windsor Community Bus provides rides to residents within the East Windsor community. The bus has a scheduled route Monday-Thursday and most Fridays, for more information contact East Windsor Senior Center at 609-371-7192.

There are also transportation apps that can be downloaded on a smart phone to help meet transportation needs. Uber is an app that connects riders to drivers. Payment can be set up through the app. The Transit app displays all nearby transportation options with real

Continued on page 5
Fee-For-Service, Pathways for Progress
By Scott Elliott

During 2014, PCIL was planning on additional ways to expand its services, therefore increasing its resources while continuing to provide quality supports and services. Fee-for Service has always been in the forefront of our strategic plans.

Working mostly under grants, employment preparation for young adults has been a strength of PCIL for many years. In 2014 we started revising these programs to be fee-for-service products that will help grow our resources over the coming years.

Of course, in 2013 we started the It’s All About Work program in partnership with NJDVRS and the schools. This fee-for-service program has been slow to develop but it still holds hope as a long term quality service for resource improvement.

For several years we have been offering training courses in the areas of disability awareness and emergency preparedness, with limited success. We continue to look at different and creative ways to promote these educational offerings.

In 2015, major opportunities for growth include providing Support Coordination to individuals with developmental disabilities through NJDDD and by working under the Aging and Disability Resource Connection (ADRC). These avenues are perfect matches for PCIL and due to staff experience and skill set, will enable us to provide quality supports and services in sync with our mission.

Moving forward, even though we are expanding our operations to include new fee-for-service programs, PCIL will not stray from its mission. Advocacy will remain a strong embedded service in our journey! These programs will dovetail nicely with our CIL core services, and each will strengthen the other along the way.

Transportation Tips
Continued from page 4

time departure times. The MyTix app was created by NJ Transit to provide customers the convenience of buying tickets and passes securely from their mobile device. NJFINDARIDE.ORG is an online directory of public and accessible transportation options for those who don’t have a car.

PCIL hopes that some of these resources can aid our consumers to become even more independent. Always be safe by researching services before using. Chelsea Martin of PCIL is available to go over what ride options may work best for an individual’s specific situation.
The Progressive Center for Independent Living does case management for the Traumatic Injury Fund. If you or someone you know has a traumatic brain injury, please encourage them to reach out to us to get information about whether or not you/they might qualify for the fund.

As is stated on the State of New Jersey Department of Human Services website, “The purpose of the Traumatic Brain Injury (TBI) Fund is to allow New Jersey residents who have survived a brain injury to obtain the services and supports they need to live in the community. The Fund pays for supports and services that foster independence and maximize quality of life.”

The fund can provide the following services, provided the individual is not able to get the needed funds through an alternate means of funding.

• **Service Coordination** (ex. Assistance with locating programs and services, organizing paperwork and paying bills etc.)
• **Evaluations** (ex. Home accessibility, therapies, assistive technology)
• **Cognitive Therapy** (ex. Clinical intervention to assist with memory, organization, etc.)
• **Home Modification** (ex. Ramps, bathroom accessibility modifications)
• **Vehicle Modifications** (ex. Installation of wheelchair lift, hand controls etc.)
• **Assistive Technology** (ex. Communication devices)
• **Equipment** (ex. Walkers, wheelchairs, etc.)
• **Employment Services** (ex. Job coaching, job search)
• **Rehabilitative Services** (ex. Physical, occupational, speech, vision, audiology)
• **Transportation Services** (ex. Medical transport, bus, taxi, etc.)
• **Respite Care** (ex. Relief for family caregiver)
• **Medical Services** (medical treatment, evaluations, etc.)
• **Pharmaceuticals** (ex. Medications)
• **Educational Services** (ex. Supports related to an education program, tutoring)
• **Counseling and Psychological Services** (ex. Psychotherapy)
• **Personal Assistance** (ex. Companion services, home health aide, etc.)
• **Addiction Treatment Services** (ex. Addiction programs, peer support groups)
• **Life Skills Training** (Help learning to balance a checkbook, ride the bus or other daily living activities)
their vehicle on the area designated for ramp deployment. This area is typically adjacent to such a parking space, and is marked with diagonal blue lines indicating no parking. Ray had to turn around in the 20 degree weather and go back into the bar. He was greeted by confused looks from his staff, to which he had just said goodbye. Unfortunately, this is a common occurrence for Ray, and he becomes more annoyed every time it happens. Once again, he has to track down someone in a public place who, due to his or her ignorance, prohibited him from entering his vehicle.

Ray’s staff could tell he was getting irritated. As advocates of people with disabilities, they share in his frustration. Ray gave his staff the license plate of the car that blocked him in, and requested their help in finding the individual responsible for doing so. The pub was starting to get crowded with regular patrons and even a catered party. It took close to 30 minutes of questioning almost everyone at the pub before the owner of the vehicle, was located. She was visibly annoyed with Ray’s complaint and very dismissive when he explained how important it is for his independence that nobody parks in the marked-off area adjacent to a “Van Accessible” handicap parking spot. The woman explained she didn’t park the vehicle, her niece did after dropping her off. The woman went on to insist that she was not in the wrong because her vehicle had a valid handicap placard. One of Ray’s employees tried explaining that she must make anyone driving her car aware that they need to park in an actual designated handicap parking space, but she wouldn’t hear it. Eventually, she had someone go move her car and Ray was finally able to get into his van and pull away, more than 45 minutes after signing his check.

What would have been a small hassle for an ambulatory individual in a regular vehicle, turned into quite an ordeal for a man in a wheelchair. A week later, Ray ran into the same issue when leaving a grocery store. This time, he didn’t have anyone to help him track down the vehicle’s owner and he ended up waiting an hour and 40 minutes!

Everyone who possesses a driver’s license should know, without hesitation, what a handicap parking spot is for. However, some drivers don’t realize that the diagonal lines that separate each handicap parking spot ARE NOT PARKING SPOTS, but rather space a person in a wheelchair needs to enter and exit their vehicle. Parking in this area is like parking so close to a car on each side that no one can open any of the doors to get in. The only option would be to wait. How angry would you be? This is something that happens frequently to individuals who drive accessible vehicles. So if you have a handicap placard, or know someone who does, pass this information on to them – it’s important!
Although we are focusing on a small Career Gateway group this round, our expectations, as always, remain high. PCIL was able to rely on some great businesses within the Mercer County area for our sampling site portion of the program. Two of these businesses were newly established during this session. Our students, TJ and Jaleel, are finishing up their classroom sessions and job sampling sites which will end our three year innovation and improvement grant, through the Division of Vocational Rehabilitation Services.

During this round our students shared similar interests. Both have strong interests in car mechanics, which was identified very quickly through the conversations they have with each other, and both are very comfortable around technology. As a sampling site in the field of technology, each student spent 6 hours at Alt-Tab-Tech in Princeton. This newly established business provides computer, smart phone, and tablet repairs, along with upgrades. During their visits the students observed customer interaction and had hands on experience working with technology needing repair. For their site within the mechanical field, Jim from Mobile Repair in Trenton, gave the students a full 6 hours and great experience. Jim is not new to PCIL, he has hosted several of our students who aspire to be a mechanic. On a recent Saturday, TJ and Jaleel assisted Jim as they changed a water pump and drum brakes on a Jeep Cherokee, all under the guidance of Jim’s expertise. As a follow up assignment to this site, Jim had the students write down the step by step procedure of the task they helped perform to ensure the students learned from their experience.

Another great business relationship developed during this session was with Video Express in Yardville. We selected this site to allow TJ to explore a retail setting involving gaming. TJ stated this was a great sampling experience. He truly enjoyed the opportunity to interact with their customers and learned the ins and outs of selling and renting video games and equipment.

It was great to end the last round with businesses that not only were open to hosting our students, but provided a true experience of what it’s like to walk in their shoes for a day!
Emergency Preparedness Update
By Scott Ellis/Drew Zimmerman

The Emergency Preparedness department has been hard at work at revising and promoting their Adaptive Equipment Demonstration (AED). AED is traditionally offered to First Responders, First Aid Squads, and other emergency service personal. We have been making strong outreach efforts to contact head fire service personnel and various other emergency service departments. The demonstration itself is a tremendously educational and interactive experience for all those involved. People who receive the training learn all about the intricacies of the adaptive vehicles and equipment used by people with disabilities. In an emergency situation, time is of the essence. First responders need to be aware of how to safely deal with the person and their equipment without causing a great of damage.

There are two different types of trainings available. One of the trainings is an overview of information, which is a couple hours long. The longer training is much more comprehensive and includes vehicle exploration. It comes with CEU’s for First Responders as well.

PCIL believes these trainings are essential to any First Responder, and needs to be part of every emergency service personnel’s training regimen. These comprehensive trainings are given by people with disabilities and trained first responders. Any question a participant may have can be answered by friendly, knowledgeable, and qualified person. If your department or agency is interested in learning more about our Adaptive Equipment Demonstrations please call or email Scott Ellis, scott.ellis@pcil.org, or Drew Zimmerman, drew.zimmerman@pcil.org.

Career Gateway In Action

TJ with Chris from Alt-Tab-Tech.

TJ & Jaleel working on a Jeep with Jim from Mobile Repair.
Graduates from the Career Gateway program were invited back on February 23rd to attend a peer support group for our quarterly meeting. Both Mercer and Hunterdon participants met at Project Freedom of Hopewell to update each other on work situations, classes they are taking or volunteer experiences they are involved in. Participants then broke into groups to work on their creative and strategic skills and built a structure composed of marshmallows and toothpicks. This activity was to demonstrate teamwork and the importance of communication skills. In addition to our group sharing and the hands on activity, attendees were provided a delicious meal prepared by one of our own Gateway students. Ryan Hanley needed a 3 hour site within a culinary field so we took the opportunity to allow him to cater lunch. Tom Shaw, Director of Mercer County Office of the Disabled, who has a culinary background, was gracious enough to set aside a few hours to mentor Ryan as he prepared a delightful dish of chicken and mushrooms in a vodka sauce over pasta, fresh garden salad, and a scrumptious vanilla mousse for dessert. All participants left with the understanding of desirable social skills for the work force and a full belly.

Thanks to Project Freedom of Hopewell and Project Freedom of Lawrence for the use of their site!
Support Coordination and PCIL - A Great Fit!

Continued from Front Page

requirements include:

1. Individual must be 21 years of age or older.
2. Individual must be a legal resident of the United States and a legal resident of New Jersey.
3. Individual must be Medicaid eligible and maintain Medicaid eligibility.
4. Individual must document a chronic physical and/or mental impairment that meets DDD’s functional criteria.

5. Individual must not be eligible for the Community Care Waiver.

To learn more about Support Coordination and how it can enrich the life of you or someone you know, please contact Matthew Daly at 609-581-4500 x114.
Don’t forget to sign up for your 2015 PCIL Membership!

*must live in same household

Yearly Rates
Single - $15.00
Couples (including Aides) - $25.00
Family* (up to 5 members) - $40.00
Organization (up to 8) - $100.00

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